



# Divine Harmony Essences

**Divine harmony** is a state of inner balance in which body, mind, emotions and spirit work together as an integrated whole. It is the essential core foundation for the creation of greater peace, love, joy, self-empowerment and physical wellbeing in our lives.

**This powerful set of Flower, Gem & Crystal Essences** provides the tools that can help us restore the balance between body, mind, emotions & spirit that will allow us to manifest our own highest potential. Each combination contains a carefully selected blend of essences and facilitates inner change & transformation that is gentle, effective and life enhancing.



*Crystal Herbs*



**Crystal Herbs**

Flower, Gem & Crystal Essences

A wonderful selection of Flower, Gem & Crystal Essences promoting Unity of Mind, Body & Spirit.

# The Divine Harmony Essences

The Divine Harmony Essences are an evolution of the Combinations for Self-Treatment, a response to the needs of the moment for tools that can fully support our inner journey in these challenging times of change and expanding consciousness. No matter what the issue that you maybe seeking help with, begin by blessing it as a gift that can open the doorways to new understandings and ultimately greater fulfilment in your life. Troublesome issues, whatever form they might take, are simply signposts that are pointing us towards the need for more balance, harmony and integration in our own inner world.



**The forty essences in this set** are divided into four groups that reflect the most important areas of focus for us all as we seek to achieve this state of inner balance and wholeness.

- **Transforming Core Emotions**
- **Transforming Belief Patterns**
- **Developing Positivity**
- **Integrating Spirit.**

## ■ **Set 1 - Transforming Core Emotions**

The combinations in this group will help to gently release and transform old crystallised emotional energies stored in the emotional body and other areas of your energy system. As your core emotions become more balanced and free flowing you will find yourself able to respond to life in each moment rather than unconsciously acting out old long forgotten scenarios. Stay tuned to yourself for the insights that will flow in as the essences do their work, particularly those related to any belief patterns that might be connected with the emotional issues that are being dissolved.

### **Feeling Worthy**

#### Transforming Unworthiness

**Indications** - where there is a problem with self-nurturing, or deep feelings that one is not as good as others. Also for those who easily feel inferior, are very sensitive to criticism or perhaps have an unexplainable sense of incompleteness.

If we do not receive enough nurturing and a positive image of ourselves from our parents in childhood it can be difficult to recognize our own innate value and self worth for ourselves when we grow up. This leads to feelings of 'never being good enough', or not being OK in some way. The personality can develop defence mechanisms such as a need to be right or a need to feel 'better than' others in order to feel comfortable.

### **Forgiveness**

#### Transforming Guilt

**Indications** - lack of self-love, inability to forgive oneself or others, self-condemnation or judgement. For those who feel guilt, perhaps carrying deep feelings of responsibility for past 'mistakes', or feeling to blame for something that cannot be consciously identified.

Guilt is the emotion created when we are unable to forgive ourselves for some past action or situation. Usually the original cause is long buried in our unconscious leaving us with a

deep unexplained need to make repayment in some way. For some people this unconscious pattern is a driving force in their lives creating great inner tension and distress. When we are unable to forgive ourselves we may also find it difficult to forgive others. Understanding that we have chosen the events and situations of our lives to provide opportunities for soul growth makes it easier to forgive and move on. This combination helps to promote a greater sense of unconditional love for self and others, transforming feelings of guilt and separation and bringing a greater connection to Source.

## **Healing Bereavement**

### **Transforming Grief**

**Indications** - an excellent support for those consciously grieving the loss of a loved one. Also helpful to transform buried grief & loss, possibly manifesting as an unreasonable fear of loss or an inability to deal with another's grief.

Grief is a very powerful emotion and one that many people are unaware that they carry at an unconscious level. A deep loss, whether caused by death, divorce or in some other way, leaves a shock in our energetic system. When we are unable to release the accompanying very natural emotions of grief and sadness these feelings are gradually buried deeper and deeper into the unconscious. Buried grief can often be recognised as a sense of unexplained sadness in the heart or perhaps as a fear of making a real heart connection with someone in case the pain of loss is repeated. Sometimes when working with this emotion we can find that the root of the issue comes from our original feelings of grief at separation from our twin soul. As we release and transmute these old memories we are able to open our hearts and recognize that we have always been connected to the Whole.

