

Living Light / Luminesce News – September 2020

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Essence Friends,

Five years ago, I was faced with a choice between continuing to live or leaving this earth plane. The Universe presented me quite drastically with these two choices, either to radically change my life or use it as an opportunity to leave. Life had been quite challenging, I was tired and discouraged, and I had not been paying attention to my own needs or that of my body. The message was that life couldn't continue in that vein any more. So, I was being given a choice. Strange as it may seem, it took me several months to decide what I really wanted to do.

Interesting isn't it how things come to one at times of need. Things we've heard, read, seen or experienced. There were several things that finally helped me decide.

Years ago, when I was a student in India, I had my horoscope read by a pundit/astrologer. Indian astrology is somewhat different from western astrology. The pundit also reads your palm to gain further insight into your life's story. At the beginning of the reading the pundit said to me, "The lines on one hand show what gifts you've been given in this lifetime, and the lines on the other show what you've done with the gifts you've been given." Quite a challenging statement, and not an easy one to face! How often are we given gifts or opportunities and simply squander them because we don't want to put in the effort to make changes, because we are afraid, because we don't feel 'worthy', the challenges feel too great, or we simply don't believe taking up the challenge is possible or worth it in the circumstances. In deciding whether to stay or leave, I pondered the pundit's statement for a while, as I have been blessed with many gifts this time round, despite all the challenges that have faced me.

I tend to keep quotes of things that are meaningful to me and at that point I was reminded of a couple of quotes that dealt with the major challenges life tends to throw at us from time to time. One was from world renown scholar, mythologist, lecturer, writer and philosopher Joseph Campbell. Some of you may remember the wonderful series that Bill Moyers did with him on PBS many years ago called 'The Power of Myth.' Campbell writes about life's challenges,

JOSEPH CAMPBELL
THE
POWER
OF MYTH
with Bill Moyers

"Whatever your fate is, whatever the hell happens, you say, "This is what I need." It may look like a wreck, but go at it as though it were an

opportunity, a challenge. If you bring love to that moment—not discouragement—you will find the strength there. Any disaster you can survive is an improvement in your character, your stature, and your life. What a privilege!! This is when the spontaneity of your own nature will have a chance to flow. Then, when looking back at your life, you will see that the moments which seemed to be great failures, followed by wreckage, were the incidents that shaped the life you have now. You'll see this is really true. Nothing can happen to you that is not positive. Even though it looks and feels at the moment like a negative crisis, it is not. The crisis throws you back, and when you are required to exhibit strength, it comes."

The second quote dealt with something that has been a challenge throughout my life, self-esteem, and how that affects how we view the world. It is a famous quote often attributed to Nelson Mandela, but was actually written by Marianne Williamson in her book 'A Return to Love'. She writes,

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world."

There is an interesting article about this quote if you'd like to <u>read more here...</u>

This past week was the Democratic National Convention in the United States, which, because of the coronavirus, took on a different form and theme from previous political conventions. Its theme was about the challenges we face at this time in the world, the body politic in the U.S., the value of truth, compassion, decency and love, and about 'light' and 'dark'. It also emphasised the fact that if we want change, then action is required. I thought it was interesting that the theme of light and dark

played so heavily in everything that was presented. After listening to the entire convention which presented people from all walks of American life, I was left feeling quite hopeful.

So, to go along with that theme I decided to have a lazy weekend and re-watch the entire 'Lord of the Rings' trilogy. If you've watched it yourself, the entire theme of the trilogy is about the battle between 'light' and 'dark' - 'good' and 'evil'. There is a scene that I thought was really relevant to today's world and the Convention. In this scene, Gandalf and the 'fellowship of the Ring' are all in the mines of Moria, waiting for Gandalf to decide which road to take. Frodo

discovers that Gollum is following them and speaks to Gandalf about it. We are quick to judge what is happening in the world right now, and polarity is extremely dense. I was reminded of Donald Trump in the answers Gandalf gave to Frodo. Here is part of the conversation about the 'ring of power', life and our role in it:

Gandalf: "He [Gollum] hates and loves the ring as he hates and loves himself. He will never be rid of the need for it."

Frodo: "It's a pity Bilbo didn't kill him when he had a chance."

Gandalf: "Pity? It was pity that stayed Bilbo's hand. Many that live deserve death. Some that die deserve life. Can you give it to them, Frodo? Do not be too eager to deal out death or judgement. Even the very wise cannot see all the ends. My heart tells me that Gollum has some part to play yet, for good or ill before this is over. The pity of Bilbo may rule the fate of many."

Frodo: "I wish the ring had never come to me. I wish none of this had happened."

Gandalf: "So do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us. There are other forces at work in this world, Frodo, besides the will of evil. Bilbo was meant to find the ring. In which case, you also were meant to have it. And that is an encouraging thought."

