

Essences for Relationships and Life

Just after St Valentine's day when attention is drawn to love, relationships and sharing, here are some **vibrational essences to enhance the divine relationship with ourselves**. As we open to the relationship with ourselves, so we have the opportunity to let go of subconscious patterns that are affecting us and others in ways beyond our current understanding. It is a common tendency to project these subconscious patterns onto others rather than claiming them as our own. A typical example is when we feel a certain uncomfortable emotion and then blame another person for making us feel that way. Without a higher perspective, we then expect the individual to change their behaviour so we can feel more comfortable. Relationships create many opportunities for uncovering our old issues and habits of behaviour that need to be brought to the surface, acknowledged and released.

Essences, as nature's gentle catalysts for change, help us transform and release these old habits. And with world change gathering pace, there is no time like the present (other than the present!) to review and change repeating patterns which reflect a lack of self love. As Dr Bach* said, essences do not give us anything we do not have already. They are reminding us of our innate qualities and strengths by gently melting away false truths and misguided perceptions of ourselves and our lives – aspects which are keeping *us* hidden from the *real us*.

Five Corners www.ausflowers.co.au For low self esteem, dislike of self, for those who feel crushed, held in, for those who prefer to 'be lost in the crowd' and not stand out. To love and accept yourself as you are, to celebrate your own beauty, to feel confident to be yourself even if that means 'being different' to the crowd around you.

Himalayan Flower Enhancer: Strength [solar plexus chakra essence](http://www.healingorchids.com/himalayan-products/essencekits.html)
www.healingorchids.com/himalayan-products/essencekits.html Enhances love, compassion, sincerity, honesty, self worth, creative expression and self love. Helps with low self esteem, insecurity, lack of personal power, lack of direction in life, lack of motivation, hopelessness, depression.

Pine www.healingherbs.co.uk Pine is a Bach flower remedy for self-forgiveness and recovery from guilt that keeps you bound and imprisoned. There is an aspect of guilt that has to do with looking down on yourself from above in self-judgment. Using Pine helps you climb down from this height, bringing with you the gift of self love. Pine is especially helpful in quickening the intervals between making mistakes, forgiving yourself and inevitably making new ones to forgive – a technique that is useful for attaining success in life!

Divine Union www.shelleysishton.com (click on 'essences' then 'Awakening the Goddess Essences') to bring the forces of divine masculine and divine feminine into absolute balance. To feel the depths of love within the heart, and be open to the sense of oneness which comes from the freedom of sharing without conditions. Presenting an energy of liberation, this essence helps free you from ancestral conditioning of fear, shame and guilt around sex. Helps with raising sexuality to the heart level and expressing unconditional love for the self and sexual partner. Encourages you to transcend ego, need and taking. Discover the bliss of giving, playing and timelessness in lovemaking. For you to recognise the sacredness of union and to feel free to embrace your body with joy and pleasure. Divine Union offers freedom from inhibitions, to feel 'in love' with your own body.

Rose Quartz www.energy-essence.co.uk This essence helps us to connect to the universal heart bringing us into balance with the highest vibration of Love. It acts where we need it most, helping us to be calm and peaceful in our lives. It allows us to just 'be' in all situations. Rose Quartz purifies and opens the heart on both emotional and physical levels, bringing deep inner healing and self love. It helps transmute heavy energies into loving vibrations and can help release un-expressed emotions and heartache, soothing internal pain. This is a beautiful essence that restores our sense of giving and receiving love in all areas of our lives.

Shine www.indigoessences.com for children: **Shine** is for the child who has learnt to act in a cold, cynical and unfeeling way so that they'll be accepted by their peer group. Shine wants you to know that it is safe to be who you really are. Shine also wants you to know that by being yourself you will really help other kids to be themselves too.

Raccoon www.animalessence.com Supports one in uncovering and accepting hidden aspects of the self. For unmasking the Truth. For moving with gentleness and ease between life's many roles (i.e.: mother, wife, employee, sister, daughter, etc). For enjoying the many aspects of the Self, and finding delight in the transition from one to the other. For those who spend time being someone they feel others want them to be – Raccoon helps to unmask, and be, the real you.

Columbine www.alaskanessences.com *Indications:* weak sense of self; judging one's appearance in comparison to others; unable to appreciate one's own unique or distinctive beauty. *Healing Qualities:* helps us appreciate our own unique and personal beauty, regardless of how it differs from others; strengthens our sense of self and the ability to project ourselves out in the world for others to see.

Dose bottles of the above essences are available from Shelley Sishton at The Energy Centre. **Shelley can also create you a personalised essence blend.** Contact her on +44 (0)1892 722191 or e:hello@shelleysishton.com. Shelley also runs courses and workshops on essences, conscious living and mind body well-being.

***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 helping how a person was feeling about their dis-ease and life, so he found the person would return to full health.

About these newsletters: 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.

www.shelleysishton.com BSc Hons, Dip Vibrational Medicine, ITEC, Member British Association of Flower Essence Producers. Co-founder The Energy Centre and The Essence of Life Foundation.

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