

How do I take ESSENCES®?

Gem ESSENCES are typically taken internally. Place a few drops under the tongue or in a glass of water, just as you would a Flower Essence. They may also be used topically on the skin or sprayed in the air.

Suggested dosage = 7 drops 3 x per day. However, you may decide for yourself how many drops feel right for you to use and how often. The dosage varies according to the individual's needs and circumstances.

Put a few drops of ESSENCE(S) in the water you drink, and sip it throughout the day. To change the atmosphere of a room, spray it with a few drops of ESSENCE(S) mixed with water. Place 4-5 drops of ESSENCE(S) on your hands before a healing or reflexology session or directly on the body, feet or chakras. Place a drop on acupuncture points.



Relax at the end of the day by adding 10-15 drops of each chosen ESSENCE to a warm bath, or spray yourself after your shower. Spritz your face and body when you feel stressed or need a quick refresher.

Animals love and benefit from ESSENCES too. Place 2-3 drops in a bowl of water next to their regular bowl, or put a few drops into their bath. Put a drop of ESSENCE(S) into the water you give your plants, or place a bottle next to a struggling plant.

What others say about the ESSENCES®

"I have tried the Pink/Apophyllite & Stilbite ESSENCE. First drop, gigantic energy penetrates third-eye and then I couldn't stop laughing for a while with sweet pleasing feeling around my heart. It must be Happy ESSENCE to open heart widely and channel energy into throat. It vibrates softly and sweetly. Thank you!"

– MO, Tokyo, Japan

"These ESSENCES are really remarkable and have been a valuable resource to my husband and I as we are doing our best to shift and adjust to the ongoing new energies... It is really surprising us, how "on target" these ESSENCES are, when we muscle check for which one(s) we need. Thank you for creating these gentle yet powerful essences, which can support so many people as they move through these times. It is a wonderful gift to us all."

– JL, The Soma Centre, Stratford, ON, Canada

"[ESSENCES] help us to approach wholeness within ourselves while recognizing that we are integrally related to the sacredness of others, animals, plants and the entirety of our natural environment."

– The Association of Vibrational Essences of Canada (AVEC)

Please Note: Store your Essences away from electrical appliances, cell phones, and direct sunlight. Place them in an upright position, not lying on their sides. Essences will last for years, however, if you touch the glass pipette pour some boiling water over it before returning it to the bottle or your Essences may become contaminated and spoil. Do not use if seal is broken.

Who uses ESSENCES®?

The wonderful thing about ESSENCES is that they can be used safely by anyone - children, teens, adults, the elderly, people who are ill or dying, and even with animals and plants. They do not interfere with other medications.

Living Light & Luminesce® have been producing and distributing the Living Light Essences® worldwide since 1996. Both the original 25 Living Light Essences® and the Living Light Rainbow Essences® have been trialed and used extensively by a wide variety of holistic health professionals. The Essences complement, deepen and enhance the effects of many different types of healing modalities.

The ESSENCES are being used by medical doctors, dentists, doctors of naturopathic medicine, chiropractors, doctors of homeopathic medicine, herbalists, acupuncturists, and psychotherapists,

...by flower and vibrational essence practitioners, aromatherapists, massage therapists, reflexologists, Reiki practitioners, craniosacral therapists, holographic re-patterning therapists, and energy healers,

...by Feng Shui practitioners, farmers and gardeners to enhance, clear, and energise homes, property, businesses and the land,

...and by people who are interested in self-healing, health care, and spiritual or personal growth.

To place an order, please contact:

LUMINESCE

Living Light Rainbow Essences®



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Living Light Rainbow Essences®

ESSENCES FOR EVERYDAY LIFE™



LUMINESCE

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The **Living Light Rainbow Essences®** are a series of vibrational colour and gem-based ESSENCES that may be used as tools for healing and transformation by individuals who wish to make changes in their lives. They were created like other vibrational ESSENCES, using the principles of resonance, homeopathy, vibrational medicine, quantum physics, and the meta-sciences. The ESSENCES are based on the vibrational frequencies of specific colours and quality gemstones and/or crystals. They were created using the traditional sunlight method and are preserved in a solution of distilled water and brandy/grape alcohol.