## **Inner Calm**

### **Transforming Fear**

**Indications** - deep patterns of anxiety or fear, possibly manifesting as panic attacks or phobias in extreme states. Also difficulty facing particular situations in life or achieving ones full potential indicate underlying fears.

Fear is an emotion that is deeply buried in the human collective consciousness and as such affects us all to some extent. It is an emotion generated as a direct result of our loss of awareness of ourselves as an indivisible part of a Creation that has love as its foundation. However hard we might try to convince ourselves of this truth most of us have had experiences that have lead us to believe that the reverse is the case, leaving us with deeply buried unconscious traumas that continue to be the source of our everyday fears until they are brought into awareness and the related energy transformed. Our fears are the weakest link in our personality and deeply affect our balance and well-being as well as our ability to reach our full potential as human beings.

## **Inner Certainty**

### **Transforming Doubt**

**Indications** - a need to restore the core emotions of faith & trust. Feelings of pessimism, cynicism or doubt in oneself or the universe.

Doubt is an emotion created by the loss of conscious understanding of our connection to the Whole. When our consciousness closes down we become isolated and marooned in the personality, without access to the greater picture of life. For some this very debilitating emotion comes to the fore when the events of life are apparently not going the way the

personality feels they should, although from the perspective of the Soul everything is exactly as it should be. Doubt can also be one of the defence mechanisms used unconsciously by the personality to avoid the need for change. This combination will help transform doubt into inner certainty, helping you to see life from a wider perspective.

## **Inner Freedom**

### Transforming Judgement

**Indications** - for those with a strong 'inner critic', easily caught up in situations of judgment or criticism. Also those who fear the judgment of others or feel easily criticised.

The energy of tolerance in its unbalanced form carries the potential for us to be both judgmental and critical either of others or ourselves. Intolerance is a very common emotion today since we live in a society that strongly identifies with the polarities of 'right' & 'wrong'. For most of us this patterning was reinforced by our upbringing in childhood. However seen from a higher perspective judgment simply holds us in polarity consciousness and stifles our spiritual growth. Opening our heart and extending tolerance to ourselves allows us to remember that there is no right or wrong way to do things, simply a choice in each moment of how we express our own uniqueness. As we allow this freedom of expression within ourselves it becomes easier to extend it to others.

## **Inner Joy**

### Transforming Despair

**Indications** - helps to dissolve lower emotions like despair and hopelessness releasing the block to the natural flow of higher emotions like joy and happiness. Will support anyone who needs to create more inner joy & light.

Despair and despondency are emotions that are created when we are unable to connect with our own inner light. Deeply traumatic experiences that feel overwhelming to the personality can sometimes result in the choice to close parts of ourselves away. Often these experiences are long buried in previous incarnations but the wounds are still there, with the result that we feel separate and alone because we do not feel complete. Joy is the feeling that is generated when we are able to connect with and express our true selves. To reconnect with our own innate inner joy we must first release those feelings of despair and despondency that we carry at a deep unconscious level. These feelings can cover many states of mind & emotion ranging from a mild flat feeling to a big black hole of despair from which there seems no way out. This combination will help you to unravel and release the deep-seated patterns that contribute to these feelings.

## **Inner Peace**

### Transforming Anger

**Indications** - easily triggered feelings of anger and rage, inability to deal with anger in others, or a tendency to draw angry people into your life. Also when there is difficulty connecting with any emotions at all.

Anger is a very normal human emotion. It can also be one of the more difficult emotions for us to own and bring into balance. Often this stems from a childhood where it was considered 'bad' or inappropriate to express anger or rage. Lacking positive guidelines on how to deal with these very natural emotions, many people carry suppressed anger and rage, which they are either afraid to express, or are hardly aware of because they have buried it so deeply. This kind of buried anger can often act as a barrier to releasing other emotions that are more deeply layered.

## Restoring Patience

### Transforming Impatience

**Indications** - deep-rooted patterns of impatience, frustration and irritability that make it difficult to relate to others peacefully and with understanding. A tendency to 'blow a fuse' at the slightest provocation.

Impatience and frustration are very common emotions in today's fast moving world where it is easy to forget that there is a place and time for everything if only we would follow the promptings of our own inner voice rather than the demands of the personality. The energy of impatience keeps us from being fully in the moment and often acts as a defence against having to be still and face the emotional turmoil of our inner world. Those who have this pattern very strongly often find it difficult to relate to others and end up feeling isolated in their own world.

