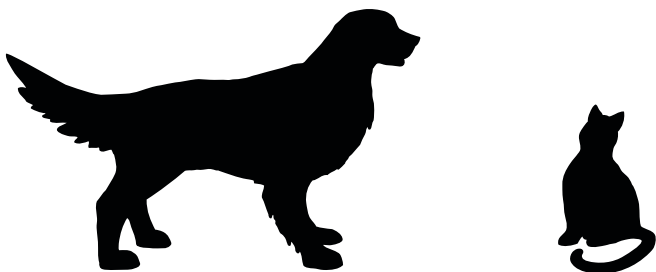


Energy Medicine® from  
Nature for the Animals  
We Love...



A small book of useful information  
about Essences for Animals.



[www.PacificEssences.com](http://www.PacificEssences.com)

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## Acknowledgements

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The information in this book is not intended to replace consultation with a qualified health professional. All references to physical conditions are based on the energetics of Traditional Chinese medicine.

# Introduction

We were guided to make these special combinations for animals because there are common patterns and challenges which emerge in all animals' lives – relationships with other animals, with humans, and of course life cycle challenges from birth to death. These are encompassed by the first 12 combinations. The last 6 are identical formulas to the ones for humans – the 5 elements and Balancer™.

Animals have a rich capacity for emotions. Our animal friends want to feel good and to be happy and content. Grief, loneliness, fear, loss of confidence and dysfunctional behaviour can keep our animal friends from enjoying life fully. Chronic emotional and mental imbalances eventually affect their health, vitality and well-being.

Essences are safe and easy to use. They support a return to emotional, mental and physical balance. **Pacific Essences® for Animals** combine Flower, Sea and Gem Essences to address some of the most prominent issues animals encounter.

**Pacific Essences®** is committed to providing high quality and consciously created essences.

**Pacific Essences® for Animals** correlates their essences to the Meridian System of Traditional Chinese Medicine (T.C.M.), providing a deeper understanding of and support for your animal's current holistic state. The effectiveness of the essences does not require a background in T.C.M. They are user friendly.

## **Directions for use:**

2–3 light sprays directly on animal or mist your hand and apply to the animal.

Each essence combination has been coded by the colour of each element in Chinese medicine connected to each ingredient which makes up the combination.



The colours are:

**Red – Fire Element** = Heart, Small Intestine, Heart Protector and Triple Warmer

(*Note: We use Red for Primary Fire – Heart and Small Intestine and Pink for Secondary Fire – Heart Protector and Triple Warmer*)

**Orange – Earth Element** = Stomach and Spleen













**Purple – Metal Element** = Lung and Large Intestine

(*Note: traditionally the colour of the Metal element in TCM is white. We replace it with purple to simplify the graphics*)

**Blue – Water Element** = Bladder and Kidney

**Green – Wood Element** = Gall Bladder and Liver

Bars with more than one colour represent essences that contain multiple elements. The double wide bars represent constitutional essences that resonate with both yin and yang meridians in the same element.

Colour	Element	Meridian	Code
	Primary Fire	Heart	Ht
	Primary Fire	Small Intestine	SI
	Secondary Fire	Heart Protector	HP
	Secondary Fire	Triple Warmer	TW
	Earth	Stomach	St
	Earth	Spleen	Sp
	Metal	Lung	L
	Metal	Large Intestine	LI
	Water	Bladder	Bl
	Water	Kidney	K
	Wood	Gall Bladder	GB
	Wood	Liver	Lv

