

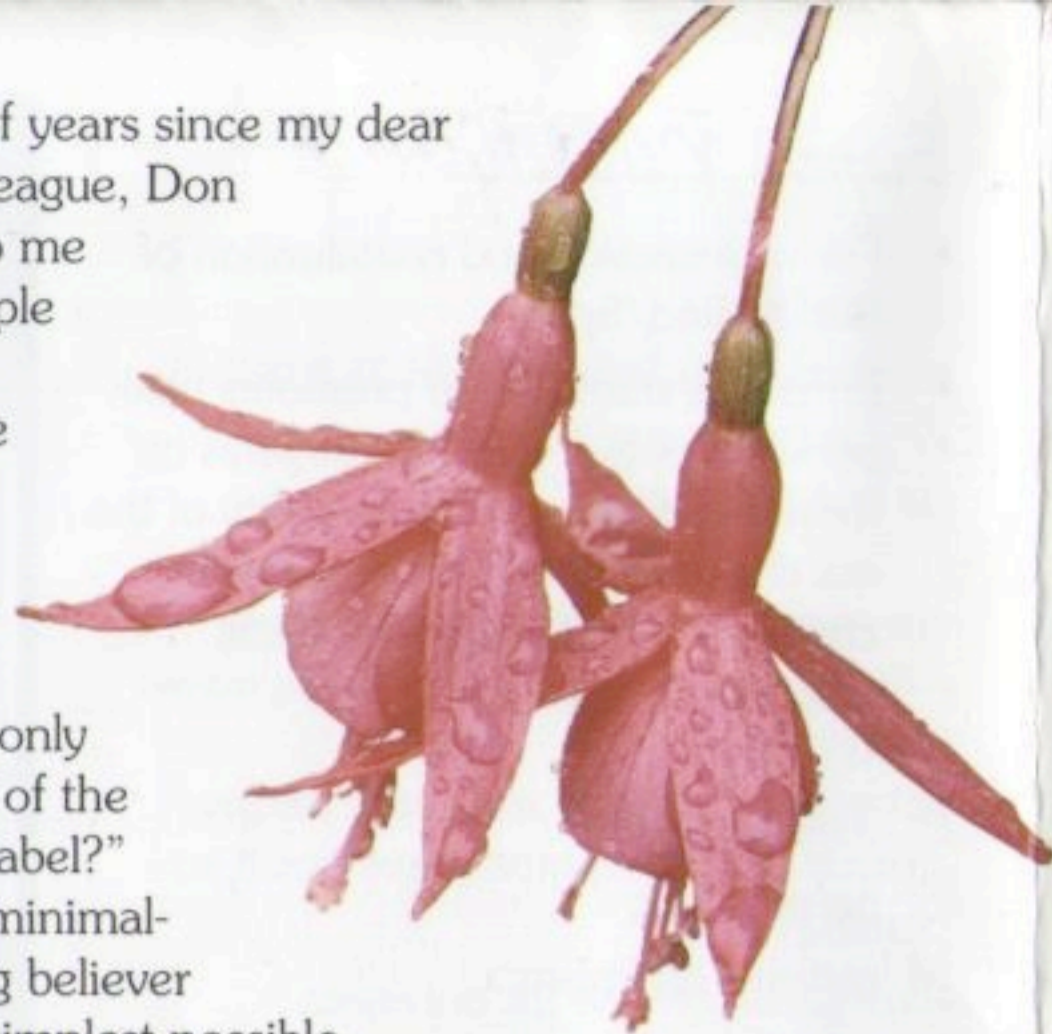
It is a couple of years since my dear friend and colleague, Don Dennis, said to me "How are people ever going to know that Blue Camas is the most amazing essence for learning disabilities if it only says the name of the flower on the label?" Being slightly minimalist and a strong believer in finding the simplest possible formula when selecting essences for patients I have always attempted to co-create the smallest formula. However I had to admit that combinations like Abundance, Balancer, and Heart Spirit were reaching far more people than Blue Camas. And so began a quest for other combination formulas that would clearly address some of the major issues facing us in our lives and on our planet today.

