

Address: LightBringer Essences, 2 Stang End, Little Langdale, Ambleside, LA22 9NT.

Email: admin@lightbe.co.uk **Tel:** 015394 37427 **Web:** www.lightbe.co.uk



LIGHTBRINGER ESSENCES

Issue 28: November 2011

Dear Friends,

I was teaching in Cairo this last month, in a country about to begin the monumental process towards general elections. It is a time of great unrest and uncertainty for Egypt; something which the therapists I was working with were all feeling greatly. Interestingly, every plan we had made for my time there was disrupted or challenged in some way meaning that I did not know from day-to-day what I would be doing or if I would even get to see most of my group there. In this way I got a snapshot of what life is like everyday for people in Cairo and was made profoundly aware of how much trust and equanimity it takes to live in a place of unrest, and still keep your grounding and your sense of inner peace. Amazingly the teaching was able to go ahead and it felt as if we were granted an oasis of quiet hours to be together and draw on the healing and love of the Essences. It was like a pocket of time outside time and was deeply beautiful and moving.

There are many countries going through profound unrest at this time. And many of us feeling this personally in our lives. And yet the oasis of peace can still be found . . . and nurtured. I hope that the new essences that follow may provide some resonant support in this. Blessings to you all for the festive season. Let us know if we can support you in any way over the coming weeks.

With warmest wishes, Rachel.



The New Essences

Information and Insights

PLEASE FIND BELOW the detailed information on the New Essences. This includes information on the **Personal Space Combination**, and the newest individual essence - **Harebell**.

FROG ORCHID: Miracles Happen

On the three occasions I have seen this plant, it has appeared as if by magic in front of me, at exactly the right moment. It is not easy to see and is a plant that is more often trampled on than viewed because it blends so readily into the green herbage around it. When it has appeared before me it has felt like an astonishing blessing.

Frog Orchid Essence provides a vivacious reminder that miracles happen and that we can believe in their presence and their beauty. However, these are the true miracles of life - unlooked for, beneficent, ordinarily extraordinary, grittily true, and a blessing to receive. They are not then the 'miracles' of some popular abundance books that teach us to grasp for desires through forceful repetition of certain thoughts in order to get what we need. Frog Orchid is about something altogether freer, more integrated, more wholesome and more splended.

We have every right to ask for miracles and support at any time. *How* we do this determines the outcome of this experience for us. Frog Orchid reminds us of the true nature of prayer: to send out our call for help and guidance, from the heart, with openness and trust in the wisdom of Spirit. It is not a selfish request based on acquisitive personal need but a universal plea for the 'goodness of a given situation to reveal itself' no matter how dark or difficult the times are, and for our own commitemnt to look for and receive that beautiful energy with gratitude and love, recognising it in whatever form it comes.



This is the essence of Frog Orchid's message - to pray and receive for us all, and thus participate abundantly and joyfully in the minor and major miracles unfolding for us all.

MOONWORT: The Unconscious

Moonwort Essence assists us in understanding the gifts of our unconscious processes. Through many channels we find hints of our unconscious workings - that aspect of us that is constantly sifting and sorting our experiences and insights, making sense of what is happening for us. Through physical symptoms, dreams and daydreams, recurring life experiences, synchronicities, meditations, recurring thoughts and feelings, and our artistic creations, our unconscious makes its presence known. All of these are signposts offering us glimpses of the deeper processes of deconstruction and reconstruction that goes on within us as we assimilate our life experiences and find our current bearings in the pattern of things.

Moonwort helps this process to unfurl and become more transparent to us; easier to read. It enables us to journey into our consciousness; to see the swirls and patterns; to get lost and return again, 'found' once more.

Taken before sleep as a subtle aid to dream understanding; as part of an ongoing dialogue to discern what the body's symptoms are telling us; for safe shamanic journeying and return; at times of poor clarity when greater insight needs to be restored; during meditation; or simply to reconnect more deeply with our magical ability to sense the depths, Moonwort Essence acts as a gentle guide for travelling the rarely trodden paths of the unconscious and coming back safely, with new insights and illumination



ONE-FLOWERED WINTERGREEN: Good in all things.