## Self Responsibility

### Transforming Resentment

**Indications** - for those who find it difficult to take full responsibility for themselves, perhaps preferring to blame others for their problems and difficulties in life. Also feelings of bitterness or a sense that 'life is unfair'.

Resentment is the emotion that builds up when we are unable to own and express feelings of anger, rage or hurt. It closes the heart, effectively blocking our ability to forgive or to see the higher perspective of the events of our lives. Deeply buried feelings of resentment about past situations lead to a tendency to blame others for perceived misfortunes, feelings of bitterness and the often unconscious belief that we are a victim of circumstance. This combination will help to dissolve & transform conscious or unconscious feelings of resentment encouraging forgiveness and self-responsibility in all areas of life.

## ■ Set 2 - Transforming Belief Patterns

Belief patterns are created when emotion and thought are combined with a sufficient focus of intent. Powerful beliefs shape the reality we create in our lives both individually and collectively. Positive life enhancing beliefs are important to our well being so if this is compromised in some way it can be a signal to explore our unconscious beliefs, since often our most influential and active beliefs are those that are below the level of our everyday awareness. Deep acting combinations of essences are an excellent way of gently helping to bring old ingrained beliefs fully into awareness so that we can evaluate and amend them to reflect our real choices.

## Auric Protection

### Creating safe boundaries

**Indications** - over sensitivity, feeling at the mercy of others emotions or thoughts.

Energetically drained around others, especially in crowds. Feeling attacked by others thought forms, or unable to distinguish own emotions from those of others. Weak energetic boundaries.

Over sensitivity is a big pattern for many of us and often relates to unconscious beliefs about our boundaries with others and the world around us. Many people have an unconscious patterning that tells them that it is safer if they do not create strong boundaries, while others have a distorted view of service that unconsciously prevents them from establishing healthy

boundaries. This pattern can also relate to old experiences of abuse or situations where we have felt persecuted for standing in our own power. Taking responsibility for our own energy space is an important first step in working with this pattern. The Auric Protection essence has helped many people to recognise and define their own energy from that of others. Often this is the first time that they have been able to make this distinction and it comes as both a revelation and relief to know that they are allowed to have energetic space of their own. The auric field can also be weakened by shock, trauma, excessive use of alcohol and drugs, illness or excessive emotional neediness.

## **Being Present**

### **Becoming grounded**

**Indications** - easily 'spaced out', ungrounded, maybe drifting off into a dream world of 'what ifs' which make it difficult to stay present and focused. Also difficulty starting and or completing jobs.

A good connection with the earth – or good grounding - is required for us to be fully present and also for us to function efficiently in every day life.

In a world dominated by left-brain mind orientated activities, it has been all too easy for us to build up patterns of living life either in the past or the future and to lose the ability to be focused and present in each moment. This means that we are often simply acting out old patterns in our lives rather than making new choices based on what is really happening in our world NOW. This is such an unconscious pattern for some people that they do not even notice that they are living their lives on 'automatic pilot'. This combination will help to transform the underlying patterns that prevent us from being fully in the present moment.

## **Feeling Safe**

### **Trusting Life**

**Indications** - for those who 'never feel safe', or perhaps have an unjustifiable sense of impending doom. There might also be difficulty coping with change or lack of trust that they will always be looked after.

The unconscious belief that 'the world is not safe' is a deep-rooted and debilitating pattern in many people. It effectively blocks our ability to recognise our connection with the universal flow and contributes to feelings of separation and vulnerability. Often this belief has its roots in experiences of sudden death or loss in previous incarnations that have left us with unprocessed fear, shock and trauma that now limits our ability to feel safe and to fully trust the flow of life in this incarnation. You might recognize this as a vague unjustifiable feeling that something dreadful is 'just around the corner'. This combination will gently help to release and dissolve these old memories leaving you free to see life from a new perspective.

## **Healing Abuse**

### **Dissolving trauma**

**Indications** - an excellent support for anyone consciously working with issues related to abuse. Also helpful to transform more unconscious patterning possibly manifesting as a cycle of abusive situations or relationships or a strong 'victim' mentality.