It is with great joy that we launch these 9 synergistic formulas for health and wholeness. Already we are receiving great feedback about the results.

If for instance "Forgiving" is a major component of healing, then clearly this formula is a huge contribution for all of us both as a solution and as a prophylactic measure. If our cells come "wired from the factory" knowing their dharma, which is a medical fact, then "Cellular Memory" can assist when signs and symptoms show up which indicate that imbalance is occurring. Often it is the child within who really needs to be heard in physical or emotional distress and so "Kids' Stuff" can respond to this small voice. And of course "Fearlessness" will catalyze and support us to express ourselves clearly and unequivocally and to give birth to "the gods and goddesses in embryo" inside each of us.

Of course the most remarkable contribution of essences is that they impact on the energy template of the Body/Mind and consequently can impact on the **Physical**, **Emotional**, **Mental** and **Spiritual** disharmonies which occur when we forget who we really are.

We offer these 9 new synergistic formulas with great hopes that they will touch your lives in a beneficial and beneficent way. And we offer them to you with great love and deep respect for the Nature Spirits who participate wholeheartedly in this co-creation.



Essences create a new energetic blueprint for the Body/Mind. As each essence expresses the pure note of its own unique being it calls to cells and atoms in us to vibrate at a healthy and harmonious frequency.

When a number of essences are combined in a formula the whole becomes greater than the sum of the parts. And that's why we call these new combinations synergistic formulas. We have learned that when these individual essences are combined, they create an even bigger impact than when used individually.



Directions for Use:

Generally an essence or a combination can be taken 11 drops orally morning and evening. However, some people feel they want less drops more frequently and this is perfectly OK.

You can take the drops right out of the bottle or put drops in a glass of water and sip it throughout the day.



Another way to use essences is to put drops in a bath and soak in it for a few minutes. As you relax in the bath the essences are absorbed through your skin. You can also place drops of the essence on acupuncture points and chakras on the physical body to obtain the same effect – absorption through the skin.



Pacific Essences®



Nine synergistic formulas for health and wholeness

-  Being True Worth
-  Cellular Memory
-  Fearlessness
-  Forgiving
-  **KIDZ' STUFF**
-  Optimal immunity
-  Optimal Learning
-  Radiant Beauty
-  Super Vitality



Being True Worth

- Recognizing who we are.
- Freedom to express who we are in our daily lives & relationships.
- Transcending cultural programming / brainwashing.

P nourishes Lung & Large Intestine..receiving new vibrant energy & releasing old toxic energy

E welcoming new feelings, releasing old emotional patterns which don't serve

M embracing new thoughts & attitudes , dissolving crystallized thought forms

S grace / present/ expression

Fairy Bell

– for when we feel overwhelmed by the expectation of culture or family &/or feel like we just don't belong where we are.

Indian Pipe

– supreme gratitude for & reverence & respect for all manifestations of life - including our own particular time/space/expression in this precious incarnation in which we find ourselves.

Polyanthus

– understanding & appreciating the “give & take” of how spirit operates in form/material reality - what we put out we get back.

Red Huckleberry

– for the wisdom & determination to withdraw/retreat from activity & take time to tap into the infinite.

Windflower

– rooted in Spirit while being able to participate fully in activity & day to day life (& playing our role).

In a nutshell:

- acknowledging and accepting strengths and weaknesses in ourselves
- acknowledging and accepting strengths and weaknesses in others
- fully enjoying and appreciating the role we came to play in the cosmic dance of life



Cellular Memory

- Supports and enhances the innate intelligence of each cell to maintain balance and harmony to survive and to contribute to the survival of the whole.
- Reminds each cell of it's dharma (purpose) and unique contribution to the whole being.

P restores memory of cellular purpose

E dispels discouragement

M inner peace and knowing that it's all unfolding perfectly

S embracing the divine

Anemone

– grants us the gift of being “able to respond” to what is and to trust in the infinite wisdom of who we are and why we chose this particular incarnation.

