

Flow Remedies



Crystal Essences

Single Essences
Combination essences
Sprays

Descriptions and use

This booklet contains the descriptions of all Flow Remedies crystal essences and tips on how to use them.

How to use the Flow Remedies essences

Whether you ingest them, apply them externally or carry them with you, they will give an impulse to your energy system.

When you use an essence, you introduce a dose of energy into your system that basically works until it's used up, so it will work for a certain period of time after applying it.

When you carry an essence with you, the impulse is constant, but also softer because it works from the outside in, as opposed to from the inside out when used internally.

When you think an essence may be too strong, or you experience a strong reaction to it, one of the ways to try and work around that is to switch to carrying the essence with you.

The energy works to solve blocks in the energy system, trying to erode them. Another effect is that certain traits can be strengthened or diminished. Whatever happens depends on the essence, as each essence has its own energy. What does happen with every essence is that its energy will interact your own, which is why people may have different reactions to the same essence. It all depends on what their blocks are, who they are themselves, where they are in terms of their growth process and how severe their blocks are.

The combination essences are made by combining the mother essences of several single essences. Most of the time the whole turns out to be more than the sum of its parts. By combining essences we create a new energy and the fun part of this is that it depends on the combination which element of the single essence is more obvious. It's like connecting faceted blocks, where every facet brings something else into the mix, depending on which other facets it connects with.

The mother essences are made by placing crystals directly or indirectly in water (when in doubt, use an indirect method by putting the crystal in a glass jar and then placing the jar in water) for a certain period of time. This period depends on the crystal and the circumstances.

After that the crystal is taken from the water and brandy is added to the water to conserve the water and to stabilise the energy. The resulting mixture is the mother essence. The mother essence contains the energy of the crystals at their strongest, which is too much for most people. To safely use it, a dilution must be made. This dilution contains part of the mother essence and is called the stock essence. The stock essence is still a concentrated form of the energy, which you can further dilute to suit your purpose, or use undiluted if you wish.

The mother essences and stock essences are bottled in violet glass, ensuring the best protection and conservation possible. Violet glass is especially designed to keep light out, allowing only certain beneficial infrared and ultraviolet rays to pass. While other glass colours let in a certain amount of visible light, violet glass keeps the entire visible light spectrum out.

Preparation and use

De bottles of Flow Remedies single essences and combination essences that are available are all stock essences. This is a form that you can dilute further before use, like using them to make a dosage bottle.

You can also use them undiluted, even though the taste of the brandy used to create them will be very strong then. When you are going to use only one essence, the best (but not only) way is to add 2 drops to a glass of water and slowly drink that. Depending on your preference, you can take a sip every now and then or drink the whole glass slowly in one go. The last option is a good one if you are using a rescue essences like c1. Big Hug or c11. To the Rescue for treating shock and/or panic, or c43. Swept, an essence that you can use as a follow-up to any treatment that releases a lot of energy.

You can ingest the essences, but you can also carry them with you, enabling them to give a continuous impulse to your energy system. When carrying them with you, this impulse is constant. The fact that it works from the outside in as opposed to working from the inside out when ingesting essences, the effect is a bit softer. The energy impulse works on blocks in your system, trying to erode them. The applications are endless, you can put the drops on your hands, in some shampoo, body milk, skin or massage oil, whatever you feel like, really. Feel free to experiment and find what works best for you.

To carry the essences with you, you can put a few drops on a porous stone (like the ones you can use for essential oils) or a handkerchief. There are also small vials you can use to carry essences with you. That way you don't have to keep track of whether you have already taken your essences or not, and the energy is with you all the time. In theory this way the effect should be stronger, but because you don't ingest them and they work from the outside in they work more gently.

A dosage bottle is a 30 ml (pipette) bottle with flat mineral water and possibly a bit of brandy to conserve it, if you wish. Next, you add a number of drops from the essence(s) you've chosen to the bottle. If you like, you can test how many drops you need to add with a pendulum, dowsing rod, muscle test or your intuition.

However, if you'd like a guideline: a maximum of 5 essences (either single or combination essences), 5 drops of every essence and then take 3 drops four times a day or 6 drops twice a day. You can also combine Flow Remedies essences with other essences if you wish.

As everyone is different, tailoring the dosage bottle to a person will work best, even if it's not strictly necessary. It's possible that someone needs more drops of one essence, with less drops of one or more other essences to support it, or maybe they need more than 5 essences.

If you like, you can use a testing method to select the essences, as an energy that clashes with the energy of the person using it won't work or will be disruptive. Crystals can have a very strong energy and essences are basically the energy of a crystal at its strongest.

Fortunately there are also enough crystals that are safe to use for almost everyone, like calcites, jasper, aventurine, rose quartz, chalcedony, tiger's eye, rhodocrosite, prehnite and several more. For testing you can use a pendulum, one-hand dowsing rod or an easy to learn muscle test. Or whatever your tool of choice is, of course.

In addition, it may be interesting to know that the energy of a crystal essence is not entirely the same as the energy of the crystal type it was made from. The combination with water can create a difference because most crystals tend to transfer certain aspects of their energy better to water than others. Added to that is the influence from the sun, moon and stars and the energy my guides help add (in some cases that may include the part of a crystal's energy that aren't transferred to water very well).

When testing, it's also important to check if an essence can be used in combination with possible other essences or therapies you are using at that point in time. 99% of the time that won't be a problem, it's an extra precaution, a check-check-double check, if you will, because if you have, say, medication for depression, you wouldn't want to start taking an essence that is likely to confront you with every fear you might have. Not an ideal combination.

Also, the Flow Remedies essences can be a good addition to a medical treatment, but they can never be a substitute for it. Please always consult a professional if you have health concerns.

Flow Remedies crystal essences contain alcohol, but in practice you will ingest very little of it. By way of illustration: a 30 ml dosage bottle contains a maximum of 25 (5 drops of 5 essences) drops of stock essence (36% alcohol by volume) of a total of about 500 drops (10 ml contains roughly 170 drops), and if you take 3 drops from that bottle you will ingest a very small amount of alcohol.

If you do not want to ingest any alcohol at all, like when you want to use Flow Remedies for a child, then you can add the drops to a hot fluid, like tea, coffee or hot water so the alcohol will evaporate.

When you put undiluted stock essence in a glass of water you will clearly taste the brandy. If that bothers you, you can also apply the method above and put them in a hot fluid before ingesting it. The alcohol will evaporate without compromising the essence's energy.

You can also use Flow Remedies for animals, you can put the drops in their water bowl, food or on a treat and give it to them. It helps if the treat is porous so it absorbs the drops. If you wish, you can also put the drops in hot water first so the alcohol can evaporate.

Another method is applying the essences externally.

When you start using Flow Remedies, or any other essence for that matter, the issue you want to tackle them with may get worse at first. Usually it doesn't really get worse, but because attention is drawn to it by the energy, it will seem worse. However, it may also be that something in your subconscious is resisting the energy. If that happens, you can try halving the dose you take, halving the frequency or using the indirect method of applying the essences externally or carrying them with you.

Something else that can, and probably will at some point, happen is that you stop noticing the effect of the essences. That's the point where you will have become used to the energy and it has been integrated in your system. If in addition to that you also start to forget to take them, you are most likely finished with it (for this round at least) and it's time for the next step.

Sometimes you will encounter the same essence again at a later point in time to resolve another facet of the same energy block. When you start to tackle your issues you will notice that it resembles peeling layers from an onion. You peel off a layer, solve the issue and instead of being finished you discover another layer beneath it.

Especially when your situation is very complicated, it may take a while before you start to notice improvements. Having said that, when you start working with an essence you should notice some (usually very subtle) changes after about a week or two. And even though small miracles sometimes happen because the essence just so happens to be the final push, personal growth and solving your issues can seem an awful lot like hard work. It's thinking, dragging memories to the surface, facing things, accepting, letting go and most of all growing a lot.

It's also important to remember that a certain amount of friction is necessary to grow. A germinating plant has to wrestle its way through the mud to the surface, and a lotus, a beautiful flower, is rooted in mud. The lotus stands for the thought that the most beautiful things can grow from the ugliest of situations.

Below are the descriptions of all the Flow Remedies crystal essences. All single essences are made with one type of crystal, with the exception of 74. Mountain Heart, which was made from 2 crystals that were found on Mount Shasta.

The combination essences were made by combining the mother essences from several single essences, and the crystal types from which they were made are listed in the description. A few combinations also contain a flower essence and/or channeled angel energy.

Single essences:

1. Sunny

Orange calcite

This light and cheerful energy chases away melancholy and helps cheer you up. Sunny helps heal a wounded heart and helps attract positivity into your life. It also helps you accept yourself and to be more open to intimacy and to others.

2. Helia

Blue calcite

Helia works on the back side of the fifth chakra. This is connected to appreciation for yourself and your accomplishments. It also diminishes performance anxiety and helps you to find the words when expressing yourself.

This essence calms you in a soft and loving way and supports you when expressing your thoughts and emotions.

3. Auralie

Turquoise

Auralie protects and grounds the aura, making you less susceptible to outside influences. It helps you to keep those influences out, enabling you to be yourself and claim your own space.

This essence also attracts all things positive into your life. In addition to being a powerful protector, turquoise is a communication crystal as well. This results in an essence that helps you express yourself in positive ways.

4. Rosetta

Rose quartz

Rosetta is a soft and sweet essence. The energy opens your heart to yourself and to others, helps heal a wounded heart and releases blocks. Worries and sorrow are softly expelled from your heart.

This essence also gently stimulates creativity and mental growth. Rose quartz is one of the crystals that everyone would benefit from using every now and then, and children most of all.

Sometimes a growth process throws you outside of your comfort zone, and this essence can help you regain a feeling of safety and security.

5. Guardian Angel

Mookite

This little angel gently helps you ground yourself. The energy is soft and firm at the same time, and it keeps both feet on the ground. Guardian Angel provides a strong protection against negativity and strengthens your energetic boundaries.

The energy also aligns the chakras and stimulates decisiveness, which it does in a very gentle manner.

Another thing this essence does is help you gain the courage to start new adventures and to find more enjoyment in life. You will notice being planted on the earth more firmly and being more willing to embrace the challenges life offers up.

6. Calm and Clear

Green Calcite

Like all calcites, this essence is very gentle. It helps you break and release patterns you may be stuck in, which in turn creates space in your life for new patterns and experiences.

Calm and Clear helps calm your mind, gives hope and faith for the future and helps you reconnect to your emotions.

7. Open Mind

Sodalite

This essence strengthens the intuition and opens the third eye. It improves your ability to turn your thoughts into reality and promotes decisiveness. The energy helps you cross the bump in the road to actually start acting on your plans.

Open Mind also helps you when you are over-sensitive to outside influences, but please avoid it if you are already too 'open'. If that is the case, something that protects as well as soothes will be more beneficial to you. This essence may also be too strong for you if you are easily overwhelmed.

8. Oceana

Blue fluorite

Fluorite comes in a variety of colours, and this essence was made with a disc that is completely blue.

Oceana mainly works on the throat/fifth chakra, and gently solves energy blocks in that area. Maybe it's better to say that it's washing them away, along with any negativity it encounters on the way.

This essence also helps express your thoughts and ideas, promotes creativity and calms the mind.

Another important part of this essence is that it helps you determine your own values (who am I, what do I want, what do I stand for?).

9. Dark and Light

Black obsidian

This is a lovely essence, but also quite a powerful one. Besides stimulating dreams and focus. It bares the soul and helps you to genuinely look inside yourself and see yourself as you are, warts and all.

Obsidian is a sacred crystal for the Native Americans. It's a very powerful magical protector and grounds the powers of the mind, helping you to bring them forth. This won't always be a gentle process and it can be decidedly confronting. Sometimes, however, a major clean-up is needed to facilitate further growth.

This won't always happen, because sometimes the protective element of this energy is at the forefront, but it's definitely something you need to reckon with if work with this one.

To fully bring back the light after working with Dark and Light, you can follow it up with Bright Light or another light essence. Another good companion for this essence is c43. Swept . This is a combination essence that helps clear away energy that is released.

This essence needs to be treated with a healthy dose of respect and carefulness. It always needs to be a conscious and informed choice to work with it, and it can never be forced on someone with, maybe, the added intention of wanting to force them to take a good long look at themselves, however tempting it may be to present someone with a mirror.

Besides, when presenting someone a mirror, there's still the question whether they will see in it what you are seeing. Maybe they're acting as your mirror, showing you a bit of a blind spot you hadn't noticed yet...

10. Bright Light

Clear quartz

This essence lights up the darkness and chases away negative thoughts. It helps you clear your mind and align your thoughts. It also strengthens the aura and balances mind and body.

Bright Light is a cleansing essence (focus on your feet when you are working with it, maybe you can feel something happening there) that has a positive and activating energy. It's recommended after working with Dark and Light, to counter the heavier energy of obsidian and to help clear away any released energy after going through a major energetic clean-up.

Another use for this essence is that it enhances other essences and that it lightens the energy of strongly grounding essences if the grounding aspect gets a bit too much to handle.

When working with this essence, it's recommended to drink extra water to help facilitate the cleansing effect. It will help you release excess energy.

11. Balance

Green aventurine

Balance and helps you regain your inner balance. This essence works very gently to enhance mental growth and is a very good companion for children. It helps them navigate all the growth processes they encounter.

Green aventurine can also be used to energetically support skin care, because it has a soothing energy. Balance can be used in an oil or cream, either on its own or combined with other essences, like Fearless or Atlantis to support healing and to enhance the energy.

12. Shield

Labradorite

Shield repairs and seals the aura. This essence grounds, balances and protects. It also enhances the contact with your higher self.

Like the crystal itself, that seems a bit dull at first sight but lights up with colour when the light hits it just right, this essence helps bring hidden talents to the surface.

The protection of this essence also extends to spaces. Try a couple of drops on the threshold of a room, or the outside entrances to your house, to protect it from outside energies. It's difficult to describe, and may be different for everyone, but to me, it feels like a room feels after a thorough clean-up.

13. Warming Up

Carnelian

Warming up lives up to its name. The energy warms and brings back the ability to enjoy life and to go out and do things.

It helps chase away nightmares, giving you better dreams in return. It also helps you be more flexible when you're stubborn, you could say it thaws out a rigid demeanor.

To be on the safe side, please avoid this essence if you have high blood pressure. It's a warning that's often mentioned in descriptions of carnelian, and although essences work mostly on an emotional level, it's better to be safe than sorry.

14. Blue Suede Shoes

Jasper

This essence helps you be strong and steadfast. It has a grounding, protective and calming energy that helps you navigate emotional issues and encourages you to stand up for yourself.

It literally and figuratively helps you to stand firm. In Dutch, there's a saying that roughly translates to standing firmly in your shoes and it means that it is extremely hard to unsettle you or get one over on you.

Hence the name Blue Suede Shoes. Elvis sang 'You can do anything, but lay off of my blue suede shoes'. Setting boundaries and sticking to them. This far and no further.

15. Green Forest

Green fluorite

Green forest balances head and heart, which translates to a calm and clear mind. It inspires and encourages you to create new possibilities.

This is a good essence if you feel rushed and need to calm down.

Green Forest feels like a sunny afternoon in a beautiful forest. Sitting with your back against a tree while the leaves filter the sunlight and create a serene atmosphere.

16. Smile

Citrine

This sunny yellow crystal yielded a sunny and clear essence. It cheers you up and enhances your concentration and clarity of mind.

The radiant positive energy of this essence strengthens the solar plexus / third chakra and warms the heart. This essence connects heart and mind and helps you be more decisive.

17. Relax

Amethyst

As the name will probably give away, Relax helps you regain some inner peace. It may also help you sleep better, as it helps calm your thoughts.

With more clarity of mind, your intuition gets the chance to make itself heard more clearly, and it gets room to develop as well. Relax also mends the connection to your soul/higher self and reinforces your masculine/yang energy.

Besides that, this essence furthers your spiritual growth and encourages you to accept and express your spiritual side.

18. Power

Rutilated quartz

Rutilated quartz is clear quartz with titanium needle inclusions, and it connects the power of clear quartz (the mind) to the earth.

Power helps you be more strong-willed and decisive. By clearing the mind and connecting its power to the earth, it helps you start to bring your ideas into reality. Not just thinking them up, but also taking the next step and acting on them.

19. Down to Earth

Red jasper

Down to Earth neatly plants both of your feet on the earth. This essence is grounding and protective. It helps enhance your feeling of self-worth, which in turn makes it easier to be open to others and to connect with them.

The energy helps you find the strength and motivation to wholly embrace life on earth. It encourages individuality and helps diminish feelings of embitterment, and it does so at a slow and steady pace.

20. Atlantis

Larimar

This essence furthers mental growth and activates self-healing powers on an energy level. It activates the third eye/sixth chakra and works on the throat chakra as well, to clear blocks in that area and to help you to express yourself freely again.

It helps you gain more faith in yourself and assists in solving trauma, fear, and feelings of subservience.

21. Trust

Tiger's eye

Trust keeps out negative influences and, if necessary, sends them back to where they came from. This essence protects you and gives you more room to be yourself, without subconsciously adopting the opinions and feelings of others.

This energy gives hope and renews faith in both yourself and the rest of the world. Trust shows you there is such a thing as goodness and helps you see the full scope instead of only the bad parts.

Trust stimulates self-confidence, furthers a feeling of responsibility and also helps protect from any potential negativity from the inside.

22. Courage

Lapis lazuli

This essence will help you keep a level head and feel more calm and peaceful. Courage also gives you, well, courage, and enhances your self-confidence.

The energy dispels gloomy thoughts and promotes loyalty, wisdom, and friendship.

Courage also helps you to express your thoughts, it's a good companion for working on personal growth.

23. Patience

Hematite

This essence is grounding and activating, but without the warming and heating properties that red crystals have. It gives strength and helps you be firm and patient.

If you have trouble with people at work that venture too far into your personal space you could try putting a few drops of this essence on a saucer at the corner of your workspace. It may help neutralise this kind of behaviour. It can also help if you are a restless sleeper.

Note: drink an extra glass of water after taking a dose of this essence, it will help to release any excess energy.

24. Alert

Red tiger's eye

This essence works relaxing but at the same time, it enhances memory and focus. It helps you look at yourself with a clear view.

Alert helps you be alert and perceptive. It promotes friendship and a feeling of security. It also is a higher kind of protection and guidance. You get the opportunity to learn from the experiences of others, without having to go through a similar situation yourself, after which you take the next few steps yourself.