Deeply buried trauma from past situations of abuse can create an unconscious belief pattern that 'things happen to me' or 'I am a victim of circumstance'. Like all beliefs this can be a self-fulfilling prophecy that draws in further experiences of the same. Courage, compassion

and forgiveness are required to release these old memories and change the patterns. In these days of rising awareness it is not an uncommon experience for previously suppressed childhood memories of abuse of one kind or another to begin to surface. For some these memories relate to past life experiences, in either case the Healing Abuse combination will help to gently release the old buried emotions and associated belief patterns leaving you free to make new choices.

## **Healing Relationships**

### **Restoring intimacy & trust**

**Indications** - for those who have difficulty sustaining intimate relationships – possibly feeling a lack of closeness or inability to trust in the relationship.

Everything in our lives is in some way a reflection of our own consciousness and our close relationships are no exception. This makes them both an opportunity for growth and a challenge since there is no escape from the reflection of our deepest patterns. Many of us carry deep heart wounds gathered from our experiences in past relationships that we carry forward unconsciously into our current relationships. These inevitably block our ability to sustain an intimate loving relationship because we are not able to give and receive love in a truly open hearted way. Defence patterns then build up in the relationship creating barriers to intimacy as each person projects their painful expectations onto the other. The following combination will help you to release these old patterns making it easier to bring more love and trust into your close relationships.

## **Inner Harmony**

### **Relaxation**

**Indications** - for those with an eternally busy mind, very activity orientated people who habitually overwork or find it difficult to 'switch off', rest or relax properly. Physical, emotional or mental tension.

True relaxation is a state in which inner harmony is created by the union of heart and mind, a state of balance in which the heart is an equal partner with the mind. In today's activity orientated society the recognition of the importance of this balance has been all but lost, with the result that many people over strive in the outer world and can no longer slow down enough to connect meaningfully with themselves at an inner level. This very common pattern often manifests as undue physical, emotional or mental tension, an over active mind or an inability to relax and 'switch off'. This combination will help promote a state of inner relaxation in which new perspectives become possible as the mind and heart find balance.

## **Letting Go**

### **Dissolving attachment**

**Indications** - emotional pain caused by separation, divorce or bereavement. Too emotionally attached, clinging to old relationships, seeking love.

One of the most common patterns of all comes from a belief based on a misunderstanding about our relationship to love. There is a general misperception that love is an emotion that is generated by someone or something outside of ourselves, rather than an innate part of our being. It is a very deeply ingrained pattern held in place by many past experiences of separation, grief, fear & loss. At a personality level it leads to unhealthy emotional attachments to people and situations, often characterised by control games and co-dependant relationships. It leads us to hold on to old situations far too long either because it feels too

emotionally painful to let go or because we do not wish to inflict pain upon another. The Letting Go combination will help to gently release old emotional pain leaving you stronger and more able to create truly loving relationships.

## **Open to Receive**

### **Creating Abundance**

**Indications** - for those seeking to create greater abundance – whether in the form of money, love, joy or spiritual connection. Transforming poverty consciousness.

The huge collective belief pattern that there is 'not enough' is at the root of many problems in our world today, most obviously the huge imbalance in how we share planetary resources. At an individual level this belief in 'poverty consciousness' can lead us to experience a lack of money, joy, love, friendship, work etc in our lives. All manifestations of this pattern are indications that the mind is not allowing the heart to remember its connection with Source. From the perspective of the heart, true abundance is an integral part of our connection with Source and freely available. However many of us carry unconscious patterning that effectively blocks our ability to connect with this all-important Divine flow. Often lack of understanding of our part in the flow means that we are either not open to receive it, or do not understand how to use it and pass it on. This combination will help you to clear and transform the old patterning that prevents you from opening your heart to connect with your flow of Divine Abundance in all its forms.

## **Transforming Addiction**

### **Dissolving dependency**

**Indications** - for those who need support to transform addictive behaviour of all kinds.

The belief that something outside of ourselves can make us feel OK is a big pattern for many people today. It is a symptom of the loss of connection with our hearts and a consequent over reliance on our minds as a means of living life. In this state our natural emotional flow becomes blocked and our mind constantly creates ways of diverting our attention away from our uncomfortable and often unconscious feelings of separation. For some people these are very deep family patterns that lead to the development of obsessional patterns of behaviour that are often distressing and destructive to all concerned. Some of the more commonly recognized forms of this are dependency on tobacco, recreational drugs, gambling, alcohol, or food. However there are almost unlimited ways in which we can experience this pattern – more subtle examples can be seen in an excessive need for television, music, exercise or even meditation when taken to extremes. This essence will help to work with the issues underlying this state bringing calmness and understanding.