This delicate white flower looks like a small lantern pointing downwards, illuminating that which lies below it with its light and purity. One-Flowered Wintergreen is rare in the British Isles, tending to be found only in protected areas of Caledonian pine forest, close to the sea where the land is sandy. It is small, honey-scented and delicious to behold.

As an essence, it supports the unifying of our consciousness, enabling us to know the potential and goodness of all things. With its gentle illumination it brings us to a way of seeing which is truly based in Spirit. It is as if the spotlight of Spirit has been shone on us and on our lives, and we are seeing clearly through new eyes.

As such it opens us to our faults and shortcomings, but with such gentleness that it feels a relief to have these parts of ourselves more clearly known and recognised at last. It helps us know and move beyond the divisive nature of the mind - thinking in black and white terms of good and bad, judging and dissecting, labelling our experiences negative or positive before they have been fully experienced and seen in all their rich facets - and to let the true nature of things unfold before us. It opens us to the loving core of Life and helps us to find our stillpoint there as thoughts, emotions, experiences, and people come and go for us, yet do not impinge on this fundamental place of rest and truth.

One-Flowered Wintergreen helps our consciousness to flower, our eyes to see through Spirit, and our focus to come clearly into the present. Its gift is in clarifying for us the beauty and goodness inherent in all things, and finding that vulnerable place to live from within which keeps this knowledge alive and well.



TWINFLOWER: Loving Communion

Twinflower Essence supports us in loving communion from our heart, with our beloved. The energy of 'we two are one' is written clearly in the plant's form as each single stem divides to blossom into two flowers. This essence teaches us of the gentleness, clarity and sensitivity we need to dance this dance with another; balancing the needs of self with the needs of the two. It is appropriate for any partnership of two, but especially that of our relationship with our particular beloved.

Twinflower helps us to understand how we shape communication through our moods, our intent, our movements, our language, and our unconscious fears, desires and needs. Through this essence we begin to understand that the communication we have is not limited to our



words but has depth far beyond this. As we learn this we then also begin to comprehend more deeply the 'shape' of our beloved's communication at any given time, heeding the meanings that exist behind the words as we take in the whole picture.

By listening to these deeper levels, we are able to foster a stronger, more congruent connection, becoming clearer about what we wish to say and how to say this with love and openness. The tiny pink trumpet flowers of the plant speak of this communication from the heart, as well as a listening from the heart. It is a two-way process. As we learn this loving discourse, of body and being, not just words, we find that we are more able to stay present with ourselves when old fears and assumptions beset us that would normally disrupt and sabotage our communication.

As we learn this in our relationship with our nearest and dearest, we can also extend this knowledge to our relationships with others and even with animals, as we learn to sense the flow of communication and to eloquently find our place in its currents and eddies.

PERSONAL SPACE COMBINATION: Sacred Space



Personal Space combination assists in energetically establishing a protected, bounded, safe space for you to thrive in. This is particularly intended to help your home become your haven; a space where you can love, rest, heal, relax and enjoy life. As a combination it is unique in that it has different essences in its spray form to its drops form. This means that both used together work to help soothe and align the internal and external energetic environment.

The combination is especially useful during times of profound upheaval and unrest; when there is intrusion and invasion of one's space; lack of sacred space in which one can be and contemplate; feelings of being unsafe and unprotected. The essences create a gentle cocoon; a place of quiet seclusion; a refuge for the spirit. They help home to be home again; they support loving relationships within the house and immediate vicinity, helping one to move past territorial feelings or a need to defend one's space; and they bring deeper understanding and support within close relationships. They also support you in feeling at home wherever you are and are good therefore when travelling or when you wish to adapt and settle quickly in new surroundings.



