

Special Essence Series – Qualities, Indications & Applications

THE BREATH OF LIFE	DIVINE CREATION / METATRON	RIGHTEOUSNESS / MELCHIZEDEK	CREATIVE EXPRESSION / HOLY SPIRIT
<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Universal 'life force' • Breath • Vitality • Alive • Life-giving • Energy • Expansive <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Exhausted • Low vitality • Difficulty breathing • Unanimated • Fear of taking in life • Burnout <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Taking in life • Getting back into life • Increasing vitality or chi • Exhaustion • Fear of or inability to breathe deeply • Assists with the flow of energy and consciousness between body, mind and spirit 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Divine mind • Empowering the Masculine • Form • Structure • Stability • Designing • Planning • Blueprinting • Architecture • Divine Father • Spiritual science <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Lacking structure • Unstable • Genetic patterns from ancestors • Lacking masculinity • Stuck in the past • Lacking organization • Lacking vision and understanding of the greater meaning of life <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Clearing deep genetic patterning • Staying in the present moment - too focused on past or future • Ability to move forward with one's life work • Shifting perceptions of 'reality' • Empowers the masculine aspects of self • Adapting to new technology • Changing patterns of behaviour • Creating structure and form • Reprogramming your life • Expanding your vision and understanding • Re-establishing lost connections 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Righteousness • Peace • Law • Authority • Justice • Karma • Soul growth • Respect • Divine Son/Daughter • Child • Spiritual teacher <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Unrighteous • Unlawful • Avoiding growth and learning • Disrespectful • Difficulty with authority • Feeling wronged • Injustice • Discord • Unrest <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Reminds you of your gifts and abilities • Having the courage to lead by example • Helps you appreciate and learn from the past • Universal law and justice • Speaking and upholding the Truth • Handling life's challenges • Connecting people and ideas • Seeing your true potential • Dealing with the 'child' aspects of self 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Intuition • Flowing • Fluidity • Creativity • Comforting • Nurturing • Healing the feminine • Inner communication • Grace • Beauty • Feminine • Divine Mother • Motherhood • Becoming a woman <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Lacking creativity • Clumsy • Awkward • Ungraceful • Rigid • Stagnant • Unfeminine • Repulsive • Feeling unattractive • Difficulty expressing one's self <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Awakening the feminine aspects of self • Getting into the 'flow' • Expressing your inner creativity • When you are in transition • Accessing your innate intuition • Difficulty with self-expression • When you like to be more graceful • Mothering issues • Teenagers approaching womanhood • When you need comforting • Artist's inspiration • Writer's block

Divine Flame Essence Series – Qualities, Indications & Applications

DIVINE WILL	INNER WISDOM	UNCONDITIONAL LOVE	PURE HARMONY	KNOWLEDGE	TRUE PEACE	FREEDOM
<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Power, Action, Active • Direction, Purpose, Path • Will, Meaningful, Definition • Order, Specificity, Decisive • Precision, Structure • Boundaries, Time • Divine Will (the Divine within) <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Indecisive, Inactive • Without purpose • Disoriented • Chaos • Non-Specific • "Wishy-Washy" • Powerless, Lacking structures • Lacking boundaries <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Planning • Setting goals • Defining your purpose • Have a hard time making a decision • Lacking personal boundaries • Taking responsibility • Taking action 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Insightful • Revelation • Wisdom • Knowing Self • Enlightened • Wise • Simplicity • Common Sense <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Foolish • Unenlightened • Unwise • Blind • Making things too complex • Naive • Ignorant <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • When you need to be able to discern the best possible action • Keeping things simple • Getting to the core of the matter • Making wise choices • Accessing your inner knowing 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Unconditional Love • Absolute acceptance • Faith • Intelligent • Passion • Hope • Embracing <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Victim • Judgmental • Denial • Atheist • Difficulty accepting • Isolated • Alone • Feeling unintelligent • Blaming others • Judging others as unintelligent • Hopeless <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Having the courage to accept others without judgement • Having faith in yourself and others • Embracing yourself and life unconditionally • Regaining your passion for life • Seeing Love in all things, everywhere 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Feeling • Harmony • Intuitive • Attuned • Being yourself • Flexible • Neutrality • Artistic • Creative <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Reactive • Role-Playing tendencies • Conflict • False • Discord • Hyper-Sensitive • Easily affected • Conflict-Oriented • Dramatic • Pessimistic <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Creating beauty out of chaos • Bringing harmony back into your life • Resolving inner conflict • Seeing the beauty in things • Increased understanding and compatibility 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Knowledge • The "How" • Experiential • Applying your wisdom • Applying your understanding • Nature • Concrete • Practical • Scientific (in the higher sense) <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Abstract • "I don't know how" • Acting without understanding • Impractical • Unnatural • Perpetual student • Always learning, but never applying that learning in terms of your life • Extremes of imbalance <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Applying the things you have learned or know in your everyday life • Having a practical understanding of your situation • Accessing your inner knowing • Getting 'out of your head' so that you can experience life • Daydreaming • Innovative ideas • Developing new products • Research 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Peace • Devotion • Dedication • Healthy Relationships • Commitment • Calmness • Promotes true Love <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • False devotion • Difficulty in relationships • Dedicated to things outside the self • Lacking dedication • False commitment • Unhealthy relationships • Love without understanding <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Healthy interpersonal relationships • Finding Peace within • Teachers and leaders who would empower their students • Empowering leadership • Balanced relationships • Balanced dedication and devotion to an ideal or cause • Seeing beyond the 'cult' mentality • Reflecting a calm, serene, and meditative approach life 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Freedom • Transformation • Uplifting • Change • Organized • Re-organizing • Alchemy • Interconnectedness of life • Oneness <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Trapped • Stuck • Limited • Disorganized • Feeling like you are not living up to your potential • In need of change • Dross • Heavy • Fear <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Reorganizing your life • Raising consciousness • Freeing you to be who you really are • Transforming toxic emotions • Uplifting in moments of despair or depression • Freeing you from limiting situations

