

18 Good Vibrations

Energy Medicine™ from Nature



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Pacific Essences® Ltd.

- The first Canadian flower essence manufacturer and one of the first essence companies in the world
- Creator of the first essences from the ocean
- Over 25 years of clinical research
- #1 selling essences in Japan

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18 Good Vibrations: Energy Medicine™ from Nature

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MEDICAL DISCLAIMER:

The material in this booklet is not intended to replace consultation with a qualified health professional.

www.PacificEssences.com



Sabina Pettitt is a Doctor of Traditional Chinese Medicine and the co-creator of Pacific Essences.

Acknowledged internationally as a pioneer in the field of marrying the knowledge of these two fields of healing, Sabina teaches people how essences can be used to heal physical, emotional and mental dis-ease and nourish Spirit simultaneously.

“Everything we perceive with our 5 senses is imbued with the life force from an underlying energy template. The key to health and healing is to balance the energy template.”

Sabina is dedicated to wholeness and self-actualization both for herself and for her clients. She sees life, people and plants as energy unfolding – the Mystery.

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What is an essence?

- a liquid healing substance made from energies of Nature - (plants, minerals, sea plants and sea creatures)
- the energy imprint of a plant or sea creature or mineral which is recorded in water and preserved in alcohol
- the unique vibration or frequency or “signature” of a plant or sea creature
- a substance which balances and revitalizes the energy fields and energy pathways of the human body

How do essences work?

- They fill up the empty or satisfy some energetic lack or deficiency in the Body/Mind
- They resonate with some healthy aspect of the Body/Mind
- They provide the healthiest and most balanced frequency/vibration to an organ or chakra or meridian
- They work on all aspects of the human being - Body, Mind, Emotion and Spirit which leads to a state of “multi-dimensional homeostasis”[®]

How to use essences?

Traditionally essences are taken orally as drops in the mouth at least twice a day. Some people prefer to put the drops in a glass of water and sip it at regular intervals throughout the day.

Other Ways to Use Essences

- add a few drops to a bath so that the skin can absorb the energy
- place a drop on different places on the body - they can be acupuncture points or chakras or just anywhere on the skin if you are not familiar with specific energetic portals

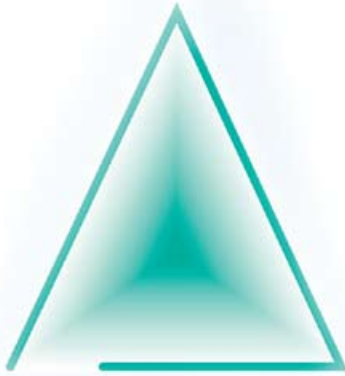
Dosage: Our suggested use is 11 drops twice a day - once in the morning to welcome the new energy and to stabilize it during the activities of the day and once before bed to assist in releasing old energy patterns.

Essences can be taken more frequently - specifically the Balancer[®] essence during high stress times.

Contraindications: Because essences are vibrational and not based on chemistry there are no known contraindications.



Balancer®



The Balancer® essence is a powerful adjunct to any holistic health first aid kit. It can be taken orally or used in the bath at times of stress and mental or emotional overload. It is particularly useful when we feel overwhelmed and unable to cope.

Balancer® is a combination of three of the Spring Flower essences in a base of 60% pure spring water and 40% brandy as a preservative. It acts synergistically on the 12 meridians, or energy channels, of Traditional Chinese Medicine and the 7 major chakras, or energy centres, of the human body. It balances excess or deficiency in any of the channels or chakras. Its action is immediate, safe and effective.

Balancer® essence is the activating ingredient in the Balancer® Oil for massage or bath therapies and Balancer® Spray for space clearing and energy shifting. The soothing fragrance of the essential oil of lavender is calming to the mind and relaxing to the body. Considered a precious oil from ancient times, lavender carries the blue/violet energy which serves to align the etheric bodies. On the physical level it acts as an antiseptic, antispasmodic, antidepressant and analgesic, and is beneficial to the digestive, respiratory, and nervous systems. With the Balancer® essence added to both the oil and spray, the lavender aromatherapy is elevated to a healing frequency of broader magnitude.