Candystick

– reconnects us with the time/space where the sperm and egg connected to give us this particular lifetime and fortifies free will to pursue our path and consciousness to understand and to accept or reaffirm our purpose.

Diatoms

– illuminates every cell and particle in our body/mind with the knowledge or our soul's purpose in this incarnation.

Poison Hemlock

– moving along the path of life without getting paralyzed and stuck...accepting and embracing “what is”.

Silver Birch

– planting new seeds of energy and intention in order to fulfill our purpose.

In a nutshell:

- coaxing each atom to perform it's function impeccably
- supporting us to tap into our own unique divine plan
- activating and enlivening our own unique DNA blueprint



Fearlessness

- Ability to move into love and the Heart centre.
- Ability to stop time, shape shift, broadcast energy from the Heart instead of adrenaline & fear vibes.

P nourishes adrenals, supports kidneys

E non-attachment

M clarity

S consciousness

Jellyfish

– fluidity & ability to be fully present for “what is”

– embracing the moment & all moments from the Heart centre

Ox-Eye Daisy

– perspective & higher perception, centredness

Surfgrass

– the courage & strength of the lion

– prevents “fight or flight” mechanism kicking in inappropriately i.e. traffic jams, store line ups, etc.

Yellow Pond Lily

– ability to step back & witness the “drama” unfolding instead of forgetting who we are

In a nutshell:

- what is not love is fear
- present, presence, NOW



Forgiving

- Giving ourselves the freedom to disconnect from any and all "old and painful" stuff by letting go of any blame or shame that we might attribute to ourselves or others.
- For-giving is the ultimate gift to ourselves and restores our own sense of self empowerment and self direction.
- For "control freaks" it is the ultimate and optimally healthy form of control.

P cleans every cell memory of any harm we have ever perceived that anyone had done to us

E dissolves bitterness, resentment, fear, hostility

M erases resentment

S frees our soul to dance the dance we came here to perform

Grass Widow

– grants us the gift of letting go and releasing the past

Salal

– grants us the gift of recognizing that 'as we sow, we will reap' and therefore if we hold grievances against anyone we are directing that energy at ourselves and binding ourselves ever more tightly to pain

Twin Flower

– grants us the gift of compassion for others and mostly for ourselves

Whale

– links the primary energy lines of the Body/Mind (Conception Vessel & Governing Vessel) and circulates revitalizing and renewing life force energy so that we may function from our "greatest version of our grandest vision" that we can hold of ourselves

In a nutshell:

- the gift of inner peace
- the gift of present time
- the gift of health



KIDZ' STUFF

- For all the fears (imagined and real) and dramas and traumas of childhood ... when a piece of rope looks like a poisonous snake or the wind in the trees is a gang of monsters or we can't get into bed at night until we're sure that there is nothing or no one hiding under the bed or in the closet.
- For when we think the 'sky is falling in' or 'it's all our fault' when mum and dad are fighting or when one of them gets sick ... or when 'bad stuff' happens.
- Restores innocence and harmony and 'acceptance of what is' with calm detachment and lightheartedness.
- Also for childhood conflicts and sibling rivalry.

P tickles the heart with a feather

E joy and delight

M dispels seriousness

S helps us to know the Spirit within

Alum Root

– promotes gentleness with self and others

Dolphin

– remembering and embodying pure expression of Spirit ... who we are ... what we want ... not allowing the Truth of who we are to be overshadowed by life experience

Lily of the Valley

– the magic of "seeing through the eyes of a child" and feeling with the heart of a child before "programming"

Poplar

– maintaining connection with Spirit while living on the earth plane and in the physical body ... provides memory of, and nurturing from, our true home. This essence generally provides comfort and security for little beings. Could be used during illness to nourish and restore spirit during change and transformation times to feel safe.

this essence is good for grownups too!!!