## **Sexuality**

### **Remembering innocence**

**Indications** - for anyone who has difficulty expressing their sexuality in an open, natural and balanced way.

Innocent and spontaneous expression of our love for another human being through sexual expression is a beautiful form of communication that we can only experience when we are in physical form. Sadly so many people find themselves unable to fully use their sexual energy due to the many restrictive and limiting belief patterns that have become a part of our collective consciousness down the ages. Blockages in the emotional & mental bodies relating to our sexuality result in an inability to be truly creative and make it difficult to relate

to others in a natural & spontaneous way. Sexual energy is a powerful force which when combined with an open heart can completely transform our ability to communicate in our inner and outer worlds. This combination will help to transform these old patterns bringing new balance and freedom.

### ■ Set 3 - Developing Positivity

Everything that we think and feel contributes to our energetic signature, which determines the quality of life we experience, as well as the ability of body, mind, emotions & spirit to function as an integrated whole. The more balance we can bring to the personality the greater our power to bring about positive change in both our inner and outer worlds. At a collective level we share a common consciousness to which we all contribute and from which our collective reality is created. As each one of us makes a conscious choice to make our contribution a positive and loving one the easier it will be for everyone to experience unity and balance. The following essences offer assistance with the development of positive personality qualities.

#### **Clarity**

Releasing confusion

**Indications** - for those easily prone to mental confusion, perhaps feeling unable to 'see the wood for the trees' or link issues together with clarity.

Clarity of thought and the ability to be objective are important qualities because they allow us access to the perspective of the higher mind and our soul. When emotions such as fear block the mental body we can sometimes find ourselves experiencing a state of confusion that does not allow us to see the larger perspective of events in our lives especially those that we perceive as challenging. In this state we are confined to the narrow perspective of the lower mind and can find ourselves experiencing a very uncomfortable state of confusion in which we are unable to get any positive perspective on our situation. Some in need of this combination have a tendency to lose their sense of humour in times of stress while others might experience extreme emotional states or hysterical outbursts. This essence will help to clear confusion and restore clarity.

#### **Concentration**

Creating focus

**Indications** - for those whose attention is easily scattered making it difficult to concentrate or focus on one thing at a time. A great combination for students studying for exams where extra focus is required.

Concentration is a state of positive inner focus that requires a calm mind and balanced emotions to sustain. In today's world there are endless distractions that encourage us to focus our attention outside of ourselves, with the result that the positive qualities of inner focus and concentration are often not sufficiently developed as we grow up. This affects our ability to function in the outer world as well as in our inner world. This combination will promote the ability to focus and concentrate the mind, creating a greater feeling of inner centeredness.

## **Confidence**

### **Restoring self assurance**

**Indications** - for those who lack confidence in their own abilities, possibly affecting their ability to move forward in life or to try new things.

True inner confidence and self-assurance stem from a deep knowing of our connection with Source and an acceptance of ourselves as multidimensional beings with unique gifts and talents at our disposal. Many of us consciously or unconsciously carry patterns that undermine our innate self-assurance blocking our ability to manifest our full potential in the world. Often the development of these qualities has not been sufficiently nurtured and encouraged in childhood leaving an underlying sense of inadequacy in later life. This essence will help to heal the related underlying issues and restore a state of positive self-confidence.

## **Creativity**

### **Restoring individuality**

**Indications** - helpful for those who have become withdrawn and seem unable to recognise their individuality or express their creativity.

True creativity comes from the flow of inspiration available from our soul when mind and emotions are balanced and our heart is open to receive. Creativity is essentially a quality of the right brain and easily becomes blocked when this is not respected and understood. To express our creativity fully we must also be prepared to recognize and value our own individuality and the gifts that we have to offer to the world. Lack of understanding of this and an education system that generally values left brain learning over right brain creativity has left many of us frustrated and disillusioned about our creative abilities. This combination will help to transform these old energies and free up your natural creativity.

## **Decisiveness**

### **Empowering choice**

**Indications** - for those who are unable to make firm decisions and stick to them. There might be a tendency to put off making important decisions or to seek the support of others to justify their choices.