This essence helps you stay true to yourself during growth processes and to look at things from different perspectives.

The image this essence conjures is that of a large feline, seemingly lazing in a tree but in the meantime keeping a sharp eye on everything around it.

25. Equilibrium

Malachite

Equilibrium is calming and balances just about everything. It balances the duality inside yourself if you have a habit of hesitating or fluctuating between extremes.

This essence also supports you in processing grief, as it works on the heart chakra and brings balance and comfort there as well.

26. Harmony

Jade

Harmony balances and harmonises body and spirit. This energy also helps you to stay true to yourself if you have trouble expressing your thoughts and feelings to the people closest to you.

Another part of this essence is that it combines love and wisdom and helps you to be fair. It also helps you to be steadfast and decisive, which makes it a good companion for battling indecisiveness.

27. Tolerance

Chrysocolla

Tolerance clears up blocks in the throat and heart area. It helps you to better express your emotions, to be spontaneous, forgiving and more tolerant. It also protects against negative influences.

This essence has a cooling effect and helps you to keep a level head instead of panicking or exploding in anger in stressful situations.

28. Bouncy

Hawk's eye / falcon's eye / blue tiger's eye

Bouncy protects against negativity and fends it off, bouncing it back to the source. It's a good protector for travelling, and like the Falcon, it helps you see from great heights so you get a good overview of situations.

This essence also has a cooling effect and it helps stimulate breath control. Added to that, it boosts your willpower, sense of reality and your self-confidence, making it easier to let go of mistrust and to be open to the possibility of a positive ending.

29. Control

Rhodonite

This essence soothes you in times of mental confusion and unrest. It softly helps you break through blocks and is a good one to use when you are troubled by feelings of embitterment.

Control helps people that are extremely attached to their possessions, and that desperately hold on to them, to let go of that attachment a little and become less tense in that regard.

30. Sparkly

Champagne calcite

This crystal looks calm and sparkly, and it lives up to that. It helps you ground very very gently and softly without activating too much.

This is for people who can't handle too many stimuli, and it helps them reconnect with their emotions. Added to that this essence also protects, like a floating device that gives you the confidence to jump in at the deep end and swim with the current instead of fighting it, because you know you will stay afloat.

31. Blue Eyes

Blue obsidian

Blue eyes helps you to look at yourself clearly. It points out imbalances, so you can address them, and it uncovers the truth about yourself. It also protects people who are sensitive and intuitive and throws up a kind of shield to keep negativity out. It helps energy to flow through your system.

Just like black obsidian, this is a very powerful crystal that you always need to choose consciously because it can be very confronting. That is something you will need to choose for yourself and that can never be forced on anyone. If you are testing for someone else and this essence comes up, it's best to let them make an informed decision.

Blue Eyes has proven itself to be a good search-essence as well. A search-essence is an essence that you can take by itself and that helps you point out the areas to work on. If you can't pinpoint exactly what it is you need to work on most, you can use this essence for a while to gain insight into your behavioural and thought patterns.

It helps you look at yourself objectively, so you can recognise things that you may be aware of subconsciously but that you think aren't too bad. This essence is a real eye-opener that can be confronting when you don't expect it, but very helpful when you use it to gain more knowledge about yourself.

32. Transformation

Black tourmaline

This essence transforms negative energy into positive energy. It's also grounding, helps you have a good sense of reality and protects against negative energy.

By enhancing your sense of reality, it helps you see your fears and anxieties in a different perspective. This may help you to keep a level head and to get better at managing them.

Transformation plants you firmly on your feet and encourages you. If you have a tendency to be a bit chaotic, this essence can help you clear your mind. It also helps you to let go easier if you have a habit of desperately clinging to certain things (either possessions, opinions or habits).

33. Smoke Clears

Smoky quartz

Smoky quartz connects the clarity of clear quartz to the earth and helps you to be more steadfast and decisive. It strengthens resolve and helps you clear the obstacles that keep you from implementing your plans.

Smoke Clears also alleviates negative emotions, both yours and others', and transforms them into positive ones. Lastly, it encourages you to be yourself in a relaxed manner.

34. Blue Wave

Chalcedony

This essence softly and lovingly helps you to reconnect with your emotions. It opens the heart and strengthens your connection with the good and with the positive qualities everyone has in them.

Blue Wave helps heal emotional wounds and comforts, like a warm embrace from a loving parent. The energy is calming and feels like coming home.

It also helps you be more flexible, especially in the case of anxieties that cause the knees to 'lock'. It's a bend not break kind of energy.

Chalcedony is a blue crystal and is connected to the throat chakra, which helps make talking and expressing your emotions easier.

It may happen that all the unprocessed sadness comes flowing out to make room for new energy. This can happen in several ways. You'd probably expect lots of crying, and while that is a possibility, these effects prevailed: some sobs here and there, a bit of a mini crying jag, runny eyes, lots of weeing (sadness and grief are themes for the bladder meridian) or situations that make you laugh so hard you cry. All help release that energy.

35. Feet on the Ground

Unakite

This energy is both powerful and gentle. It grounds, activates, protects and transforms negative energy. In addition to that, it helps you to feel safe and cherished.

Another effect is that it helps you live in harmony with the people around you, which, incidentally, does not mean giving in to anything and everything, but asserting your boundaries in a good way.

Feet on the Ground enhances willpower and helps you to follow through on your plans. All will be well, you are being cared for.

Despite being gentle, this essence is not for you (yet) if your emotional balance is easily upset. The 'actions speak louder than words' character might be a bit too much for you at this point if that is the case.

36. Full Moon

Moonstone

Full Moon helps you connect to your feminine/yin-energy. It protects, helps you to be open and confident, and encourages you to accept the contrasts both in yourself and in the world in general. You'll be more able to accept them and reconcile them.

37. True Storm

Pietersite

This essence anchors you in your aura, helping you to feel more at home on earth and be more 'present'. It opens the third eye and stimulates intuition, re-establishing the connection with your higher self/soul. This enables you to look at yourself objectively and opens your eyes to illusions, limitations, and beliefs that have been dictated by outside influences. It's a bit like the Tower card in Tarot, helping you to release shackles and freeing yourself from your inner tower.

With this clearer vision, you'll be more able to distinguish between truth and untruth. If there are persistent blocks in your system, this essence can work as a bit of a catalyst and help facilitate a breakthrough. The resulting cleansing makes room for further growth.

True Storm also cleanses energy lines in your body and balances the distribution of energy, as well the ratio between inwardly and outwardly directed energy. This helps you remain calmer in situations where there are a lot of outside impulses/impressions to be processed.

38. Acceptance

Agate

The agate that yielded this essence has a milky brown-grey colour. Sparkling is the last word you'd use to describe it, and yet there's something about it. What's distinctive about this crystal is that one side is solid colour while the other side is covered in a beautiful array of concentric circles.

This essence is balancing, grounding, and helps you align your thoughts. It helps you see the path, and at the same time also helps you find the calm and decisiveness to get up and follow it, and to have the courage to grow. It stimulates self-analysis and self-acceptance. All this calm and balance also helps your concentration and helps you be more aware of your inner world.

39. Shine

Sunstone

Sunstone is a warm orange crystal with glimmers in it. Just looking at you makes you feel all warm inside. This essence lights you up from the inside out, making the corners of your mouth curl upwards and cheering you up. It's optimism-in-a-bottle and a very good companion to ease things like winter blues.

Shine warms you up, cheers you up, chases away feelings of depression and gives you hope. It cleanses the chakras, especially the third chakra, and helps you be yourself more and more, making this a good essence if you have trouble saying 'no'. It helps you be more steadfast, improves your self-confidence and self-worth, and helps you lovingly

break restricting connections. Shine can also be helpful in solving co-dependency. All of this is a result of its effect on the third chakra, which is the point where you connect with others.

Shine also enhances self-healing on an energetic level, vitality and your capacity to love yourself.

40. Tender Heart

Amazonite

Tender Heart balances mind and emotions. It also influences the fifth chakra, which helps you communicate better, making it easier to talk about your feelings without being defensive about them, or going on the offence.

This is a very gentle essence that unlocks your heart and helps dissolve blocks in the heart and throat area. It gently helps you let go and has a calming and relaxing effect. It also makes it easier to ease out of restricting relationships, even when it concerns people that have already passed away.

The calming effect of this essence is also important if you suffer from anxiety. Amazonite has a filtering effect that makes itself known in two ways: it's a strong protector that filters energy and keeps away negative energy, and it helps you filter information, helping you to distinguish between the flood of information that comes at you during the course of a day, both noticeable and unnoticeable information. This calms the mind, leaving you energy for other things.

Because of this filter function, this essence may also be helpful with hyperactivity that is caused by chaotic thoughts.

41. This is Me

Eldarite / Nebula Stone

This essence works on both the heart chakra and the root chakra, creating emotional stability. It helps you to start realising your own worth and to have more confidence in yourself, as well as being more content with who you are as a person. It gives you more energy, a feeling of being safe, and helps release fears, anxieties and old thought patterns.

Spiritually, it helps you remember you are part of something larger, and it can help clarify dreams and make them easier to remember.

42. Polarity

Tourmaline quartz

The first clue when 'reading' this essence was 'master of your own destiny'. This essence has a grounding and clarifying effect, and it grounds the powers of the mind. i.e.: it helps you be decisive and helps you take the steps to actually carry out your plans. Not just thinking about them, but acting on them as well.

The clear view this essence helps you get, helps you be more in touch with reality. It's like a veil is being removed from your eyes and you are more able to see things the way they are.

This essence clears negativity, including your own, and sends it into the earth. This makes it a bit easier to let go and helps you be more balanced. This balance enables you to stay more true to yourself and let yourself be less (or not at all) carried away by other people's emotions. It's like you are lifted to the energy level where you belong and become less sensitive to outside influences.

Polarity also balances between opposites, helps you to reconcile the light and the dark. If you feel unbalanced, like when your thoughts keep running in circles and you can't keep up with them, try and test if this essence can help you with that.

43. Flow

Opal quartz

The first time I picked up this crystal, I felt a huge pressure on my throat, so I just had to buy it and take it home.

The card said opaliet (the Dutch name on the card), but when I searched for it, I found that opaliet was an opaque crystal, whereas this one was milky with a rainbow-like sheen. The essence felt absolutely wonderful, but I needed to know what it was. I decided to leave it be for a bit and started on making the description.

A few weeks later, while looking up something else, I stumbled on a small angel pendant that looked exactly like my crystal. It turned out there's a bit of a translation issue with the name. In English, it's called opalite, which you might translate to opaliet in Dutch. The Dutch name, however, is opaalkwarts, which translates to opal quartz. And then opal quartz in English is a coated clear quartz, something else altogether. Still with me? Anyway, it was a synthetic opal-like crystal. That was a bit of a shock, because the first thing that comes to mind when you read synthetic is usually 'fake', and that clashed with the energy I could feel from the essence.

After doing some more research it turned out that while the crystal is man-made, it is still made with natural material, and that a completely fake crystal is 'imitation'. Crisis averted, on to the description:

The very first word was 'water', flowing. This essence helps anxieties, unprocessed emotions and feelings flow through and flow away until they have found a place. Don't worry, let the energy carry you, it will take you to great heights, and if you consciously work with it, the sky is the limit.

This essence could have a beneficial influence on your voice, because it's much easier to speak when that lump in your throat has gone.

When you hold the bottle and close your eyes, it could be that you get to see a bright, warm white light. It reminded me of angels and that was confirmed later on by one of the testers. She saw an embrace with angel wings, and pretty big ones at that.

This essence grounds you firmly, after which it takes you up, activating the higher chakras. Sky High would have been a good name as well, your head in the clouds while your feet are firmly planted on the ground.

Another indication for this essence is that it could help facilitate contact with devas and nature creatures. That's not my area of expertise, but I want to mention it for those that do know what to do with it.

44. Faith

Hemimorphite

This essence has an outspoken feminine/yin energy. It boosts your energy, gives you hope and faith, and has the power to help you get back on your feet when you've been knocked down. It lovingly heals your core, your inner child.

Faith helps transform negative energy, helps you be yourself more, and to express yourself with more confidence. It'll help you to say what you think and feel without fear.

Old fears and emotions are slowly being eroded so you can let them go. Just holding the bottle made my head go wonderfully calm and quiet. You might feel a pressure in your throat, and feel the glow of energy going downward from there. It helps you clear up all those compartments with emotions that you have slammed shut and hidden the key from over the years.

Faith reconnects you to your higher self/soul, enabling you to hear the clues your intuition gives you more clearly. You could say it resets your connection with the universe and makes it a bit more interference-proof.

Hemimorphite has a powerful healing energy and can also be used to support energy healing treatments, like Reiki. The energy this essence brings to the table can be compared to that of using quartz points to enhance energy flow.

45. Moonlight

Selenite

This essence cloaks you in a soft blanket of white light. It draws your aura closer to the body and protects you like you are in a warm, safe cocoon. This energy helps you connect to the angel realm, opens the sixth chakra and boosts the crown chakra. It streams further downward to the other chakras, lighting them up and alleviating blocks until your aura is firmly connected to the earth.

The warm and loving calm of this energy helps you worry less and let go more. It's both very gentle and very powerful at the same time.

46. Wall of Love

Sugilite

This essence opens up the crown chakra and pulls a flow of energy through your system. It activates and aligns the chakras, soothes, eases sadness and fear, leaving more room for positive thoughts and making it easier for you to forgive yourself.

It's like being submerged in a wave of love and it can really make your heart chakra glow. Wall of Love is a grounding essence that helps you gain more insight into your life purpose. It helps you to be true to your inner truth and remain upright under outside influences. It also shields from disappointments.

47. Happy

Ametrine

The sunny combination of amethyst and citrine yielded a real FeelGood essence that feels like leaning back with a smile on your face. This essence relaxes, calms your mind and cheers you up.

It's a cleansing essence that helps you remove worries and negative thought patterns, cleansing, detoxing and balancing the chakras. It opens the door to a more positive outlook and helps you gain insight in the how, what and where of discomforts, also helping you look at them from a neutral perspective.

This warm and sunny essence boosts your energy and strengthens your solar plexus, making you less susceptible to the energy you pick up from others.

48. Float

Aquamarine

Float unblocks your emotions if you have them locked down. This creates space and gives hope because old trauma and unexpressed sadness can be solved, leaving room to feel positivity again.

The cleansing effect also quiets and clears the mind, helping you to get a better overview and better focus so you can finish what has been left incomplete.

Float aligns the chakras as well, and balances the aura, cleansing it, shaking it up and straightening it.

When your thoughts are clear, it's also easier to express yourself, both with words and creatively, and the new energy this gives you will help you feel good about doing so.

49. Peace

Green apatite

This essence helps you find peace and quiet within yourself and helps you connect with the world and beyond.

You are part of a whole, everything has a purpose and it is what it is. Peace helps you accept yourself and everything around you without prejudice. It has a detoxifying effect and will help you have faith and let go of doubts.

Peace also helps clear blocks in the heart chakra, which yields a sense of freedom and helps you love yourself, but accepting yourself is the top priority.

50. Love

Kunzite

It may not surprise you that this essence helps you open your heart. Besides that, it also cleanses the heart and cements the feeling that love always wins. The energy boosts your confidence, promotes a feeling of peace and unity, helps you forgive, and encourages you to be milder and more tolerant towards yourself and others.

Love helps you to have a more positive outlook on life and can help you if you're feeling depressed. It's an essence of unconditional universal love for both yourself and others. This essence also helps you to 'surrender' to your life goal, making it easier to go with the flow and to help others, while maintaining a healthy balance between your own needs and those of the people you're helping.

51. Open

Serpentine

This essence cleanses, detoxifies and balances mind and spirit, helping you become calmer and more relaxed. Open sets stagnated energy in motion, especially in the heart chakra, and supports/activates kundalini energy. It has a strong connection to the earth.

You can also use this essence to amplify other essences when tackling persistent blocks. If the block is in a certain chakra, you could try rubbing a couple of drops on your hands and holding them above or on that chakra.

52. Twilight

Kyanite

This essence cuts straight through everything and helps you to think clearly and see correlations. It calms, enables understanding and helps you see which consequences you have caused with your own thinking, actions and inactions because not everything can be explained away by attributing it to karma and destiny.

Twilight helps you break through victim mentality and fatalistic behaviour. It chases away negativity and cleanses energy lines in the body, aligning the chakras if needed. This is a good essence to enhance your intuition and to anchor/ground spiritual energy.

Twilight's energy stabilises after a transformation or strong cleansing. It also opens the throat chakra and helps you express yourself better and communicate more clearly.

Another aspect of Twilight is that it encourages loyalty and helps you to treat people fairly.

53. High Energy

Pyrite

Like the name suggests, this essence enhances your mental energy. It activates the second and third chakras and supports your willpower. If you are already assertive by nature, keep an eye out for signs that you are getting too assertive, as there is a bit of a risk of that happening.

High Energy protects against negativity, lifts your mood when you've lost heart, helps you think clearly and helps you stand up for yourself. It helps you deal with frustration and fear and enhances your feeling of self-worth. You might feel more grounded and more immune to manipulation and outside influences. This is a good essence if you are inclined to try and please others at any cost. It also helps you learn to look beyond a facade or mask that people put on.

Apart from that, this essence will help you gain more insight into yourself and in the cause of any discomforts you may have.

54. Angel

Serafinite

Angel helps you to connect with angelic energy while at the same time connecting you to the earth. It helps communicate with angels, especially if the goal of that communication is to balance the earth and everyone on it.

The energy also detoxifies and helps release emotional patterns and behaviours that no longer serve you. It will help you to live more from the heart and gently cleanses the heart chakra to make room for love and kindness.

Angel can also activate kundalini energy and help release blocked energy. It's connected to the heart chakra and encourages wholeness, unity, cherishing, and love.

55. Force

Marcasite

The key phrase of this essence is: strength without exercising power

Force helps you conquer a victim mindset by helping you realise you aren't completely powerless and do have some options. It also helps you integrate spirituality in your life and stimulates your intuition by expanding your awareness, allowing you to be more aware of information you unconsciously pick up on.

The energy helps you align your thoughts if they are all over the place, and enhances your memory and concentration. The goal is to help you be more objective, determine for yourself where you stand, and to do and adjust whatever you need to continue growing.

Lastly, you can use Force for support after space cleansing by adding two drops on windowsills and thresholds for an extra layer of protection.

