



## Living Light / Luminesce News – July 2020

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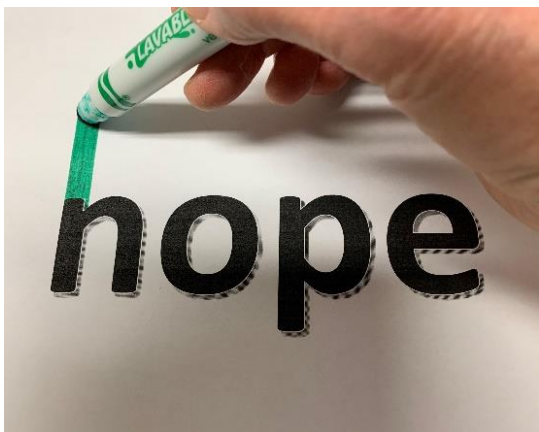
Essence Friends,

We trust that you are all keeping well and safe.

Believe it or not, July 2020, marks the 24th year since we created the Living Light Essences! Hard to believe. Time flies!!

For many people around the world things are now beginning to open up with some attempt to return to 'normal'. Just what that 'normal' will be has yet to be determined. We've all been in hibernation for quite a while now, a stressful time for many who have had their businesses, salaries and children's education affected significantly. Perhaps they have lost a loved one.

It's been a 'fearful' time for many. Some are just able to return to work, albeit under specific 'rules' of engagement, while others may be wondering how they are going to find work or recover their livelihoods. Still others find that things seem to be going backwards, as where they live is seeing a



resurgence of COVID19 and things being locked down again. Life is not normal for many. I have two children who are out of work due to COVID19, and looking diligently for something to replace what they have lost. I've been listening to a 21-day meditation series each morning with Oprah and Deepak Chopra for the past while. The series focuses on the many aspects of HOPE. Day 4 focused on **Releasing Fear & Anxiety with Hopefulness** – “In hope, I am fearless.” – “Om Durgaya Namah” (“I am fearless.”). Our world seems to be in turmoil with many fearing for the future, fearing to hope that somehow things will change.

My life has had many marvellous ‘ups’ and some significant ‘downs’, but with all that I have been very fortunate in a number of things that kept ‘hope’ alive for me, and given purpose to my life. As the image here suggests, we can choose to change **nope**, the negative associated with fear and anxiety, to **hope**, with trust that the Universe gives us the strength and wherewithal to deal with what we face in our lives.

### Our July newsletter content:

- Intro – Fear/Love – Hope
- Living Light Essences for Love
- Bloesem Flower Essences for COVID19 – by Bram Zaalberg
- Spirit-in-Nature Essences for Love – for adults, children and pets
- MPENZY organic skincare specials
- New Flower Essence Book – **The Bloom Book** by Heidi Smith
- Astrological Insights, the Seven Rays & the Living Light Essences

## Fear/Love – Hope

Spending most of my childhood in a boarding school 7000 feet/2100 metres up in the foothills of the Himalayas, a two-day/1300 km train ride from my home, was not always a joyful or happy experience. Some aspects of the experience were a bit like the that of the children in ‘The Lord of the Flies’. There was a certain degree of ‘fear’ of one’s place in the group and of some of the staff who should never have been assigned to look after young children. There was many a night when my tears soaked my pillow as I dealt with the separation from my family and my daily life away from home.



However, as the Universe sends us or we draw experiences to us for learning, I’ve found that it also sends a balance if we let it and keep our ‘eyes and hearts open’. At the same time I was experiencing fear, abandonment and anxiety, I was blessed with something that served to uplift my spirit and leave me with a sense of wonder and peace that has stayed with me all my life and given me ‘hope’ when things looked black and bleak.



That 'something' was nature... the beauty of the Himalayas, their snow-capped peaks, the colourful birds, the amazing flora and fauna, the huge variety of beetles and butterflies, sliding down pine-needle covered hillsides, the smell of the deodar pines and the summer heat as we hiked back into the mountains, the tinkling of a cowbell off in some lower valley, the brilliance of the rhododendron forests and wild dahlias, the power of the mountains and rushing mountain streams, watching the clouds surround

us like a soft cocoon, listening to the monsoon rain thunder down on our tin roofs, watching the forked lightening flash all around us, and listening to the thunder boom from mountain top to mountain top... awesome! But, most of all, sitting on a warm sun-heated boulder and listening to the quiet of the mountainside, where you could 'hear' the earth... peace! The beauty of the nature surrounding me helped to replace the things that I felt I had 'lost'. It made me wonder about the Source that could present me with such marvels and how much that Source must Love to do so.

