

## Flower and other vibrational essences in times of rioting and chaos

It is perhaps hard not to be touched by the intensity of what we are witnessing on the news these past few days with images of rioting and chaos in some UK cities. Is it easier when we see it on TV happening in another country and feel in some way dissociated from it? Having it happen right on our doorstep – maybe quite literally for some of us – can be a very frightening, overwhelming experience and bring up our fears.

With the news channels focusing on the devastation of the last few nights and the ‘lawlessness of youths’ in relation to the chaos, it is easy to get drawn into what you see. Perhaps you find yourself experiencing thoughts and feelings of how terrible this is, how bad the people are who are doing this. And feel fearful yourself for the future.

It’s not wrong to feel what you feel. If you know me, you will know I believe there is no right or wrong, only what is. And what you feel is very real in your mind.

For thousands of years, Indigenous cultures around the world have foretold of an age – which dates around 2012 - of paradigm shift on Earth. A shift from the mindset of fear, war and anger, into peace, harmony and love. In the face of these riots it may seem ridiculous to mention peace, harmony and love. At face value, it would seem that humankind is a long way from this.

Within these fore-tellings were warnings that for the new era to emerge, the old order had to break down. And just maybe this is what we are witnessing here.

I am not the one to give a full analysis of the experience from ground level perspective. My perspective comes from the multidimensional level, where I believe we are all connected energetically and where we can observe the bigger picture of life, and our part within it.

What relevance is this to the riots and chaos we see on TV? Perhaps none at all. Or just maybe there is a much bigger, multidimensional view that we can all explore and even influence.

### ***How?***

Science now talks about a living matrix, a field of energy which connects all life on the planet – and in the Universe. And scientists such as **James Oschman** (*Energy Medicine, The Scientific Basis*), **Rupert Sheldrake** (researcher into *Morphic Fields*), Dr Masaru Emoto (*Messages from Water*) are awakening us to this possibility, even reality. If everything *is* connected, then we have the chance to bring about change right here on our doorstep, from where we are right now. **The energy of intention is awesome.** Our mind – as **Eckhart Tolle** says – is a tool (although in the Western world we have tended to become lost in our mind and let it control us at the expense of listening to our intuitive heart mind). So use this extraordinary tool to direct new energy into what you are seeing on TV and hearing on the radio.

## Here are some ideas of HOW:

**1. The power of intention, words and feelings.** When you hear the news, observe what you are feeling. If that feeling doesn't make you feel good, choose a word, such as peace, harmony, love, and say this over and over to yourself. Say it out loud too. Energy flows where attention goes, and over the next few days there will be a lot of energy from news channels directing energy into lower, fearful vibrational frequencies.

You may not feel anything as you say these words at first. To change the direction of a super tanker you first need to slow it down, let it stop, then start the engines again to sail in the new direction. Keep focusing on the words and let your feelings that reflect these words naturally emerge. Once again, **energy flows where attention goes.** If just two people choose to do this from reading this email, that's two more people helping the super tanker of chaos slow down. Two more people who choose to help change direction from chaos and fear, towards peace.

Your mind may ask "What's the point, it's only me?". If everything *is* connected, your words, feelings and senses will be adding energy to the energy of everyone else choosing to do the same. I believe it really is that simple. And that we can all do this, from wherever we are. **We cannot underestimate how powerful this is. And how much it CAN help.**

**2. Work with any of these vibrational essences.** **Either for yourself, to send to someone you know who is affected by these events, to drop or spray around the streets, on the ground, into the rivers and waterways in and around these places. Also to take the essence of your choice and send it intentionally to those in the riots, to the emergency services, to those arrested. Alternatively, drop essences onto city maps, pictures, place names and intend the energies to connect with these locations. Drop them into the Earth where you are, and send them through the energy channels and grid system of the Earth to places you feel can benefit from these energies.**

- **Wolfpack** For group harmony. For breaking down barriers of separation. For dealing with the fear of being an outcast, of being different in society. For overcoming deeply ingrained mental patterns of judgment, criticism, 'the need to be right'. This essence allows the various dynamics in a family, group, society to have respect for one another, to come together acknowledging differences without the need to dominate, force or attack. For those who have experienced abuse, first hand or in their environment. Where fear patterns exist with an expectation for hostility, or fear of confrontation, Wolf Pack brings strength to know we are never alone and to stand tall in our truth. For conflict resolution - in our outer and inner worlds - in mind, emotion, body and spirit. An essence of the future, it holds a pure resonance embodying the vision of Dr Martin Luther King: "I have a dream...that we can all stand together as one race... to sing Free at last! Free at last!" World change begins with each and every one of us - when we know we are no better, no worse than any other being on this Earth, regardless of

gender, age, education, creed, colour, or culture -when we free our minds and hearts from enslaving our bodies with false ideals of who we are, to recognise the magnificent truth of ourselves. This is an essence for our changing world, to overcome the chaos spurred by fear of change and breakdown of the old paradigm, to embrace the freedom of unity where love is the driving force for peace on Earth. ([The Essence of Life](#))

- **Liard Hot Springs** An environmental essence from Alaska, this essence holds the original blueprint of innocence. Entering the calming and relaxing vibrations of this essence, we are cleansed of layer after layer of energetic grit and grime collected over lifetimes on this planet. This essence can help us come to this awareness of innocence regardless of our current levels of self blame and incrimination. Good to use for yourself and in the environment. ([Alaskan Essence](#))
- **Paw Paw** Good if you are feeling overwhelmed by events and information. Helps you assimilate and process details. Brings a sense of clarity and calmness. ([Australian Bush Flower Essence](#))
- **Sydney Rose** To realise – and feel - that we are all one, there is no separation. Brings a sense of unity and the ability to move forward together. ([Australian Bush Flower Essence](#))
- **Wild Horse** A tonic for the heart, nurtures a sense of loving openness, belonging and connection with others. Provides support for those who feel lonely, depressed by life and have 'lost heart'. ([Wild Earth Animal Essence](#))
- **Bliss** For a deep sense of peace, balance and reconnection with eternal knowing. Restores harmony after chaos. ([Sacred Geometry Essence](#))
- **New Time** Helps to restructure energy in line with the new era of peace. Aligns our inner gyroscope with the higher vibrational energetic shifts in the living matrix. Also works to realign environmental energies after upheaval, disruption and chaos. ([Sacred Geometry Essence](#))
- **Fireweed** Helps to release pain, shock and trauma, and attempts to carry the past into the future. This essence forms an etheric network of restorative energy. The vibration of this plant merges with the vibration of the earth, cleansing and renewing its pattern and enabling it to attract new life. A powerful catalyst for transformation that encourages us to release anything that is no longer appropriate in our lives, so that we can create new experiences free from limitations of the past. ([Alaskan Essence](#))

- **Emergency Essence** Excellent for any physical or emotional upset, in times of chaos and turmoil. It has a calming effect on the mind during major and minor crises. It helps ease panic, fear, physical and mental stress and nervous tension. (Australian Bush Flower Essence combination)
- **Calm & Clear** helps you remain calm and clear during times of intense or prolonged stress. Helps clear thinking and decision making. (Australian Bush Flower Essence combination)

If you would like to purchase any of these essences, please contact Shelley who can send you a 30ml dose bottle of those she has in stock (£11 to include p&p), or Shelley can direct you to online stores for the essences of your choice.

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**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.