## CALMING

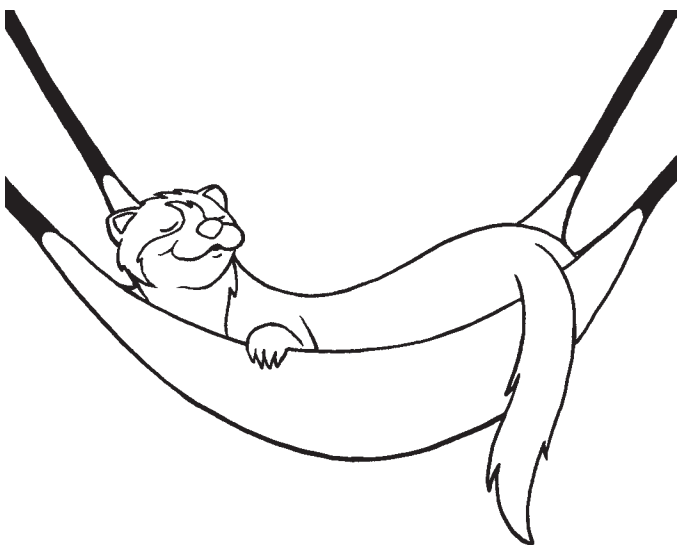
Brings peacefulness and tranquility to the physical, emotional and mental levels. Soothes nervousness and balances the thymus gland.

For the ability to relax peacefully.

### Indications:

- overly excitable animals who are “wired”
- overly nervous
- anxiousness
- panic attacks
- restlessness (e.g. pacing and can't seem to settle)
- sensitivity to external stimuli i.e. noise
- tense and reactive (hyper-vigilant)

**Ingredients:** Infusions of Aquamarine, Blue Camas (*camassia quamash*), Goatsbeard (*aruncus sylvester*), Jellyfish (*aurelia aurita*), Rainbow Kelp (*tridaea cordata*), Snowberry (*symphoricarpus albus*)



## CONFIDENCE

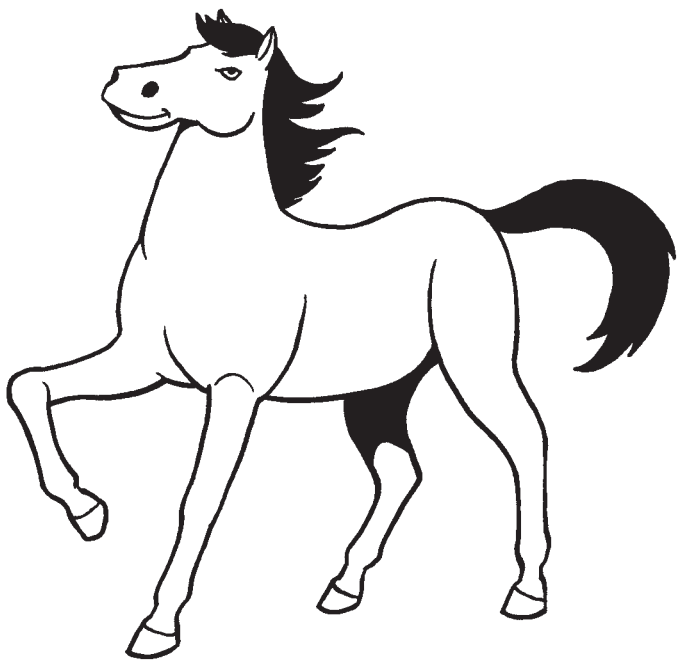
For animals who have lost confidence in themselves, are shy, insecure and fearful of punishment.

For joyfully expressing and experiencing life.

### Indications:

- lack of confidence
- shyness, timidity and insecurity
- fearful of punishment
- fearful of new situations
- overly submissive
- easily stressed by life in general

**Ingredients:** Infusions of Aragonite, Aventurine, Bluebell (*endymion non scriptus*), Polyanthus (*primula X polyanthus*), Topaz, Vanilla Leaf (*achlys triphylla*)



## ENDINGS & BEGINNINGS

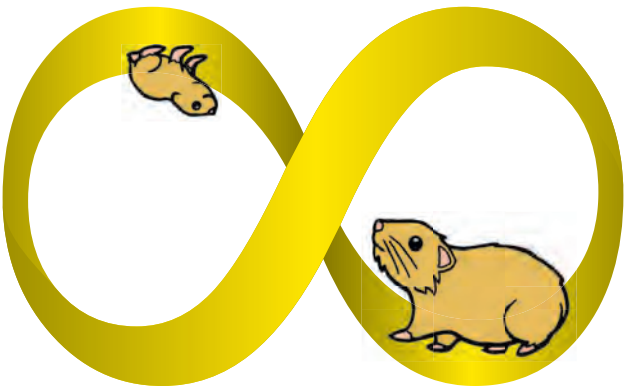
For acceptance and inner peace during major transitions in an animal's life from birthing to end of life.