One of my favourite hymns that I learned as a child was 'For the Beauty of the Earth'. When I look at nature, I wonder at what/who made it, and the love that seemed to inspire it for me to see. The hymn uses the word 'Lord', but we can translate that to whatever we feel comfortable with – Source, Creator, God, Great Spirit, Universe...



For the beauty of the earth,  
for the glory of the skies,  
for the love which from our  
birth over and around us lies;  
Lord of all, to thee we raise  
this our hymn of grateful praise.



For the beauty of each hour  
of the day and of the night,  
hill and vale, and tree and flower,  
sun and moon, and stars of light;  
Lord of all, to thee we raise  
this our hymn of grateful praise.



For the joy of ear and eye,  
for the heart and mind's delight,  
for the mystic harmony,  
linking sense to sound and sight;  
Lord of all, to thee we raise  
this our hymn of grateful praise.



For the joy of human love,  
brother, sister, parent, child,  
friends on earth and friends above,  
for all gentle thoughts and mild;  
Lord of all, to thee we raise  
this our hymn of grateful praise.



For thyself, best Gift Divine,  
to the world so freely given,  
for that great, great love of thine,  
peace on earth, and joy in heaven:  
Lord of all, to thee we raise  
this our hymn of grateful praise.

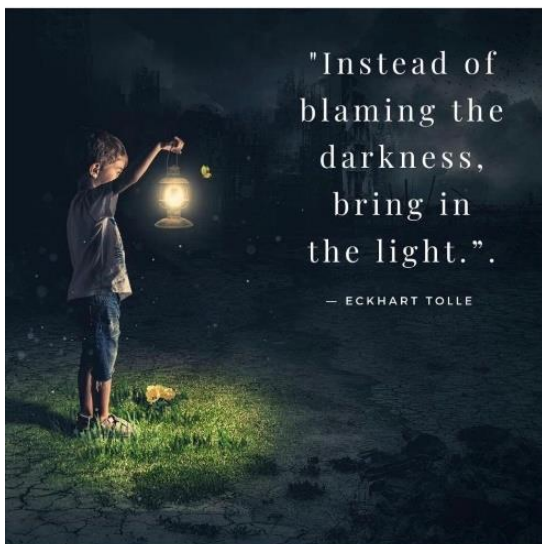
People can also inspire us and provide us with ‘gifts’ that we can use to uplift us. I was also blessed with a very ‘positive’ father, whose *joie de vie* was palpable and oozed out of every pore of his being. He used to sing spontaneously in his lovely tenor voice, recite poetry or jokes whenever the spirit moved him, and display his passionate love of his fellow human beings no matter what race or creed. An experience in his early twenties changed his life and allowed ‘love’ to enter in. From then on, ‘love’ became the central theme of his life. Being around someone who is so spontaneously joyful is a ‘gift’. One that I am truly thankful for.

In 1959, the Dalai Lama fled from Tibet and ended up being given a home by the Indian government in the same Himalayan hill station in which my boarding school was located. Many Tibetan refugees, including children, followed with him, and we sent them clothes and food. In gratitude, the Dalai Lama came to visit our school on a number of occasions. The first time he came I was in a Home Economics class cooking. He came up to me and inquired about what I was cooking. He then took the spoon from my hand and started to stir, smiling and laughing, as he seemed to think it was quite humorous. His ‘gift’ was his presence and the joyfulness of his being. I remember wondering how he could be so joyful after having recently lost so much. When one has been in close proximity to that type of presence it lingers in one’s cellular memory as one of those ‘gifts’.



We can hold these memories of positive experiences, relationships people and times, or the beauty of nature, inside us and use them as tools for lifting us up when the going gets tough.

So, when fear grips me, there are some ‘gifts’ that I’ve been given that I can bring to mind to keep ‘hope’ alive. What are your ‘gifts’? What makes your heart ‘sing’? When times are uncertain and fearful, it is important to bring those ‘gifts’ to mind and keep them alive in your heart. Let them become your focus instead of your fear. For me, two things do that. One is nature and the beauty of the earth; the other is love, for life and human beings.



