

Essences for Winter and Shorter Days

With December almost upon us and the daylight hours becoming ever shorter, it's the time of year when nature turns inwards to rest – and the time of year when most of the Western World goes crazy with partying and preparations for Christmas, the exact opposite to our natural desire for relaxation and hibernation.

If you want some energetic support to help you find balance amidst the busy-ness of the season, or to help if you experience SAD (seasonal affect disorder) or light deprivation e.g. working all day inside under artificial light, here are some essence ideas that may inspire you:

Bear – *Wild Earth Animal Essences* - For connecting deeply with the power and rhythms of the Earth. Supports you in incubating ideas, plans, and dreams and bringing them to fruition. Helps you tap into the power of your unconscious. Supports you in attuning to your own natural cycle of hibernation and emergence. For cultivating strength, grounded-ness and power.

Fire Opal – *Flora Corona Essences* – Creates light-filled warmth that radiates around your body, forming an energy egg of effervescent particles which permeate the three burning centres of your triple warmer meridian, located in the torso of your body, refreshing your energy, lightening your thoughts and feelings and creating a warmth and lightness in your social interactions. Brings a sense of rejuvenation to mind and body. (The triple warmer is the thermostat that regulates light and warmth for your three main burning spaces of chi or life force energy in the body.)

Eucalyptus - *Star Seed Potential Essences* – to recall wisdom, helping you access higher dimensions of consciousness. To reconnect with the field of infinite possibilities, remembering who you really are – infinite joy, peace, creativity, love, light – beyond the confines of darker thoughts and heavier emotions. Brings fire and renewed passion and energy for everyday life. Ignites your seeds of inner knowing, to help you find balance in your world.

Sunshine Wattle – *Australian Bush Flower Essences* – a bright yellow flower, this essence brings about an acceptance of the beauty and joy of the present and a belief in the possibilities for the future. Deals with the energy of SAD when people feel stuck in the darkness and cannot seem to find the energy to change what is in front of them.

Lighter Life Blend – a blend of these essences to lighten your mind and mood on darker days and for when your energy feels in need of a lift:

- *Twisted Willow* – helps to unravel convoluted thoughts and ease mind/body tension. To unwind and relax into life.
- *Yellow Primula* – like a refreshing burst of Spring, this essence energises and revitalizes tired energy.
- *Sunflower* – gives you the strength and faith to carry on. Carries the energy of the sun to lighten darker moments of life.
- *Star Seed Oak/Yew* – to anchor new light into your energy system and integrate this into your body. (Created in the dark of Winter, the star seed essences light you up from within, nourishing the seeds of your own inner wisdom and supporting your decision making processes to be self-nurturing rather than self sacrificing.)

How to Order

10ml dose bottles of single essences are available for £8 to include p&p, Lighter Life blend @ £10 inc p&p from Shelley Sishton at The Energy Centre, School House Oast, School House Lane, Horsmonden, Tonbridge, Kent TN12 8BW. **Shelley can also create you a personalised essence blend for £20 inc p&p.** Contact her on +44 (0)1892 722191 or e:hello@shelleysishton.com. Please make cheques payable to Shelley Sishton, thank you.

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.