Archangel Essence Series – Qualities, Indications & Applications

TRUTH	ILLUMINATION	LOVING PATIENCE	PURITY	HEALING	SELFLESS SERVICE	FORGIVENESS
<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Strength Courage Integrity Honesty/Truthfulness Perseverance Protection Being true to yourself Self-Identity Realistic <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Illusions Disillusioned Unsafe Lacking self-identity Weakness/Giving in to others Lacking Integrity, Dishonest Overly influenced by others Nightmares <p>APPLICATIONS:</p> <ul style="list-style-type: none"> Feeling unsafe (needing protection) Adolescence Tendencies to lie (to yourself or others) Attempting a challenging task Facing your fears Figuring out who you are Being able to stand up for yourself 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Understanding Joy Laughter Fun Excitement Happiness Realization The "Why" Present in the Now Awake Awakening <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Depressed Sadness Dull Unhappy Asleep Lacking self-understanding Lacking understanding Lacking insight Living in the past Living in the future <p>APPLICATIONS:</p> <ul style="list-style-type: none"> Looking at a situation with deeper insight and understanding When you feel sad or depressed When you want more joy, happiness or laughter in your life A project that requires inspiration Living more in the present 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Patience Compassion Humility Allowing Nurturing Loving freely Appreciation Openness <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Impatient Clingy Needy Arrogant Proud Egotistical Jealous <p>APPLICATIONS:</p> <ul style="list-style-type: none"> Being more patient with others, including your children, spouse, partner, parents, friends or co-workers Allowing yourself to be 'less than perfect' Accepting yourself as you are right now at this stage in your journey through life Having compassion for others and self 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Purity Cleansing Clearing Cleanliness Divine communication "The Messenger" – Bringing Divine Messages Innocence Sexuality <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Abused Degraded Violated Guilt Shame Unclean Taken advantage of Dirty <p>APPLICATIONS:</p> <ul style="list-style-type: none"> When you have experienced trauma When you feel abused or violated Deep inner cleansing Living or working in an emotionally toxic environment Situations of physical abuse Wanting to receive clearer messages from spirit or the inner Self 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Healing Repairing Regenerating Mending Uniting Wholeness <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Wounded Hurt Pain Broken Degeneration Split Separation Break-ups <p>APPLICATIONS:</p> <ul style="list-style-type: none"> Feeling wounded Healing from a broken relationship Divorce Death of a loved one Separation from loved ones After a fall After surgery Bringing together aspects of self 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Getting out in the world Sharing Dedication Being of service Selfless (in the true sense) Generous Philanthropic <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Reclusive Procrastination Selfish Shy Self-serving Martyr <p>APPLICATIONS:</p> <ul style="list-style-type: none"> Needing courage to do what you really want to do If you are not really sure what you are here for Discovering what 'true service' is all about Reconnecting with the Universal Source Needing or wanting to get back out into the world Feeling 'stuck' or 'stagnant' in your life or body Healers who feel they lose their energy when 'healing' If you tend to keep things bundled up inside you When it's difficult expressing your self 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> Forgiving Forgiving of self Tolerant Merciful Easy going Relaxed Carefree <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> Indignation Resentment Wanting restitution Demanding punishment Vengeful Merciless Hatred Rage Intolerance Hard on self Possessive Perfectionist Bitterness Cynicism Unforgiving Jealousy <p>APPLICATIONS:</p> <ul style="list-style-type: none"> If you tend to be hard on yourself or others Forgiving yourself for the things you have or have not done Forgiving others Being more tolerant of others and yourself Being more allowing or carefree Needing to let go of anger or resentment