Personal Space essence drops combine: Grand Quintile, Grass of Parnassus, Greater Cuckooflower, Hawthorn Blossom, Primrose, Pink Purslane, Spring Squill, Ruby in the Storm.

Personal Space essence mists contain: Angel Star, Bluebell, Primrose, Ring of Brodgar, Silver Light.

Organic essential oils of: Lavender, Grapefruit, Benzoin, Geranium, Helichrysum.

CHRISTMAS GIFT IDEAS

We have prepared some beautiful CHRISTMAS GIFT SELECTION to suit all budgets, so that you can treat your friends and families, and indeed yourself, to something *Essential* this year. . .

All offers are valid until Tuesday 20th December but please order early to ensure your gifts arrive on time. The offers are not available through the webshop so please place your order by email or phone and we will arrange payment with you.

All Christmas special offers are instead of and exceed normal Practitioner Discounts for these products.

HAREBELL: Clear Space

The Harebell is a favourite flower for people living in the Lake District. One of the last of our brave flowers before the cold months set in, it recalls to us the springtime Bluebell with its gorgeous blue bellflower. However, Harebell has a much more ethereal quality. Its fine silken blue bells have a fragile transparency to them and it grows on the most slender of grass-like stalks, often seen buffeted by the strong winds of Autumn.



Harebell brings its light, clean, spiritual quality to us as an essence. It helps to clear us of burdens and encumbrances - in our physical and our energetic environment, on a spiritual level, and on a mental and emotional one. It helps us to 'lighten up'; to remember what it is to have clean, clear space around us in which to grow, explore and spread our wings; it reconnects us with the sense of wild freedom so essential to the growth of our spirit.

We can take Harebell in a very practical way when we are clearing clutter from our house. The essence is extraordinarily supportive for this. It helps us to see with piercing clarity what is necessary and vital for us to keep as we move forward, and what encumbers us and drags us back. It helps us to slough off this physical skin of clutter, allowing us room to breathe and grow, as we create an environment that is more suited to our values now.

We can also take Harebell in a way which is perhaps more subtle - to help us to shed emotional baggage which holds us back. This is an essence that encourages us to breathe, look about ourselves, make room so that we can react to the winds of change, and move forward with them. As such it helps us to bring to consciousness habitual thought-patterns and beliefs which need spring-cleaning; it enables us to gain perspective on patterns of reaction and fear that we have held on to and no longer need; it creates a sense of space, a pause, in which we can consider more clearly how and what we do, and thus act with greater awareness. It helps our Spirit to breathe, to have space, to move out from the cramped quarters fear and judgement can block us in, and to dance lightly and happily with Life and Love. With this essence we refine our connection with Spirit, release old and bitter burdens, and feel how like the angels we are when we take ourselves and our life lightly.

CHRISTMAS GIFTS

LIGHTBRINGING CANDLES



We are in the process of making some very special **limited edition LightBringer Candles**. The lovely votive candles are made without petroleum using natural waxes, and are delicately scented with essential oils and energised with Essences. They are truly LightBringing products! Unlike petroleum based candles with their cloying artificial scents, **the LightBringers are refreshing and uplifting, with beautiful clean scents and suprisingly long burn-times. They create a pure and subtle way to fill your home with the healing energies of Essences on winter evenings and for special occasions.** Available from beginning of December.

LIGHTBRINGER CANDLE OFFERS

SET 1 - LET THEIR BE LIGHT: **3 x Votive Candles:** £10.70

SET 2 - AMBIENT HEALING: **2 x Votive Candles, 1 x 100ml Essence Mist of your**

choice: £19.80

Votive candles available are: Sacred Space, Clear Light, Meditation, and Heart-to-Heart.

COMBINATION ESSENCE OFFERS

Includes: Bountiful Life, Healer's Light, Heart Balm, Light Support, Loving Desire, Personal Space.