In a nutshell:

- restores innocence
- promotes spontaneity
- nourishes inner security and Self referral



Optimal immunity

- Strength & protection for Body/Mind/Spirit.
- Physical, emotional, mental, and spiritual safety.

P strengthens Spleen, increases white blood cells

E protects against psychic &/or emotional attack

M prevents toxic thought patterns & eliminates old ones

S warrior

Chickweed

– ultimate presence & purposefulness

Fireweed

– helps restore & replenish perfect health after attack or crisis

– leads the Body/Mind back to health & well-being

Goatsbeard

– allows us to be at zero point when we are not using our resources to defend ourself

– reminds us to go to zero point daily through meditation & relaxation in order to support rejuvenation

Sea Turtle

– ultimate protection especially for the heart which is the master responder to outside stresses & attack

– grants possibilities of converting/transforming energy coming towards us into something positive for ourselves

Snowberry

– being in present time is like being an impeccable spiritual warrior, a master martial artist.

– grants us the ability to notice when we are being attacked at whatever level

In a nutshell:

- readiness and preparedness
- safety and protection at all levels of being



Optimal Learning

- Helps us to access and to decode information with ease.
- Promotes the ability of the brain to function holistically and to access more of its potential.
- From a practical point of view it assists with learning disabilities like dyslexia and Attention Deficit Disorder (ADD) and in the bigger picture it can help those of us who repeat the same mistakes over and over and over again.

P promotes wholeness and integration in brain

E destroys fear and restores self esteem

M promotes mental acuity and perception

S reminder that the incarnated soul is here to learn

Blue Camas

- specifically links and integrates left and right hemispheres of the brain
- supports the optimal functioning of the corpus callosum, the bundle of nerve fibres which transmits information between left and right hemispheres
- promotes optimal logic and intuitive function of the brain

Blue Lupin

- enhances and supports the ability to focus our attention ... when we are one-pointed in our endeavours we are able to accomplish tasks with grace and ease ... especially helpful for those who have a tendency to multi-task and have difficulty bringing projects to completion

Rainbow Kelp

- balances and harmonizes the functions of the reasoning abilities of the front brain with the more emotive reactivity and abilities of the 'reptilian' back brain

In a nutshell:

- optimal use of the brain
- optimal use of experience
- optimal functioning of the senses



Radiant Beauty

- Switches on the light of our inner beauty
- Illuminates Body & Mind so that through whatever the shape, size & physical features of the 'vehicle' we are driving in this lifetime we appear beautiful to all who perceive us and perhaps mostly "we accept and appreciate who we really are."

P enlivens Shen, nourishes Spirit

E dissolves & erases "ugly" emotions

M catalyzes "beautiful" thoughts

S balance among the five Spirits - Shen, I, Po, Chi, & Hun

Arbutus

- connects heaven & earth & allows earthlings to remember & to re-connect with who we are.

Camellia

- the key to recognition of our true inner nature - immortal & infinitely loveable
- grants the gift of self trust & self confidence through releasing old thought & feeling patterns

Douglas Aster

- connected to our Source we are empowered to express our divine light

Vanilla Leaf

- self acceptance allowing ourselves to be seen & appreciated

In a nutshell:

- connecting with the divine
- accepting who we really are
- expressing who we really are
- allowing others to see who we really are



Super Vitality

- For rejuvenation and revitalization of Body/Mind/Spirit.
- Enhances stamina and promotes peak performance ... great for athletes or for anyone whose natural vitality of the sex chakra is diminishing ... and for anyone who is feeling the effects of aging.

P revitalizing

E harmonizing

M restores optimism

S renewal

Coral

- restores brain chemistry

Fuchsia

- it is in being, not doing that we are able to express our most magnificent potential

Sea Horse

- ancient Oriental remedy for diminishing energy both sexual and life force

Snowdrop

- grants us the potential to break through obstacles
- nourishes kidney/Water energy

In a nutshell:

- peak physical performance
- reverses aging
- optimal neurological function