For letting go into gentle acceptance. For serenity during transitions such as birthing and dying.

### Indications:

- pregnancy and labour/birth
- fear/anxiety during pregnancy/birthing experience
- end of life support for the emotional, mental and physical levels
- fear of dying
- restlessness and anxiety at palliative stage
- resistance during dying process; calming prior to euthanizing

**Ingredients:** Infusions of Candystick (*allotropa virgata*), Chickweed (*stellaria media*), Diatoms (*amphipleura pellucida*), Orange Honeysuckle (*lonicera ciliosa*), Salmonberry (*rubus spectabilis*), Tourmaline, Yellow Pond Lily (*nuphar polysepalum*)



## HANDLE WITH CARE

For animals who feel vulnerable, fearful and resist handling. Particularly with vet and grooming visits, this essence promotes feelings of inner security and safety.

To inspire inner safety with handling.

### Indications:

- fearful of visits to groomer, vet etc.
- general dislike of being handled
- cellular memory of previous "bad experience" when handled
- displays uneasiness when approached for handling
- resists handling
- fear-biting
- feels unsafe

**Ingredients:** Infusions of Amethyst, Dolphin (*stenella longirostris*), Pipsissewa (*chimaphila umbellata*), Snowberry (*symphoricarpus albus*), Urchin (*strongylocentrotus purpuratus*), Wallflower (*cheiranthus*)





## HARMONIOUS RELATIONSHIPS

Resolves conflict and obstacles to getting along with other animals and/or people. Brings balance and harmony to our animal's relationships.

For acceptance of self and others, living in harmony.

### Indications:

- change in the household including new addition or when someone moves on
- conflicts with people
- conflicts with other animals
- overly dominant
- territorial
- aggressive behaviour at home or in public
- fear-biting

**Ingredients:** Infusions of Fire Agate, Harvest Lily (*brodiaea coronaris*), Indian Pipe (*monotropa uniflora*), Moon Snail (*polinices lewisii*), Purple Magnolia (*magnolia soulangeana*), Wavelite



## HEALING & HEALTH SUPPORT

To aid the physical body through recalibration of the energy centres. Enhances and supports other modalities (allopathic/complementary) during healing.

To address the energetic level of imbalance and illness; supports well-being.

### Indications:

- acute or chronic illness (excellent with allopathic or complementary protocols)
- low vitality
- pain, tension or stress related to illness
- withdraws when sick
- displays despair when unwell
- aging animals

**Ingredients:** Infusions of Anemone (*anthopleura elegantissima*), Azurite, Fuchsia (*fuchsia*), Ruby, Rutile, Rubellite, Whale (*globicephala macrocephalus*)



## HEALING HEART

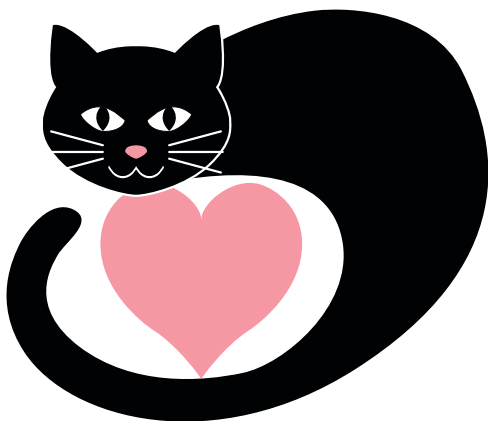
For the shock and despair associated with emotional abuse and trauma. Helps the animal return to a place of inner confidence and courage.

For the courage to express life joyously.