SET 1: **6 x 50ml Mists**, includes one each of the Combination Mists: £55

SET 2: **6 x 15ml Stock Combinations**, includes one each of the Combination Essences as Drops: £40

SET 3: **6 x 15ml Stock Combinations, 6 x 50ml Mists**, includes one each of each of the Combination Essences as Mists and Drops: £92

These sets represent a saving of between 25-28% off the price of buying the essences or candles separately.

Read on for further offers!

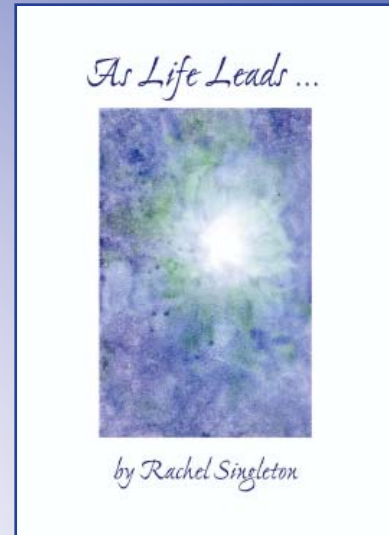
AS LIFE LEADS

*Poems that question and resolve,
enlighten and relax,
heal and harmonise.*

As Life Leads is the newly published book by Rachel Singleton, written over the course of the past year. It is a book that asks the questions that a journey of love, healing and spirituality inevitably stirs in us. The answers that come are not always easy, requiring us to sit in a place of realness and clarity; yet centred here we find a most beautiful quiet energy of peace that is deeply restorative and affirming. Reading these poems reminds us how to come back to this place again and again, real enough and light enough to dance with the uncertainty of Life in all its glory.

Inspired by her journey with the Essences and written in the first person, Rachel's verses provide a thoughtful guide for your personal journey. The book is the perfect size to carry in your pocket or handbag, and to open on any page when you need illumination or help. A beautiful gift for spiritual friends!

Hardback, 80 pages. A6 size. Front cover painting by Patricia Gidney, painted using LightBringer Essences.



RRP: £9.00

Conditions

Often I think I need certain things to make me happy:
it may be a change in circumstances,
it may be something that is missing from my life,
it may be a person, place or thing that I long for,
it may be someone or something that I wish to change.

I ask myself, *is this true?*
Do I really need absent things to make me
happy?

I am
enjoying each precious moment,
seeped in the Grace that created it,
forgiving the mind that judges and denies it,
happy to receive.

In Softness

I smile into the heart of this pain,
Smile warmly,
gently,
lovingly.

Smile to remember
that it is the softest way
that takes us through
the hardest times.

CHRISTMAS GIFTS

SPECIAL OFFER: Buy three or more copies at £7.50 each.

Offer available until Tuesday 20th December, 2011.

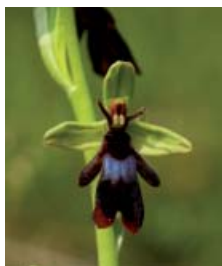
INSIGHTS FROM JAPAN

One of the things that never ceases to amaze me is the detailed feedback we get from you, our clients and customers.

And it is something for which I am deeply grateful as it helps us to grow, learn, change and improve things at LightBringer Essences, and hopefully provide you with a service which is truly of relevance and support for you.

One of my most consistent and caring correspondants over these past few years has been Masami from Japan.

Masami uses the essences for herself and her family, and has begun to experiment with using them in her work making crystal jewellery. I have a precious pile of letters from her - missives that she sends to report in on how the latest essences she is taking are affecting her. I have gained much insight from this, as has Masami. It allows her to reflect on her experiences, and it enables me to understand the individual responses we can each have to particular essences. With her permission, I share some of her insights below.