"Instead of  
blaming the  
darkness,  
bring in  
the light."

— ECKHART TOLLE

Fears, barriers and resistance are created in our own consciousness. All experience is a mental construct, a function of consciousness. Experience can be seen as something ‘bad’ and we can blame God, the Universe, our Government, our parents, someone specific, etc., for what is happening TO US, or we can decide not to be ruled by these and look at ‘experiences’ as OPPORTUNITIES to PIVOT, and change our world view and our actions. It’s up to us to decide what to do with them, and whether we want them to rule our lives.

**Love** is the antithesis of fear...

The Greeks named seven forms of love\*:

**Eros** – love of the body;

**Philia** – love of the mind, brotherly love or sincere and platonic love;

**Ludus** – playful love, a flirtatious and teasing kind of love;

**Pragma** – love that is longstanding, the everlasting love of a couple who have been married for a long time;

**Agape** – love of the soul, selfless love, the love for humanity, the closest to unconditional love;

**Philautia** – two types of love of the self, one that is pure selfish, takes and does not give back, the other that is a healthy and allows individuality, doing your own thing, but coming together to support each other's growth; and,

**Storge** - the love parents naturally feel for their children, that knows forgiveness, acceptance and sacrifice.

[\*Retrieved from <https://en.wikipedia.org/wiki/Love>]

During our lives we may experience or tap into each one of these different forms of love. We can use those memories to help us deal with our 'fear'.

Using the principle of resonance, that is the basis of essence therapy, we can also choose essences to help us shift out of fear, anger, resentment, frustration, despair... In each of the three brands of essences we carry, there are essences for a variety of aspects of Love. Taking them helps to shift us out of fear and opens up new possibilities.

Before we can truly love others, we must first love ourselves...

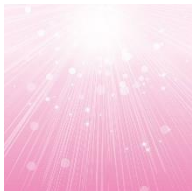
## Living Light Essences for Love

For the next month we are offering 25% off the essences listed below. At the checkout enter the code **LIVINGLIGHT-L**.



**Living Light Essence - Circulating Love / Rose Quartz** - Gently opens the self to love and be loved, giving and receiving without need or expectation. Enhances your ability to appreciate, accept and love yourself.





**Living Light Essence - Loving Patience / Archangel Chamuel** – Opens the heart and nurtures the qualities of loving patience, allowing deep inner healing, freeing you to gently and lovingly make allowances for yourself and others.



**Living Light Essence - Unconditional Love / Third Divine Flame** – Opens the heart and mind to lovingly embrace and accept all aspects of the self and the Love that resides within. Love is intelligent and alive, warming and nurturing the soul. True Love is unconditional, limitless and totally accepting.



**Living Light Rainbow Essence - A New Awareness of Love / Pink / Quartz & Amethyst** – Lovingly and brightly assists in burning off cords of fear that may be holding and hindering you from manifesting joyfully and abundantly on all levels of being. Helps bring you to a new awareness of Love, the Source which created you.



**Living Light Rainbow Essence - Being Love / White / Apophyllite & Stilbite** – Helps in freeing you to recognize and connect with the unexpected Joy and Love within random moments and experiences that come your way so that you can come to a place where you may swiftly evolve from an awareness of Love towards your evolutionary potential where Love is a state of Being.

## [Bloesem Remedies Nederland \(Flower Essences of the Netherlands\)](#)

Check our website for our special discount on these items, and use the code **Bloesem-C19** at the checkout.

Bram Zaalberg, the producer of the Bloesem Remedies Nederland, has written an interesting article about the COVID19 coronavirus and which essences would be helpful during this time. Check out his article, '**Flower essences, tissue salts, spirituality, and the Coronavirus**', on our website. [Read here...](#)

Below are the flower essences Bram has mentioned in his article, described as they relate to the virus...



If you look at the virus from the view of Flower essences, you can see the theme of space: Everyone is even required to take up space. A Flower essence that works specifically on this is the **Sensitive Weed**. When you feel like someone else is getting too close and you don't have room for yourself anymore, she helps with the processing of old emotional "pains" you've accumulated. She gives you safety and protection.



