

Essences for Change

Change is a constant in our lives, yet it is often the thing we resist most, and also fear.

With global change now dominating our news and perhaps uncertain times ahead, change is sometimes thrust upon us when we least expect it. We may not always be able to control what happens around us, but we have the ability to be in absolute control of how we respond to circumstances - mentally, emotionally and spiritually.

Essences are a great companion, for day to day and all of life, to empower us to feel confident to manage change and to respond from a place of courage, self assurance and knowing. If you want to feel more centred and at peace with your own life changes, and also with what you see in the world without getting drawn into panic responses and chaotic dramas, do enjoy reading about these essences.

Change comes in many forms. Changing school, job, moving home, changing family structure (e.g. marriage, birth, divorce, death), changing physically (e.g. menopause, teenage years), health changes, changes in relationships or life patterns, changing our minds in terms of limiting beliefs and attitudes, and much, much more.

Essences are nature's energetic catalysts for change. Dr Edward Bach, founder of the Bach Flower Remedies and who is credited with rediscovering this ancient modality in the 1920s, was quoted as saying that essences do not give us anything we haven't got already. They introduce resonances of courage, peace, love, clarity and more to remind us that these traits are already at our very core. As we focus more on these aspects of ourselves, so the interfering frequencies of fear, doubt, lack, anger, worry and general dis-ease simply melt away.

Remember, energy flows where attention goes. Where do you choose to focus your energy today in relation to the changes happening in your life, and the changes you want to create?

The Essences:

- **Tidal Forces** *Alaskan Essence* An essence of loss and gain, rhythm and balance, of adapting ourselves to the swiftly changing currents of life. Helps us release the old and receive the new with unyielding fluidity. It soothes overly emotional states and helps wash away mental resistance to change, and to accepting what is in the present moment. This is an essence to balance extremes – for times of profound loss, times of darkness, times of being pressed against the sea cliffs by the tides of life.
- **Greenland Icecap** *Alaskan Essence* Helps us remain flexible and supported as we move through deep inner change. Our fears, and the various levels of resistance that result from them, are present in our lives for a reason. They contain essential information and the seed potential of our future selves. This essence can help us learn how to embrace, rather than fight against these fears so they become an important source of direction and guidance for our movement from the old to the new.

- **Bottlebrush** *Australian Bush Flower Essence* For feeling overwhelmed by life changes. For hoarding or holding tendencies. Helps to let go into the experience. Brings serenity while adjusting to change.
- **Clarity** *Shelley Sishton Essence* Like the sunshine that breaks through on a cloudy day, this essence cuts through resistance to bring clarity and light into mind, body and heart. Helps with decision making and to see things in a new light.
- **Release** *Shelley Sishton Essence* Helps to release deep seated patterns of resistance which hold you back and limit your outlook. Deals with family patterns which cause you respond in fear, doubt and lack, deleting interfering thoughts and behaviours which have become ingrained and cause a conditioned (lower vibrational) response.
- **Supreme Confidence** *Wild Earth Animal Essence combination* A combination to help you feel supremely confident, focused and fully capable of accomplishing what you used to believe was impossible.
- **Sea Palm** *Pacific Sea Essence* For those heavily caught up in being busy, and in patterns of control and resistance. This may reflect as physical, mental or emotional tension. Helps you slow down and smell the roses, and stop pushing the river uphill. This busy-ness often relates to issues of self worth and may stem from feeling unloved and unwanted as a child.
- **Seal** *Wild Earth Animal Essence* To surrender. Seal is the great teacher of ease and effortlessness. It supports you in putting forth effort and then allowing things to unfold naturally. For flowing through life with grace and ease, and for ease in one's body.
- **Red Lily** *Australian Bush Flower Essence* For a sense of being grounded and focused in the present. Very helpful for people who have problems concentrating and starting on the job in hand and coping with practical tasks.
- **Autumn Leaves** *Australian Bush Flower Essence* An essence to ease through any transition phase. Made at the exact moment of their release from the trees, Autumn Leaves helps us to be open to guidance and communication beyond the physical. When we are aware of this support, change and transition can seem less fearful.
- **Jellyfish** *Pacific Sea Essence* For fluidity, ease, letting go into the experience and being present in the moment. Brings the complete opposite of feeling stuck and rigid. Resistance creates pain. Holding on to anything, other than what 'is' right now, creates blockage and stagnation. This essence connects us with the rhythms of our being and prevents rigid emotional and mental patterns from interfering with our experience of the NOW.

- **Bauhinia** *Australian Bush Flower Essence* For resistance to change, for rigidity and reluctance to embrace new things. Brings a sense of acceptance and open minded-ness in outlook and a willingness to consider new points of view, and new technology.

www.shelleysishton.com

BSc Hons, Dip Vibrational Medicine, ITEC.

Co-founder The Energy Centre and The Essence of Life Foundation. Flower and vibrational essence consultant.
Intuitive life and business coach. True Nature Event Management Consultancy

30ml dose bottles of the above essences are available for £10 inc p&p from Shelley Sishton at The Energy Centre. Shelley can also create you a personalised essence blend (starting at £15 inc p&p). Contact her on +44 (0)1892 722191 or e:hello@shelleysishton.com.

Please note: Supreme Confidence Essence can be bought directly from www.universalessences.com Shelley does not carry this in stock.

Dr Edward Bach rediscovered essences in the 1920's. Ancient in origin, dating back tens of thousands of years, Dr Bach was guided to create the first modern-day essences, known as The Bach Flower Remedies. Himself a Harley Street physician and homeopath, Dr Bach dreamt of a healing modality which was simple, without side effects and to heal the whole person. He believed – and wrote extensively about – the fact that dis-ease was a result of conflict between the mind and the soul forces. In understanding and treating how a person was feeling about their dis-ease and life, so he found the person would return to full health.

About these emails I am passionate about vibrational essences as simple yet profound natural medicines, and about helping people to understand more about them. My inspiration is to highlight a few essences from the many thousands available on a regular basis – ones which link to the season, world events, or simply those which feel appropriate at the time. My intention is to share the amazing potential essences hold for you to feel total peace of mind, experience balance in your body, happiness in your emotional life and have full zest for life and the confidence to express your spirit. To quote an international essence producer: *“Vibrational essences are not alternative medicines, they are future medicines.”* I believe essences are at the cutting edge of mind/body science and present a new model for total well-being, for yourself, your family and our world.

Please forward to anyone you feel may be interested in this newsletter.