

Living Light / Luminesce News – June 2023 <u>www.livinglight.com</u>

Essence Friends,

Sometimes life interrupts the flow and things we'd like to do are missed. There are days, like birthdays, Mother's Day, Father's Day, dates when loved ones have passed... that we honour friends and family. In the west we tend not to pay much importance to these rituals and rites of passage, but in other countries and cultures (Japan for instance), these days and others are considered important as they mark our progression through life and the roles we play. They aren't just "commercial days" when companies can hope to sell more product, they have meaning to those who celebrate them.

In our 'detour' we missed Mother's Day, and now it is nearly Father's Day! So, we've decided that this missive is to honour **both**.

Recently I had a texting 'conversation' with my son, with whom I have a distance relationship as he lives in the UK, and I live in Canada. There have been times in this distance relationship that I've wondered about our relationship and what it means to him. Being a single parent for much of his growing up years wasn't always easy. A single parent often has a challenging time as they are the ONE who says both 'yes' and 'no'.

So, I was quite surprised when in the middle of our 'conversation', he said, "And

mother... one of the things I (re)-learned while talking to (a friend)... was that I had a pretty terrific childhood. OK, so moving around perhaps presented challenges, but what you provided me... how you cared for me, how you nurtured me, how you challenged me and occasionally had to set me on the straight and narrow. I thank you for that."

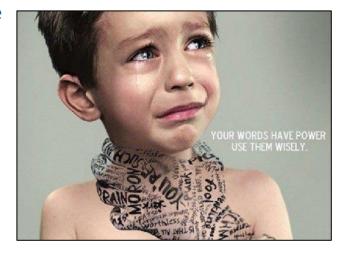


Was I shocked? Yup! Did I shed a tear? Yup! As parents we always hope that how we try to raise our children will help to put them on a happier and fulfilling path in life. As parents we can feel guilty about things we sometimes feel we could have done better or ways we could have reacted differently in certain circumstances. I'm sure any parent can relate to that.

I once had some major health issues that frequently affected my moods, so that I wasn't a very balanced person. My personality was a bit like Dr. Jekyll and Mr. Hyde – pleasant one minute and not so pleasant the next. It must have been challenging for those around me. When asked to speak with a group of nurses about it one asked if I didn't feel guilty about how it might have affected my family. My response was, "I might feel some regret, but I don't feel guilty. I could only do what I knew how to do with the knowledge and skills that I had at that moment in time." It wasn't an excuse, that's how it is. We do the best we can with the knowledge and skills that we have as we, hopefully, grow and progress through life... leaving ourselves open for change and 'improvement'.

As parents our role involves tending to the needs of our children - keeping them

healthy and safe. At times this can be easy and at other times quite challenging! Our other roles include preparing them for independent life; providing good role models; showing them the love that we feel for them; finding joy, laughter and having fun; and introducing them to the natural world, of which they are a part. Our



actions speak louder than words, so the adage, "Do what I say, not what I do," doesn't cut it! It is our example that counts. Its finding that fine balance between needing to direct and control to allowing our children the freedom to experiment and find things out for themselves so that they can become loving, independent, fulfilled human beings. Not always easy! As we take responsibility for our actions, thoughts, words... so we model for our children to do the same.

<u>Parenting</u> takes patience, perseverance, focus and attention. Amongst a plethora of other skills, it takes good listening and communication! Part of



what we do is teach values that align with our cultural, religious, or family values so that our children have a greater chance of getting along in society. In 'mixed marriages', where parents come from different backgrounds or cultures

this can sometimes be an additional challenge, as they can differ significantly and become confusing. Today there are also many 'blended' families that have their own special challenges and joys.

In this age of computers, cell phones, social media and the internet, children's lives have changed considerably from when I was a child, and even since my children were 'growing up'. We had free reign in nature, to explore and play. Now, it takes a concerted effort on the part of parents to find a balance between being culturally 'with it' and the natural world. This is one of our primary roles as parents, to pass on an understanding of what is really important – the material world or the connection between all things.