56. Heart

Rhodocrosite

This essence opens the heart and gently, lovingly and carefully shows you what's going on, giving you more insight into yourself. It helps you deal with painful feelings without immediately locking down your heart.

This is an essence of love, light, and joy, and it helps you express those feelings as well. Heart dispels anger, helps you learn to love yourself and helps you relax if you have anxiety.

Heart is also a good search-essence. A search-essence can be used if you don't know where to start and that you use by itself for about two weeks to help you highlight issues for you to work on.

57. Sky

Celestine

This essence dispels worries, helps you think critically and connects thinking and intuition. It's a peaceful and loving energy that harmonises and helps you connect with angelic energy. Sky also speeds up spiritual growth and helps you act with pure intentions.

Added to that, the energy helps you feel calmer when experiencing extreme emotions and helps you to open and cleanse the throat chakra. Another aspect is that it will help you be more open to new experiences.

58. Glow

Amber

Glow literally lets you shine. It helps you be more positive, enhances your confidence and capacity to enjoy life, and helps break through mental resistance. This helps you have a more flexible attitude, which translates itself to being more able to express yourself creatively.

This essence has both a grounding and a healing energy. The grounding part helps you find the strength to chase your dreams, and the healing part cleanses the chakras and makes it a good companion for energy healing practices. Using two drops of this essence on your hands during hands-on healing gives a warm and safe feeling and enhances the energy that's being transferred.

59. Truth

Howlite

Truth calms the mind and helps you see things as they are. This helps you determine what your goals are and to move towards them. The energy helps you be patient and can help you deal with fits of anger, both others' and your own.

Truth reinforces positive traits and helps you be milder in your view of the world if you are inclined to be quick to criticize. Tolerance is the key word here. Truth can also help you solve emotional imbalances that were caused in a previous life.

60. Innocence

Magnesite

The theme for this essence is inner peace, accepting yourself and loving yourself.

Innocence helps you be more optimistic and patient. The energy soothes anxiety and fear and helps you grow stronger emotionally.

This essence opens the heart chakra. It also helps you gain insight into your subconscious and into the cause of discomforts and energy blocks. Opening the heart chakra helps you accept and love yourself and accept others as they are without taking on their suffering, a.k.a. compassion for yourself and for others with respect for everyone's boundaries.

61. Independence

Lepidolite

Independence helps protect you from outside influences and helps you set boundaries when you are in groups of people. This essence fosters independence and self-reliance. It helps you stand on your own two feet, both emotionally and mentally. It also helps you make decisions and helps you keep an eye on the heart of the matter without being distracted by side issues.

Independence can help soften a negative outlook on life and eases stress, depression and compulsive thoughts. They will slowly be replaced by peace, quiet and a sense of safety.

Another facet of this essence is that it helps you find courage, strength and confidence in yourself and that it helps you release old thought and behaviour patterns so you can replace them with new ones.

62. Stars

Astrofyllite

Stars enhances your intuition and helps you look at yourself objectively. It fosters self-love and acceptance of yourself and your past actions, enabling you to be more at peace with them and to start to realise that when a door closes, another one opens. It also helps you remove whatever no longer serves you.

This is a transformative energy with a strong light force that supports you in discovering your soul path or your goal in life. Stars has a grounding and protective energy, especially during dreams and outer body experiences. It connects the base (1st) chakra with the soul star (8th) chakra and supplies all chakras with energy.

63. Pleasure

Biotite-granite

Pleasure is a strongly grounding essence. It helps you find strength and perseverance, encouraging you to sink your teeth in and hold on. Don't imagine yourself a Pitbull straight away, though, as this essence has a lot of light force that will ease you into it.

Pleasure will help you find a balance between emotion and practical thinking. It helps you get an overview and look at the whole picture, so you can get a more objective view of what is happening, which role you are playing in it and what influence you have on your surroundings.

It also helps you notice the good things in your life, enabling you to see past the clouds and discovering the silver lining.

64. Clarity

Variscite

Clarity helps you to be true to yourself. It opens the heart chakra, gives hope and courage, and encourages unconditional love. This lifts your mood and helps you be more positive.

This essence provides a lot of energy. It helps you be alert, down to earth, and to think clearly, at the same time enabling you to voice those thoughts.

Clarity also has a soothing energy. You are encouraged to emerge from your shell, be more present mentally and to have more interest in others. By being calmer you won't constantly be battling that inner voice that constantly lets you doubt yourself or gives you the feeling you're doing something wrong.

65. Unchain

Purpurite

Unchain helps you break free from old thoughts and old patterns. It dispels negative energy and helps you attract positivity.

This essence helps you find the confidence to speak up and to trust that you will be able to voice your thoughts in a good way. It's an essence of protection, love, intuition and communication. Unchain connects and grounds the chakras and helps you find clarity and focus. Your self-confidence gets a boost, you'll have more energy and you'll feel less gloomy. This will help you to be more alert and more open to new ideas.

Unchain could help you with public speaking, as it helps you connect with your audience, stimulating your intuition to choose your words in a way that will help you get your information across clearly.

66. Connect

Apofyllite

Connect is an essence of unconditional love and light. It encourages inner peace and helps you to openly and honestly show who you are without feeling guilty or reticent. It will help you conquer insecurity and the inclination to worry. This is an essence that you can use to help release rigid thought patterns and blocks. It will also release suppressed emotions.

Connect enhances your intuition and helps you connect the physical and the spiritual. It helps you to tune in to your soul and to feel more at home in your body.

This is also an essence you can use in healing practices. It will help further a pure energy transfer. You can use it on your hands during the treatment, or both the practitioner and the client can slowly drink half a glass of water with two drops of this essence before starting the session. Or whatever else you prefer, of course.

67. Move On

Heulandite

In short, Move On helps you to let go and, well, move on. Forgive, forget and follow your own path. This energy has a high vibration and encourages purity and loyalty. It connects head and heart.

You will get help releasing what no longer fits, whether that's a habit, a behaviour or an emotion, either from the present or from the past. This also concerns previous lives, with an emphasis on Atlantis and Lemuria. Move On helps you to look back, release negative emotions from the past and to recover from loss. This results in the ability to be more open to new possibilities and new paths.

This essence will also help drive home the concept that everyone is of equal worth. Should you be troubled by feeling jealous, have the habit to judge/condemn others, or feel superior to others from time to time, this essence will help you release that.

68. Center

Galena / galenite

This is a strongly grounding and balancing energy that harmonises mind, body and spirit, giving you a deep feeling of peace and harmony. Center helps you stand firm and be courageous. Combined with the ability to help you conquer restrictive beliefs it can help you find the courage to face your fears and conquer them. You are capable of more than you believe you are...

Center also encourages you to explore and keep an open mind.

If you feel insecure or face a tough decision, Center can help you connect with your intuition. This connection makes it a good essence for healers as well.

Lastly, this essence detoxifies energetically and helps you reclaim your personal power if you have ever given it away, either to a person or an organisation, but also in general.

69. Protection

Infinite stone (serpentine with crysolite)

This essence protects and helps you tune in to the earth's energy and to angel energy. Protection connects the base (1st) and heart (4th) chakras and mends and protects the aura. It will help you detoxify and clear excess emotional baggage, which will give you fresh energy.

A side effect of clearing that excess baggage is speaking up about, and solving, issues from the past. In this case, Protection encourages compassion and forgiveness for yourself and others. It will also comfort you when dealing with grief and the pain of loss.

This is a good essence to use together with 54. Angel in healing practices. Try using two drops of both essences on your hands, on a chakra or in a massage oil. If you like you can put the drops in hot water first to dispel the alcohol.

Using two drops of each in an (oil) diffuser in a treatment room provides you with extra protection and an energy boost.

70. Strong

Olivine / peridot

Strong enhances your self-confidence and helps you be assertive without being aggressive. It drives away feelings of lethargy and helps you become aware of everything that has been (un)consciously ignored.

This energy provides a powerful cleansing, both emotional and mental, as well as in the aura, where the emphasis is on the third and fourth chakra (solar plexus and heart chakra). These will be cleansed and opened.

Strong helps you let go of persons and of the past, and helps you forgive yourself, both for things that were under your control as for things that weren't. It also helps to remove negative thought patterns and helps you gain insight in your life purpose, especially on a spiritual level.

This essence relieves stress, envy, resentment and anger and helps you claim the responsibility for your own life if you are inclined to blame others or outside circumstances. It also helps you let go of self-reproach and guilt, and to learn from your mistakes. Accept and move on is the motto here.

71. Sweet

Danburite

Sweet is a lovely but very powerful essence with lots of light. It is an essence of angels, universal love, letting go and forgiving. It connects the crown chakra with the heart chakra. Wisdom with love.

This essence opens the heart chakra and helps you learn to love yourself. In addition to that, it's a karmic cleanser that helps you let go of emotional pain by helping you to understand its cause. Oftentimes the mere understanding of how something has come to be is enough to initiate its healing.

Sweet also helps you when you are facing major changes and helps you to deal with them in a better way, to accept them, to have patience, and to go with the flow.

72. Wings

Angelite

Another essence with a lot of protective white light and angel energy. This one will help you spread your wings, attune yourself better to your inner voice and sharpen your perception. You can voice how you see things and will learn to be more accepting of the things that you can't change. It will help you stand stronger in times of emotional turmoil.

Wings helps you attain a feeling of peace and calm and promotes compassion, both for yourself and for others. It will help clear energy blocks and transforms fear and stress.

Another aspect of this essence is that it can enhance spiritual communication and can stimulate clairvoyancy. It works on the fifth, sixth and seventh chakra and can help you to learn how to better listen to your inner guidance, as well as strengthening communication with spirit guides and angels.

Wings is an essence that can be a good companion in healing practices, both because of what is described above and because it balances the aura and helps solve blocks in meridians.

73. Unity

Emerald

Unity is an essence for the heart chakra. It enhances unity consciousness, unconditional love, and sincerity. This will help you to be more understanding of yourself and of others, and enables you to have more patience and more compassion.

This essence helps you to be awake and alert, and it enhances your intuition. Wake and smell the coffee, to coin a phrase. Enjoy your life and what you have achieved so far. From this mindset, it will be easier to access your inspiration.

Unity can also support detoxing, it balances and heals on all levels and strengthens your energetic boundaries.

74. Mountain Heart

Serpentine and chrysocolla found on Mount Shasta

These two crystals insisted on giving us an essence together. They were both found on Mount Shasta and contain an extra energy. Mount Shasta is a power place in northern California and it is seen as the crown chakra of the earth, though some sources mention it as the base chakra as well. It contains a strong eighth chakra energy that connects the crown chakra to the base chakra, making it a very strongly grounding energy as well.

Mountain heart helps you connect to 'all that is'. It's an essence of universal love and it helps you express that love. The combination of serpentine and chrysocolla combined with Mount Shasta energy puts the emphasis of this essence on the heart chakra and throat chakra. It will help you express heart energy in the outside world.

This essence detoxifies, relaxes and helps you regain mental and emotional balance. You can keep a cool head and look at the world in a neutral way. It cleanses, connects and aligns the chakras and is basically a gentle and grounding spring cleaning of your energy system.

Due to the effect on the chakras, there is a possibility of awakening kundalini energy. This will be supported and calmed down should this process be too fast, but be aware that this can happen. Also, make sure to drink extra water because of the detoxifying effect of this essence. It will help release excess energy.

75. Earth

Petrified wood

It won't surprise you that Earth gives you a strong earth connection. It firmly plants both feet on the ground and helps you to be present, focused, concentrated and determined.

This is also a gentle energy that helps you to allow yourself to stop and process things. It works on the sixth chakra and enhances wisdom and insights, and the feeling of safety this essence gives you helps you trust that you have a solid base to work from.

Earth has a strong healing energy. Combined with the gentleness of it, it feels a bit like that moment when you sit down into a warm bath and just breathe out a huge sigh at the feel of being surrounded by the warm water.

76. Pure

Bornite

Pure has a joyful and positive energy. It is both detoxifying and cleansing and transforms negative thought patterns and beliefs. It also promotes equality and justice.

This essence also strengthens intuition and inner knowing and helps you visualise. You will be helped to gain insight in traumatic occurrences and to safely look at them, after which you can let them go and move on. This makes it a useful companion for Rebirthing sessions.

Pure mainly works on the fifth and sixth chakras, it will help you express and explain creative ideas. Added to that, it connects and balances the chakras.

77. Inspire

Green tourmaline / verdelite

Inspire is yet another essence for the heart chakra. It cleanses and it transforms negative or heavy energy while balancing the chakras at the same time. This essence reduces fear and enhances feelings of compassion.

It's a protective essence that helps you gain insight into yourself and in others, and that helps reduce a victim mentality or a feeling of being trapped.

Inspire also balances male – giving – and female – receiving – energy. The energy enhances peace of mind and helps you to allow yourself to rest so you won't burn up all your energy or get overwhelmed and anxious.

78. Tranquility

Blue tourmaline / indicolite

Tranquility has the calm and peaceful energy of the sea surface when there is no wind. It invites you to dive below the surface and to look deep inside yourself to gain understanding. This will help you be more understanding of yourself and of others.

This essence will carefully bring deeply hidden sadness and blocked emotions to the surface to be seen and processed. The peace and calm of this essence will help you to surrender yourself to that process and to let it happen.

The effect Tranquility has on the fifth and sixth chakra helps you maintain open and honest communication and gives you the courage to speak from the heart. Another aspect is that this essence will strengthen your sense of responsibility and will help you

to release a victim mentality. This, in turn, helps you to release restrictive emotional connections and live more in harmony with the world around you.

Tranquility balances male and female energy as well. Added to that, it balances both halves of the brain and helps them to work together more efficiently. This is also something that has a role in helping you to voice your thoughts and feelings better.

Spiritually, Tranquility helps you to work with a pure intention. It will stimulate your intuition, can sharpen your perception, and will help you to voice your observations clearly.

79. Promise

Sulphur quartz

Promise has a strong cleansing and detoxifying effect on all levels, helping you break through old habits. Even though this is a gentle process and you will be supported, no transformation is without discomfort.

Having said that, this is an essence that is good to use if you are stuck in any area of your life. It works on the solar plexus and restores balance there, enhancing self-respect and inner power. This helps you determine what your thoughts are and helps you (re)claim power over yourself. Girl Power (m/f) in a bottle, as it were.

It will help you determine your own identity: determine your own convictions, thoughts and behaviours and establish your own authority, separate of how the people around you feel about it. Promise helps you express your ideas and stick with them if that is what you want.

The effect on the third chakra/solar plexus also means this essence can help reduce feelings of anger, irritation and embitterment, i.e. for when you are prone to feeling irritated by little things. Another effect is the enhancement of your inner strength, which will improve your ability to deal with the inevitable resistance change can invoke in those around you.

Remember that a lot of this resistance will come from the fact that people have a habit to feel discomfort when things change, and they may try to get rid of that feeling by trying to undo the change, to denounce it, or to act like it is just a phase. It usually is not personal, it 's just the totally human inclination to resist change and to avoid every bit of discomfort as much as possible.

A little word of warning here: if you have trouble setting boundaries and saying no, you may have attracted people with a toxic personality that will forcefully retaliate to you setting boundaries with them. If that is the case, you need to be very very careful if they are in a position where they hold power over you.

It's also possible to set a boundary internally, meaning you say to yourself you don't agree or consent to what is happening but you don't voice it out loud. Setting the boundary internally will be good enough for that moment. Safety first and foremost. You can figure out the rest later. The rest meaning thoroughly educating yourself on what you're dealing with and how to develop the skills to handle it.

80. Cleanse

Prehnite

Cleanse initiates a thorough cleansing process and detoxifies, mainly in the heart chakra and solar plexus. It connects the heart to the will and helps you live from the heart. This essence reduces fears and helps you have faith if you have a fear of scarcity. Where there is love, there is no fear.

The way cleanse reduces fears is to help you face them, deal with them and solve them, so you are less inclined to run from them and to hide in distraction and procrastination (this may get worse at the start, or it will seem to be worse because you are starting to notice it, so be prepared for that possibility). Also be prepared for the sudden urge to declutter, which is a side effect of the cleansing effect of this essence.

Added to that, Cleanse is soothing and it exposes the cause of discomforts. It can also be used as a search-essence, boosting inner knowing so you will start to see where the sore spots are, and it will do so in a soft and loving way. Some of these insights can be a bit painful, but in general, this essence will show them to you bit by bit so it slowly sinks in, instead of hitting you over the head with them. It also helps you to be able to handle more in terms of impressions/information. You can process those faster, which may be of some help with hyperactivity or if you are easily overwhelmed/over-stimulated.

Cleanse also protects the aura, and you can even use it to protect your house by putting a few drops on thresholds or window sills. Be sure to use the essence diluted for this purpose, by putting a few drops in hot water so the alcohol evaporates and then using the water. This is the be-on-the-safe-side approach for protecting the material of said thresholds and window sills.

Combination essences:

c1. Big Hug

Big Hug is a giant embrace for when you are sad. This essence comforts you and helps you feel safe, more hopeful and more optimistic.

You can also use it as a first aid essence in case of shock and pain.

This essence combination was created using the following single essences: orange calcite, pink quartz, larimar, tiger's eye, blue chalcedony

c2. Calm the Storm

This essence helps you when you are highly sensitive and are struggling to handle that.

When you are highly sensitive (HSP), you process incoming stimuli in a different way, getting much more information out of them and picking up on things others don't notice.

This will cause you to tire more easily and makes your head feel 'full' when you are in situations where there are a lot of stimuli. Another aspect is that you feel emotions more fully so you can get the feeling you are being ruled by them.

Calm the Storm helps you ground yourself so negativity can flow out. Added to that it protects against too many outside stimuli by strengthening your aura and solar plexus.

Thirdly, it will help you accept yourself and balance the extremes in you. It also improves the distribution of your energy so you will feel more balanced.

This essence combination was created using the following single essences: turquoise, red jasper, tiger's eye, moonstone, pietersite

c3. Fearless

Fear can paralyse you, and it can be difficult to break through that yourself. This essence offers you a bit of help with that issue.

Fearless gives you warmth and strength by giving you a different, more clear view of your fears, and by helping to dissolve trauma and energy blocks.

Fearless helps calm your senses when they have been overstimulated and helps you regain your mental and emotional balance.

This essence combination was created using the following single essences: green aventurine, carnelian, larimar, jade, blue chalcedony

c4. Lighten Up

This essence helps you when you sad and/or down. It will help bring back the sunshine and light up the darkness. It'll also help you gain more perspective and feel more hopeful and more present.

