

AESC Katabatic Essences (channelled by Jan Thomas)



This gives a summary of each of the unique and beautiful **Chiron Healing® Katabatic Essences**. These Katabatic essences of the four different elements of Gaia, the four different essences of the destructive energies within Man, are the **Katabatic Essences of Fire, Earth, Water and Air**. These have one purpose only, and that is to free Man from his prison of Self.

TO USE - Place 1 drop into the “Feeling Centre” or solar plexus area morning and night.

ESSENCE	USES
BIRCH (Earth)	Birch Essence is the Katabatic Essence of Earth - the “Essence of Support” that strengthens the Etheric Pattern so that it may hold the weight of “What IS”. Use when you feel that everything in your world is falling apart and you don’t know what to do; for when you feel the ‘cold winds of the world’ blowing around you, and you feel afraid and alone. Physical level - Used to help with seizures, RSI (on affected area), problems with bloating and “wind”. Spiritual levels - Helps when “what if” becomes “what is” and you don’t know how to deal with it. The energy of Birch Essence can be wrapped around you like a mantle if you need to step into something that you suspect you won’t be able to handle.
SEA (Water)	Sea Essence is the Katabatic Essence of Waters of Feeling - the “Essence of Stability” . As ‘Sensitives’ we feel everything that is happening to us. When it gets so bad we simply cannot cope any more, use Sea Essence to help regain some control of our lives and start doing things for ourselves again. When you feel you “ can’t ”, this Essence brings back the knowledge that “ yes, you CAN ”. Use Sea Essence when you feel like you are being carried by the ‘whims’ of others no matter what you do, and you feel out of control and that your Spirit is being ‘eaten away’ or you are losing a part of yourself each day.
TERN (Air)	Tern is the Katabatic Essence of Air - the “Essence of Freedom” . For when you feel restricted or ‘bound about’ by the beliefs of others. For when you are bogged down by authority, or when you feel bound by life itself with little or no hope of ever being free. Tern Essence balances the cruelty of Beliefs, with their far-reaching thoughts and/or restrictions of freedom, and the constraints of not allowing others to be the Beings they SHOULD be. Use when you feel imprisoned on some level; bound by authority; not able to make decisions for yourself; restricted in some way; living without hope.
RED MANTLE (Fire)	Red Mantle is the Katabatic Essence of Fire - the “Essence of Passion” and deals with the fierceness of passions, rather than the calmness which comes from the Lady’s Mantle. When dealing with overwhelming passions or energies (Katabatic Fire) on the physical level, this may cause problems with the nervous system - both for the one giving out these energies, and also for the one receiving them!. Use this essence where there is Fanaticism; overwhelming passion; power games; hatred; “you will do as I say - OR...”
TZU BEI (5th Element)	Tzu Bei is the fifth Katabatic Essence , the “ Essence of Compassion ” and makes the Katabatic Essences ease the dramas they have come to ease. Tzu Bei Essence is drawn from many different and special energies, especially the Compassion of Kwan Yin , and the Feeling Strength or Water Strength of Mazu . Compassion is the true starting point of healing, whether for someone else or for yourself. Use to give compassion to yourself and others; to help stop you ‘beating yourself up’ because of stress or illness. Starts the self-healing process.

DISCLAIMER: This summary sheet is for general information only, and should not be regarded as medical advice. The author makes no claim to cure any illness or disease, nor to diagnose or prescribe medical advice. If you decide to use this information, you do so entirely at your own risk. The author encourages seeking the advice of a registered health care professional when in need of advice, diagnosis and/or treatment for any health issue.

Essences may be purchased individually in 10ml and 25ml bottles or as a set of 5 essences from:

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