

Flower and other Essences for Summer

With the summer holidays in full swing, here are a few essence tips and ideas to enjoy.

- **Solaris** An *Australian Bush Flower Essences* combination essence for those hot and sunny days. An excellent essence to help keep the body cool, and to **help with the effects of heat and sun**, emotionally, and topically on the body.
- **Mulla Mulla** One of the essences in Solaris above, Mulla Mulla is a flower that blossoms in the red centre of Australia – the hottest part with temperatures often over 45C – 50C. The Aborigines eat this flower when crossing through the red centre as it has a **cooling effect** on the body. Another quality of this flower is its excellent support with **skin/sun burn**. Add a few drops to a small amount of water, and gently apply to burnt/sore areas every few minutes to start with, then a few times a day. Add to bath water too. A great essence to have on hand at home in the kitchen as well – I always have a bottle handy **for kitchen burns or scalding** – really helps to take internally as drops under the tongue immediately and apply to distressed area of body. And **helpful for fevers** and high temperatures too. Mulla Mulla can also be used to **'take the emotional heat'** out of a situation. Sometimes family holidays can push our buttons! Remember your pets in the sunshine – or being left in cars in the summer heat. Stroke onto their fur, add to drinking water regularly.
- **She Oak** Another essence in Solaris blend, She Oak is there as it **helps with dehydration**. Sometimes we can drink a lot of water and it's not always absorbed well. She Oak helps water absorption in the body. Add to drinking water – again remember your pets for this. I have found this essence helps with **dehydration headaches** too. If you know this essence from the *Australian Bush Flower Essences* range, you may know it for its qualities of helping to balance hormones and the ovaries. Ian White (producer) explains that **fertility issues** can sometimes relate to the ovaries being dehydrated. When plumped up and refreshed, the ovaries have a better chance of functioning at their best. The seed pod of this tree is roughly the size of an ovary. And She Oaks grow around water holes and near water. Seeing these after days of trekking was a sign to the Aborigines that water was nearby.

- **Wild Freedom** A combination of *Wild Earth Animal Essences* to help you really **let go and enjoy yourself**, leaving the day to day world behind for while. Includes *Wild Horse*, to nurture the free and wild heart, *Dolphin*, for joy, playfulness and freedom, *Mallard*, for acting with inspired joy, and *Sparrow*, for dissolving any lingering worry.
- **Little Flannel Flower** For a sense of child like freedom, care-freeness, playfulness, joyfulness. Helps to **lighten up seriousness** in children (and adults!). Deals with denial of the child in the personality.
- **Billy Goat Plum** If you feel self conscious about your body, to feeling really uncomfortable about revealing your body – even to the extent of feeling self loathing or self disgust - this is a good *Australian Bush Flower Essence* to **help you accept your body – and yourself – as you are**, and to feel more comfortable with your body.
- **Raccoon** Summer can be a time when mums – and dads too – find they are changing their usual ‘hats’ for new ones. Moving from provider, driver, cook, cleaner, going to work, preparing meals, helping with homework, into playing with the family, having friends and family to stay, letting the adventurer loose in you, can be supported with Raccoon. This essence **helps you move between life’s many roles with greater ease**, helps you ‘take your mask off’ and be true to yourself, as well as unmasking and accepting (perhaps hidden) aspects of yourself.
- **Emergency Essence** (*Australian Bush Flower Essences*) or **Rescue Remedy** (*Bach Flower Remedies*) Having a bottle of either on hand can be **really helpful for life’s ups and downs, dramas, for unexpected shocks, bumps, upsets and stresses while on holiday or at home/work, day to day.**
- **Wolf** If you find socialising a challenge, Wolf **helps you feel one of the pack**, part of the community at the same time as helping you maintain healthy boundaries for yourself. Good to take if you are going to a party or social gathering which you’d normally shy away from.

- **Offer** For **laughter, joy, freedom from fear**. Helps you celebrate the journey of life – and celebrate the summer holidays! Another essence I have on hand regularly for myself, when I get caught up in the seriousness of life – and my own head!!!

Dose bottles of the above single essences are available from **Shelley Sishton** at **The Energy Centre**, **price £10 for a 30ml bottle to include p&p**. Shelley can also create you a personalised essence blend. Contact her on +44 (0)1892 722191 or e:hello@shelleysishton.com.

Solaris, Emergency Essence and **Rescue Remedy*** are combination essences which you can buy online from www.universalessences and www.healthlines.co.uk Shelley does not carry these in stock.

* Heathlines sell Rescue Remedy (Healing Herbs range), not Universal Essences

Shelley also runs courses and workshops on essences, conscious living and mind body well-being. See www.shelleysishton.com for more details.

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.

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.