The **Sunflower** is important because it has to do with your manifestation and the letting go of your dreams. It strengthens the solar plexus and helps you to find your own strength. It gives you strength, vitality and energy. She helps you to do what you've always wanted to do. She gives you decisiveness and lets you do business. The Sunflower works indirectly on the sugar household. You can also see the problem of manifestation in those with diabetes, which is why this is also a risk group with regard to the virus.



The **Soul Development** gives courage and decisiveness. If you have been in doubt for a while, and by thinking rationally you don't want or dare to take any further steps, then this combination activates your feelings in such a way that you can only move forward. She'll make you go your own way.



The **Impatiens** is important with all limitations when you adapt too quickly to others and cannot express your annoyances and irritations. If you want to grow too fast and are bothered by others. All these kinds of swallowed emotional irritations can cause anxiety and physical irritations.



The **Star of Bethlehem** strengthens the connection with your higher light, connects you to who you really are, lets you listen to yourself and strengthens your source of love, your unique qualities and your universal power, causing disruptive influences from the environment easily released. It activates the power to recover, even when you are exhausted and burned out.





The **Ground Ivy**, is already known as herb for the lungs, but as a Flower essence she strengthens confidence in yourself, regardless of where you are. It lets you grow, develop and expand and gives you strength and abundance. She helps you clean up old, misunderstood emotions and lets you become aware of patterns in your behavior that you have no view on. She makes sure you can manifest yourself and that you care about yourself.

The combination of these six described Flower essences is the spiritual supplement that fits the negative movement of the virus, and let you go on your way to your own and unique identity. **Change the problems in the outside world by balancing your inner world.**

## Spirit-in-Nature Flower Essences

We continue to offer some of the Spirit-in-Nature flower essences for half price due to expiry dates. Just use the code **SiNE-50** at the checkout. Remember, technically, flower essences don't really have 'expiry dates' and will last for years if stored correctly, so this is a good bargain. We also have the last 30 ml bottles available... while quantities last.



**Spirit-in-Nature Grape Essence for Adults / Love and Devotion** - To awaken the feelings of the heart and to love others spontaneously, whether that love is returned or not. For developing selfless love and all true and noble qualities. Many people, especially in crowded cities, feeling disconnected, alienated and vulnerable, experience the need for this essence through loneliness, isolation, or unfulfilling relationships. For weathering the death of a loved one, divorce, separation, neglect, and abandonment issues. Brings a realization of the source of love within, loving without condition, demand or expectation, patience with others' shortcomings.



### **Spirit-in-Nature Grape Essence for Children / Love**

**Mother: Love and compassion.** Patience with other's shortcomings. Clears strong negative emotions, jealousy, resentment, feelings of abandonment, grief and vulnerability due to separation, divorce or death. Helps to find forgiveness and that inner source of love.

**Child: A Loving nature.** Great for tantrums and any attitude that is not loving. Clears stubborn, self-willed moods and any bullying tendencies or attitudes. For the child who keeps saying NO!



**Spirit-in-Nature Grape Essence for Pets / Love** – For animals who have been abandoned, or who feel threatened by other animals in the household; for strays and feral animals. To ease territorial disputes, dominance issues, and helping animals who are jealous or possessive.

When we are stressed, our animal companions and friends are also stressed as well. Lila Devi has an amazing book about using flower essences to help animals overcome their emotional and behavioural hang-ups. Check out: **Flower Essences for Animals: Remedies for Helping the Pets You Love.**

## MPENZY – Organic Skincare



MPENZY's belief is all about taking care of ourselves, of those around us, and of the world we are lucky enough to live in. And, it fully claims that change can start with the smallest of actions. For MPENZY, that means building a brand that truly focuses on transparency, compassion, giving back, and treating people in ways that would make mom proud.

Try out our specials for the month and receive a 25% discount for MPENZY Body Lotion and Hand Cream if you use the code **MPENZY-25** at the checkout.



**MPENZY Body Lotion** – We worked super hard to create a formula that works almost as hard as you do. In addition to luscious moisture, it also relieves daily aches and soothes even the most sensitive skin (even for those with psoriasis and eczema).

Made with superior ingredients chosen for effect—not fluff—including mango seed butter, moringa oil, hemp oil and avocado oil, along with healing arnica, calendula, birch, aloe vera and viola to protect, nurture and provide essential vitamins and nutrients.