The Balancer® essence, oil and spray all have the effect of harmonizing the Body/Mind. Used separately or together they are like stepping under the healing shower of a waterfall and stepping out rejuvenated and refreshed.

Balancer®

Choosing the power of **Now**



Affirmations

I am grounded and safe.

I feel my connection to the Earth and

I am abundant and productive, like the Earth.

I am worthy and gifted like precious gems and minerals.

I can use my talents easily and effortlessly.

I flow with the inner movement of life, without resistance, like a stream following its course.

I am creative.

I have the energy to express my creativity, like a tree reaching towards the sun.

I feel joy in my heart.

I love myself and radiate the warmth of my love to others, like a fire burning.

(Namasté)

Directions: 3 – 4 drops as frequently as necessary to feel centred and grounded and able to respond.

*Using **Balancer®** we maintain harmony in Body/Mind/Spirit. We are able to meet each person and event with present moment consciousness.*



Abundance®



Abundance® is, quite literally, 'a dance' – the dance of energy flowing in an eternal cycle of life. When we are connected to this flow of energy there is always enough love, joy and financial security and we are empowered to perform the dance of life with ease and fluidity.

Abundance® is also an attitude. There is always the option for each of us to see the glass as half empty or half full.

The Abundance® essence is a combination of plants and minerals in a base of 60% pure spring water and 40% brandy which acts as a preservative. It aligns Body, Mind, Emotions, and Spirit to act in a unified manner to achieve individual goals while forging a connection with the larger flow of all of life. It promotes 'abundance consciousness.'

Taken orally, the Abundance® essence alleviates self doubt, encourages self worth, and promotes willingness to receive and participate in the flow.

It is an essence of transformation of consciousness.

The Abundance® Oil is a pure aromatherapy oil which can be used for massage, bath therapy, or in an aromatic diffuser. The Abundance® Spray can be used to gently mist the aura or to spray and shift the energy in an entire room. Both oil and spray are a combination of the Abundance® essence and the essential oil of tangerine which carries the orange healing ray of creativity and productivity. The pleasing fragrance of tangerine brings to mind the joy and wonder of Christmas - the feast of love, joy and abundance. It is both warming and soothing to the Body/Mind and helps to maintain the fine line of balance between the excitement and fear of new ventures. It frees us to participate fully in the adventure of life by gently releasing limiting attitudes.

Abundance® Choosing the power of **Intention**



Affirmations

I am connected with the flow of life.

I am worthy and willing to receive.

I deserve love, happiness, and money.

I feel deep inner contentment as I participate fully in the flow of life.

I know my purpose and follow my path with joy and confidence.

I am grateful for the abundance in my life.

I am able to manifest my highest good easily and effortlessly.

(Namasté)

Directions: 11 drops 4 times daily.

*Using **Abundance®** we find our rightful place in the field of infinite possibilities and consciously co-create the experiences of our lives.*



Heart Spirit®



The Heart Spirit® essence dissolves old heart pain and encourages us to truly embrace the 'spirit of the heart'.

In traditional Chinese medicine the 'spirit of the heart', or Shen, is often translated as 'God'. Heart Spirit® inspires the individual using it to embrace their divinity and to radiate Light.

The spirit of the heart is Love, Light, Laughter, Joy. It is Peace, Allowing, Embracing, Acceptance. It is Comfort, Ease, and Enthusiasm.

Heart Spirit® kindles a space/time in our consciousness where we are able to respond from our hearts with generosity and ease.

The primary effect of this essence is to raise the vibrational frequency of the heart centre to its highest range. It promotes self worth and lends new meaning to the dignity of being human. It allows us to interact with each other with grace, ease, and compassion. It is much needed on the earth plane at this time.

