

LOVING SPIRIT ESSENCES

By Rosie Quigley rosebud@qcislands.net

Welcome to Loving Spirit Essences. Below is some information that will help you understand how best to work with your essences. Feel free to contact me with any feedback or questions.

How do flower remedies work: Plants spend much of their time absorbing energy from the sun and at night from the moon and stars. They store this energy in their cells. After the plant is picked, it is then placed in a bowl of pure water and set out in the sun much like making sun tea. The sun transfers the flower's signature into the water. We know from Dr. Emoto's work water has memory and is able to store information.

It is then bottled and preserved with alcohol. This light energy works to restore harmony to the physical, mental, emotional and spiritual bodies. Used consistently, blockages in the meridians and charkas are released. This creates higher levels of well-being. With *consistent* use, we will *entrain* to a higher vibration. Higher vibrations can be recognized as new thought patterns and more positive feelings. These remedies also contain life force energy, increasing our own life force energy as well.

How to take the remedy: Best taken before meditation or a quiet reflective time. Sit with the remedy and ask, "How best may I work with you?" You may be guided to take the drops in one of the following ways: placing drops under your tongue or on the back of your neck or in a bath. You can experience the energetic of the plant by holding the bottle in your hand, this is an energetic treatment similar to acupuncture. Be open to your guidance.

Essences work best when used with an intention or affirmation. It provides direction to the plant spirits to create the positive outcome you desire. For example, "I am grateful I am experiencing grace and ease in all my creative projects. I am delighted with all that is unfolding for me. My writing is blessing me and all who

read it.” Notice any feelings this may bring up. Breathe into these feelings. Allow the process to unfold.

How many drops do I take? I use what is called body pendulum to determine my dosage. Once mastered, it is an easy and effective way to determine your dosage. Stand upright and take a couple of deep relaxing breaths until you feel calm and center. If your mind is busy, repeat the phrase “quiet mind” until you’re centered. Next, state out loud, “My name is (insert your name).” Notice which direction your body moves forward, back or clockwise. This direction is your yes.

Next, ask yourself, “Is my name (insert false name)?” Again, notice which direction your body moves. In the majority of people this will be opposite of the first direction. This direction is your no. Repeat with yes and no questions until you are confident with the answers you are getting.

You can ask specific questions, such as “Do you want Divine Support essence now?” Do you want a bath with Divine Support now?” Notice which direction your body moves in.

If you move in the same direction to both questions, your energy is scrambled. This is most likely due to stress. To correct this, do the following:

Three thumps: Take both fists and cross them. Place just under your collarbone on both sides of your chest under the notch. This is the end point of the kidney meridian. Gently thump here 10 times. It may feel tender. This will get your energy moving. Next, thump the center of your chest where your thymus is located. To find this location, place two fists just under you collarbone at the midline of the body. Under your second fist, thump 10 times.

The final thump is located on your rib cage. Place folded hands, with your knuckles just beneath your nipples. Thump 10 or more times. This may also be tender. You are breaking up energy blockages. You can follow this with an exercise called the cross-

crawl. Begin by lifting up one knee as you cross over to touch it with your opposite elbow. Repeat to other side. Repeat up to 60 times. Together, both exercise will get your energy flowing and you will feel energized.

Suggestions for getting clear answers:

- Ask for Divine help at the beginning. Ask Angels, Guides, Spirit, etc for help in getting a clear answer. For example, I connect to Source. I connect to Divine Guidance. Thank you for guidance.
- Trust the answer you get. With practice, you will become more intuitive and feel guided more of the time. You can use this for what foods will support you, can you trust this person or body do you want (insert treatment). Stay in the present moment. Don't ask for an answer for tomorrow or next week.
- Phrase your question in a simple yes or no style. This works best.
- If the experience didn't turn out as you wished, *trust* the learning you gained from it. I believe "all things work together for our highest good." We are developing a relationship and reliance on Spirit. Relationships are work and take time to develop. With practice, this will become second nature.
- To determine dosage, ask, "Is one drop best?" 2 drops best? 3 drops best? Continue until you get a yes. Also, you can ask, is taking this remedy under my tongue best? Would placing drops on the back of my neck be best? Is a bath best? You will be guided for what is best for YOU!
- Record your experience. Keep a journal of your experiences and insights. This will help build your confidence and help reveal to you the divine timing of a divine plan for your life!
- Enjoy the process.

Any questions, feedback or insights you want to share, feel free to contact me at rosebud@qcislands.net. I look forward to hearing from you and how the essences how influenced your life.