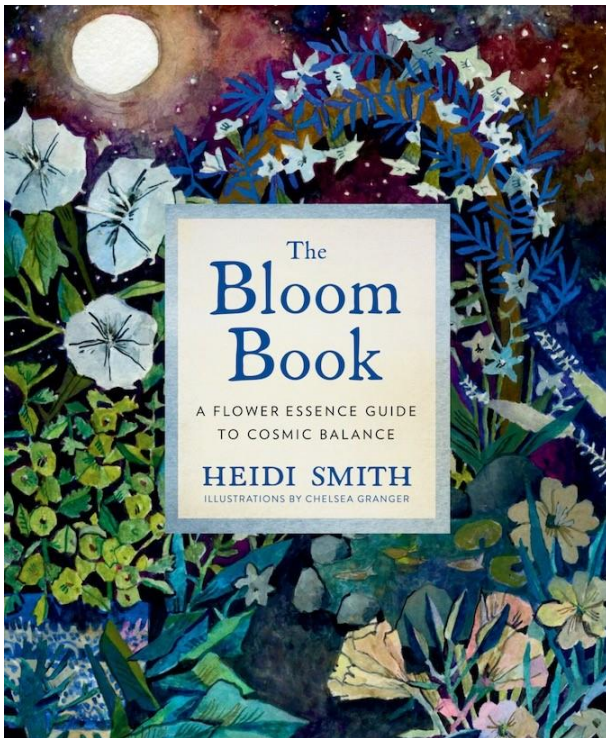


**MPENZY Hand Cream** - Whether you're a texting junkie or constantly dominate in the weight room, we know your hands always need a little healing and hydrating TLC. This beautifully scented cream richly moisturizes dry, chapped hands, helps seals in moisture and delivers organic and natural nutrients to leaves skin lusciously hydrated and buttery soft—yet not at all greasy.

## The Bloom Book: A Flower Essence Guide to Cosmic Balance

~ by Heidi Smith

The following was written by Heidi Smith...



A few years ago, I received an assignment from the universe: to provide a guide for coming into greater balance with ourselves, each other, and the planet by way of the flowers. With an open heart, I answered this call and created **The Bloom Book: A Flower Essence Guide to Cosmic Balance**.

While writing, I did not know how prescient the themes of this text would be, but perhaps now more than ever, the invitations from the plant kingdom beckon us towards our most vibrant, balanced, and actualized selves. Flower essences are a type of vibrational and plant medicine distinctly attuned to expanding our consciousness and connectivity, and we should consider them to be potent teachers.

As a psychosomatic therapist and herbalist, I honour healing as a multidimensional and interconnected process. Subtle energetic/vibrational medicine is gaining in popularity as more people call into question western approaches and patriarchal structures altogether. This shift towards more ancient and holistic wisdom is intrinsically linked with both our individual and collective healing.

I created **The Bloom Book** as a tool for you to use for your highest good. It is written from a personal, clinical, and energetic perspective. For anyone committed to creating positive change in the world, this is a resource to support multigenerational, intersectional, and planetary healing. Whether you're new to flower essences or deepening your existing knowledge—let *The Bloom Book* be your guide.

Inside you will find more on the roles the divine feminine, healing justice, ritual, and the flowers play in our awakening. With a foreword by my long-time teacher, Jane Bell (of Presence of Heart), and gorgeously illustrated by artist Chelsea Granger, *The Bloom Book* also contains insights from several of my fellow flower essence light workers, as well as simple exercises to enhance your own healing practice.

Ten percent of my pre-order proceeds will benefit [Third Root](#), a social justice-oriented worker-owned community centre that provides accessible, empowering, and collaborative holistic health care in Brooklyn.

This book was deeply healing for me to write, and I hope it resonates with you as a source of beauty, comfort, and inspiration. If you feel called, please join me on a path towards cosmic balance.

Places to purchase **The Bloom Book**: <https://www.moonandbloom.com/the-bloom-book>

## July 2020 Astrological Insights and the 7 Rays



[July 2020- from Dale Osadchuk. All times listed are Eastern Daylight EDT]

The Ancient Wisdom Teachings (Alice Bailey) and Soul Centered Astrology (Alan Oken) tell us the planets and zodiac signs are aligned with the **Seven Rays**. **In 2020 the 7<sup>th</sup> Ray of Awakening and Illumination has been activated by Jupiter (spiritual vision) Saturn (spiritual foundation) and Pluto (spiritual transformation) all in Capricorn (society). Cancer (emotional nurturing) and Aries (inspired new beginnings) are also 7th Ray signs.** Our Archangel guides are Zadkiel and Amethyst, Keepers of the Violet Flame of Transmutation. This theme continues in July and for the rest of the year.