I'm sure most of us wish that we were not living in such times, where death or illness has come to many who don't seem to deserve it, where some have lost their livelihoods and homes, and where divisiveness seems to be the order of the day. Our children and students are heading back to school and college/university creating feelings of fear, anxiety and uncertainty in the hearts and minds of their parents. What to do for the best?

We don't always know why certain things happen in our world – war, famine, natural disasters, political unrest, injustice, pandemics, recessions, illness, death of a loved one, accidents... the list could go on. Those are our 'rings', and we often wish that they had never come to us. But, as Gandalf and Joseph Campbell both say, such times are often brought to us so that we can make changes, and so that change can happen not just for us, but for the collective. How we deal with them is up to us, even though we didn't personally make those 'bad' things happen. We are part of the collective, and sometimes that energy is stronger than our personal life story.

Our September 2020 newsletter content:

- Essences to support us in these times
- Different Ways to Support Ourselves and Our Children with Essences
- Some General Tips for Taking an Essence That Apply to All Essences
- Our Monthly Specials
 - Living Light Essences
 - o Bloesem Remedies Nederland
 - o Spirit-in-Nature Essences
 - O MPENZY
- September 2020 Astrological Insights

Essences to support us in these times

If you are headed back to work or have children headed back to school/college/university, essences can be especially supportive in such times. On my own life journey, they have made all the difference. Even though we may not 'feel' that they are doing anything, they are, as our before and after aura pictures can attest to. Check out our 'before and after' taking an essence aura pictures here and here...

One of the reoccurring questions we receive from customers is about how to choose and use essences. On our website, under the **LEARN/Resources/About Essences** TAB, you will find several articles answering these questions. Check out our article on 'How to Choose & Use Essences'.

We each have our favourite brand of essences we like to use. Different essence producers have found that specific methods and dosages work best with their essences... so you will see some differences in instructions that we provide in our online article for the <u>Living Light & Rainbow</u> <u>Essences</u>, the <u>Bloesem Remedies Nederland</u>, and the <u>Spirit-in-Nature Flower Essences</u>.

Some General Tips for Taking an Essence That Apply to All Essences

We live in a society that is very busy, and it is often a challenge to take time to 'notice'. We tend to grab and run, or take an essence as we are walking out the door. If you don't take the time to 'notice' and 'listen' when you take your essence, you may miss some of the valuable 'information' your body, self and the essences are giving you when you take them.



We recommend that before taking your essences, you sit quietly for a minute or two and notice how you feel and what is happening with your body, emotions and thoughts, then take your essence(s) and do the same again. Notice whether you feel any different. Initially, you may not observe any changes, but after taking the essences for a while you may begin to appreciate what is happening on the subtle levels and in your life.

Sometimes it helps to keep a journal, or, if you are not into writing, draw an image. That way you can really measure the changes that are occurring in your life.

Different Ways to Support Ourselves and Our Children with Essences

As you keep hearing me say, essences, whether flower, gem, combination, tree, star or shell... are very versatile and have the capacity to complement and deepen many different healing modalities. Feel free to use your imagination. There is really no wrong way to use essences:

- **Aromatherapy:** Mix with essential oils in a diffuser to augment their effectiveness.
- Bath: Put several drops into a bath along with some Epsom Salts and essential oils.
- **After a shower or bath:** Put some drops on your hands and rub them into energy points on your skin. OR...
- **Spray or mist:** So refreshing just after a shower, before getting dressed, before heading out the door, when coming back home, or when going to bed at night.
- Beauty Products: Put a few drops in beauty products, shampoos, massage oils, and lotions.
- Stress: Hold your chosen essence against your heart when you feel stressed or upset
- Spray a room or your house: To clear the energy and uplift spirits
- Sleep: Put some drops on your brow or spray your child's bed and room before sleep
- Water: Put some into your child's or your own water bottle to sip during the day

Our Monthly Specials

Living Light & Living Light Rainbow Essences

For the next month we are offering 25% off the essences listed below. At the checkout enter the discount code **LIVINGLIGHT-25**. Please note, unless you enter the code, you will not receive the discount.



Restoring Balance / Sacred Emerald – restores balance and helps you maintain that state, outwardly reflecting the calm stillness of your true inner nature. Helps you stay centred.

When you are feeling stressed or have a tendency to go to extremes Living Light Sacred Emerald Essence helps to provide the balance you need.



Releasing / Holy Amethyst – helps you let go of things - old habits, beliefs, attitudes, fears, anger, anxiety, experiences, situations, relationships, clutter, control..., opening the door to new possibilities.

Sometimes letting go is the hardest thing to do. Holy Amethyst helps us to let go of hurts and past relationships. An invaluable tool for those who have difficulty relinquishing control. When the garage is filled with everything but the car, or your basement is still holding treasures from the early 1900's. Holy Amethyst helps release the beliefs, habits and things you no longer need.