The recommended way to use the Heart Spirit® essence is to take a few drops (3 or 4) every 10- 15 minutes. Some people may find that taking the essence this frequently is too much energy to integrate all at once. We encourage you to experiment with your own best dosage level. This essence can be taken orally right out of the bottle or diluted in a glass of water. It is also available as an aromatherapy oil for massage or bath therapies and as a sacred spray. Both oil and spray contain pure rose oil and Heart Spirit® essence. The sensual, calming fragrance of rose oil seems to immediately connect us to present time.

Heart Spirit®

Choosing the power of **Attraction**



Affirmations

I embrace life with an open heart.

I radiate Light and warmth.

My life is an expression of Divine Love.

I am an expression of All That Is.

Heart Love is the centre of my Being.

I follow my heart and manifest my bliss.

I see the world through the eyes of my heart.

I feel compassion for all life.

I acknowledge that place in everyone where we are all the same.

(Namasté)

Directions: 3 – 4 drops every 10 – 15 minutes until heart centre feels at ease. We encourage you to experiment with your own best dosage level.

Using Heart Spirit® we follow our heart. We are enabled to fulfill our "greatest version of our grandest vision of ourselves". We "walk in a good way".



Being True Worth



Fairy Bell – Vulnerability

Let me show you the incredible lightness of being.
Let me light your way. Let me guide you with my bells.
Let me lead you on the path of Light.
Discard your heavy feelings. Discard your murky thoughts. Come with me and dance the steps of life.



Indian Pipe – Reverence

Think of me when you need/want to create sacred space.
Even when physical space is limited, you can hold a space in your consciousness. Let me teach you how to honour yourself and each other in this manner.
Let me show you the sanctity of the earth and all life on it.



Polyanthus – Self-worth

I offer you the gift of valuing who you are.
When you are firmly rooted in your worth you are able to give and to receive with ease. Too long have humans believed that it is more blessed to give than to receive. One cannot happen without the other. Everything you give returns to you. And you will only be able to receive blessings if you are willing to see yourself as worthy of them.



Red Huckleberry – Introspection

Let me show you the value of going within.
Let me show you the value of rest and activity – Balance between being and doing.
When you pause and go within, you have new eyes to see, new ears to hear, new perception all around.
Give yourself this gift



Windflower – Spirit

Soft and furry, delicate and mauve, I offer you the opportunity to connect with the Light of your being – Spirit.
Feel my energy coursing through your body/mind. Experience my softness, my rootedness, my ability to be in touch with heaven while being deeply connected to the earth.

Being True Worth

- Recognizing who we are.
- Freedom to express who we are in our daily lives & relationships.
- Transcending cultural programming / brainwashing.

Physical nourishes Lung & Large Intestine ... receiving new vibrant energy & releasing old toxic energy

Emotional welcoming new feelings, releasing old emotional patterns which don't serve

Mental embracing new thoughts & attitudes, dissolving crystallized thought forms

Spiritual grace / present / expression

Fairy Bell

- ★ for when we feel overwhelmed by the expectation of culture or family &/or feel like we just don't belong where we are.

Indian Pipe

- ★ supreme gratitude for & reverence & respect for all manifestations of life - including our own particular time/ space/expression in this precious incarnation in which we find ourselves.

Polyanthus

- ★ understanding & appreciating the “give & take” of how spirit operates in form/material reality - what we put out we get back.

Red Huckleberry

- ★ for the wisdom & determination to withdraw/retreat from activity & take time to tap into the infinite.

Windflower

- ★ rooted in Spirit while being able to participate fully in activity & day to day life (& playing our role).

In a nutshell:

- acknowledging and accepting strengths and weaknesses in ourselves
- acknowledging and accepting strengths and weaknesses in others
- fully enjoying and appreciating the role we came to play in the cosmic dance of life