This essence combination was created using the following single essences: orange calcite, green aventurine, black tourmaline, moonstone, sunstone

c5. Loosen Up

Sometimes you can get really stuck in certain (thought) patterns or emotions, and you find yourself becoming a little rigid and inflexible. This essence can give you a small push in the right direction so you can start to release them.

Loosen Up will help you to think more flexible and stop clinging to only one option or possibility.

This essence combination was created using the following single essences: carnelian, larimar, malachite, rhodonite, blue chalcedony

c6. Me, Myself and I

This essence enhances your self-confidence and helps you to show more of yourself. It also helps you get rid of any blinders you might be wearing, enabling you to look at yourself and others more objectively.

The extra confidence helps you to look up less to others and to feel more like you are allowed to exist. This is a step-by-step process where at one point you can have an internal reaction like ‘whoa, wait a minute, I have rights too’, instead of automatically stepping back and making way for what other people want.

This essence combination was created using the following single essences: blue calcite, tiger’s eye, hematite, black tourmaline, smoky quartz

c7. Protective Bubble

When you have trouble releasing energy you pick up from people, or even places, that can make you feel tired, chaotic and gloomy.

This combination helps to protect and ground your aura/energy field. Added to that, it removes negative energy and sends it back to where it came from if needed.

This essence combination was created using the following single essences: turquoise, mookaite, labradorite, tiger’s eye, chrysocolla

c8. Stand Your Ground

Sometimes you just lack the willpower and give in even though you would like to stick to your guns.

This combination can help you with that. It gives you a warm feeling and helps you express yourself better. This can be by talking, but also by singing if that is something you like to do.

At first, you may surprise yourself by being a bit blunt or forceful, but as you get used to the energy you learn to nuance it and it settles in a calm and assertive way of standing up for yourself.

This essence combination was created using the following single essences: Jasper, rutilated quartz, black tourmaline, smoky quartz, unakite

c9. Take a Break

The longer you feel stressed and tense, the harder it gets to relax and to see the silver lining, so this essence helps you relax a bit.

Take a Break has this lovely soothing energy that makes the corners of your mouth curl up. Try a couple of drops in your shampoo or shower gel and see what happens..

This essence combination was created using the following single essences: orange calcite, blue fluorite, amethyst, red tiger’s eye, champagne calcite

c10. You're Grounded

Yes indeed, your feet are stuck to the floor and they're getting nice and warm as You're Grounded helps you ground yourself. Most of us have been taught to rely heavily on reasoning over feeling, which can make it difficult to stay grounded. This, in turn, can cause you to feel hesitant and wavering.

If you happen to find life on earth a big hassle and too much of a bother, this is an essence that can help you accept the challenge of it with both hands, but if you are truly poorly grounded, starting the grounding process with this one may be a bit too much. In that case, you are better off choosing an essence that is a bit more gentle and go from there. Otherwise, you run the risk of your whole system resisting it and you might end up out of balance. A good starting point may be 19. Down to Earth, which works at a slower and more gentle pace.

Another solution is carrying the essence with you so it works indirectly.

This essence combination was created using the following single essences: mookaite, red jasper, hematite, champagne calcite, black tourmaline

c11. To the Rescue

This essence helps you out in emergency situations. It grounds you, removes negative energy, comforts and protects. It's a powerful but gentle energy that is suited for everyone.

During the testing period for this essence, we found that it can also be of help if you aren't properly present in your body for whatever reason, or when someone has an outer body experience but doesn't come back properly. The feeling was described as a loving pressure on their shoulders followed by preventing them from exiting again.

This essence combination was created using the following single essences: mookaite, blue fluorite, green fluorite, champagne calcite, blue chalcedony, opalite

c12. Just let go

Just let go is the next step after c5. Loosen Up. The latter helped you loosen your grip a little, this essence is going to help you to take it to the next level.

This energy easily finds its way to where it is needed, and it feels best with warmth. Use it on your hands, in cream, shampoo or a nice warm (foot)bath. It de-cramps and helps you be more open to receiving, and that works best when your hands are loose and relaxed.

This essence combination was created using the following single essences: green aventurine, pietersite, agate, opalite

c13. Go for it!

This essence is the next step after c7. Protective Bubble and c8. Stand Your Ground. The first one provides protection so you can regain your feet, after which you can use Stand Your Ground to stand up for yourself more when someone pushes you verbally,

emotionally or literally. Go for It! builds on that by helping you to stand up for yourself more actively and to show more of yourself, preventing people from trying to push you.

Go for It! also gives you a pat on the shoulder, or helps you give yourself a pat on the shoulder. It helps you to make the distinction between people that have your best interests at heart and those seeking to take advantage of you and to tailor your reactions to that.

For the first group you can set boundaries gently and without judgement, but the second group may be in for an unpleasant surprise: you will be on to them, able to give them tit for tat. Gently when possible, sneakily when warranted, and bluntly if needed and deserved. This may be a bit of a shock to you, and to them even more so, but you'll already have exhausted all other options by then...

This sounds like a bit of a tall order, which it is if you dive into this stage of the process of standing up for yourself unprepared. That's why it's a good idea to build up to it, depending on where you are in the process, by working with Protective Bubble and/or Stand Your Ground first, or to start with a very small dose of this essence, like 1 drop in a glass of water every other day.

This essence combination was created using the following single essences: orange calcite, carnelian, red tiger's eye, smoky quartz, amazonite

c14. Call Me

This essence combination was made to help against electrosmog. You can put it in a vial and carry it with your phone or put it in your pocket. It will also help you if you are sensitive to electrosmog. We've had good result with wi-fi devices and DECT phones as well, especially the DECT phone was a bit of a surprise. A vial was enough when I expected to have to use a whole bottle to counter that one.

You could say that this essence helps with interference in a number of ways. It clears the contact with your higher self, helping you to access your intuition better, and it helps with other interfering devices, whether electrical or human. That can lead to confrontations because if someone really is no good for you, you will start to notice the differences more and more. It'll be like they are put under a microscope, they can become glaringly obvious in some cases. Which is why this can lead to confrontations, because if the differences seem bigger, the urge to do something about them will grow as well.

This essence combination was created using the following single essences: pink quartz, black tourmaline, amazonite, tourmaline quartz

c15. Break the Circle

This essence kind of helps you find your backbone. It helps you be as big as you are supposed to be, and someone looking to put you down will see their attempts foiled more and more. You'll be quicker to think 'hold up, I don't have to accept this', and realise you deserve better than that.

You'll get help in breaking through thought patterns or behavioural patterns that you are stuck in. The old emotional 'garbage' that makes that you react in a certain way when that pain is touched upon will be slowly cleared. This helps you react more neutrally.

This essence combination was created using the following single essences: rutilated quartz, eldarite, tourmaline quartz, opalite , hemimorphite

c16. Take Heart

Here you go, a little pick-me-up for when you are about to give up because you have temporarily lost sight of the solution. Take Heart balances you, gives you hope and clears your mind.

Maybe it will also attract 'coincidence', because that is the reputation hemimorphite, one of the essences in this combination, has. At the very least it will help put a small smile on your face and help you to feel more optimistic.

This essence combination was created using the following single essences: carnelian, blue chalcedony, sunstone, amazonite, tourmaline quartz, hemimorphite

c17. The Child Inside

This essence will help you to be yourself (again). It'll help you have faith, a very deep faith, in yourself, the world around you, and in goodness.

You are encouraged to open up again and to let go of the pain of old wounds. The Child Inside comforts, helps heal your emotional wounds and adds a hugely loving hug as a bonus, helping you to view the child you once were with love, compassion and understanding.

A word of warning, though. When you start inner child work, it is entirely possible that a whole heap of sadness has to be released before you start to feel better, as grieving heals. The energy will help you through it, but if it gets to be too much, see if you need another essence (c11. To the Rescue or c43. Swept) as support, or adjust the dosage you take.

This essence combination was created using the following single essences: larimar, blue chalcedony, eldarite, opalite, hemimorphite, sugilite

c18. Into the Light

This one helps you balance light and darkness if things are more dark than light. It will help you connect with your higher self and get a better outlook on what is true and what isn't. The energy protects, grounds and has an aura healing element, making you less susceptible to outside influences.

Into the Light also helps you see things more clearly and objectively. It may be good to follow this one up with c19. Calling All Angels to strengthen the light, for extra protection, and to fill in any empty spaces where negative energy has been removed.

This essence combination was created using the following single essences: mookaite, labradorite, red tiger's eye, tourmaline quartz, opalite, sugilite

c19. Calling all Angels

Calling All Angels is a warm blanket of light, wrapping around you like a cocoon. White light and angel energy embrace and cherish you, blue light protects you, giving you hope and enough faith to let yourself go with the flow, knowing things will work out in the end.

This essence also regulates the flow of energy in your system, taking it where it needs to go and softly washing away energy blocks. You can use this essence for extra protection and energy after working with c18. Into the Light.

This essence combination was created using the following single essences: blue calcite, mookaite, blue fluorite, champagne calcite, hemimorphite, selenite

c20. Heart of the Matter

This essence is one of the go-to essences for when your heart is closed off. It will open and warm the heart chakra and allow love in. For yourself, for others and for the world around you. Heart of the Matter gives you a really warm and loving feeling, and it dissipates annoyance and judgment so you can go about your day a little milder.

This is an essence of giving and receiving in all kinds of ways, and it balances them as well. Think of giving without demanding something in return, giving without feeling someone else has more of a right to it than you have, or giving without being afraid there won't be not enough left. Think of receiving without feeling uncomfortable because somewhere deep down you have doubts about being worth it, and of relaxing yourself so you are able to receive.

Heart of the Matter lets the sun shine in your heart and sometimes that can make you feel as if you've swallowed a piece of the sun. It makes your heart chakra glow, giving you hope and bringing a bit of cheerfulness into your life. Not everything is serious and complicated, but it is easy to lose sight of that. Look at how beautiful simple things can be, a flower, a brightly coloured butterfly, a funny cloud or a little caterpillar that crosses your path.

Another reason for the name of this essence is that it helps you release old patterns of not loving yourself that a lot of the time are the root cause of most issues. It'll help you feel an all-encompassing love that just may, after a while, make you happy enough to want to dance...

This essence combination was created using the following single essences: pink quartz, green calcite, sunstone, amazonite, opalite, sugilite

c21. Get Out

Get Out has a strong protective energy. It soothes, removes entities and heavy energy and keeps them out. The energy detoxifies the mind, brings light and chases away darkness.

Your aura is protected and grounded, so you feel more present, which helps against unwanted attachments. You could compare it to being at home or not, and keeping the doors to your house open or closed.

Get Out helps you rest, regroup and get clarity so you can begin searching for the cause, because at the end of the day this is just a temporary aid. It'll protect you so you have the opportunity to discover how and why these energies are able to enter your system. This can be something very simple like acknowledging and understanding that you are letting them in, or something like a link from a past life you need to become aware before you can detach it. In some cases, you may need another healing or testing method to find out what it is.

Free will is also something that needs to be reckoned with. Entities can be very sneaky and seductive, and present themselves as something or someone positive, causing you to invite them in or give them permission to stay, whether consciously or subconsciously. In cases like that, Get Out will send them away for a while, but they will be able to return after the dose has worn off.

This is why it's very important to ask if someone comes in light and love, and if they cannot answer that, you may ask them to leave. Positive entities/spirits will never force you, or tell you what to do (light beings are very very big on free will). They won't call you names, bully you, humiliate you or threaten you. They also won't tell you you're the best (sorry, they just won't, though they may give you regular compliments), and that others are less than you, or make you hurt others. Not even from the viewpoint that that person needs to be taught a lesson.

You can use Get Out when you suspect entities or negative spirits are clinging to an aura, as a heavy duty aura cleanser and protector (from the inside with the essence or from the outside with Get Out Mist), to support parts therapy if certain parts of the personality have taken over (those will be integrated into the whole again so you can regain your balance) and to support soul retrieval.

This essence combination was created using the following single essences: carnelian, black tourmaline, opalite, selenite, sugilite, serpentine, kyanite, serafinite, amber, astrofyllite, variscite, purpurite, infinite stone

c22. Stay Out

Stay Out is an essence that firmly grounds you, centres you, and gives you strength. This means energy from outside has less chance of getting in. If you are firmly centred in your own energy, it becomes less and less difficult to keep other energies out, especially if you don't want them to get in.

Use this when you are sensitive to outside influences and it will become more difficult to manipulate you. When you are sensitive, you feel very well what someone wants from

you and sometimes you have to use every inch of willpower you possess not to automatically give in to unspoken requests. Stay Out will help you with that.

A nice little side effect is that it boosts your self-confidence and makes it easier to take action on any plans or ideas you may have.

This essence combination was created using the following single essences: mookaite, red jasper, selenite, green apatite, serafinite, apofyllite

c23. Safety

Safety helps you regain a basic sense of feeling safe. Most of us are born with that feeling, but as you make your way through life things can happen that may cause you to decide that the world is an unsafe place. This results in living from fear, continually searching for security and being unable to surrender fully to life.

This essence helps start to realise that you are safe. It will help you release tension and loosen your grip on the reins.

If you have an allergy, chances are that Safety may alleviate it a bit. In some cases lacking a basic feeling of safety can cause your entire being to react with hostility to things it sees as intruders, causing an allergic reaction. In those cases, the symptoms may diminish or even disappear as you start to feel safer, more grounded and more confident, as the more grounded you are, the better you are equipped to deal with whatever life throws at you.

This essence combination was created using the following single essences: lavender flower essence, turquoise, rutilated quartz, opalite, hemimorphite, selenite, lepidolite, astrofyllite, purpurite

c24. V.I.P.

Do you feel important? Or do you feel as if you are hidden in a corner that everyone passes by? Or maybe you are somewhere in between?

V.I.P. helps you find strength and helps you realise that you are allowed to exist, and that who and what you are and what you want is equally as important as what someone else is and wants.

Get up out of that corner, stop self-effacing behaviour and stand next to someone instead of thinking they are worth more than you are and placing them on a pedestal. Whoever it is, they are human, just like you, and however different you may be: you are both worth exactly as much, each in your own way.

This essence combination was created using the following single essences: black tourmaline, moonstone, tourmaline quartz, hemimorphite, sugilite, purpurite, heulandite

c25. Freedom

Freedom helps you regain a sense of freedom. Freedom to act, freedom to dream, without judgement.

Sometimes you can feel as if you are stuck, and bound hand and foot. In situations like that, this essence will help you release that trapped feeling so you can relax a bit.

To support the energy, find some space outside. A park, beach or forest where it's quiet and where you can recharge your energy by feeling some empty space around you.

When you can manage to let go of that feeling, it becomes a bit easier to see a solution, even if it's only finding a way of looking at it that makes you feel less trapped. When you are in a situation that you have no way out of yet it can make you feel less trapped, less of a victim and a little more in control to make the conscious decision to say to yourself that no, you did not and do not consent to being in that situation, that it is wrong but that for the moment it is what it is, and you will do what you need to do to hang in there while looking for a way out. Freedom doesn't always have to be external, it can be internal as well.

This essence combination was created using the following single essences: citrine, rutilated quartz, red tiger's eye, rhodonite, blue chalcedony, opalite, sugilite, aquamarine, lepidolite

c26. Refuel

Refuel is a little energy bomb, even if it is in a different way than you would expect. When your energy level is very low, everything becomes a mountain, even doing the things you need to do to feel better.

Sometimes everything feels like too much trouble and nothing succeeds, not even getting some rest because you 'have' to keep going because you're already so far behind.

Refuel helps you replenish the energy reserves in your aura because most of the time you are not only physically and mentally drained, but the energy level in your aura is very low as well. This makes it easier for outside energy to get in, which in turn makes you feel overwhelmed and prevents you from regaining your balance and your energy.

You can recharge by getting some rest, but you need to get yourself out of the way to actually manage that. Refuel clears your mind and helps you get an overview. Not everything is as urgent as it seems when you are feeling overwhelmed, and getting some rest is important as well.

Refuel replenishes the energy in your aura that may just give you the small push that is needed to decide to drop whatever you are doing and get some rest first. Added to that, it detoxifies mentally and grounds you.

This essence combination was created using the following single essences: mookaite, clear quartz, larimar, rhodonite, amazonite, selenite, sugilite, green apatite, serpentine, pyrite

c27. Nobody is Perfect

The name says it all, really. This essence is there to support you if you feel like you will only be good enough when you are perfect. Since no one is perfect, this puts an enormous pressure on you, as you are expecting, or even demanding, the impossible and unattainable from yourself.

Some people will also expect that from others, others will swing in the opposite direction and have loads of understanding and sympathy for someone else's imperfections, and none at all for their own.

Nobody is Perfect helps you find peace in the fact that no one is ABLE to be perfect, and following that, a sense of being good enough the way you are starts to creep in.

You are allowed to let that belief go, there is nothing wrong with making mistakes. On the contrary, you learn more from your mistakes than you ever will from things that go right the first time. Bettering yourself is fine, of course, but being judgemental of yourself because you still see things about yourself that could be improved, is damaging to your self-confidence and totally undermines you.

Nobody is Perfect helps you face life with a more relaxed attitude, it helps you be tolerant of yourself (and any mistakes you might make) and others, and to stop holding onto the reins so tightly.

This essence combination was created using the following single essences: kunzite, galenite, purpurite, serpentine, blue calcite, rutilated quartz, marcasite, kyanite, infinite stone

c28. Let Love Rule

This essence opens the heart and sets heart energy in motion. It's a loving energy that causes annoyances to melt like snow in the sun. Your smile reappears, even when it's been missing for a while.

If you have closed yourself off in an attempt to avoid pain, your heart energy stagnates. Let Love Rule helps you take the step to let love back into your life. This is the next step after c20. Heart of the Matter.

Let Love Rule is also a good essence if you find yourself condemning people that don't conform to what you perceive as normal. You can never change anyone, but you can help yourself gain a milder outlook and save yourself a whole lot of stress and annoyance, not to mention the negative energy you would avoid feeling.

If you feel a little more cheerful, you'll probably feel less need to criticise and condemn, and you'll have less trouble thinking 'oh well, it 's not my cup of tea but if that's what you want, then fine by me' when someone has views that don't match yours.

