MEET THE ESSENCES: LIGHT SUPPORT COMBINATION

Understanding how to work with an Essence Combination

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LIGHT SUPPORT COMBINATION

Clarity

Alignment

Inner knowing

Strength

EMERGENCY ESSENCES: Overview

- Grounding and centring - we feel connected to our physical body and the world around us, and we are able to function safely
- Emotional support - we are able to be with and process difficult or intense emotions safely
- Centring - we can hear and recognise our own common sense/wisdom; our focus and clarity returns
- Stabilise the energy-field - we feel less shaky and less permeable on every level
- Repels and disperses negative energies that we have picked up from a trauma environment so that they do not adhere to us/remain in us

LIGHT SUPPORT KEYNOTES

1. Restores our vertical alignment with spirit above and earth beneath; we become centred and connected in, both above and below
2. Reconnects us horizontally with a context beyond ourselves and our immediate panic perception; we become in and of What Is
3. Gentles us so that we are better able to soften into, see and receive the gifts of the living moment, rather than only perceiving threat
4. Clarifies and cleanses our energy channels; stabilises and strengthens our auric field
5. Helps us to heed our own inner voice and wisdom and to remain in contact with our own truth

AN ESSENCE DOESN'T 'DO THIS TO US': this potential, this capacity, is already innate to us

Instead, essences act to catalyse our connection to this

TO OUR TRUE NATURE

LIGHT SUPPORT FOR:

ACUTE DISTRESS
SHOCK
TRAUMA
OVERWHELM

Take 5 drops every 10 minutes - either straight from the stock bottle or from a dosage bottle. Alternatively, you can place 5 drops in a bottle or glass of water and sip from that every few minutes.

Continue like this for up to 5 doses if needed, until feeling centred again. From here, take less frequently - from every hour or so, to four times daily over the next few days.

LIGHT SUPPORT TO:

-SUPPORT YOUR LIGHT

-CLARIFY INNER VOICE

-ALIGN WITH SPIRIT AND GROUNDING

-CLEAR NEGATIVITY AND STUCKNESS

-SOFTEN TO WHAT IS

Take 1-5 drops of dosage mindfully up to 3 times daily (morning, noon, night), every day for at least 4 weeks.

Take them in a quiet moment when you can receive the essences deeply into yourself. Allow this to be a sacred act, a sacred moment of connection and healing.

After this time, either take a break for a week or two and then reassess, or continue until you no longer feel you need the support of the essences.

COTTON GRASS ESSENCE

COTTON GRASS:

- Cocoon of white healing light to infuse and stabilise your auric field
- Sense of protection and space whilst at most intensely vulnerable
- Softening and gentling to What Is
- Spiritual first-aid: supports emergence in spiritual emergencies

RUBY-IN-THE-STORM ESSENCE

RUBY-IN-THE-STORM:

- Stabilise your heart energy during times of profound change so that you can remain centred in this loving energy
- Finding the stillness at the eye of the storm
- Steadfast and strong enough within so that you do not feel blown by every gust that comes your way

GRASS OF PARNASSUS ESSENCE

GRASS OF PARNASSUS:

- Standing in your own magnificence - your Divine Essence - in all its beauty, purity and innocence, and owning this fully
- Not giving your power away: learning to accept and be in the energy of ‘enoughness’ (money, love, compliments, authority, etc)
- Taking the journey of Heart and Spirit