**July 11-** Chiron in Aries turns retrograde until Dec 15- deep healing and release of the old you

**July 12-** Mercury in Cancer moves direct. The planet of our thoughts and perceptions has been in Cancer (deep emotional feelings) since May 28 and has been retrograde (review and re-think) since June 18. Now as he moves forward it is time to create a new foundation guided by our inner knowing.

**July 14-** Mars and Chiron Rx meet in Aries. Time to actively heal wounds of rejection and abandonment so we can follow the path of inspired new beginnings.

**July 20-** Cancer New Moon. This is the second New Moon in Cancer. The first being June 20/21 the Solstice Solar Eclipse. These Cancer New Moons ask us to embrace our spiritual destiny path. **The 3<sup>rd</sup> Ray** of Divine Mind (**along with the 7<sup>th</sup> Ray**) is guiding us. Archangels Chamuel, healing thorough Divine Love, and Charity, gratitude and caring, are walking with us.

**July 22-** The Sun enters Leo and the astrological Earth enters Aquarius (until Aug 22). The theme is courage of your convictions, discovering inner strength, courage to be centered in the compassionate heart with Loving kindness for all. It is also the time to strengthen our connection to guidance from The Source (whatever that is for you). The **5<sup>th</sup> Ray of Knowledge and Healing** is now active. Archangels Raphael, the shining one who heals, and Mary, Divine Unconditional Love, walk with us.

**July 26-** Mercury in Cancer clears his retrograde shadow. He enters Leo on Aug 04 and energizes the **5<sup>th</sup> Ray** of Knowledge and Healing.

Namaste and blessings, Dale

For more detailed insights regarding the astrological influences Dale has a free New Moon list you can join. Send your e-mail address to [daleosadchuk@rogers.com](mailto:daleosadchuk@rogers.com) to join. She is also available for astrological telephone sessions to help guide you on your new path.

## Living Light Essences related to the Seven Rays:

The Living Light Essences can be used to help you align with the energies of the specific Rays that are active at this time...



1<sup>st</sup> Ray – [Divine Will / First Divine Flame](#)

2<sup>nd</sup> Ray - [Inner Wisdom / Second Divine Flame](#)

3<sup>rd</sup> Ray – [Unconditional Love / Third Divine Flame](#)

4<sup>th</sup> Ray - [Pure Harmony / Fourth Divine Flame](#)

5<sup>th</sup> Ray - [Knowledge / Fifth Divine Flame](#)

6<sup>th</sup> Ray - [True Peace / Sixth Divine Flame](#)

7<sup>th</sup> Ray – [Freedom / Seventh Divine Flame](#)



**Emerald is the base gem for the 5<sup>th</sup> Ray of Knowledge and Healing.**

The **Living Light Fifth Divine Flame Essence - Knowledge** - helps you access your Inner Knowing, using both awareness and judgement. Expands your ability to perceive and acquaint yourself with facts, truths, and principles. Helps you see inside things to search out and discern their intricacies, meaning or structure. Knowledge is the code key to understanding the meaning and purpose of Life.

*This essence helps you apply your knowledge in the workplace and in your life for the betterment of all life. A great essence for scientists and researchers.*

*Knowledge comes from a total awareness, understanding, embracing and appreciation of a specific person, place or thing. One who has knowledge of something usually has experience at some level with that same thing. One is not only aware of what it is, and how it works, but one understands it, embraces it and accepts it as it truly is.*

*True scientists seek to know the true workings of life and the universe. They deny nothing and accept all as it is, recognizing that our understanding and knowledge of the universe is continually expanding and growing. They also recognize that what is perceived to be 'truth' in one society may not necessarily be recognized as 'truth' in another, and that much of what we 'believe' to be true is based upon perception. Being open to finding 'truth' with all means available is the hallmark of a true scientist. ॐ*

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If you no longer wish to receive our newsletter you may UNSUBSCRIBE at any time.  
We value your privacy and will never share your personal contact information with anyone.  
Please feel free to pass this newsletter on to others you feel might find it interesting and useful.

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