We believe that all forms of illness and dissatisfaction with life ultimately stem from dysfunctional energy patterns, such as limiting attitudes and belief systems; the emotional, psychological and spiritual patterns of our past; our family lineage; and the dynamics that perpetuate discord and illness in our lives. These dysfunctional energy patterns do not resonate harmoniously with our innate inner wisdom and truth, and interfere with our harmonious resonance with the world around us.

The **Living Light Rainbow Essences®** and the original **Living Light Essences®** were designed to assist in addressing the root causes of these dysfunctional energy patterns through the principles of resonance. They are part of a model of holistic healing that seeks to empower individuals in their journey through life. In this new paradigm of healing, where the emphasis is placed upon the choice of the individual, ESSENCES help us resonate more clearly with what we want most in our lives right now, and help us to move towards greater joy and wholeness.

Living Light Rainbow Essences®

ESSENCES FOR EVERYDAY LIFE™

Rainbow/Amethyst Awakening

Helps your body recall the Love which created it, it's true Self, its inner beauty and infinite worth. Assists in reawakening your consciousness to the joy and freedom that come when you knowingly and lovingly accept your inherent and everlasting right to youthfulness, vitality and health. This essence is also a blueprint essence; repairing and renewing the etheric blueprint of the body.

Electric Blue/Malachite & Azurite Grounding to the Self

Assists you in releasing and disconnecting from the old unconscious, repetitive responses, to which your nervous system has become accustomed, and which were created by past experiences, cellular memory, and belief systems. Helps the self find balance, smoothly and gracefully, as you transition into new ways of Being, and expands your awareness of the multi-dimensional Universe. It also helps those who are too solid or grounded to become lighter and less dense, and those who are not grounded enough or too light, to become more grounded and balanced.

White/Apophyllite & Stilbite Being Love

Helps in freeing you to recognize and connect with the unexpected Joy and Love within random moments and experiences that come your way so that you can come to a place where you may swiftly evolve from an awareness of Love toward your evolutionary potential where Love is a state of Being.

Lime Green/Picture Jasper Embracing the New

Aids you in gently releasing constricting structures and extremes, both past and present, so that you may embrace and ground new ways of Being with fluidity and grace.

Pink/Quartz & Amethyst A New Awareness of Love

Lovingly and brightly assists in burning off cords of fear that may be holding and hindering you from manifesting joyfully and abundantly on all levels of being. Helps bring you to a new awareness of Love, the Source which created you.

Black/Quartz & Tourmaline The Emerging Self

Helps you emerge from deep withdrawal and layers of denial, drawing away negative emotions, which allows you to become aware of and resonate fully with the inner rainbow of your true Self. Encourages and comforts as you evolve.

Red & Gold/Garnet & Gold Contentment & Calm

Smoothly and calmly assists in burning off, purifying and transforming deep-seated emotions, such as anger, rage, fury, wrath, resentment or indignation that may well up inside and sometimes explode without warning. Opens the heart to new levels of interacting and communicating with others and the Self, which then allows you to feel the experience, bringing you to a place of quiet contentment and calm in the midst of these transformative and alchemical times.

How do I choose an ESSENCE®?

To help you decide which **Living Light Rainbow Essences®** are right for you please refer to:

- the **chart** in this brochure for key words and a brief synopsis of each ESSENCE.
- the **Guidebook** for a much more in-depth explanation of each ESSENCE.
- our **website** for up-to-date information about each ESSENCE, and our **workshops and courses**.
- our **CD audio course**.

We also encourage you to use your **intuition or other test methods**, such as dowsing or muscle testing.

Focus on how you feel, what things are affecting your life the most, patterns of behaviour that are repetitive, or what you would like to invite into your life right now. Trust your own intuition. Check out the chart, Guidebook, CD's or website for additional support and choose your ESSENCES accordingly.

Before taking your ESSENCES sit quietly and notice how you feel and what is happening in your body, emotions and thoughts, then take your ESSENCES and do the same again. Notice any changes. Aura pictures show that changes happen instantly on the subtle levels when ESSENCES are taken. These changes can be very subtle or may at times be quite dramatic, depending upon where you are on your journey of self discovery.