The ability to make our own decisions and to act on them is clearly important in the development of positivity and self-empowerment. However many people have difficulty in this area because they were not encouraged to develop this quality during the early part of their lives. Too often children are discouraged from following through with their own choices and decisions because a parent or other influential person in their lives felt they knew better. Many people also carry unconscious memories of past life situations where they have perceived that a previous decision they made lead to difficulty or even disaster, making it hard for them to embrace this quality fully in this life. This essence will help to release the underlying issues and promote the positive quality of decisiveness.

## **Emotional Balance**

### **Restoring emotional stability**

**Indications** - for those who experience volatile emotions, excessive mood swings or difficulty remaining calm and balanced in emotionally charged situations.

The ability to stay emotionally balanced and calm no matter what the situation might be around us is an important element in developing positivity. If we are uncomfortable with the

expression of our own emotions, especially those that we consider less than positive, they end up becoming buried, which can create imbalances in the sacral and solar plexus chakras. Common experiences of this problem are feelings of over sensitivity and vulnerability to other people's emotions or the general sense that you are always on an emotional roller coaster ride. This essence will help to promote a gentle release of buried emotions creating a foundation for greater emotional balance and a release of physical tension in the stomach & solar plexus areas.

## **Inner Strength**

Restoring inner resolve

**Indications** - for those who feel that they need to boost their will power or inner strength and determination to stand in their power or to face the issues of their life with positivity.

For most of us there are areas in our lives where we sometimes find it difficult to stand fully in our own power and in these situations it can be easy to feel that we lack the necessary inner strength and determination. Where we have a need to develop these positive qualities our soul will offer us opportunities in life that force us to confront the issue. It can feel most uncomfortable when we face up to the challenges presented to us in this way, but also very rewarding as we see our inner strength and determination grow with each new experience. This essence will help to strengthen and promote the qualities of inner resolve, strength, courage and determination.

## **Motivation**

Developing inspiration

**Indications** - for those who feel they are lacking in positive motivation or inspiration in life.

Inner motivation is the force that we use to initiate action in our lives. When our body, mind, emotions & spirit work in harmony with each other, inspiration flowing through from our soul provides the impetus which fuels inner motivation. However, when this positive flow is reduced or cut off for some reason we can find ourselves experiencing feelings of stagnation, lethargy and inertia because we lack the motivation to take positive action in our lives. This is unfortunately a common experience for many because so often our childhood and educational experiences have not encouraged us to act on our individual creative inspiration. This essence will help to gently release and clear the blockages that lead to these feelings, bringing renewed inspiration and motivation.

## **Spontaneity**

Freeing the Inner Child

**Indications** - for anyone seeking to reclaim the spontaneity and innocent joy of a child. Helpful for those consciously working on healing their inner child or needing help to get in touch with it.

When we have experiences in childhood that we perceive as emotionally difficult or even dangerous in some way, a part of us withdraws as a way of coping with the situation, and is then unable to grow into maturity. As an adult we can then feel incomplete or unable to function fully in some areas of our lives. Often this manifests as an inability to respond to life with positivity, spontaneity and joy. This combination will help you to reconnect with your inner child for healing and release of unresolved memories, emotional issues and fears from childhood. As the inner child is released to 'play' again so the adult also becomes free.

## **Thankfulness**

### **Developing Gratitude**

**Indications** - for those seeking to expand the positive qualities thankfulness and gratitude in their lives.

Thankfulness and gratitude are amongst the most life enhancing and positive attitudes available to us. When we are truly thankful for absolutely everything in our lives no matter what it is, then we are at the doorway to freedom because we have understood that we are responsible for the events and situations that we draw into our lives as well as our choice of response to them. Acknowledging and accepting our creations with thankfulness and gratitude also creates the opportunity for us to dissolve the old and reform it into something new and positive. Blessing everything within your life with thankfulness no matter what it is, is undoubtedly a challenge but it is also the gateway to self-mastery. This essence will help to promote the qualities of thankfulness and gratitude.

## **■ Set 4 - Integrating Spirit**

Our spirit or soul is the part of ourselves that appears to exist outside of everyday reality, as we generally understand it. However it is a very important aspect of our multi-dimensional self because it holds the vibrations of our true essence and is a vital link in our connection with Source. The blueprint for the optimum direction of our life is stored at soul level as well as our experiences, gifts & talents from other life times. Integrating spirit into our lives by consciously honouring the connection with our soul is vital if we are to enjoy true harmony, balance and wellbeing. It can take patience and dedication to strengthen the link between personality and soul that allows them to work as one. The personality is required to bring balance to the polarity consciousness in which it has lived and to open its heart to accept the love and higher perspective of the soul as the guiding force in its life. Making and honouring this alignment opens up possibilities that are undreamt of by the personality on its own. All the combinations in this section are designed to help strengthen the personality/soul connection and to facilitate a greater degree of Divine Harmony.