### Indications:

- history of emotional/physical trauma/abuse
- trust issues; extremely cautious with new people/situations; won't let people close in relationship
- feeling separate, isolates from others
- overly submissive or aggressive behaviour
- weariness of life; depression with or without loss of appetite
- fearful
- avoids visual contact

**Ingredients:** Infusions of Alum Root (*heuchera mircrantha*), Douglas Aster (*aster subspicatus*), Grass Widow (*sisyrinchium douglasii*), Jade, Nootka Rose (*rosa nutkana*), Rose Quartz, Sea Lettuce (*ulva lactuca*)



## HEALING THE PAST

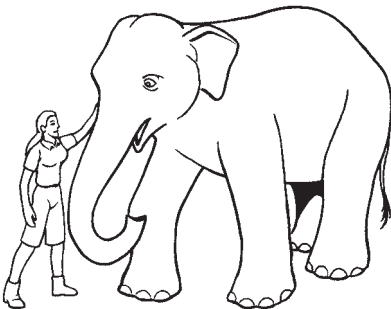
To release past traumatic experiences involving neglect and/or physical abuse. Use for stress reduction, fear resolution and healing of old wounds. Allows animals to trust again & feel safe in new relationships.

**For releasing traumatic cellular memories, healing the past, embracing the NOW.**

### Indications:

- experienced past physical trauma/abuse
- difficulty trusting
- aloof or withdrawn around people and other animals
- fearful: cowers, shakes, tail between legs, hides or urinates when afraid
- easily stressed
- self destructive: chews self, pulls out feathers, excessive licking or destructive behaviour triggered by stress

**Ingredients:** Infusions of Candystick (*allotopa virgata*), Coral (*pocillopora meandrina*), Grape Hyacinth (*muscari racemosum*), Jellyfish (*aurelia aurita*), Ox-Eye Daisy (*chrysanthemum leucanthemum*), Pearl, Salal (*gaultheria shallon*)



## INNER CONTENTMENT

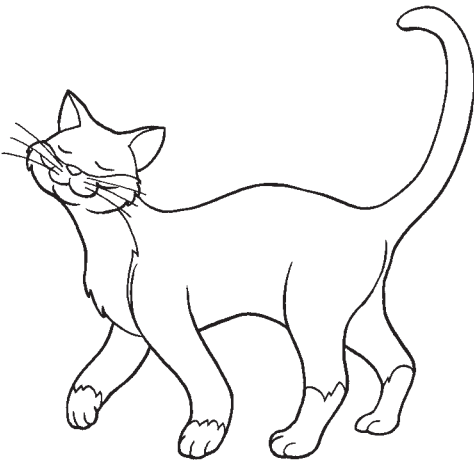
For animals who experience loneliness. Eases adjustment when left alone for longer periods, during boarding or family vacations. For when family change affects your companion animal. For separation anxiety.

For feeling secure and contented with life.

### Indications:

- dislikes being alone
- separation anxiety
- stress with kennelling or when left in care of others
- loneliness or boredom
- insecure i.e. follows from room to room etc.
- destructive when left alone

**Ingredients:** Infusions of Hermit Crab (*pagurus granosimanus*), Narcissus (*narcissus pseudo-narcissus*), Ox-Eye Daisy (*chrysanthemum leucanthemum*), Poison Hemlock (*conium maculatum*), Sea Turtle (*chelonia mydas*), Turquoise



## NEW HABITS

For animals who have developed “bad” habits, i.e.: barking, digging, peeing outside the litter box, etc. Helps release dysfunctional behaviours and create new ways of being. Note: sometimes animals use behaviour to bring attention to health issues. Consult professional care if applicable.

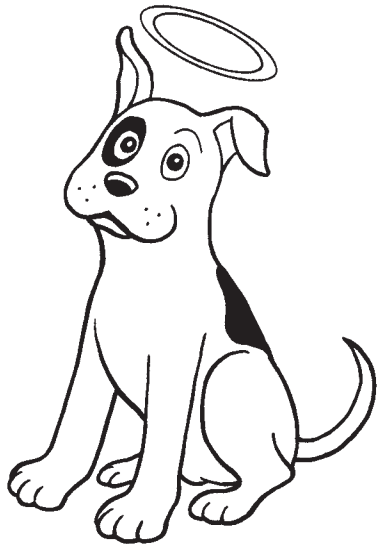
**For creating new ways to be. This essence is a great adjunct to training programmes.**

### Indications:

- “bad” habits i.e. excessive barking, digging, destructive behaviour, urinating out of the litter box
- difficulty focusing
- doesn't listen/respond
- compulsive behaviour
- training alone isn't working
- not motivated to change

