



ANTARCTIC ESSENCE



- Allows you to feel tremendous calm, peace and stillness within yourself.
- Enables you to be aware of and enhances your vision of what is necessary and essential in your life.
- Helps reveal and dissolve very deep and hidden aspects of yourself.
- Connects one to both the Wisdom of the Ancients and your ancient past.
- To trust Spirit and the unfolding of your life and its direction.
- Assists you to find your own core, pure essence.

ANTARCTIC ESSENCE

This Spiritual Essence was prepared in the pristine environment of Antarctica, which entailed five days of sailing across the Drake Passage, one of the roughest and most treacherous bodies of water in the world.

Glacial Icebergs over 20,000 years old were the source of the water I used to prepare this Essence. Whilst making the Antarctic Essence I entered a deep state of peace and tranquility, unlike anything I've ever experienced before, as I was overtaken by the deafening silence, extraordinary calm, quietude and intensity of the Elements and Nature present there.

Antarctica is an amazing place. I felt great gratitude and extremely privileged both being there and making and bringing into the world the Antarctic Essence.



Much Love, Light and Respect
Ian



The Antarctic Essence allows you to be aware of what is really necessary in your life and in the situations that you are encountering. It enables you to feel tremendous calm, peace and stillness within yourself. This Essence releases those things that are not essential to you and that take you away from your inner peace and being at one with nature. The purity of Antarctica and the Antarctic Essence assists you to find your own pure essence – the very core of yourself – and to let go of whatever takes you from this timeless, clear-centred part of yourself. It allows you to go deeply into things and not get distracted; to see the core of things and what's important. If you are too distracted it will help to pull you back into harmony.

Another key aspect of the Antarctic Essence is that it will reveal to you aspects of yourself that are very deep and hidden – what are referred to sometimes as 'old dark crystals'. This Essence will bring the light to them and dissolve these old patterns and beliefs (which may have been formed in ancient times or may be early beliefs developed this lifetime). Their dissolution will support you to trust Spirit, to trust your path and to show you the necessary new steps.

The Antarctic Essence can also help you to connect to the wisdom of the Ancients as well as your own ancient past and the communication of anything needed from that time.



It enables you to find the patience to be very still. This will lead you to trust in the unfolding of your life and its direction with openness to these new revelations and willingness to seek and follow them, even when dealing with major change.

There's a deep stillness that can come with trust in life, nature and God, which when achieved will help you find your own peace and stillness, and allow you to be able to stay in this state more readily. This Essence can help in the clarity of both your vision for what is necessary and essential in your life, as well as your communication of it.

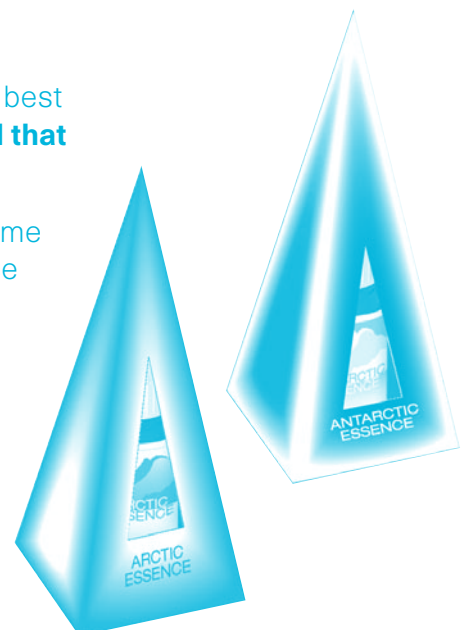
ANTARCTIC & ARCTIC ESSENCE PYRAMID PACK

Administering the Essences: The Antarctic and Arctic Essences work best when taken individually one Essence at a time. **It is highly recommended that the Antarctic Essence be taken first before the Arctic Essence.**

Both Antarctic and Arctic Essences are available in Stock strength and come in individual pyramid packs that have been carefully developed to embrace and protect the beauty and potency of these wonderful Essences.

Preparation: Add 7 drops of Stock to a bottle up to 15 ml (1/2 oz) containing 1/3 brandy and 2/3 water.

Dose: 7 drops of the Dosage bottle are taken, under the tongue, on rising and retiring, usually for at least a two week period. We highly recommend taking the Essence on its own, neither mixed with other White Light or Bush Essences nor taking other Essence remedies on the same day.



ARCTIC ESSENCE



- Brings in and releases pure light energy within the person.
- Activates suspended pure light energy held within an individual, increasing our spiritual awareness.
- Balancing one's own electro-magnetic frequency and harmonising one to the earth's changing electro-magnetic frequency.
- Addresses issues of separation from self, someone or something.
- Assists one to see their negative aspects and rectify them.
- Can repair and return the soul to a state of innocence, purity and peace.
- This Essence shows what you need to come alive, to flow, to be joyous and light.

ARCTIC ESSENCE

Early in 2007 I received guidance to make an Arctic Essence in Greenland, which would work hand in hand with Antarctic Essence.

This special Essence was made at the base of a waterfall in view of the Russell Glacier at the edge of the Arctic Ice cap.

I made my way to this distant waterfall to make the Essence, with a tremendous sense of excitement and adventure. I felt fully joyous, playful and totally free. While all the time marveling at the stunning beauty around me. This area, and Greenland generally, was very pure energetically and abounding in Nature spirits.

I consider the Arctic Essence to be an extremely important Essence in helping us meet the challenge of these changing times.

Much Love, Light and Respect
Ian





The Arctic Essence primarily frees the pure undiluted light potential of the individual. It both brings in and releases pure light energy within the individual, energy which has been held in suspension, waiting to be activated.

What is suspended is not of the physical or Earth, it is of Light. The Arctic Essence allows the thawing and releasing of our suspended Light. This increases our spiritual awareness, which in turn will raise the Light of the planet.

By releasing this Light the individual is also changing and bringing into balance their own electro-magnetic frequency, allowing them to stay in resonance and harmony with all the Earth's changes. Especially as we move closer to 2012 and the shift in the Earth's own electro-magnetic energy field.

The Antarctic Essence is for letting go of things that stop you finding and following your path. It allows you to discover what is essential and necessary in your life. In other words, letting go of what doesn't matter – suspension in matter. It is connected to both the Earth and the Light. The Arctic Essence holds suspension in Light alone. That is the difference.



The Arctic Essence is releasing the Light potential within, which does matter, and is of supreme significance as part of the soul's evolution and as part of the planetary being's evolution.

This Essence is also specific in addressing separation, whether that is separation from self, someone or something. It takes you to the depth and purity of your soul, to feel the purity of the Earth and yourself.

It can repair and return the soul to a state of innocence, helping you to hear the voice of reason and purity and assisting you to see your negative aspects. It is then easy to see what needs to be done to rectify it. It is similar to how glaciers grind obstacles in their way, pulverising the impurities and bringing the debris to the surface as very fine particles.

This Essence shows you what you need to come alive, to flow, and to be joyous and light.



To order the Antarctic and Arctic Essence or for more information on any of our products, workshop schedules and education programmes contact our number below. Alternatively simply log onto our website and register as a subscriber to automatically receive all updates on new products and services.

Our website also contains more stunning images of Antarctica and the making of the Essences.

WHITE LIGHT
ESSENCES

SPIRITUAL ESSENCES

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