This essence combination was created using the following single essences: pink quartz, carnelian, amethyst, amazonite, hemimorphite, selenite, sugilite, ametrine, marcasite, magnesite, lepidolite, astrofyllite

c29. True Love

True love helps you reconnect to the source of unlimited love that every one of us has deep inside them. Life experiences can cause the connection to this source to get blocked by emotional debris. Many of us have lost this connection, and are now facing the challenge of making our way back to it. True Love helps you remove the debris so you can draw from that source.

Heart of the Matter deblocked the heart, Let Love Rule let out the energy and made a start of setting it into motion, and this essence continues that process.

It will cause your heart to overflow with this loving energy that you're allowed to draw from without limit. For yourself at first, and when it has filled you up you will automatically pass it on. With a smile, a sincere compliment, a loving hug, and most of all compassion and understanding. In time you will be able to do all of this without the fear of there not being enough left if you give it away. The more you give, the more there is to give.

Also, to avoid you feeling so light that you float off into space, this essence grounds you by planting both feet firmly on the ground.

This essence combination was created using the following single essences: apofyllite, amazonite, ametrine, amethyst, opalite, variscite, blue chalcedony, sugilite, amber, larimar

c30. Anger Management

This essence can help you if you are troubled by temper tantrums and fits of anger OR have trouble handling those when they come from others. It will help you gain some perspective and strengthens your (self-)confidence.

The perspective it helps you gain enables you to look at things more neutrally, and being able to see things from multiple viewpoints will also help you to be more tolerant and to take things less personal.

Anger Management helps you rebuild your confidence so you'll feel safer and less easily threatened. One way in which it does this is by strengthening and protecting your solar plexus. The solar plexus is your connection to and the place from which you interact with the outside world. This is where you feel outside energy and influences the strongest, and if this chakra is balanced you will see that reflected in the way you react to things that happen, and to the world in general.

You'll feel caught unawares and overwhelmed less quickly, and because your self-confidence gets a bit of a boost, you'll also feel victimised less quickly in unexpected situations. No one likes change, it's in our nature to resist change, but the quicker you regain your internal balance, the less troubled you will feel by it.

This essence combination was created using the following single essences:

howlite, red tiger's eye, opalite, rutilated quartz, champagne calcite, amazonite, agate, black tourmaline

c31. Rebuild

This essence will work to protect your aura if it has been damaged by outside or inside influences. Inside influences can be negative thought patterns (stress, victim mindset, trauma, catastrophic thinking, an active inner critic, being torn between what you want and what you think you should want, etc.), being poorly grounded or energy blocks.

Outside influences can be disruptive energetic influences like negative energy from people or places, earth rays, and radiation from appliances, phone masts and the like.

The stronger and healthier your aura is, the more resilient you are and the less those disruptive influences bother you. They'll just roll off of you instead.

Rebuild protects and grounds your aura. It enhances the energy flow and fills in gaps when and where needed. If necessary, you will be shown what inside influences you can tackle to support this process, so it will help if you pay attention to your thoughts and to things that seem to jump out at you or that you keep encountering.

You could combine this essence with Refuel to reinforce it, and/or Gentle Mist to support it.

This essence combination was created using the following single essences: hemimorphite, selenite, sugilite, labradorite, green apatite, magnesite, apofyllite, howlite

c32. Catalyst

Catalyst is an essence you can add to other essences when dealing with persistent blocks. One or two drops added to the dosage bottle you are using is usually enough.

This essence can act as a bit of a sledgehammer, helping you to put your finger on the sore spot by helping you gain insight into the cause of the block you are trying to break through. It also helps you solve the block by making your inner voice more noticeable and by somehow helping you to encounter the right people and methods.

Catalyst contains black obsidian and needs to be handled with a certain amount of caution because it is a powerful essence that may bring a lot to the surface.

Ideally, you would work with this essence together with someone. There's nothing wrong with gaining a few insights, but releasing a torrent of them would probably be too much. You will also need time to process, step by step is the motto here, and it will be very helpful to have someone there that has knowledge of energy and is able to coach you. This can be a therapist or coach, but even someone that understands where you are coming from and that can act as a sounding board will be helpful. The idea is that you have someone you feel safe with, who accepts you and doesn't judge you. Voicing your thoughts out loud in a safe environment will help you to see things from a different perspective and that often helps you gain insights.

You can also use Catalyst for tackling stubborn blocks when doing energy healing. One drop on your hands is usually enough to boost the energy.

If Catalyst releases too much energy, use about 8 drops of c43. Swept in a glass of flat mineral water and slowly drink that. It will help clear up the energy that's been released.

This essence combination was created using the following single essences: obsidian, orange calcite, green fluorite, turquoise, labradorite, green calcite, rutilated quartz, pietersite, amazonite, selenite

c33. Moonflow

The theme for this essence is 'feminine balance'. Moonflow energetically and mentally cleanses, detoxifies and, above all, balances.

Added to that it boosts your self-confidence. Moonflow will help you keep a level head and express yourself in a relaxed manner, especially to those that are closest to you.

Moonflow is the result of a request for an essence that would help with PMS, but it turned out to have a wider range than that. It can also be used as a support during menopause to help your emotional and energy balance

As this essence can release a lot of energy, please remember to drink extra water to help release any excess energy.

This essence combination was created using the following single essences: chrysocolla, purpurite, lepidolite, carnelian, amethyst, ametrine, jade, malachite

c34. You're Worth It

It won't surprise you that this essence helps with feelings of having low self-worth. Or, with a subtle difference, the feeling that others are worth more than you and therefore have more right to something than you have.

You are worth it, though. Full stop. You are worth just as much as everyone else, and this essence will help you to start seeing that.

It will help you to look differently at people you have placed on a pedestal and it will help you realise that they're only human, just like you, and that they have a good side but have their faults and annoying habits as well.

Another aspect of this is erasing yourself in favour of someone else, putting your own desires over everyone else's. That's fine when it's temporary and a conscious decision, but not if it's become a default setting. That would mean you are living your life for everyone but yourself and that would affect your own growth processes. Slowly, you are going to balance this a little more. It may take a while, it's usually very subtle, but that means it won't be too overwhelming either.

This essence combination was created using the following single essences: eldarite, agate, sugilite, black tourmaline, heulandite, tourmaline quartz, orange calcite, carnelian, opalite

c35. Surrender

Every once in a while, the energy of an essence makes itself known by dropping in as a complete concept, which is always amazing to experience. When concentrating on testing essences for someone, this message dropped in out of nowhere:

Surrender yourself to the flow of life, trust that you will be carried and that you will end up exactly where you need to be.

After some checking and double checking it was clear this was an essence that needed, or wanted, to be created and all that was left after that, was finding the essences that were needed to create it.

Surrender boosts your confidence, helps you feel safe and grounded and above all, it clears and calms the mind.

The funny thing is that this essence makes you feel light despite its grounding effect, as if something is gone that you hadn't even noticed was weighing on you.

Surrender helps you find the energy and the willpower to actually take steps forward, from a feeling of safety.

This essence combination was created using the following single essences: rutilated quartz, variscite, apofyllite, biotite-granite, aquamarine

c36. Reclaim

Reclaim helps you to take back the reigns if the power over yourself has ended up outside of you. This might be something from childhood that you've never learnt, or something more recent. Something that's pervasive and turns up all over your life, or something that's limited to a certain situation.

This essence will help you become more aware of what it is that you want, instead of automatically doing what is expected from you, or what you think is expected from you.

It will become a little easier to express your wishes and thoughts, with kindness when possible, and a bit more forceful, but still loving, if the situation warrants it.

You will have more overview and are more able to distinguish between incoming impulses. This helps you to be more aware, and helps you to make a more conscious decision how, or even whether, you are going to react to those impulses.

This is a good essence for when you are empathic/highly sensitive and find you let yourself be 'directed' by the energy/unspoken wishes of people wanting something from you.

Reclaim also helps you take back responsibility for your own life and to let go of feelings of being victimised. If you notice yourself being stuck in a victim mindset and you want to tackle that, then c38. Choices is the step before Reclaim, as you first need to realise you have a choice before you take back the reigns.

This essence combination was created using the following single essences: heulandite, kunzite, sunstone, amazonite, blue calcite, blue fluorite

c37. Detox

It won't surprise you when you hear that this essence cleanses and detoxifies. Negativity is drained away and/or transformed into positive energy, and you will be firmly grounded so you can get rid of excess energy. As a result of mental cleansing, your mind will become calmer.

This essence was made to cleanse mentally and emotionally, but if you are sensitive, you may feel energy being released in your body.

It's very important to drink enough water when working with this essence, to help release the energy that is released. You can combine this essence with c43. Swept to support this process.

Depending on how sensitive you are and how much energy is being released, you can play with the dose a bit. A drop of this essence in a dosage bottle will work slower than taking two drops in a glass of water every day. If it feels like things are going too fast, you can adjust the dose or take a dose every other day or even every two days.

Also beware that you may experience attacks of decluttering urges, because it has been proven that that's a side effect of cleansing at a mental and emotional level.

This essence combination was created using the following single essences: amber, amethyst, amazonite, tourmaline quartz, hemimorphite, blue fluorite, magnesite, lepidolite

c38. Choices

Choices helps you realise that there are always options, even when you think there are none at all, and it will help you to make those choices as well. Even if it means doing nothing or accepting a situation for the time being.

This essence is the one you can start with if you feel stuck in a victim mentality and you want to change that. For starters: don't blame yourself though, for you are in good company. Everyone experiences this emotion to varying degrees.

Choices helps you see that you are making yourself dependent on something or someone outside of yourself when you are stuck in a victim mentality, and it will help you to see that you always have a choice. That not doing something is a choice as well.

Even when you feel compelled to do something, you can weigh your options and then choose to do it anyway because the consequences of not doing it will be too detrimental to you. It sounds a bit contradictory, but it can be empowering to be able to say to yourself that yes, something is wrong and you did not consent to be in that situation, but you are going to do what you need to do in order to get through it anyway. The difference between feeling like you have no choice and deciding to do whatever is needed is that your sense of self doesn't take any more damage than it already has.

Choices helps you get an overview, align your thoughts and the options you have, and to weigh the consequences of those options.

You could refuse to go to that mandatory meeting at work, of course, but if that has negative consequences for your career options, you may find yourself choosing to go anyway. And if it's your own choice, you will feel less victimised. You could choose not to go, but if on the whole you like your job and it would hurt your chances of advancing if you don't go, it suddenly becomes a bit less of a chore to go to the meeting and you will feel differently about it.

When working with this essence, you can support the energy by substituting 'I have to' by things like 'I'm going to', 'I want to' or 'I choose to'. Just the phrase 'have to' usually evokes so much resistance that you automatically get the feeling of not having any say in the matter at all, even when it's not meant as such.

This essence combination was created using the following single essences: opalite, amazonite, green aventurine, larimar, green apatite

c39. Release

This essence helps you to release energy that has built up in your body. Release grounds and helps to releases energy. Grounding is a prerequisite for releasing energy, as being poorly grounded prevents you from doing that. Being poorly grounded is like having a blocked drain that prevents the energy that needs to be released from flowing out.

Another effect of this essence is that it helps you rest more, something you're probably avoiding because everything comes rushing at you the moment you sit down. That caused you to decide to keep going, so you could save yourself from feeling all of that.

This is a gentle process, it gives you time to get used to the new situation, which will probably also mean it may take a while before you notice the effects of this energy. Slowly you will start to relax a little, allowing yourself to do nothing every once in a while as well.

This essence combination was created using the following single essences: biotite-granite, sugilite, marcasite, blue fluorite, kunzite, citrine, ametrine, malachite, pietersite, jade

c40. Hope

Hope helps you to release negative energy, and to recognise and change harmful thought patterns. You will start to see the light at the end of the tunnel instead of feeling like you are stuck and you have nowhere to go. This will enable you to start seeing the positive things in life again.

Slowly, you will start seeing the silver lining again. It was there all the time, you just temporarily lost sight of it because you couldn't see the forest for the trees.

Hope clears the mind and helps you get a clearer perspective. It will enable you to organise your thoughts and begin to feel like you are in charge of your life instead of feeling like a victim of your surroundings or the circumstances.

The positive and light energy of this essence will enable you to better handle whatever life throws at you and will help you put more emphasis on what is going right in your life than on what is going wrong.

This essence combination was created using the following single essences: blue chalcedony, eldarite, amethyst, green aventurine, sun stone, clear quartz, sodalite

c41. True Light

This essence contains a huge amount of light. The energy shoots through your whole system and lights up every corner of it. It also restores the network of light that surrounds you and connects you with both the earth and the universe. In other words, it gives you a lovely light feeling without causing you to float off into space.

True light restores your strength and resilience to take the next step on your journey, or to turn around and go back if you find you have ended up on a wrong track. This essence brings light to all areas of your life, helps you to recognise energy blocks and supports you in clearing them.

This essence combination was created using the following single essences: orange calcite, blue calcite, mookaite, blue fluorite, green aventurine, red jasper, hematite, champagne calcite, black tourmaline, blue chalcedony, moonstone, sunstone, amazonite, tourmaline quartz, hemimorphite, unakite, selenite

c42. Indigo

Indigo was made especially for new age kids from zero to a hundred years old. This energy will help them get used to life on earth and to adjust to its energy.

This essence grounds you and you may feel a lot happening around your solar plexus, or third chakra, as Indigo supplies you with a kind of light shield to help you stay true to yourself. It also balances you on all levels and helps you accept the world and all its contrasts, helping you feel more safe and cherished.

The grounding effect will help give you a little push to DO things, which usually is a difficult step to take. Creating things inside your mind won't be the problem here, but taking the step to do something about it can be a quite hard from time to time.

Indigo helps you accept that you are on earth and that things here take a little more time to accomplish, which in turn helps you be more patient and able to wait and see. It also protects you from too much outside impulses.

This essence also aligns the chakras, which is a part of helping you to feel more grounded and protective. It enables the energy in your system to find its way, helps you release energy you no longer need and helps you take in new, clean energy. All of this will help you to dissociate less and feel more like you are partaking in life instead of standing on the sidelines.

Indigo also enables you to deal with information you perceive, to accept yourself and to learn to trust your intuition.

This essence combination was created using the following single essences: opalite, galenite, sodalite, green apatite, unakite, tiger's eye, rutilated quartz, selenite

c43. Swept

Swept helps you when you have trouble releasing energy you pick up from others or energy that was released during a treatment. It will help you release it and at the same time helps you learn to do it yourself. It has a grounding effect and the image that came with that is setting up a tent and then making sure the roof is properly stretched. This way anything that doesn't belong on it simply slides off.

It can help against energetic stalking as well. That sounds weird, but see it as a constant stream of compelling and often negative thoughts and energy that is fired at you, causing you to feel miserable. You might feel tired or even gloomy, develop a headache or suddenly feel inexplicable little pains, and in extreme cases you may even feel nauseous.

When you are properly balanced, that energy won't be much of a bother, but oftentimes it targets a weak point or energy block, or it catches you in a weak moment, and then it will get in.

Swept will help you to put that energy outside, nicely and gently. Without feeling vindictive, which is very important because intention is very important. Doing something with a negative intention might bounce back to you.

If you're familiar with The Dog Whisperer, Cesar Millan, you will immediately understand me when I say that this essence is calm assertive energy. Calmly and resolutely sending that energy away, without rancour and without any form of anger or vindictiveness whatsoever. Just 'off you go, keep it yourself, this is not mine'.

The other side of Swept is that it can support energy healing, as it clears and helps release energy that has been freed up. It will sweep through your system to help release 'debris', and despite being described by one of the testers as 'Katrina in a bottle', it's a gentle and light energy.

Swept helps you integrate the energy from the treatment as well, helping you to get used to it faster, easing some of the discomfort from the after-effects treatments can sometimes have. Or try using two drops in a glass of water or a cup of tea and slowly drink that prior to a treatment, if you like.

Swept can be useful after any and all treatments that release energy and it's a good companion for essences that free up a lot of energy, like c37. Detox and c32. Catalyst

This essence combination was created using the following single essences: smoky quartz, blue chalcedony, jade, tourmaline quartz, larimar, amazonite, carnelian, black tourmaline, pink quartz, green aventurine

c44. Abundance

To experience abundance in your life, you need to find it inside yourself first. This essence will support you in that process.

How do you even find abundance in yourself? Feeling safe, for instance, is an important aspect. This will diminish fear of not having enough. Another one is enjoying life. Wanting what you have instead of trying to get what you want, appreciating the little things in life.

Then there's feeling positive, neutralising negative thoughts (inner critic) and beliefs by substituting them with positive ones. If you have trouble with affirmations because something in you screams that what you are trying to affirm is not true, try and start with 'I am learning to', this will get around that, because it suggests a process instead of stating a fact.

Then there's your connection to the earth and the universe. Feel you are part of a bigger picture and know that there is an infinite amount of abundance out there. Yes, for you too, because it is there for everyone.

Lastly, there's the matter of trust and acceptance. For yourself, and for the world in general. The understanding that everything has a reason, that contrasts are there to help you learn and to help you determine what it is you DO want.

Step by step, this essence will help you direct your attention to what is good and to the things you appreciate, both in the world and in yourself. It is different from pretending there is no negativity, it is choosing to focus on the positives despite the negatives. This will help you send out a different energy, to which the universe will start to react by showing you different experiences. Experiences that fit the new energy you emit.

This essence combination was created using the following single essences: tiger's eye, hemimorphite, larimar, green apatite, aquamarine, purpurite, amber, opalite, carnelian, pietersite, variscite

c45. Rise Up!

Rise Up! plants both of your feet firmly on the ground. It will help you stand up for yourself from a place of love and to help you allow yourself to be who you are. As large as you are, without keeping yourself down or letting others keep you down.

This is another one with calm assertive energy. Standing up without tearing the other person down. Standing your ground without purposely hurting anyone and without feeling unnecessarily guilty about it. Being yourself without letting others influence you, no matter what they try to get you to do as they want. Unless, of course, you decide to do it. But then it is your decision and not the influence of someone that wants something from you and is willing to go to any lengths to make you give in. Guilt tripping or threats cease to automatically cause you to give in.

Another clue we got while testing this essence is that it elevates your energy level and adjusts your vibration to the new, heightened vibration of the earth.

This essence combination was created using the following single essences: rutilated quartz, tiger's eye, hematite, champagne calcite, blue obsidian, pietersite, agate, amazonite, opalite, green apatite, kyanite, pyrite, amber, infinite stone

c46. Focus

Focus was created especially for therapists to take before starting a session. It puts out any energy that doesn't belong and protects during the treatment. It also helps you work with a pure intention and to fully concentrate on the person you're treating.