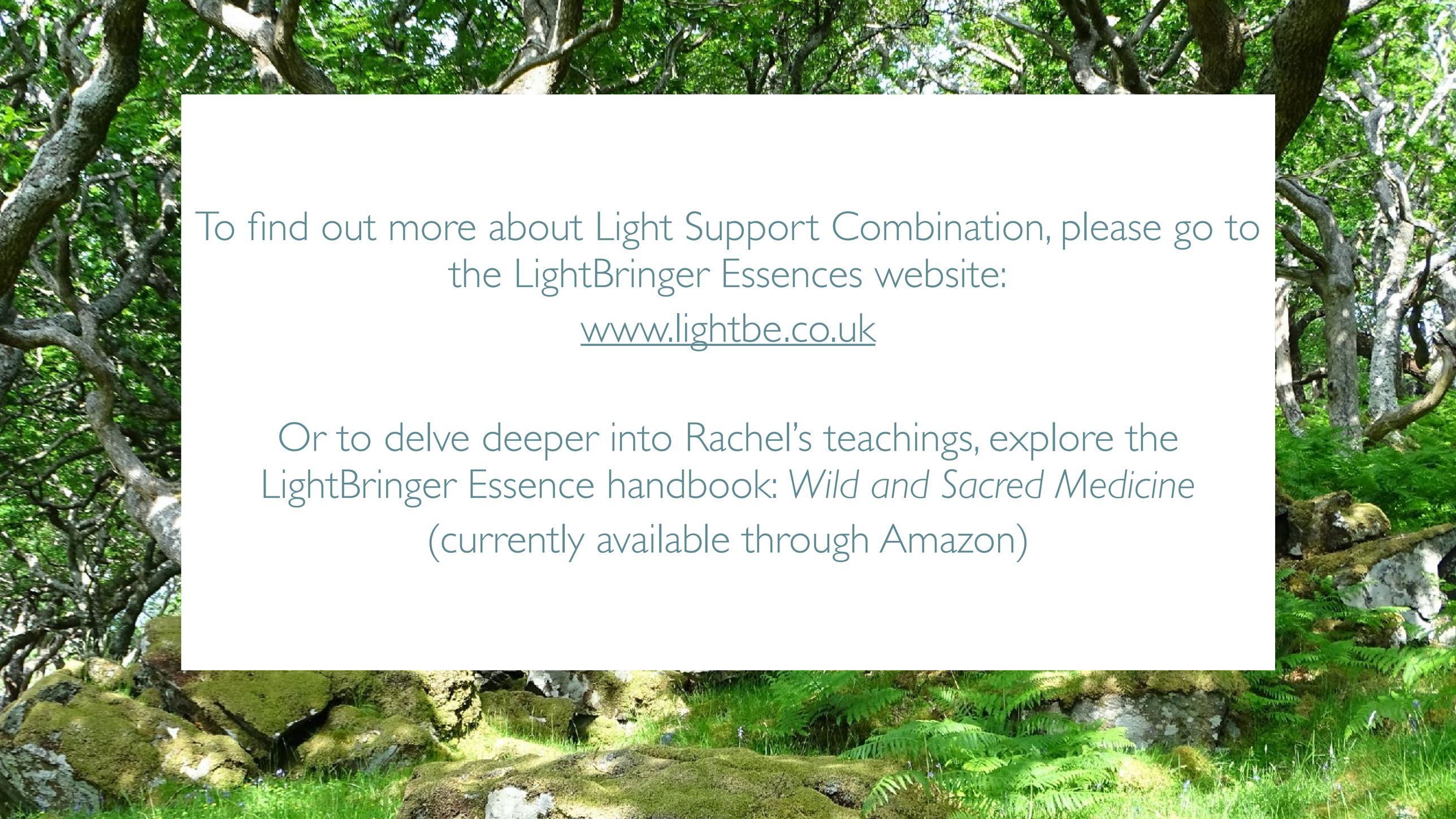
LIGHT SUPPORT ESSENCES

Angel Star - inner guiding light and clarity in darkest times
Bird Cherry - present to what is, no looking back or forward
Cotton Grass - spiritual protection and emergence
Golden Light - opening to possibilities and gifts
Grass of Parnassus - centred in own strength and potency
Harebell - dropping burdensome thoughts and heavy energies
Ruby-in-the-Storm - remaining steadfast and safe in your heart
Scots Pine Sentinel - inner compass and knowing, sense of direction

Our essential nature is light

Essences support our remembering - and our inhabiting - of this

Gently, they guide us back to the essence of Who we Are



To find out more about Light Support Combination, please go to the LightBringer Essences website:

www.lightbe.co.uk

Or to delve deeper into Rachel's teachings, explore the LightBringer Essence handbook: *Wild and Sacred Medicine*

(currently available through Amazon)