Gem Essence Series – Qualities, Indications & Applications

FOCUSING THE WILL	EXPANDING AWARENESS	CIRCULATING LOVE	CLARIFYING VISION	RESTORING BALANCE	EMPOWERMENT	RELEASING
<p>QUALITIES & STRENGTHS</p> <ul style="list-style-type: none"> • Focus • Concentration • Centredness • Multi-tasking • Disciplined • Will power <p>INDICATIONS / NEEDS</p> <ul style="list-style-type: none"> • Feeling scattered • Overwhelmed • Undisciplined • Difficulty concentrating • Lacking focus • Lacking will power <p>APPLICATIONS</p> <ul style="list-style-type: none"> • Deciding what to do first • Focusing on the task at hand • Getting on with a project • Finishing a task • Studying • Sports • At work (to enhance productivity) • Doing a public presentation • Writing a book • For kids who have difficulty focusing and concentrating at school 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Self-Aware • Open minded • Expanding perceptions • Solution oriented • Awareness <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Narrow minded • Closed minded • Poor listener • Lack of awareness • Caught up in the details <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Problem solving • Thinking outside of the box • Playing sports • Studying • Detective work • Becoming a keen observer • Seeing the 'larger picture' • Seeing the repercussions of one's actions • Being conscious of one's environment • Seeing life as it really is 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • High self-esteem • Self-Confident • Accepting • Self-Love • Worthiness • Giving Love • Receiving Love <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Low self-esteem • Lack of self-confidence • Difficulty giving and receiving Love • Not taking care of self • Feeling Unworthy <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Feeling better about yourself • Honouring yourself • Greater self-confidence • Accepting who you are • Taking the time to care for yourself • Becoming more open to receiving love from others 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Clarity • Vision • Visionary • Clearness • Crystallization • Communication • Clear Expression <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Confusion • Lacking vision • Lacking clarity • Unclear • Difficulty communicating ideas • Difficulty expressing self clearly <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Writing - writer's block • Seeing situations more clearly • Being able to get to the bottom of things - the root cause • Seeing beyond your own conditioning and perspective • Being able to crystallize your ideas into form • Making better decisions 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Staying balanced • Balance • Equilibrium • Restorative <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Stressed • Out of balance • Extreme tendencies • Difficulty with equilibrium, laterality or balance • Imbalance • Overworked • Workaholism <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • When you are emotionally upset • Inner conflict that has thrown you off balance • Situations where you tend to go overboard or to extremes • Wounds of the heart • When you've had a fall • Living Light's 'Rescue Remedy' for shock or trauma • Problems with laterality 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Empowering • Confidence • Giving • Receiving • Rewarding • Prosperity • Wealth • Success <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Disempowered • Poor • Impoverished • Unrewarded • Unfulfilled • Self-Doubt • Lazy <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Making the best possible choice • Making decisions about money • Being open to receive when needed • Believing you deserve abundance • When you need to feel successful • Abusive situations • Getting going • When you have nothing left to give 	<p>QUALITIES / STRENGTHENS:</p> <ul style="list-style-type: none"> • Letting go • Releasing • Fearlessness <p>INDICATIONS / NEEDS:</p> <ul style="list-style-type: none"> • Anger • Fear • Need to control • Anxiety • Worry • Holding on to things • No self-control <p>APPLICATIONS:</p> <ul style="list-style-type: none"> • Holding on to things • Unable to let go • Fear of dying • Tension or anxiety • Parents who have difficulty letting go of their children • Children who have difficulty letting go of their parents • Feeling confined • Feeling all 'bottled up' inside • Difficulty delegating tasks • Always needing to control situations • When you need to 'move on'