### Ingredients:

Infusions of Forsythia (*forsythia suspensa*), Moon Snail (*polinices lewisii*), Sea Lettuce (*ulva lactuca*), Green Tourmaline, Urchin (*strongylocentrotus purpuratus*), Windflower (*anemone pulsatilla*)



## RETURN TO HAPPINESS

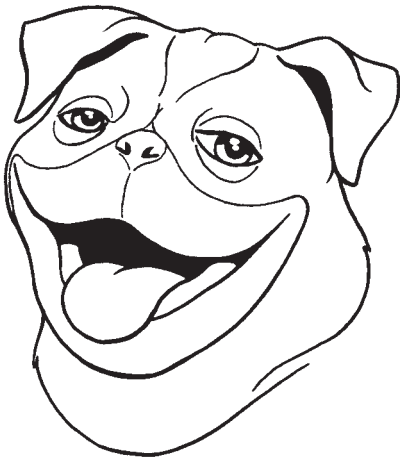
For sadness and deep grief related to loss: whether through death or re-homing. Helps animals remain peaceful during times of transitions.

To re-pattern the heart for love and acceptance after loss.

### Indications:

- sadness and grief
- loss of significant people/animals
- life changes: moving to a new location/situation
- lost interest in play, walks, interaction etc.
- depression related to loss
- withdrawn
- loss of appetite

**Ingredients:** Infusions of Death Camas (*zygadenus venenosus*), Dolphin (*stenella longirostris*), Purple Crocus (*crocus tomasinianus*), Whale (*globicephala macrocephalus*), Yellow Pond Lily (*nuphar polysepalum*)



## TRAVEL WITH EASE

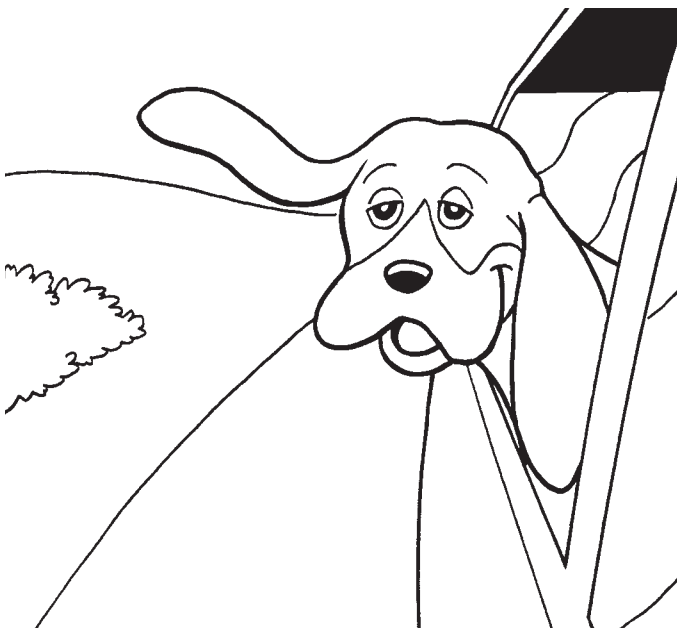
For animals who are stressed, fearful or over-excited when traveling.

For embracing life's adventures.

### Indications:

- fearful of travel
- car sickness, nausea, excessive drooling, vomiting with movement
- restless and excitable in the car
- barks, whines when traveling
- urinates when traveling

**Ingredients:** Infusions of Emerald, Lily of the Valley (*convallaria majalis*), Poison Hemlock (*conium maculatum*), Sea Turtle (*chelonia mydas*), Windflower (*anemone pulsatilla*)







## FIRE

Joyful relationship with others. Everyone – animal and human – benefits. Strengthens vitality and a playful attitude.

Associated with **Heart**, **Small Intestine**, **Triple Warmer** and **Heart Protector** Meridians. This combination may be indicated for lethargic, depressed animals who are withdrawn, bored or have difficulty with trust.

To be joyful and loving.