## **Female Essence**

### **Strengthening Feminine**

**Indications** - strengthens & balances the inner feminine energy in both men & women. Dissolves old patterning that prevents the full use of feminine qualities such as creativity, intuition and nurturing.

This combination will help to clear away any barriers, prejudices or patterns that have formed in the personality around the perception of the feminine principle, preventing full acceptance and use of this energy in your life. This applies equally to men as it does to women. Feminine qualities are those that come through the right brain such as creativity, intuition, wisdom, open heartedness and sharing. The wounded feminine often makes herself known in the shape of a difficult relationship with the birth mother or mother figures in general. Resistance to fully honouring feminine qualities such as intuition, nurturing and creativity within yourself or others, together with a sense of injustice, anger or perhaps fear around the way women have been treated in the past might also be indications of damage to the inner feminine energy.

## Healing Family

### Resolving family issues

**Indications** - where there are unresolved emotional issues relating to current or past family situations. Promotes trust and open communication.

Our families are carefully chosen by us before incarnation to provide maximum opportunity for soul growth and karmic clearing, although usually we have forgotten this by the time we live the experience. If our family life provides situations that we perceive as emotionally challenging or painful in some way, such as bereavement or divorce, we can develop barriers to communication and trust, that unconsciously affect our willingness and ability to open the channel of communication with our soul or with those guides and teachers that can help us with our life journey. Use this essence to help clear and transmute these old memories.

## Inner Focus

### Enhancing Meditation

**Indications** - for those who need help to calm the mind and emotions so as to deepen their experience of meditation.

For most people some form of meditation or contemplation is an essential part of building a strong connection between personality and soul. The common goal of all forms of meditation is to still the mind and calm the emotions in order to leave a space in which we can more easily connect with our heart and the wisdom of our soul. It requires intention, focus and practice and it can be all too easy to allow the distractions of the outer world to draw you away from your inner focus. This combination will help you to find the inner pathways that will deepen your experience of meditation, bringing a greater sense of centeredness and alignment with your soul.

## Inner Unity

### Male/female integration

**Indications** - integrates and unites the inner masculine & feminine polarities creating greater soul communion. Helpful for anyone experiencing difficulty with balance in relationships, rejection or abandonment issues or lack of soul connection.

When the inner male and inner female energies are both honoured and used equally they compliment each other so that the power, strength and action of the masculine is balanced by the inspiration, creativity and wisdom of the feminine through the heart. Integrating these two inner energies to work as a unified whole creates a profound shift in awareness that is the foundation for a much greater integration of soul energy into your everyday life. As more of us reach this state of inner unity it will allow the division between the masculine and feminine polarity that is the root of so many problems in our outer world to heal too. Lack of unity between these two energies can leave us searching for the rejected energy in our outer relationships, creating co-dependency, unhappiness or a sense of inner emptiness.

## Inner Wisdom

### Connecting heart & mind

**Indications** - helps to restore the link between heart and mind, promoting a greater connection with our soul and innate inner wisdom.

Stored in our soul memory is all the knowledge that we have previously acquired as well as the gifts and talents we have developed throughout our many incarnations. This personal

data bank is the source of our inner wisdom but only becomes available to us as we allow the soul to become the guiding force in our lives. Most important in this respect is the ability to connect the mind with the heart so that the mind serves the interests of the heart rather than vice versa. Until we honour the greater perspective of the heart and its connection to our soul through the right brain we will always be limited in our perception of the world. This essence helps to forge a link between mind and heart, opening the doorways to the source of our inner wisdom.

## **Loving Communication**

### **Honest self expression**

**Indications** - for anyone who finds it difficult to express their true feelings in an open hearted way, especially in close relationships. Promotes the ability to feel free to be yourself.

From the perspective of the soul the personality is a vehicle for the expression of its love and light on the physical plane of existence as well as a means of gathering experience and knowledge. This requires that all channels of communication are fully functioning at a personality level, particularly the ability to allow open hearted communication with others. This essence will help to dissolve any blockages in the heart and throat chakras that are preventing honest and loving self-expression, particularly in close relationships. Not only will this greatly enhance your ability to communicate with those with whom you share your life, it will also promote a greater degree of communion with your soul.