When you use Focus in a more long-term way, it will help you set priorities and act accordingly. It sweeps away everything that is irrelevant and shows you the essence, giving you a good overview of the situation. It also firmly grounds you and gives you that little push you might need to get into gear so that you won't stop at just thinking about doing something. When you feel yourself starting to get a bit too assertive to your liking, you can adjust the dosage or frequency until you get used to the energy.

If you want a guideline, you can use 5 drops of Focus in half a glass of flat mineral water, about 15 minutes before you start your session. Please feel free to deviate from this, though, as everyone will experience the energy differently.

This essence combination was created using the following single essences: orange calcite, blue calcite, mookaite, sodalite, blue fluorite, clear quartz, green aventurine, carnelian, green fluorite, amethyst, red jasper, tiger's eye, hematite, red tiger's eye, champagne calcite, black tourmaline, smoky quartz, blue chalcedony, unakite, moonstone, sunstone, amazonite, tourmaline quartz, opalite, hemimorphite, selenite, sugilite, serpentine, kyanite, serafinite, amber, astrofyllite, variscite, purpurite and infinite stone

c47. Isis

Isis helps you establish a bridge to a past life when a problem that has originated in that past life has carried over to this life. It's an essence you always combine with other essences, as the only thing it does is make a connection to past lives so you can use essences to tackle a problem that has arisen there.

The story behind Isis lies in a Touch for Health session. TFH can be used to access the past to solve energy blocks at the level where they originated, and after ending up in past lives a couple of times, I was wondering if it was possible to do something like that with essences. Isis is the answer to that question.

This essence combination was created using the following single essences: clear quartz, rutilated quartz, tiger's eye, opalite, hemimorphite, selenite, green apatite, kyanite, pyrite, amber, astrofyllite and infinite stone

c48. Saviour

Saviour temporarily takes you out of patterns you are stuck in. With a little more distance, and a better overview of the situation, it becomes possible to recognise and acknowledge the pattern. After that you can start letting go of it and replacing it with patterns that are a better fit for you.

Aside from grounding you, Saviour helps you clear your thoughts so you can take a good look at what is actually there, instead of the picture being distorted into either what you want it to be or what the energy blocks you have make it into. You could see it as a temporary floating device that lifts you out of the pattern to enable you to see what is going on.

This essence combination was created using the following single essences: green calcite, amethyst, rutilated quartz, tiger's eye, lapis lazuli, champagne calcite, sun stone, amazonite, opalite, hemimorphite, aquamarine, green apatite, kyanite, amber and purpurite.

c49. Saviour

Flavour helps you be more open to new experiences and helps you find the willpower and the courage to try them out.

Instead of remaining stuck in 'ignorance is bliss'-mode and refusing to try new things, you will find yourself carefully looking over the fence to see what else is out there, after which you may even start to dip a toe into the uncharted waters outside your comfort zone. This way you can start to discover what your talents are and what you enjoy doing.

Flavour is a light and positive energy that gently encourages you to do something other than you usually would.

Together with c48. Saviour, Flavour is a power duo. Saviour lifts you out of the pattern for a while and then Flavour helps you explore new possibilities and start discovering what your talents are.

This essence combination was created using the following single essences: clear quartz, labradorite, red jasper, hematite, pietersite, agate, sunstone, green apatite

c50. Immunity

Immunity is a protective essence that helps you if you're inclined to allow outside energy in too much. Think of it as setting boundaries on an energetic level. This essence will help you realise how and where you let that energy in so you can make a start of tackling the cause of it.

Immunity helps you stand stronger against incoming energy. It can also help you discover where energy is leaking away and where you are vulnerable against energy attacks (thoughts and energy consciously or unconsciously directed at you).

Just to be very clear on this and to avoid misunderstandings: this essence is primarily a temporary shield with a signal function so you can discover the cause and have a bit of peace and quiet while you work on finding a solution. It is not a miracle cure that closes you off completely to enable you to do nothing about the cause. It would be nice if it worked that way, but that would defeat the purpose of personal growth, now wouldn't it?

When you are working with this essence, be sure to pay attention to any clues you might encounter. Maybe you read, hear or see something that ‘clicks’. That’s a sign to take a look at what is happening in that moment. What were you thinking of just before? What were you doing on that day or at that point in your life?

Immunity is also a good essence to support you if you are highly sensitive. It will give you some rest and strengthens your energy field/aura.

Sometimes you unconsciously let in energy, either because you have poor boundaries, or because you really want to help someone and take on their energy by accident. Or maybe you are someone that attracts people that use you as an energetic pit stop: they take on new energy and leave their trash behind. In all these cases setting boundaries is a good way of protecting yourself.

An important part of Immunity is the grounding effect. Being poorly grounded is one of the most common causes of leaking energy or taking on unwanted energy. The less grounded you are, the harder it is to set boundaries.

This essence combination was created using the following single essences: blue fluorite, clear quartz, jasper, black tourmaline, amazonite, green apatite, pyrite, rhodochrosite, amber, lepidolite, purpurite en infinite stone.

c51. Compassion

As the name suggests, this essence will help you be compassionate towards yourself and towards others. Be less harsh on yourself! Nobody is perfect and you will never learn anything new if you stay where you are and never make any mistakes.

Compassion helps you to have a milder view of yourself and others, and to understand their faults and imperfections. The more love you can allow, the less inclined you are to condemn. These two are inversely proportional. Where love is, there is no condemnation.

Condemning/judging people is learned behaviour and it is a defense mechanism. When you condemn that which you don’t understand, don’t like or fear, you metaphorically stuff it in a drawer and slam it shut. Doing this and sticking a label on it will unconsciously have the effect of labelling it ‘case closed’ so you can stop thinking about it. It’s a way of protecting yourself unconsciously against the discomfort that thinking about that person or situation any further might bring.

It needs to be said that there is a healthy form of judging as well, which you use to assess people and situations to determine whether they are good for you or not. We’re just talking about the unhealthy part of judging here, and there’s no need to throw the baby out with the bath water. In fact, please don’t. It will make your life easier if you can be alert and assess whether someone has your best interests at heart or is out to use you.

This essence can also free up a lot of energy, so please be sure to drink extra water to help release excess energy.

This essence combination was created using the following single essences: pink quartz, malachite, jade, champagne calcite, amazonite, sugilite, kyanite, magnesite en lepidolite

c52. Fortress

Fortress is an extra strong protection for when you are dealing with energetic stalking. It will ground and protect you while you look for a solution. Sometimes you let it in yourself, i.e. because of being insufficiently grounded or being unable to maintain healthy boundaries.

This combination contains the same essences as Get Out, in a slightly different composition and with the addition of peridot. This enhances the cleansing and protective effect and helps you let go of energetic cords that no longer serve you. The energy that came in over those cords will be easier to keep out when they are gone.

Fortress detoxifies the mind and chases away heavy energy and entities. Examples of energetic stalking are persons or entities that energetically connect with you and that have an adverse influence on your emotional state. Say, someone wants something from you and you have to say 'no' because you really don't have the time, and that person becomes absolutely furious about that, either openly or under the surface. Furthermore, suppose you don't feel even remotely guilty about it, and it doesn't bother you on any level so you can let it go easily (That's the easiest and purest situation. In reality, it can be enormously complicated, so for the sake of argument we're making a few assumptions here).

If you're feeling that way and you still keep thinking about the person or the incident, there's a big chance they're still so preoccupied with you saying no that they unconsciously hook on to you and fill you up with the angry energy they are filled with over what happened. Symptoms can be: feeling fuzzy, gloomy thoughts, strange things going wrong, a strange feeling around the solar plexus (which is the point from which you interact with the world), urges to change your mind and give in to them, and thoughts that keep going back to the situation even though you're really not bothered by it to the extent that you keep thinking about it.

Especially that last one is a big clue, if you feel justified in saying no, maybe regret it a little but accept it because you really had no time, and you didn't do it to hurt them, then there's no reason for the situation keep popping up in your thoughts.

Fortress is a temporary protection so you can look for the root cause. It could be you have a connection to that person that you need to look at, but it can also be a more general cause like poor grounding, low self-confidence/sense of self/self-worth or an inability to set healthy boundaries.

This essence combination was created using the following single essences: carnelian, black tourmaline, opalite, selenite, sugilite, serpentine, kyanite, serafinite, amber, astrofyllite, variscite, purpurite, infinite stone and peridot.

c53. Fire

The theme for this essence is Archangel Uriel. It's one of the essences that has angel energy added to it.

Fire helps you to act on your ideas and plans. Take the reins of your life (back) into your own hands, acknowledge your own power, and discover your talents. Do something with them and go for it.

The fire of Uriel is a transformative energy that helps you release dependencies, helplessness and ego-projections. The energy brings light into the darkness and lights the way so you can start acting more from the heart.

This combination essence was created using the following single essences: clear quartz, rutilated quartz, larimar, tiger's eye, black tourmaline, moonstone, opalite, selenite, green apatite, pyrite, danburite and angel energy.

c54. Let it Be

The theme for this essence is acceptance and letting go. Allowing things to run their course, going with the current instead of swimming against it. Let it Be also helps you allow and accept your feelings, so you will be able to let go of them after they have been completely processed. This will happen in a gentle manner, from a feeling of being safe and cherished.

This combination essence was created using the following single essences: blue fluorite, green fluorite, larimar, champagne calcite, smoky quartz, unakite, agate, amazonite, opalite, aquamarine, green apatite, kyanite, amber, biotite-granite, galena/galenite and danburite.

c55. Mercy

Mercy is the step that follows after c51. Compassion. It encourages a deep feeling of peace, love and acceptance. The main theme here is letting go of judgement, or rather condemnation, in love. Where there is love, there is no room for harsh judgement, you simply won't be able to do so anymore.

Mercy connects you to a source of universal love while keeping you firmly grounded. By the way, not judging is nowhere near the same as just tolerating anything from anyone. There is a healthy form of judging as well, which you need to assess people and situations to determine whether they are good for you or not. This essence is about the unhealthy form of judging: sticking an often negative label on something or someone so you can consider it as dealt with and dismiss it.

This essence helps you have a more practical outlook on things. Seeing things as they are, and above all not sticking a label on them. Everyone has their own point of view and looks at things from their own perspective. When that perspective differs from yours, you can see that as something separate.

Besides, someone having a different opinion doesn't automatically mean rejection of yours, and when that sinks in you'll have less of a need to convince the other person of your opinion. This will help with another aspect of judging: feeling rejected because someone disagrees with you, or feeling like you automatically need to let go of your opinion and agree with them.

Lastly, Mercy helps you to be understanding of others, from love and without harsh judgement, but also without taking on their suffering. With respect for their boundaries as well as for your own, because this pertains to you as well, not just to the outside world.

This combination essence was created using the following single essences: turquoise, green calcite, citrine, hematite, rhodonite, smoky quartz, amazonite, aquamarine, marcasite, howlite, variscite, amber and danburite.

c56. Hidden

Hidden brings out aspects of yourself that you have hidden away. This can pertain to traits that were seen as undesirable and that you have tucked away, but also to talents you have minimised or even completely denied.

You're allowed to be yourself, and you are starting to see that you are allowed to ignore the people that object to that. It may even be that you can start letting go of them if that's desirable and possible.

The letting go can be both literally or metaphorically, because some people you will still need to deal with. They will, however, start to lose their hold on you little by little, allowing you to be yourself more and to be more and more resistant to attempts to influence you, bend you to their will or to keep you down.

Everything you need for this will be gently brought to the surface. Hidden will enable you to see the past more clearly and to let it go. Where, when and why have you swept your talents and abilities under the rug?

This is a transformative essence with a lot of light force, and even though the energy is gentle, it is also very powerful. The energy will assist you in dealing with the change, but it will need your full co-operation. Sometimes all that is needed is a small realisation, sometimes it's a very big one. Other times you will need to learn a new skill. Be prepared to take the time to think about it, be sure to rest when you need it, and to be compassionate with yourself.

Rome wasn't built in one day either, so why would you expect yourself to get everything right in one go and perform a miracle?

This combination essence was created using the following single essences: pink quartz, green aventurine, labradorite, rutilated quartz, tiger's eye, red tiger's eye, pietersite, agate, tourmaline quartz, aquamarine, lepidolite, variscite, heulandite and danburite.

c57. Strike

This is a heavy duty essence for when you are sensitive to electro smog. It will not only tackle the sensitivity by protecting and strengthening your aura, it will also help you feel less harassed, a feeling that often accompanies oversensitivity to radiation.

Strike helps you to become more grounded, strengthens your aura and helps you start letting go of feeling the victim, victim behaviour or victim mentality. This will literally make you more resilient and less susceptible to outside influences, as your boundaries are reinforced.

Poor grounding is one of the root causes of being susceptible to electrosmog. If you aren't properly connected to the earth, your energy flow is disrupted and it will be harder to get rid of energy you pick up, or to take on new energy.

This combination essence was created using the following single essences: pink quartz, labradorite, chrysocolla, amazonite, aquamarine, celestine, magnesite, lepidolite, biotite-granite, heulandite, infinite stone and danburite

c58. Insert

The theme for Insert is feeling at home, finding a place in a new environment or finding your way when circumstances are changing.

This is about staying true to yourself when everything changes around you, or when you feel like a fish out of water. Insert is one of the essences that contains a flower essence. Veronica is an energy that helps you put down roots just about anywhere.

Besides grounding, Insert helps you feel safer and encourages you to recognise old patterns, helping you to let go of them. This will help you feel more at ease with your new circumstances.

This combination essence was created using the following single essences: green calcite, carnelian, green fluorite, larimar, chrysocolla, agate, amazonite, opalite, aquamarine, kyanite, astrofyllite, danburite and Veronica flower essence

c59. Injection

This is the step that comes after c18. Into the Light. Injection protects, soothes you emotionally and above all, it provides a large amount of white light. It also facilitates connecting with angel energy. You can feel yourself light up from the inside out, which in turn enables you to see the silver lining (again).

Almost imperceptibly, Injection also grounds you, and it gives you a bit of new energy to get back on track. Try and pay attention to your feet when holding a bottle of this essence. This energy also drains negative energy and detoxifies, and your feet is where you can most easily notice that.

This combination essence was created using the following single essences: labradorite, rutilated quartz, tiger's eye, falcon's eye, smoky quartz, pietersite, opalite, hemimorphite, green apatite, pyrite, howlite, celestine, astrofyllite, variscite, heulandite, infinite stone and danburite

c60. Stand Tall

Stand Tall provides support if you are sensitive to attempts to influence and manipulate you. It will help maintain your boundaries and stick to your decisions when someone is trying to make you change your mind by using either overt or hidden pressure.

Sometimes this will happen energetically and you will feel like something is tugging at you, sometimes it will be in words, subtext, tone of voice, body language or subtle or unsubtle hints. Whatever it is, they're attempting to pressure you into changing your mind.

In a worst-case scenario, they will bring out the big guns and try and guilt trip you as well. When you are working with this essence you will start to recognise, and to resist, these tactics more and more.

Do be gentle with yourself if you happen to fall for one of those tactics on occasion. Chalk it up as a learning experience that helps you catch it even sooner next time. Also, try to be gentle with the person trying to change your mind as well, if possible. Setting and maintaining boundaries is not the same as undiscerningly cutting down anyone that tries to convince you to change your mind.

This combination essence was created using the following single essences: howlite, tiger's eye, green apatite, hemimorphite, rutilated quartz, kyanite, celestine, magnesite, variscite, heulandite, danburite, falcon's eye (blue tiger's eye), smoky quartz, agate en eldarite.

c61. Into You

Into You helps you gain insight into yourself. The goal is to understand your motivation and to accept yourself, to see yourself as you are and to look at yourself neutrally and realistically. You will start to see more and more why you do what you do, and what has caused it. Without judging yourself harshly for it, because that's counterproductive. Once you find the cause, you can start working on dealing with it.

When you know why you do something a certain way and how that happened, you will probably be less inclined to condemn yourself and will have more understanding for yourself. Some issues may even resolve themselves once you know the how/what/where and why of them. If it is something you have already processed, for the most part, it will become easier to let it go. Sometimes a little bit of an energy block remains that needs to be seen. The moment you look at it and realise you've moved past it, that last bit will disappear as well.

You can also use Into You as a search-essence, though it's a little more aimed at self-acceptance and cause and effect than at digging up sore points. This makes it a gentler and more indirect way to make visible in what areas you can find issues to solve. It will hand you puzzle pieces that you can use to see where they fit.

This combination essence was created using the following single essences: magnesite, biotite-granite, champagne calcite, galena/galenite, pietersite, kyanite, red tiger's eye, larimar, green apatite, amazonite, amber, danburite and tiger's eye.

c62. Into Two

Just like Into You, this is an essence of insight and understanding, only it is aimed at people you are connected to (family/friends/co-workers etc). The theme here is placing yourself in someone else's shoes and looking at things from their perspective.

The energy will help you to do so in a neutral fashion, without adopting that point of view or feeling pressured to do so. It's like sneaking a peek over the hedge in order to make it easier to compromise. It will also help you to stick your own opinion or point of view if that is what you want, because it gives you a better overview of the situation,

helping you to decide what you want without automatically giving in or being stubborn on principle.

When you can sympathise with someone's point of view without being judgemental because it is different from yours, you'll also be more able to discuss it calmly without feeling defensive or going on the attack.

This combination essence was created using the following single essences: pink quartz, blue fluorite, chrysocolla, moonstone, amazonite, opalite, ametrine, aquamarine, kyanite, magnesite, astrofyllite and danburite.

c63. Laser

Laser is a concentrated beam of white light energy as a pick-me-up after a difficult time. The energy will help you pick yourself up, dust yourself off and discover the light at the end of the tunnel. The keywords here are white light, positivity, a sense of reality and perseverance.

This one also works to reinforce other essences when you are dealing with persistent blocks, and it will rewire connections in your energy system that have been damaged.

This combination essence was created using the following single essences: clear quartz, selenite, opalite, danburite, smoky quartz, kyanite, amber, astrofyllite, purpurite en heulandite.

c64. Fuzzy

Fuzzy is a warm, comforting energy that makes you feel safe and cherished. It's a warm embrace, you are loved and you are welcome. This essence gives hope and faith and feels like a warm blanket if you were feeling (for a little while or a bit longer) unseen and unloved.

It will help you see that things are less bleak than you think, and it will help you find calm, courage and a down-to-earth view of situations. When you are feeling safer, the world looks a lot less dangerous.