### Indications:

- lethargy, low vitality
- lack of interest in life
- chilly: seeks out warm places (sun, heaters etc.) or overheats
- highly excitable/agitation
- mood swings
- difficulty in relationships

**Ingredients:** Harvest Lily (*brodiaea coronaris*), Hooker's Onion (*allium cernuum*), Nootka Rose (*rosa nutkana*), Purple Magnolia (*magnolia soulangeana*), Rose Quartz, Snowberry (*symphoricarpus albus*)





## EARTH

To feel connected/grounded. For those who are over-protective, worry or are restless; for feeling safe and secure. To help animals who are on their own a great deal.

Associated with **Stomach** and **Spleen** Meridians.

To be grounded and secure.

### Indications:

- restlessness
- worry or anxious about others (overly protective)
- unsettled by change
- boundary issues
- poor digestion
- challenged immune function

**Ingredients:** Amethyst, Fireweed (*epilobium angustifolium*), Hermit Crab (*pagurus granosimanus*), Narcissus (*narcissus pseudo-narcissus*), Urchin (*strongylocentrotus purpuratus*)





## METAL

Balances control and flexibility; being able to live life with confidence and let go with ease. Sadness and grief are emotions related to Metal Element. Eases breathing, bowel and skin issues.

Associated with **Lung** and **Large Intestine** Meridians.

**To be flexible and confident.**

### Indications:

- sadness, grief
- resistant to change
- overly dominant or submissive
- lung or colon issues
- problems with fur or feathers
- skin problems

**Ingredients:** Bluebell (*endymion non scriptus*), Citrine, Death Camas (*zygadenus venenosus*), Grass Widow (*sisyrinchium douglasii*), Purple Crocus (*crocus tomasinianus*)





## WATER

Corresponds to courage. Allays fear, anxiety, shyness and timidity. For health of bones, nervous system and urinary system.

Associated with **Kidney** and **Bladder** Meridians.

To be courageous and trusting.

### Indications:

- fearfulness
- phobias
- difficulty trusting
- shy, timid, nervous
- structural issues: spine, bones, teeth
- problems with urinary system
- excessive/diminished thirst

**Ingredients:** Brown Kelp (*nereocystis luetkeana*), Easter Lily (*erythronium oreganum*), Plantain (*plantago major*), Salmonberry (*rubus spectabilis*), Smoky Quartz, Sponge (*myxilla incrustans*), Tourmaline





## WOOD

Connected to mobility, contentment and purpose. Through the Liver and Gallbladder Meridians it strengthens, cleanses

and purifies.

Associated with **Liver** and **Gallbladder** Meridians.

To be peaceful and decisive.

### Indications:

- aggressive behaviour/biting
- loud barking
- holds tension in body
- eye/sight problems
- stiffness, spasms, paralysis
- toxicity

**Ingredients:** Anemone (*anthopleura elegantissima*), Candystick (*allotropa virgata*), Pearly Everlasting (*anaphalis margaritacea*), Twin Flower (*linnaea borealis*), Quartz





**BALANCER™ FOR ANIMALS** is the same high quality essence combination as used for humans only in an easy to use spray bottle for animals.

No Essential Oil/Aromatherapy added.

Benefits include harmonizing all 12 meridians and all 7 chakras so that feelings of stress and overwhelm dissolve.

Useful for all occasions of acute stress and may gradually resolve the side effects of chronic stress like post traumatic stress disorder.

#### **Indications:**

- at times of acute stress/shock
- when injury/trauma overwhelm on any level – physical, mental or emotional
- sudden changes in household
- sudden change in health
- fear triggers i.e. loud noises (thunderstorms)

If there is one essence that I have personally used more than any other with animals it is **Balancer™** – from reviving hummingbirds who have crashed into windows to minor injuries incurred by our dog on walks.

The key to **Balancer™** is that it is both for acute and severe physical or emotional trauma but has recently proved invaluable for long term chronic stress as well. So if I could only have one essence to work with I would choose **Balancer™** hands down over and over again.

Using **Balancer™** we maintain harmony in Body/Mind/Spirit. We are able to meet each person

and event with present moment consciousness. This statement applies to animals as much as humans. For instance an animal who has suffered at the hands of a human may be either timid and untrusting towards a new human or belligerent and hostile. As its name suggests **Balancer™** creates balance, restores equanimity and erases the cellular memory of past traumas.



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