Fly Orchid *'is an essence for "Bringing Light". I see shining dark with her, or pure dark, clear dark. As you know - we hear confusion from all over the world. But Fly Orchid gives us happy news in this confusion - Right news, Light news. It helps us to relax and smile in the dark, and to release too serious ideas from our mind. Now, Fly Orchid is a key essence for us.'*



Linden Blossom (Beth Tyers' Essence). *'I feel that there is a rose fragrance or energy from this essence when I take it. It is like a rose fragrance wraps round me gently. It is very airy energy. It takes the stiffness out of my heart, disentangles the twists in my heart.'*

Loving Desire Mists. *'My mother really loves Loving Desire Mist. She said to me that, "I don't need sleeping pills! I spray the mist around my bed when I go to bed. It brings me a quiet sleep.'"*

(N.B. It is worth noting that many people find Loving Desire Mist very relaxing and embodying. It seems to help us become much more aware of our bodies needs and it soothes our senses. Of course, it can also help those couples who do not want to go straight to sleep . . .! It seems it does what we individually require. For many it is a gorgeous way of being sensually connected with their body again.)



BIRD'S EYE PRIMROSE and GRANDMOTHER PINE. Recently Masami told me about Bird's Eye Primrose: *'This is my favourite one. But sometimes I feel that I see too much information at once. Should I use less or stop the essences?'*

This essence helps to reconnect us with our inner vision, our insights. As such it works profoundly on the 'third eye' or brow chakra. Taking this essence, because she was very sensitive to it and very drawn to it, I felt Masami was becoming ungrounded. I recommended she took Grandmother Pine to help her feel safe and strong in her wisdom again. This way she could still receive the insights without feeling that she was losing her rootedness. It has also meant that she has been able to continue with Bird's Eye Primrose as and when she feels drawn to it.

TWINFLOWER ESSENCE. *'I wanted to tell you my feeling about Twinflower Essence. I hear a tinkling sound when I take it. I understand this because the flower shape is like a tiny bell. The tone is so beautiful, high, clear and powerful. The essence works for balancing and centering. I keep my neutral position with the essence. And I say my opinion forthrightly and clearly in a group. I agree that Twinflower essence makes peaceful communication. I think Twinflower and Viper's Bugloss are good together for counsellors, doctors, therapists - because they have to talk about serious situations with their clients. These essences would help them'.*

Thank you to Masami and to all of you who help us with your insights and feedback - please continue!

CHRISTMAS OPENING TIMES

LightBringer Essences is open until Friday 23rd December.

We recommend that all orders for guaranteed arrival in the UK by Christmas reach us by: Wednesday 14th December

For European orders we would advise one week earlier, but will always do our best to help you out.

Whilst not officially open during Christmas and New Year, we will aim to check emails and phone messages when we can for any **urgent order or consultation requests**, and respond to these as soon as we are able to during that time.

All other enquiries will be responded to on our return to work:

Re-open: Wednesday 4th January 2012.

FLOWER ESSENCE CONSULTATIONS:

Phone, Skype, Facetime

FLOWER ESSENCE CONSULTATIONS provide a **gentle, deeply meditative space in which to explore, be with and listen for the healing in the difficulties you may be facing.**

The majority of Flower Essence Consultations Rachel does are via the phone, meaning that it is possible to give rapid assistance to people from all over the world. This is a service which has proved to be very popular and which can give immediate and insightful support in difficult situations.

Thanks to the wonders of technology, it is now increasingly easy to do consultations through **face-to-face phone technology via the Internet, either through Skype or through the new Facetime system** available on 4th Generation iPods, iPhones, etc. These new technologies mean **there is potential to see each other, to create a more intimate space to be together regardless of borders and countries, and to reduce the costs of phonecalls for the client.**



If you are interested in having a Phone, Skype or Facetime Consultation with Rachel, and have the relevant technology, please make contact through the usual channels to arrange an appointment.

All consultations include your **prescription bottle of essences** from Rachel.

Contact Times for LightBringer Essences

Monday to Friday: 10am-4pm

You are receiving this bi-monthly newsletter because you are a customer, client or student of LightBringer Essences. It is not our wish to send you junk mail. We hope that the newsletter is a source of inspiration and information for you and we welcome your feedback. If you would prefer to no longer receive LightBe News, please email us with the subject REMOVE, and your name and email address in the main body of the email. Thank you.