<u>Pure Harmony</u> – guides you to a deeper awareness, understanding and acceptance of who you are, thereby bringing you back into purer resonance and harmony with your Inner Essence. Helps you overcome inner conflict, aligning and creating beauty out of discord and chaos.

Keeping harmony in the team at work, on the playing field, or at home can be challenging to say the least. Taking the Pure Harmony Essence personally, and sharing it with your fellow players, helps to promote inner harmony and reduce outer discord. When the situation is getting a little strenuous, this

Essence can be a lifesaver.



Contentment & Calm – smoothly and calmly assists in burning off, purifying and transforming deep-seated emotions, such as anger, rage, fury, wrath, resentment or indignation that may well up inside and sometimes explode without warning. It opens the heart to new levels of interacting and communicating with others and the Self, which then allows you to feel the experience, bringing you to a place of quiet contentment and calm in the midst of these transformative and alchemical times.



<u>Archangel Michael</u> – Especially helpful for teenagers or young people who don't yet quite know who they are, and might be easily influenced by the 'herd'...

The **Archangel Michael Essence - Truth -** helps you strengthen your inner convictions and integrity. Acts to help you see and release beliefs you have come to accept as 'truth' which are not. This essence is about 'Being True to Yourself'. You are either in your Truth or out of it...there is no inbetween.

At different times in our lives, we give in to the demands or requests of others, knowing in our hearts that following through with such an action is not truly in our best interest. How many times do we make choices that do not really resonate with our inner truth?



Metatron – When life seems to be unstructured and new forms need to be created...

The Masculine Creative Force deals with the flow from Mind and Thought into physical form and structure. Creatively assists you in organizing changes and reprogramming your life in a major way. Assists in clearing old family 'history' - deep genetic patterning.

Sitting at your desk in your study at 4 am, thinking, pondering about your life, your career, and the workings of the world around you – a thought comes into your mind, a picture of something special. Step by step you begin to put your ideas down on paper, creating something new and exciting. Metatron inspires you when designing and creating tools and technologies for a better world and may inspire the designer in you towards great change and growth.

For more details about each essence click on the name of each essence...

Bloesem Remedies Nederland (Flower Essences of the Netherlands)

Check our website for our special discount on these items. Please note, you must enter the **discount** code Bloesem-15 at the checkout to receive your discount.

In the Bloesem Repertory, which you may download for free <u>here</u>, there are a number of essences suggested for dealing with 'chaos'. We will feature three of them here:



The <u>Alternanthera essence</u> is about centred feelings, not having fear to express these; staying within yourself, not letting yourself be disturbed by other people or other issues. To do the work you believe in and bring your Higher truth into reality, to work with it and to expand it. Not thinking in shyness but giving full expression to what is. To love the earth and the deepest core of your being in the deepest way.



Giant Stropharia Mushroom essence gives new insight into the things you are doing. Instead of fixing your eyes on the difficulties in life and the things you do, the Giant Stropharia helps you to direct your attention to pleasure and fun. It helps you take direct action, especially when you have been sitting around far too long, thinking about what to do. Handling things from the heart and doing things for the fun of it and not because you feel you must, or that it is expected of you. Giant Stropharia connects you to the

earth, releasing energies and tensions, which are stuck behind your eyes, back into the ground.



Peppermint essence helps you to digest everything that is difficult, especially what is happening in this moment in your life and in the world. It helps you deal with deep emotions and problems which you see in the world around you, all the things that come your way and which you cannot get out of your mind. Peppermint essence also gives you insight into the behaviour patterns, and structures you have been holding on to since the time you were born. It might even be that you are no longer aware of these patterns and

structures. Peppermint gives the insight that these are a part of you and that they can be blocking the development and growth of your highest good.

Spirit-in-Nature Flower Essences

We continue to offer some of the Spirit-in-Nature flower essences for half price due to expiry dates. 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. Please note, you must enter the discount code SiNE-50 at checkout to receive your discount.



Lettuce (Lactuca sativa)

Calmness. To have greater calmness and inner strength when confronting the difficulties in your life. Also, for clear communication skills and promoting creativity, self-expression, and expansiveness. For an inner sense of restfulness and dynamic, energized stillness. For restlessness, inability to concentrate, excitability, repressed and troubled emotions, dispelling emotional

turmoil, replacing it with even-mindedness. Confers the ability to speak one's truth, restores clear communication skills, and creates a productive, clear-thinking environment for highly creative people. Freedom to experience the more subtle states of relaxation.

(Written by founder Lila Devi and used with permission from 'The Practitioner's Encyclopedia of Flower Essences'.)

