

Exam Essences

5 blends intuitively created for exam time

It's that time of year when students of all ages prepare for exams and tests. Teachers may also need some support! The blends I have created are:

- **Concentration & Focus**
- *Stress-soothe*
- **Creativity & Inspiration**
- **COMMITMENT**
- *Energy Boost*

They speak for themselves, so here goes:

Concentration & Focus

A blend to help keep the mind sharp, clear, and able to focus on the study task or exam.

- **Jacaranda** – helps you work through layers of information, bringing conscious order to all the various layers and levels of your daily activities. Provides tremendous energy to finish projects and realise intentions. For decisiveness. To overcome feelings of being scattered.
- **Diamond** – gives your whole energy field clarity and zest.
- **Clarity** – to bring the mind into a crystal clear space, free from interfering mental clutter
- **Blue Lupin** – for clear precise thinking. To help focus and clear confusion. Alleviates frustration and despair.
- **New Time** – to help integrate new information into your multidimensional self. Eases feelings of overwhelm through connecting with the place of inner knowing.

Stress-soothe

This blend of essences will help keep nerves at bay, calm an anxious mind and deal with feelings of overwhelm.

- **Black Eyed Susan** – for impatience, being over committed, constantly on the go, doing ten things at once. Helps to slow down, connect with deep inner peace and take things one step at a time.
- **Salvia** – restores emotional stability during times of extreme stress.
- **Sweet Bell Pepper** – restores inner peace, clarity and calm when faced with stressful times. Stabilises mind/body/soul balance when feeling stressed.
- **Tiger** – known as the *Zen Master*, Tiger essence calms a distressed and overworked mind, helps with solitary pursuits and finding a sense of clear mental direction.

Creativity & Inspiration

Helps your natural creativity flow with ease, and for natural inspired thinking and creativity.

- **Turkey Bush** – to enhance creativity, creative expression and focus. For confidence in your creative ideas.
- **Orange Honeysuckle** – for inner direction, crises of personal identity and related body/mind tensions. Releases creative blocks, diffuses anger and frustration. Evokes peaceful creativity.
- **Eagle** – keeps the crown chakra open in times of stress or overwhelm. To fly high and keep in touch with the bigger picture. To soar with Great Spirit and be filled with creative inspiration and divine guidance.

COMMITMENT

If exams aren't usually your thing, or you've had a difficult time in the past with them and have the expectation of more of the same, this blend helps change that pattern and to feel a sense of being able to commit to a study or revision plan and have a new outlook on what's to come.

- **Wedding Bush** – for commitment to goals, and to yourself
- **Kukui** – to relieve tension and emotional blockages to 'getting on'. Engenders calmness in times of stress and the ability to move forward.
- **Mountain Lion** – for committed action, manifestation, courage, balance
- **Sunshine Wattle** – for when you've had difficult experiences in the past with an expectation of a grim future or more of the same. Nurtures a sense of healthy optimism and being more open to a brighter future.

Energy Boost

Revising and taking exams can really take a toll on your energy levels. This blend helps give you a boost and maintain a level of energy where you can cope with the mental and emotional excesses of this phase.

- **Macrocarpa** – for when you feel jaded, worn out and drained. Renews enthusiasm, gives a sense of endurance and inner strength to carry on.
- **Jasmine** – to revitalize energy and enthusiasm.
- **Aloe Vera** – for burn out and overwhelm. Helps integrate creative expression with vital life-energy, and active expression of soul fire.
- **Nasturtium** – restores vital physical life force energy during times of intense mental-level focus.
- **Fire Opal** – to rejuvenate tired energy.

Order your blend for £10 to include p&p

by calling Shelley on +44 (0)1892 722191

or by email: shelley@the-energy-centre.com

First two blends at £10 each, then £5 per blend for three or more.

I also recommend you look at these combination essences:

Australian Bush Flower Essences Cognis Blend:

For daydreaming, confusion and feelings of being overwhelmed. Helps to assimilate ideas and enhance all learning abilities and skills. This essence gives clarity and focus when working, speaking, reading or studying. It balances the intuitive and cognitive processes and helps integrate ideas and information. Excellent for study or pursuits that require intense focus. It assists problem solving by improving access to the Higher Self, which stores all past knowledge and experiences.

Wild Earth Animal Essence Supreme Confidence Blend:

Helps provide powerful support for acting with confidence, strength and power, containing:

- Mountain Lion - Nurtures self-assurance.
- Bumblebee - Nurtures profound confidence and the belief that you can accomplish what you used to believe was impossible.
- Cheetah - For acting with great confidence, achieving goals with efficiency and speed.

Alaskan Essences Easy Learning Blend:

Easy Learning is a formula designed to facilitate all aspects of the learning process for both children and adults. It has three main qualities. The first is to strengthen our focus and the ability to pay attention without being distracted by what is going on around us. The second is to increase our ability to process and integrate information, thereby increasing understanding and the logical application of knowledge. And finally, this formula helps us to work with the higher learning centers in the brain, and the 5th and 6th chakras, to improve our capacity to communicate with our higher selves and Universal Mind to allow higher frequencies of thought into our learning processes.

Buy these three combinations online from www.universalessences.com or www.healthlines.co.uk

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.