## **Male Essence**

### **Strengthening Masculine**

**Indications** - strengthens & balances the inner masculine energy in both women & men. Dissolves old patterning that prevents the full use of masculine qualities such as strength, logical thinking & initiating action.

This combination will help to clear away any barriers, prejudices or patterns that have formed in the personality around the perception of the masculine principle, preventing full acceptance and use of this energy in your life. This applies equally to women as it does to men. Masculine qualities are those that relate to the left-brain such as logical thinking, strength, power and the ability to manifest action in the world. A wounded inner masculine is often characterized by difficulties in life with authority or father figures. Fear and judgement stemming from perceptions of past misuse of power are often at the root of unconscious personality resistance to fully accept and use one's masculine polarity.

## **New Horizons**

### **Supporting Change**

**Indications** - for those who need help to initiate or support change in their lives. Perhaps experiencing a sense of stagnation or inability to see the bigger picture of life.

As the connection between soul and personality strengthens, new ideas, understandings and inspiration begin to flow more freely into our everyday awareness. Usually this is accompanied by a wave of change as old ideas and ways of living are replaced by new. Seen from the perspective of the soul change is an essential part of growth, however it can be something that the personality finds challenging, stressful and difficult because it can appear to threaten carefully acquired comfort zones. Our soul will present us with opportunities for change and then wait for us to take action. If the personality feels challenged by these 'opportunities for growth' it can sometimes feel reluctant to step forward causing a stagnation

in the natural flow of life. Use this essence to help you connect with the bigger picture of your life and to find the courage & strength to make change.

## Self Acceptance

### Restoring Unconditionality

**Indications** - for those who need help to establish greater self-acceptance & self-love. Gently dissolves judgment and opens the heart to receive love.

Our soul understands the language of the heart, unconditional love. Communication between soul and personality therefore takes place through the heart rather than the mind. Currently, unconditional love is not our 'default' setting for communication with each other or indeed ourselves. One of the greatest blocks to this stems from our inability to be non judgmental and unconditionally accepting of ourselves. When we deny that we are worthy of love we effectively block the love & light of the soul from reaching the personality. This essence gently helps to dissolve this lack of self-acceptance promoting a greater degree of unconditional love for self and opening the channel for greater soul communion.

## Soul Connection

### Enlightenment

**Indications** - promotes the absorption of love & light and the integration of spirit & matter, expanding consciousness and soul connection.

The more that we deepen our awareness and connection with spirit through our soul the greater the quantity of healing light and love that is able to flow through all levels of our being. As this light finally reaches deep into the cellular level of our physical body many profound changes take place as the cells and atoms of our body finally release the old patterns of density that have been formed over many incarnations. This is literally what enlightenment is. This essence helps to strengthen the connection with the soul and to remind our physical and energetic structures how to absorb and use greater & greater quantities of light and love.

## Choosing the right Combination for you

Start with the combination that will help you to bring balance to the issue that feels the most difficult or the most important. As the old energies surrounding that particular issue are gently released and rebalanced the next layer that needs to be worked with will present itself.



Divine Harmony Essence Sets



## Dosage Instructions

Take four drops on the tongue directly from your chosen bottle between two & four x a day. Usually you would need to finish the whole bottle then re-check to see if more of that particular combination or another is needed.

For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.



## How to Order

You can order the Divine Harmony Essences as individual bottles or in sets of all 10 essences in a particular group, in self select sets of any 10 or 20 essences or in a complete set of all 40 essences.

### By Phone

01379 642374

### On our Website

[www.crystalherbs.com](http://www.crystalherbs.com)

### Or you can order by Post

Crystal Herbs - 1d Gilray Road, Diss, Norfolk. IP22 4EU U.K.

Please include payment with order.

### Prices

For our latest prices, please see our current order form or look on our website - [www.crystalherbs.com](http://www.crystalherbs.com)

### Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.

### Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each essence is handmade with love & care, helping to ensure that we provide you with the best possible quality of essence.

**Storage Advice** - It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.



### Find Out More

You can find out more about our complete range of Flower, Gem & Crystal Essences and Bach Flower Remedies, by visiting our website - [www.crystalherbs.com](http://www.crystalherbs.com) or by requesting a copy of our **free catalogue**.



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