This essence is very soft and gentle, making it very suitable for children that have trouble dealing with change or are going through a change in their lives.

This combination essence was created using the following single essences: green apatite, amber, pink quartz, champagne calcite, aquamarine, kyanite, astrofyllite, danburite and lavender flower essence.

c65. Keep it Cool

Keep it cool helps you do just that in difficult situations. This essence helps you keep a sense of perspective and look objectively at what is going on instead of taking on all the connotation you would otherwise unconsciously connect to it.

This connotation consists of hurt feelings that rise to the surface because a situation reminds you, however vaguely, of a past situation. They get triggered by the similarity

and it's like someone is pressing a button and they all come rushing out, clouding your mind and your judgement. A name for this is emotional flashback. You flash back to these emotions from the past and react to the current situation from that perspective.

When your thinking isn't clouded by emotions, you will be able to react more objectively because you will start to learn to see the current situation separately from that past hurt. Keep it cool helps you to reduce the emotional flashback by helping you hold off from reacting immediately. It helps you to look at the current situation and see it for what it is, without reacting disproportionately because it touches on an emotional wound that will probably only have a loose connection to the current situation at best.

Keep it Cool will help you start preventing yourself from reacting with your go-to stress reaction, especially when Fight is your standard response to feeling threatened or triggered.

This combination essence was created using the following single essences: blue fluorite, green fluorite, chrysocolla, rhodonite, black tourmaline, smoky quartz, blue chalcedony, tourmaline quartz, opalite, aquamarine, kunzite, kyanite, serafinite, celestine, magnesite, astrofyllite, variscite, purpurite, heulandite en danburite.

c66. Click

Click is an essence that helps you gain insights and integrate them. It is both a search-and an insight essence, and it helps you make connections and unearth repressed knowledge and insights.

After that, it will help those insights sink in so you can integrate them, as if a switched is flipped. To use computer lingo: it's like your hard drive is being defragmented: everything that belongs together will be put together so you get an overview and a more thorough comprehension of the situation.

This combination essence was created using the following single essences: green calcite, labradorite, rutilated quartz, blauwe obsidian, pietersite, aquamarine, blue fluorite, champagne calcite, rhodocrosiet and howlite.

c67. Balancing Act

Balancing Act balances feelings, thoughts and emotions.

This essence has a grounding and detoxifying effect both mentally and emotionally. Where c37. Detox has a stronger cleansing effect, Balancing Act has a more balancing effect.

Balancing Act also enhances your self-confidence and helps you be more focused and concentrated because you are more in the moment.

Please make sure to drink plenty of water to aid the release of excess energy.

This combination essence was created using the following single essences: chrysocolla, amazonite, peridot, angelite, Chrysocolla and serpentine from Mount Shasta, petrified wood and bornite.

c68. Steadfast

Steadfast helps you to stand strong. It helps you access your determination, supports your willpower and helps you be more assertive.

Just... steadfast, like the name says. Less worrying and unnecessary doubting, more peace of mind and therefore also a little more peace in your life.

Part of this is opening the heart chakra. Loving yourself, or thinking you're 'not that bad, really' at the very least is essential to be able to stand up for yourself. Otherwise you'll just give in because deep inside you feel you don't deserve to stick to your guns or get things done.

Another part is claiming responsibility for your own actions and to let go of guilt and self-recrimination. From the heart, of course, because this is in no way a license to walk all over everyone....

This combination essence was created using the following single essences: jasper, unakite, pyrite, magnesite, peridot, angelite and bornite.

c69. Fresh

Fresh is literally a breath of fresh air through your head and your energy system. It helps you feel more positive and helps you see the silver lining. It's a light and cheerful energy that is very powerful nonetheless.

Fresh helps you have faith again, both in yourself and in the rest of the world, and to let go of mental resistance. It's a bit easier to let the current carry you when you feel supported.

This is another essence that has a grounding and detoxifying effect, because that breath of fresh air through your system sweeps away a lot of debris on its way out, leaving a feeling of peace and a clear overview in its wake.

This combination essence was created using the following single essences: rutilated quartz, tiger's eye, champagne calcite, pietersite, amazonite, green apatite, serpentine, amber, apofyllite, danburite, serpentine and chrysocolla from Mount Shasta, petrified wood and bornite.

c70. Ease

Ease helps you when you are feeling over-stimulated and frazzled. Which, if you are highly sensitive, may be quite often. This essence will help you ground, and it protects and balances you. Above all soothes your frazzled nerves, helping you to regain a healthy perspective. The mountain you may be inclined to make of things when feeling like that will become smaller, and you'll be more able to take some time to rest.

This combination essence was created using the following single essences: green aventurine, amethyst, jade, champagne calcite, amazonite, purpurite and galenite/galena

c71. Do it!

Do it! is that little push you sometimes need to get into gear and work towards realising your plans, dreams and ideas.

This essence enhances your self-confidence, neatly plants your feet first on the ground and helps you take the next step. While doing that, it'll also help you to learn to appreciate yourself more, opening your heart chakra and reducing fears.

Do it! helps you deal with resistance and change. It'll help you take control and to reduce victim thinking, procrastination and self-sabotage.

This combination essence was created using the following single essences: rutilated quartz, champagne calcite, pietersite, amazonite, green apatite, marcasite, magnesite, infinite stone, danburite and green tourmaline.

c72. Driven

The theme for this essence is drive and determination. Dealing with obstacles in your path and keeping your eye on the end goal. For this, you need a sense of self-worth, and Driven helps you (re)build that.

Driven helps you find the courage and strength in yourself to follow your heart and to follow your own path. When you have lost sight of your goal, or haven't found it yet, Driven will help you discover new ways of getting there.

This combination essence was made with the following single essences: tiger's eye, malachite, smoky quartz, agate, sun stone, amazonite, sugilite, green apatite, danburite

c73. Sense

Sense will help you if you've completely withdrawn from your emotions and basically live in your head. Emotions won't be experienced in that state. Instead, they are reasoned out and/or bypassed.

Sense helps you to re-establish that contact and to learn the difference between thoughts and feelings. This essence also opens and cleanses the heart chakra. Added to that, it detoxifies the mind (negative thoughts/inner critic).

To support the energy you can ask yourself a couple of times a day how you feel, allowing yourself to use only words that describe feelings. It's important to be as specific as possible, to take the feeling apart and look at what it's made of. When you start doing this you may not get very far, but as you practise more it'll become easier.

See it as a muscle that's been out of order for a while and that has to be retrained. The tip I got was to collect a large number of adjectives that describe feelings and to make a list that you can use for inspiration. Words like sad or angry are quite generic, and they won't get you very far, but maybe the feeling is part anger, part resentment, part sadness and part feeling betrayed.

The more specific, the better, take small steps and build it up. The more you can name, the better it is, because that will help you dive into that feeling, look at it, live it, express it, and ultimately let it go after it's been fully processed.

This combination essence was created using the following single essences: pink quartz, larimar, ametrine, kunzite, howlite, lepidolite, purpurite, apofyllite, heulandite, danburite and green tourmaline.

c74. Open Up

This essence helps you to start opening up again if you've closed yourself off or have withdrawn into yourself out of self-protection. There are many reasons why people close themselves off emotionally, though they largely fall into two categories: either they're hypersensitive to outside influences and find them too much to handle, or they've been through experiences that have led them to conclude that the world is a hostile place and they want as little as possible to do with it. Sometimes it's both, as sensitive people tend to get taken advantage of more than people with strong boundaries.

Open Up provides you with the help and protection to slowly but surely connect to the world a bit more. This is a grounding essence that helps you find your self-confidence and have more faith in the world in general. It'll help you to start learning to protect yourself and to process incoming impulses better. If you are introverted and/or highly sensitive, a good companion to this essence will be c70. Ease, an essence that helps clear the mind and that has a component that helps to process information as well.

This combination essence was created using the following single essences: rutilated quartz, tiger's eye, champagne calcite, selenite, aquamarine, green apatite, kunzite, kyanite, celestine, amber, purpurite, heulandite, galena/ galenite, danburite, emerald, bornite en blue tourmaline.

c75. Mindscape

Mindscape helps you see connections and process and retain information. It's an essence you can use when you are learning something new. This can be studying or school, but also a workshop, hobby, new job or just when you hit a snag when trying to master something.

Mindscape helps you integrate the new knowledge with what you already know so you can apply it. Added to that, it helps you to focus, filter information (both the quantity and determining what is less or more important) and listen to your intuition.

This combination essence was created using the following single essences: blue fluorite, green fluorite, red tiger's eye, champagne calcite, pietersite, amazonite, ametrine, pyrite, magnesite, astrofyllite, danburite en green tourmaline.

c.76 Boundaries

This one helps you set boundaries when you've forgotten how to, or when you've simply never learned that skill. It'll help you discover where your boundaries are and helps you to start learning how to maintain them.

When you have healthy boundaries, you can determine for yourself how far you allow someone to get into your life and what you will and will not tolerate from them. For some of us, that's very difficult. When you have poor boundaries you usually have two settings: someone gets to come either all the way in or is kept all the way out.

Having healthy boundaries primarily means being allowed to say no, and secondarily that you will start to have degrees of access. A vague acquaintance is allowed to enter only so far in terms of what you tell them about your life, things you are willing to give them or do for them, and behaviours that you will tolerate from them as opposed to someone you have a close bond with.

Boundaries has a grounding effect, helps you find strength and courage, be more self-confident and helps you learn to accept yourself when you've been taught that you must never say no.

Boundaries was made with the following single essences: carnelian, jasper, rutilated quartz, tiger's eye, green apatite, biotite-granite, heulandite and danburite

c77. Fun

This essence will help you (re)discover the fun sides of life and realise that innocent pleasure can be found in the smallest things. It'll help break through restraint and allow yourself to do something silly without immediately being ashamed of yourself or judging yourself because it is 'not done'.

Fun is a sweet, light and cheerful energy that makes your heart radiate and that helps you have more fun in life. It'll help you be more hopeful and optimistic, making it easier to connect with others and to be less concerned with what others think of you and/or your behaviour.

Go for it!

This combination essence was created using the following single essences: sun stone, ametrine, celestine, magnesite, biotite-granite, danburite, emerald, petrified wood, bornite, blue tourmaline and sulphur quartz.

c78. Healing

This is an essence that supports all kinds of healing. It can be used before, during or after an energy healing session, or as support when recuperating from an illness or an operation, as whatever healing process you are going through is bound have an emotional aspect as well as a physical one. Healing helps you deal with the emotional aspects of such situations.

Healing grounds and gives hope, strength, courage and new energy. It balances your emotions and your energy system and helps you deal with difficult situations.

This essence also contains angel energy. Archangel Rafael is the healer of the angelic realm, and his loving energy will support you in your healing process.

Healing will also help you surrender to the process, to be open to what your soul is telling you, and to have faith in yourself.

This combination essence was created using the following single essences: blue fluorite, larimar, champagne calcite, hemimorphite, selenite, serpentine, pyrite, serafinite, marcasite, celestine, amber, lepidolite, astrofyllite, biotite-granite, variscite, purpurite, galena / galenite, danburite, angelite, emerald, bornite, blue tourmaline, sulfur quartz and angel energy (Rafael).

c79. Excalibur

Excalibur helps you have faith in yourself and encourages the belief that you can handle whatever life throws at you.

If life hands you lemons, make lemonade. Excalibur's theme is working with what you have instead of throwing in the towel and giving up. It's about getting up, dusting yourself off, re-evaluating and changing course if necessary.

This is a sturdy, grounding get-up-and-go essence that helps you look at situations realistically and helps you see the silver lining in adverse situations so you can make the best of what's there. The key here is accepting yourself and 'having the strength to accept what you can't change and the courage to change what you can'.

It's another step in the process of learning to stand up for yourself. Draw that sword from the rock and take your place in the world.

This essence combination was created using the following single essences: blue calcite, blue fluorite, carnelian, rutilated quartz, tiger's eye, pietersite, ametrine, green apatite, kunzite, serpentine, magnesite, biotite-granite, purpurite, petrified wood, bornite en green tourmaline.

c80. Golden

Golden is an aura healer that helps you bring back the protective golden layer that surrounds your aura. Besides that, your energy field is both cleansed and grounded. The energy also balances the chakras and aligns them.

Another part is that you will feel more connected, and have more of a sense of unity. Within that unity, you will still be able to define your own energy, because Golden is also an essence that helps you to re-align your energetic boundaries and/or helps you to become aware of where your boundaries are.

This will bring you some peace and quiet and help you to feel less put upon. You will be more able to stay true to yourself and have more resistant against outside influences and expectations. As a result of this, it will be easier to connect (whether temporary or not) with others without losing yourself in the process.

This golden layer can sometimes leave behind a surprisingly positive and loving imprint.

This combination essence was created using the following single essences: labradorite, jasper, kyanite, amber, astrofyllite, biotite-granite, purpurite, galena / galenite, peridot, danburite, emerald and serpentine and chrysocolla from Mount Shasta

c81. Complexity

Sometimes so much is going on that you can't make head nor tail of it. Everything seems to be an enormous ball of yarn that is so tangled up you have no clue where the beginning is, let alone that you know how to start unravelling it.

Complexity gently helps you bring to the surface what is going on. Little by little you are shown 'how it all came to be'. The energy stimulates your intuition and brings up memories that hold clues. Try and pay attention to your surroundings, to things that draw your eye, or your ear, because the universe also sometimes serves up clues in the form of music if that's something you enjoy.

When you are working with Complexity, it may be a good idea to document things on paper, take pictures, keep a document on your computer, etc. Whatever you prefer.

This is an essence that grounds, soothes and helps you gain insight into yourself. Added to that, your heart chakra is cleansed and you are encouraged to accept yourself (here and now, mind you, not just after becoming 'perfect.... '), and to treat yourself with kindness.

This combination essence was created using the following single essences: aquamarine, green apatite, kunzite, rhodochrosite, amber, apofyllite, heulandite, galena/galenite, petrified wood, blue tourmaline, green tourmaline and prehnite.

c82. Don't Go

This essence helps with fear of abandonment/abandonment anxiety. It soothes, helps you let go of emotional pain, and cleanses the heart chakra. Simultaneously, you softly gain insights into the cause and are helped to deal with situations where this fear gets triggered.

Most of the time it's a lot more complicated than panicking when someone leaves. It can rear its head in all kinds of situations where it's not immediately apparent that it's fear of abandonment, like situations where you feel abandoned or left behind metaphorically without someone physically leaving.

Whatever the reason, sometimes a sore point is touched upon, and it causes a torrent of feelings of abandonment to rise to the surface. Don't go is comforting, helps reduce annoyance and helps you look at the situation more neutrally.

The energy reduces feeling like a victim, helps you see patterns and break them. It also helps you to be more independent and stand on your own two feet.

This combination essence was created using the following single essences: blue calcite, pink quartz, green calcite, blue fluorite, labradorite, rutilated quartz, blue chalcedony,

amazonite, amber, magnesite, danburite, green tourmaline, sulphur quartz and prehnite.

c83. Synergy

Synergy stimulates your intuition and improves your ability to perceive and interpret intuitive information. You could say it reduces interference and calibrates your antenna so the signal is clearer.

The energy stills and clears the mind, reinforces contact with your higher self and helps you get a better overview of situations.

Combined with other essences Synergy may work as a kind of magnifying glass to help get a clearer picture of what effect those essences have on you.

This combination essence was created using the following single essences: green calcite, labradorite, falcon's eye/blue tiger's eye, ametrine and emerald

c84. Feel

Feel encourages you to allow yourself to experience your emotions, work through them, process them and then let go of them. This essence will help you start to feel safe enough to actually dive into your emotions instead of only reasoning them out in your head.

Feel helps you gain insights into yourself and brings a feeling of safety and confidence. It seems a bit of a paradox that you can only let go of your emotions by examining them. If you run away from them (in whatever form of distraction is your go-to), they'll remain present under the surface and start to cause problems at some point.

This is a grounding essence that helps you balance your emotions and take a realistic look at what you feel. When you've been ignoring, denying and/or hiding your emotions for so long, it can be terribly scary to start facing them. So start small, be kind to yourself, but keep doing it as well.

Like with c73. Sense, it's a good exercise to stop and look at how you feel a couple of times a day. Describe how you feel, allowing yourself to only use words that describe feelings and be as specific as you can. If you need to, you can make a list of words and choose from them.

An example: not just 'sad', but splitting it up in things like nostalgic, wistful, discouraged etc. There's always more to a feeling than just the main level, so try and see what it consists of. That is all you need to do with them, just look at them, describe them, write it down if you want to, and then let them go.

This combination essence was created using the following single essences: green calcite, champagne calcite, blauwe obsidian, opalite hemimorphite, selenite, kunzite, kyanite, pyrite, astrofyllite, biotiet-graniet, peridot, danburite, angeliet, emerald, green tourmaline and prehnite.

c85. Radiant

Radiant is a protective essence that supports you when energy from outside of you is trying to diminish your inner light. This essence is a companion to the energies of Protective Bubble, Get Out, Strike and Fortress.

Radiant helps you remain balanced energetically, helping you to stand up for yourself and to regain your balance if something or someone upsets it. The theme here isn't exactly outside energy coming in, but rather outside energy that tries to shut you off from the light. Radiant helps you to protect or repair that connection, it's another part of setting boundaries on an energetic level.

Radiant is a combination of: clear quartz, champagne calcite, selenite, kunzite, magnesite, apofyllite, danburite and Archangel Michael angel energy.

c86. Embraced

Embraced is a soothing and comforting essence that helps you find a sense of deep inner peace. This energy helps you feel safe and cherished and is a balm to the soul if you've been hurt deeply and feel that you are stuck.

This is an essence you can use over a longer period of time if your self image, self confidence and self worth have been completely broken down, or if you have never had the opportunity to develop them because you were never allowed to have your own feelings, emotions or thoughts and they were all imposed on you by an outside authority.

Embraced can also be used for soul retrieval and for when you have lost access to your inner light because someone has tried to extinguish it in one way or another.

Embraced was made with: amethyst, larimar, champagne calcite, amazonite, hemimorphite, sugilite, kunzite, rhodocrosite, magnesite, danburite, angelite, emerald, serpentine and chrysocolla from Mt Shasta, blue tourmaline and prehnite.

c87. Endeavour

Endeavour is the step that follows after Saviour and Flavour. This essence awakens your sense of adventure and helps you take on new challenges. It's a friendly reminder to act from the heart instead of out of fear. To go straight to your target and to be more optimistic when exploring new directions, without obsessing over every imaginable pitfall and obstacle you might encounter. This is an energy of daring to explore the world and daring to step outside of your comfort zone.

