

LAKE BAIKAL ESSENCE



- Engenders faith and trust in life and a calmness and acceptance of unfolding change.
- Connects you to the stillness of your heart and to a source of pure oneness with the Divine.
- Helps you to be in the world but not of it, and to be less influenced by mass consciousness.
- Develops a level of understanding and deeper opening of the heart.
- Accelerates understanding and opening to the new energies of unity, co-operation and co-creation around you.
- Assists you in finding a balance between the divine masculine and feminine within yourself.
- Restores your sense of self, purpose and joy.
- Allows for extremely deep inner healing.

THE LAKE BAIKAL ESSENCE

To prepare the 5th Light Frequency Essence, I travelled to Lake Baikal in the south-eastern part of Siberia. It is the world's oldest and deepest freshwater lake and contains one-fifth of the world's fresh water. Lake Baikal is slowly expanding and will eventually become the world's fifth ocean, dividing Mongolia and Siberia. Baikal is one of the planet's very sacred places and guards its ancient, spiritual energy very carefully. It is not an easy place to travel to.

Lake Baikal, at its very deepest, is a portal between the worlds, a place on the planet for incarnating beings' light bodies to enter, though they will mostly be born elsewhere.

The Lake Baikal Essence helps reunite the mental and emotional bodies; creates inner nurturing and healing; integrates one's Divine masculine and feminine and can bring back joy to one's heart and soul. A very special Essence.

Much Love, Light and Respect
Ian





When Lemurian civilization chose to abandon spirituality for sensuality and pleasure, the energy on the planet dropped and became denser. Lake Baikal holds that original energy prior to the density developing when the Earth and humanity flowed fully and clearly from the stillness of their hearts that was at one with the Divine. The Lake Baikal Essence allows you to access this pure uncorrupted peacefulness and pure 'at onement'.

The remedy, by capturing the pristine, energetic essence of Baikal engenders faith and trust in life and a calmness and acceptance of unfolding change. This Essence is timely as it can accelerate understanding and opening to the

new energies of unity, global oneness, balance and harmony – all of which will greatly help us with the changes that are starting to happen around us on all levels. It is very important if you want to move smoothly through any upcoming changes that you start to really spiritually nurture yourself and open to a deeper level particularly within your heart center, which this Essence will assist in.

The Lake Baikal Essence helps one to find and balance the Divine masculine and feminine within themselves. The male emotional body has, over time, become compressed and non-elastic. Basically the mental body took over in order for men to feel 'in control'. With this emotional suppression has come violence, sexual perversion and heart dis-ease.



This Essence can connect a man to his intuitive power and help him to feel and express emotions without him becoming feminine. The Essence acts as a tap allowing the release of pain, anger and self judgement. The remedy transmutes these poisons and replaces them with a sense of stillness and belonging.

For a woman, the Lake Baikal Essence helps her to find her Yang, her power and to understand

that she has always had that power. Her Divine Yang is the power of Love, the power of creation. She won't find her Yang by imitating the out-of-balance masculine or trying to be like a man. The more the woman goes into the feminine the more she will naturally reach her masculine.

Mass consciousness is comprised of the mental and emotional energies of every member of humanity. The Lake Baikal Essence maintains your ability to be in the world but not of it. It enables you to be in that pure still energy of being at one, so you are less influenced and invaded by mass consciousness and so less likely to make judgements and react.



Preparation: This Essence is available in Stock strength. To prepare a dose bottle add 7 drops to a bottle up to 15ml containing 1/3 brandy and 2/3 purified water.

Dosage: 7 drops of the dose bottle are taken under the tongue on rising and retiring, usually for at least 2 weeks. We recommend taking the Essence on its own, not mixing it with other Essences.

Bush Biotherapies Pty Ltd Trading as Australian Bush Flower Essences
45 Booralie Road, Terrey Hills NSW 2084 Australia
Phone 61-2 9450 1388 • Fax 61-2 9450 2866 • info@ausflowers.com.au



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www.ausflowers.com.au