

Essences to celebrate the gift of life

I'm sure that all of our hearts have joined with the miners and their families in Chile in the last two days to celebrate the cheer joy and wonder of them being reunited. How glorious to see the pictures of them coming to the surface and to also see the number of people that have been part of the rescue mission. It shows the strength of the human spirit and what is possible through the energy of a community and world coming together. Many of the miners have been heard to say they never doubted they would come out alive. Such is the power of belief to create wonder. Perhaps it reminds us - even for a moment - what we know for sure in our hearts: that we are indeed all one.

The number of miners involved is 33. We have 33 vertebrae in our spine. 33 relates to the energy of Christ Consciousness. In numerology, the number three deals with imagination and mental focus. $3+3 = 6$, the number of creativity, awareness and sensitivity to one's surroundings.

Life is a gift. We have all chosen to be here at this time in our evolution of consciousness to shift global focus away from the pain of the past to live in the full knowing and expression of our own Christ Conscious energy.

Here are some essences to help maintain the focus forward into what is possible and to connect ever stronger with your own heart and soul forces.

Northern Lights* (*Alaskan Essence*): Opens the heart to the forces of creation. These 'rainbows of the night' have the power to liberate us from our mundane, earthbound perspective on life through the vehicle of amazement. Expands our senses to join in the dance of the Universe.

Frog (*Wild Earth Animal Essence*): To experience the everyday world as miraculous while embracing change as the constant of life.

Christ Consciousness Abundance* (*Shelley's essence*): To replace the crown of thorns with a crown of stars. To look for, and live, the wonder and abundance in life and in oneself.

Sydney Rose* (*Australian Bush Flower Essence*): For realising that we are all one, there is no separation. An essence of peace.

Bumble Bee (*Wild Earth Animal Essence*): For strength, supreme confidence and the knowing that you are capable of accomplishing what you used to believe impossible (a bumble bee's wing span to body mass ratio strictly speaking means it is impossible for it to fly...and yet it does!)

Bougainvillea* (*Hawaiian Huna Essence*): To restore the mystical dimension of life when consumed by mediocrity, to feel alive and aware of the magic and miracle of life.

Star Seed Potential Silver Birch: Walking the Talk* (*Shelley's essence*): Living the new wisdom every day, anchoring seeds of light through the vibrations of your words and thoughts being focused on love.

10ml dose bottles of essences marked with * available from Shelley Sishton at £7 to include UK p&p
www.shelleysishton.com +44 (0)1892 722191.

Bumble Bee and Frog can be bought from www.universalessences.com

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.

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