Endeavour was made with the following energies: sun stone, opalite quartz, aquamarine, kyanite, purpurite, danburite, petrified wood, blue tourmaline, sulfurise quartz and Gabriel angel energy.

c88. Competence

Competence enhances your self-confidence and encourages you to show the world what you're made of.

This enhanced self-confidence will help you feel more comfortable showing your talents and putting them into practice. This is a strongly grounding essence with a generous helping of decisiveness and determination.

Competence was made with: rutilised quartz, black tourmaline, pyrite, purpurite, heulandite and petrified wood.

c89. Diversity

Diversity helps you broaden your view and start to look at people with less prejudice. This essence helps you to let go of (unconscious) prejudices. Everyone is different, but we all have the same intrinsic value as human beings.

This works in multiple ways, because it will also help you look at yourself from this perspective. Some of us totally get that no one is of less value than we are, but instead need to learn that no one is of more value than us either. If you feel different, this essence will help you start to realise that different is a good thing, or, at the very least, a neutral thing. In short, this is about acceptance, both of yourself and of others, without the urge to condemn what you don't understand or don't agree with.

Diversity was made with the following energies: agate, amazonite, hemimorphite, kunzite, purpurite, emerald, prehnite and Chamuel angel energy.

c90. Quick

Quick is an essence that helps you clear blocks in the area of personal and intuitive growth when something or someone has held you back, with the emphasis on intuition.

There may be some limiting beliefs installed there that stop you from going forward, and this essence helps you to track them down and supports you in eliminating them.

Quick is a combination of rutilated quartz, unakite, selenite, purpurite, sulfurised quartz, prehnite and Elder flower essence.

c91. Take a Step Back

Hold your breath and take a bit of time to think before you react is the message of this essence.

A lot of the time, more is being conveyed than just the words that are being said. Take a few seconds to think about what is being said, what, if any, the subtext is, and how all of that makes you feel. Then you have more of a chance to give the answer that's best for you instead of the emotional or knee-jerk reaction someone might be trying to elicit.

People that are trying to manipulate you often do that by bombarding you with words to keep you from looking too closely at what they are actually saying and meaning. One way in which they do that is repeating the same message over and over in different wording, keeping you off balance and not giving you the time to think clearly. As long as they can keep you reacting, you have no opportunity to realise what they are up to and they can manipulate your reactions.

Take a step back supports you by helping you take that one step back to look objectively at what is going on, so you can give an actual answer instead of a knee-jerk reaction to them pushing your buttons, even if it's something as small as saying you are going to take the time to think it over and get back to them with your answer.

This essence was made with: tiger's eye, red tiger's eye, pietersite, amazonite, aquamarine, purpurite, emerald and Hydrangea flower essence.

c92. Dismantle

Dismantle helps you find and defuse sabotage mechanisms that prevent you from reaching your goal, like limiting beliefs or a lack of self-love or self-esteem.

The help Dismantle offers consists for the most part of making visible any points where a bug or a gremlin in the system is blocking you, helping you to become aware of them and then helping you to start mitigating their influence.

You can also combine Dismantle with other essences to help you solve self-sabotage on specific themes or in specific areas.

Dismantle is a combination of larimar, champagne calcite, smoky quartz, amazonite, opalite quartz, howlite, danburite and bornite

c93. Perspective

This essence helps you organise your thoughts and helps you see things in perspective without making a mountain out of a molehill.

It helps quieten the mind, helps you determine what is important and then helps you express and explain whatever it is you want to say.

Perspective could be a good companion when delivering a speech or presentation.

Perspective is made with rutilated quartz, champagne calcite, amazonite, opalite quartz, ametrine, kyanite, marcasite, magnesite, apofyllite, danburite, emerald, green tourmaline, Hydrangea flower essence, Elder flower essence and Michael angel energy.

c94. Presence

Presence helps you to ground and to be fully present in the moment. Dissociating is a defense mechanism that helps you survive when you can't escape a situation. The only means of escape you have in a situation like that is to draw your energy up out of your body and live from the head, closing yourself off from your body and your feelings.

When you are out of that situation, however, this mechanism loses its usefulness and starts working against you. If you are not present, everyone can haul off with your energy because you are missing the signals your intuition / gut feeling is sending out. In negative situations you are conditioned to ignore any signals that tell you something is off and learn not to think too deeply about things out of self-protection. Questioning the

status quo in a situation like that often doesn't feel safe, so you bury any feelings you have as deeply as possible to avoid the pain.

Presence helps you be more aware and present, one step at a time, so you'll start becoming more aware of your body and your gut feeling / intuition. This essence can also help if you are 'simply' poorly grounded and/or feel absent for whatever reason.

Presence consists of: rutilated quartz, champagne calcite, black tourmaline, smoky quartz, amazonite, opalite, aquamarine, purpurite, apophyllite, galena / galenite, peridot and emerald.

c95. Sift

This is the step that comes after, or in combination with, Feel. Sift helps you to examine your emotions, look at them and then let them go. It takes you a little deeper into the process than Feel

Sift through them, look at them from all sides, take them apart and really see them. Emotions that aren't acknowledged keep asking for attention in the background until they are heard, because they are there to warn you and to keep you safe, however strange that may be sometimes. As long as you don't acknowledge them, they will keep knocking on the door and will stay present as an undercurrent, disguised as a general feeling of unease / anxiety.

Don't be surprised if you dream a lot while working with this essence, because everything you look at has to be processed and that happens when you're sleeping.

Sift consists of: carnelian, larimar, amazonite, opalite, aquamarine, rhodochrosite, amber, purpurite and danburite.

c96. Unlock

When you're in an environment where it's not safe to express your emotions, you will most likely develop the coping mechanism / survival strategy of suppressing them. This in turn can create a tension in the body as it requires an effort to keep your emotions down. If this becomes a habit, there may be a point where you become afraid of relaxing because everything you've pushed down seems to rise to the surface when you do.

You could compare it with keeping the door closed on a locker in which you've put everything that wasn't safe or allowed to be expressed. And the more you stuff in that locker, the harder you have to push to keep the door closed.

After years and years of doing this, everything can feel so wound up tight and locked down that it results in a total disconnect to your emotions. To clear them out, you first have to be able to get at them, so you can examine and release them.

Unlock helps you to carefully ease up on that locker door so you can start to clear out what has been accumulated for years.

This one is another step in the process of connecting to your emotions, letting them in, processing them and letting them go and it's best used when you've re-established the

connection and have learned to acknowledge and examine your emotions to some degree.

This essence was made with: larimar, champagne calcite, opalite, aquamarine, amber, magnesite, danburite, chrysocolla and serpentine from Mt Shasta, petrified wood, prehnite and Rhododendron and Elder flower essences.

c97. Closure

Closure helps you tie loose ends after a (cleansing) process. The energy helps you gain clarity and enables you to put things in perspective.

Used after a process that you've gone through, it'll help you remain upright and encourages you to find your way forward. It can work on multiple levels, and in both small and larger ways, depending on what you've just been through and on how much needs to be cleared away and re-aligned.

After a transformational process it'll help you retain the energy and encourages you to persevere. It's a bit of help to get used to your new energy.

Gabriel's energy helps you gain a sense of direction, and the feeling that it is safe to own your power and to explore new possibilities.

Closure consists of: blue fluorite, selenite, kunzite, kyanite, amber, purpurite, galena / galenite, serpentine, danburite and Gabriel angel energy.

c98. Sovereignty

Sovereignty means having the authority to govern yourself. It's an energy of ultimate independency and self-reliance. It's being able to trust and rely on yourself without being unhealthily dependent on someone else or giving away your personal power because you keep looking for outside approval. You will begin to learn to give that approval to yourself.

Another aspect of this energy is knowing what your boundaries are, where they are and what the consequences are for whoever tries to violate them.

This essence fits in with the themes of Boundaries, Excalibur and Choices. It will help you gain a deep understanding that you are the only one who has any power over yourself and your life. You are the king or queen in your own kingdom and no longer tolerate any infringements on your rights and your boundaries if someone is out to take more from you than they have a right to.

Sovereignty consists of the following energies: tiger's eye, galena / galenite, pietersite, serafinite, marcasite, amber, lepidolite, purpurite, peridot, petrified wood and Raziel and Michael angel energy.

c99. Willingness

For when you are a people pleaser, your own wants and wishes are always in last place, you have the habit of jumping through hoops to keep everyone happy and you try to avoid causing disappointment in anyone and everyone, often to your own detriment.

Willingness helps you set boundaries in what you give, to what extent you give and to who you give. You start to see through people that take advantage of your helpfulness and have an easier time saying no to them. The energy will also help you learn to see if someone really wants your help. Unfortunately, some people prefer to exploit someone else's energy and look like they are asking for help, but nothing really changes. They just want a dose of energy to keep going on as they were.

Willingness helps you to slowly start letting go of people pleaser behaviour. The essence supports you in setting and maintaining boundaries, and you may find yourself spotting an energy vampire or someone who isn't quite ready to accept help yet a bit sooner than you used to. Helping someone? Fine, but you determine how far you go and what you are prepared to do or to give, a.k.a. helping people while maintaining your own energetic health.

Willingness consists of the following energies: labradorite, red tiger's eye, black tourmaline, amazonite, opalite, marcasite, amber, purpurite, heulandite, tiger iron, Elder flower essence and Azrael engel energy.

Azraël's energy is usually one that is called upon for comfort and guidance for letting go, saying goodbye or loss, but another aspect of this energy is protection against negativity, help in connecting to lighter energy and support for helping others. This protects your own energy and lightens the load of what people lay at your door.

c100. Into Three

Into Three supports you in improving your social intelligence and helps you feel more at ease in group settings. The energy helps you improve your ability to assess people and situations and helps you to see patterns and make connections. It helps you to feel protective and to be more present in the moment / in the situation. It also improves your grounding. The way in which this happens is by strengthening your intuition and your creativity.

Another aspect is support in improving your ability to build and maintain relationships and connections, and to assert yourself in a good way. You will start to get an eye for people with bad intention and, eventually, will see them coming a mile away and side-step them. The tactics they try to use on you start to lose their effect because you begin to see them for what they are: ways to elicit a (preferably negative) reaction from you to get you off balance and make you more malleable / manipulable.

This essence / process may require some self-education on your part, like doing research on manipulation tactics and the like, to give yourself a frame of reference for recognising them.

Into Three is connected to Into You and Into Two. Together they represent emotional, relational and social intelligence.

Into Three consists of the following energie: rutilated quartz, green apatite, tiger's eye, amazonite, danburite, pietersite, amber, peridot, emerald, apofyllite, purpurite, howlite and Raziel angel energy.

c101. Transition

Transition eases your way through a process or a transformation. It helps you integrate the new knowledge you've acquired and to put changes into motion.

For when you get stuck in a healing process because you unconsciously fear the changes the process will entail and you don't know if you have the courage to let go of the old situation.

Transition makes it a bit easier to work your way out of the cocoon on your way to becoming a butterfly.

This combination was made with: danburite, labradorite, champagne calcite, pietersite, agate, opalite, selenite, kyanite, lepidolite, heulandite, petrified wood, Magnolia flower essence and Raguel angel energy.

c102. Change

Making changes is hard work. A large part of that is related to mass and movement: it's much easier to continue a motion that has already begun than to stop a motion and start a new one.

Change helps you get into action and make a start with that new motion. This will help you apply changes in your life, step by step.

Change contains the following energies: rutilated quartz, champagne calcite, opalite, kyanite, celestine, amber, purpurite, tiger iron, Jofiel and Azrael angel energy.

Sprays:

Clearing Mist

This spray is intended for space clearing. It removes negative energy and leaves the room feeling light and airy.

It's ideal to use if visitors have left a heavy energy in your home, if you've had a house full of guests, or if there's been a conflict.

And what about a hotel room or holiday cottage? I never feel comfortable in those because of all the layers of energy previous occupants have left behind. That sort of thing makes me feel like a fish out of water and I get anxious. Just after I created this spray, I put it through a big test by taking it with us on holiday. I sent hubs to the playground with the kids, emptied about half a bottle spraying the whole cottage, and was pleasantly surprised that it managed to remove that much energy.

I mean, I KNOW it works, but sometimes something unexpected happens and I have to re-adjust a bit.

You can also use Clearing Mist for cleansing crystals and jewellery, and in most cases, the crystal ends up getting recharged as well. Please be careful with crystals that are sensitive to water, like selenite, and when in doubt, use a different method.

When a space, object or crystal is really strongly contaminated with heavy energy, it may be necessary to repeat the process. When you spray, you introduce a dose of energy into the space or to the object. This energy sets to work, but it will run out at a certain point. Especially when you have jewellery that has been worn by someone else for a long time. Over the years, it will accumulate a lot of energy and it may be necessary to repeat the cleansing process a few times before every bit of it's gone.

From this spray, two aura cleansers are derived. They contain the same mother essences in different proportions. The regular aura cleanser is Gentle Mist, and the extra soft one is the Soft Mist.

This essence spray was created using the following single essences: Turquoise, mookaite, clear quartz, tiger's eye, labradorite, peridot.

Cool Mist

Sometimes you are in need of a little instant relaxation, or a bit of coolness after exercising. That's where this spray comes in. Spray a bit of it upwards, step into the drops and let them refresh you.

The mist of fine drops is refreshing by itself, but these drops contain a little extra energy to help you feel mentally refreshed and cheered up as well.

Based on experience, this spray also turned out to be a wonderful aura cleanser. The best way to describe it, is that it's a gentle, cheerful energy that cleanses, soothes and carefully lands you on the ground feet first.

It's based on c9. Take a Break, combined with 11. Balance.

This essence spray was created using the following single essences: amethyst, orange calcite, blue fluorite, red tiger's eye, champagne calcite, green aventurine, ametrine, danburite.

Gentle Mist

This aura cleanser is derived from Clearing Mist. It contains the same mother essences, but in different proportions to make it less strong. Spray upwards, step into the drops and your aura will be cleansed, grounded and protected.

If you are very sensitive to energy, Soft Mist may be the one for you, as that one is even gentler.

This essence spray was created using the following single essences: Turquoise, mookaite, clear quartz, tiger's eye, labradorite, peridot

Get Out Mist

This is a heavy duty aura cleanser that can help you get rid of heavy energy and even entities/aura lifters. It can be used to cleanse spaces as well.

Get Out is calming, removes entities, aura lifters and heavy energy and keeps them out. This energy detoxifies mentally, brings light and chases away darkness. It also protects and grounds the aura, helping you to be more present and engaged, so that unwanted visitors get less chance to sneak in. It's like the difference between either being at home or not and keeping all doors and windows closed or opening them.

Get Out helps you regroup, find some rest and get clarity so you can start to look for the cause, for this is only a temporary support. It will protect you to give you the opportunity to find out how and why these energies get into your system. That may be something simple like an insight you need to process, but it can also be quite complicated, like a connection from a past life that you need to explore before you can disconnect it. This may require another tool/treatment method to accomplish.

Another factor is free will. Entities can be very sneaky and persuasive, and present themselves as something positive so you'll invite them in or let them stay with you. In that case Get Out will get them to leave for a bit, but they'll probably return once the energy has run out.

This is why it's important to always ask spirits if they come in light and love, because if they don't, you can ask them to leave. Loving and positive presences will respect your free will and will absolutely never bully you into doing certain things. They will also never call you names, humiliate you, threaten you or tell you that you're the best (sorry, they won't, though you may get a regular compliment here and there) and that others are less than you, or tell you to hurt others, not even from the perspective that someone needs to learn something from the experience. If someone needs to learn something, it will come about without your help, as they'll run into people and situations that will help them learn what they need to learn.

You can use Get Out for removing entities, as an extra heavy duty aura cleanser and protector (if needed, you can support it by taking the Get Out essence as well as using

the spray), to support parts therapy (re-integrating subpersonalities that have become too dominant) and to support soul retrieval.

This essence spray was created using the following single essences: black tourmaline, selenite, kyanite, serpentine, amber, sugilite, variscite, purpurite, opalite, serafinite, infinite stone, carnelian, astrofyllite.

Mist to the Rescue

This spray is based on the essence combination To the Rescue, to use in emotional and spiritual emergencies. It will soothe, comfort and ground you, helping you deal with fear, anxiety, panic, nightmares, grief etc.

Examples of spiritual emergencies can be hearing voices, not properly returning from an outer body experience, being extremely poorly grounded, being too 'open', aura lifters. Some of these occur after 'playing' with an Ouija board. Please stay far far away from those if you don't have the knowledge and skills to deal with possibly malignant entities, it will only bring you misery.

How to use: spray upwards and step into the drops to be grounded, soothed and wrapped in white light energy.

This essence spray was created using the following single essences: opalite, mookaite, green fluorite, champagne calcite, chalcedony, blue fluorite

Soft Mist

Soft Mist is an extra gentle aura cleanser for people who are brought out of balance by strong energies or aren't grounded very well. The grounding effect is less strong so it is less of a shock to the system.

How to use: spray upwards and step into the drops to cleanse, ground and protect the aura.

This essence spray was created using the following single essences: Turquoise, mookaite, clear quartz, tiger's eye, labradorite, peridot.

Disclaimer

The obligatory small print: the law demands that it is clarified that no claims whatsoever are made on healing diseases.

The booklet cannot and does not contain medical advice. Essences are not medicines, nor are they ever a replacement for them. We believe they are the spirit, or energy signature, of crystals, captured in a carrier fluid, and that this energy can be used to help balance you energetically and emotionally. The information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals and/or get a professional to coach you. We do not provide any kind of medical or psychological advice. The use or reliance of any information contained in this booklet and on our website is solely at your own risk.

Despite the fact that they can have a positive influence on your wellbeing, essences are not a miracle cure. Something that has built up over years and years is difficult to solve in a couple of weeks. Please allow them the time to do their work and be prepared to look honestly upon yourself and your situation. See them as a tool, and just like any tool, you need to actually do something with them for them to have an effect.

A certain willingness is needed to actually allow the energy inside. If you are consciously or subconsciously convinced that this cannot work, you are going to be proven right. To quote Henry Ford: "Whether you believe you can do a thing or not, you are right." This also applies here, but if you are willing to give it a go, you might be in for a pleasant surprise...