So, lets celebrate both parents for the love they give so freely try to give their children, and their efforts in nurturing and raising their children to be whole, independent, caring, and loving human beings...



So, how can essences help?

Essences may be used to help us through difficult situations or to give us a boost when we feel we need to change or enhance our well being, or those of our children.

"Flower (or gem) essences offer a wonderful way to heal and grow because they act as catalysts for change at a deep emotional level...

The positive changes that can occur from using flower essences include feeling more confident and creative, experiencing more joy, being more forgiving, forging better relationships, having more clarity and focus, and even cultivating a deeper connection to your Higher Self.

When you use a flower (or gem) essence you are connecting on a spiritual level with nature and your guides.

So don't be surprised if you start to gain clarity about your life's purpose while using flower essences..."

~ Christine Northrup, M.D.

Essences of the month... that may help you and your children on your way... or you in your relationships with others, include:

Living Light Essences - 30% off



<u>Circulating Love</u> / <u>Rose Quartz</u> /– Allowing yourself to love and be loved.

Restoring Balance / Sacred Emerald - When things get out of kilter, or we need some balance in our lives.

<u>Releasing</u> / <u>Holy Amethyst</u> – Letting go of the things that no longer serve or create an imbalance in our lives and relationships.

<u>Truth</u> / <u>Archangel Michael</u> / – For protecting and also helping us be 'in our truth'.

Loving Patience / **Archangel Chamuel** - Helps you be more open to allowing others you love (or even those you dislike) to make mistakes or to simply be themselves.

<u>Purity</u> / <u>Archangel Gabriel</u> - For clearing trauma, guilt, or shame so that we can begin anew.

<u>Illumination</u> / <u>Archangel Jophiel</u> - Brings insight, inspiration, joy and happiness. Helps us in the here and now so that we can let go of the things that are not really that important and hold us in anger or resentment.

<u>Creative Expression</u> / <u>Holy Spirit</u> – allows us to tap into our creativity with fluidity and grace.

For more information about how to choose and use the <u>Living Light Essences</u>, click here...

Rainbow Essences - 30% off



<u>Grounding to the Self</u> - assists you in releasing and disconnecting from the old unconscious, repetitive responses, to which your nervous system has become

accustomed, and which were created by past experiences, cellular memory, and belief systems. Finding balance, smoothly and gracefully, as you transition into new ways of being.

A New Awareness of Love - lovingly and brightly assists in burning off the cords of fear that are holding and hindering you from manifesting joyfully and abundantly on all levels of being.

Embracing the New – being open to making changes where necessary

For more information about how to choose and use the <u>Living Light</u> Rainbow Essences, click here...

Bloesem Remedies Nederland - 30% off



Love - to be able to give and receive love, without denying your own needs

<u>Protection</u> - calms and brings you to the deepest centre of your being in times of tension caused by the influence of the outer world .

<u>Impatiens</u> - expressing irritations that have piled up.

Mycena (mushroom) - to release old, often forgotten emotions.

<u>Little Inky Cap</u> (mushroom) – helps release old anger or go on in spite of chaos.

<u>Giant Stropharia</u> - when you leave things for too long, deal with them too late.

Peppermint - lets you think clearly and gives strength.

Yellow Star Tulip - gentle, loving warmth for yourself.

<u>Children's Vortex</u> – clears trauma, pain and grief from your childhood. This can be a trauma from being beaten up, but also because you were not allowed to play outside and only had to work, you had the feeling that you were imprisoned in your duties. The playfulness and the pleasure has therefore disappeared and the heart is a meeting place of pain. Every time you try to do something enjoyable, the feeling of old obligations and the old pain returns and stops you to start having a good life.

For more information about how to choose and use the **Bloesem Essences**, click here...

Spirit-in-Nature Essences - 50% off



Lettuce – calmness

Fig – flexibility

Orange – enthusiasm

Grape – love

<u>Peach</u> - lightheartedness

For more information about how to choose and use the **Spirit-in-Nature Essences**, **click here...**

RACHEL FINNEY

Co-creator Living Light & Rainbow Essences



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~ Luminesce.

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