For additional information about this essences **read here...**

MPENZY - Organic Skincare

Try out our specials for the month and receive a 25% discount for MPENZY Body Oil. Please note, you must enter the **discount code MPENZY-25** at checkout to receive your discount.



MPENZY Hand Cream

Deeply moisturize hands with this incredibly non-greasy, healing 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.

Combining non-synthetic ingredients to create a non-greasy lotion is no simple task. But our formulation wizard was up to the challenge. Filled with indulgent mango seed butter, moringa oil and hemp oil to pamper your hardworking hands, it also includes healing arnica, calendula, birch, aloe vera and viola to protect, nurture and provide essential vitamins and nutrients, making it ideal for sensitive skin and conditions such as psoriasis and eczema.

The aroma-therapeutic fragrance helps rejuvenate your spirit all day long with top notes of lime and blood orange, a bay St-Thomas middle note and base notes of myrrh and frankincense. It's a little bit sweet, a little bit tart and a little bit fresh woodsy for a subtle scent profile that will make you suppress the urge to sniff your hands all day.

September 2020 Astrological Insights from Dale Osadchuk



[All times listed are Eastern Daylight EDT]

There are lots of planetary energy shifts in the next solar cycle. Here are just a few to be aware of.

Aug 24- Mars in Aries squares Saturn Rx in Capricorn- Mars has been square the Capricorn cluster since Aug 04. This square to Saturn asks us to be responsible for our own choices and the actions we take. This square (finding new ways of doing things) repeats Sept 29 with Mars retrograde. Looking deeper to identify what holds us back from being our Authentic Self.

Aug 25- Mercury in Virgo trine Uranus Rx in Taurus. Identifying what is of true value and releasing what is no longer important. Venus in Cancer opposite Jupiter Rx in Capricorn. Releasing emotional blocks to expansion and growth of your spiritual vision.

Aug 29- Mercury in Virgo trine Jupiter Rx in Capricorn- Let your mind soar to new spiritual heights. **Aug 30-** Venus in Cancer opposite Pluto Rx in Capricorn and Mercury in Virgo opposite Neptune Rx in Pisces. Good day to retreat and meditate. Oppositions ask us to find balance within.

Sept 01/02- Mystical Pisces Full Moon. Ease and flow if you let go of the need to control.

Sept 04- Mars in Aries square Venus in Cancer. The relationship planets were in their First Quarter Phase (make a decision, take action, breakthrough) the end of Jan to June 2020. Because Venus was retrograde, they went back into their Crescent Phase (expansion vs struggle) early June to now. Relationship now has the opportunity to break through to a new path. This is in effect until Oct 09.

Sept 05- Mercury visits Libra until Sept 27. Focus on inner balance that will create balance in relationship. **Sept 06-** Venus visits Leo until Oct 02. Be cantered in your compassionate heart in all you create and share.

Sept o9- Mars turns retrograde at 28 degrees Aries and moves forward on Nov 13 at 15 degrees Aries. Retrogrades require review and revision. Focus on your new inspired vision. Let go of what is not working and put your energy into what is. Avoid people who want to draw you into angry confrontations. I believe that will be the theme for this retrograde especially in Oct when Mars repeats his squares (frustrations) to the Capricorn planets (restrictions). Of all the planets Mars is the least comfortable going backward. Use this time to become empowered in whatever you are experiencing. It just may be a crazy time in the world. The good news is just before Mars moves backward the Sun in Virgo (healing and wholeness) is trine Jupiter Rx in Capricorn (expansion of your Soul Purpose Path). Focus on that positive influence for the Mars retrograde journey. Jupiter moves direct **Sept 12** and supports our growth and expansion.

Sept 14- The Sun in Virgo trines Pluto Rx in Capricorn. Healing, transformation, and release is the gift.

Sept 17- Virgo Super New Moon. Healing into wholeness is the theme. Chiron Rx in Aries is our guide.

Sept 22- Autumn/Spring Equinoxes. Balance and harmony is the theme.

Focus on crossing the Rainbow Bridge of Healing into Wholeness.

To contact Dale e-mail <u>daleosadchuk@rogers.com</u>. She is currently offering telephone sessions to guide you on your new journey.

If you wish to continue receiving our news about once a month, don't forget to add us to your contacts list so that we don't end up in your SPAM box. 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.

Sapphire

<u>Starry Sapphire – Focusing the Will Essence</u> helps you stay centred, increasing your ability to concentrate, focus on and complete what is at hand. Helps you maintain inner discipline. Strengthens your determination and perseverance.

There are times when we simply feel overwhelmed or too scattered, and don't even know where to start. Living Light Starry Sapphire Essence helps us overcome those feelings and restores inner discipline so that we can to begin to make the changes we need to gain greater control of our lives.











Sapphire is the gem associated with the First Ray, the Blue Ray of Will and Power.

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