

THERESE CONWAY • CANYON SOUND ESSENCES

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**2021 Winter Solstice Essence**

*Tuesday, December 21, 10:59 a.m. eastern*

***How to take the essence:*** *Take a few drops to welcome in the winter. More tips below.*

***\* Key essence in combination***

22 x **Ox-Eye Daisy** (22—*fresh start; opportunity to reset to your original design, updated for the present*)  
*4<sup>th</sup> Chakra, Market Set*

Solitude. Being the square peg in a sea of round holes can feel lonely, frustrating or unfair. However, it can also be a way of recognizing yourself without competition or comparisons. This kind of solitude brings with it an air of simplicity and refreshment that leads to amusing discoveries.

\*7 x **Red Yarrow** (7—*display all arrows in your quiver; uniting disparate elements to move forward*)  
*1<sup>st</sup> Chakra Essence, Studio Set*

Powerful, playful union. A new beginning that is rooted in love, passion, and a sense of adventure. Red Yarrow helps you to initiate action, not out of a sense of duty or unconscious need, but from your own pure and free passion.

12 x **Governor Vessel** (12—*radical trust and surrender; waiting to move until the time is right*)  
*Yang Essence*  
*Cedar, Yellow Coreopsis, Malachite*

Pressure comes in various forms. There is the gentle pressure you feel on your back when you are being supported and guided by someone who loves and cares for you. There is the friendly shove from behind when you are afraid to dive in. There is also the pressure of fear and anticipation when something new or exciting is about to happen. All of these pressures can be fun when you are not afraid of your own demise. Take a risk. What do you have to lose?

Freshness. That is what this essence is offering us as we enter the winter season. The picture that comes to me as I sit with these essences is an invitation to go to our rooms and play! Let's imagine that we each have a great bedroom all to ourselves, filled with our favourite toys. We have a rich and fun group of imaginary friends to play with, and we have all the space and time we need to play ourselves out—to play until we are fully satisfied.

Goofing around in your bedroom may seem foolish advice for these days, considering the serious conditions facing us right now. It's not at all silly. In fact, here is the wisdom of this essence.

The secret, most powerful ingredient we need to tap into right now is joy.

Joy is an atmosphere we need to cultivate. Joy is a pair of glasses we need to wear. Joy needs to come out of our hearts, our mouths, and our hands.

A joyful wind can carry most anything: encouragement, gratitude, kindness, new ideas, rest, even the heaviness of sorrow takes an occasional ride on the wings of joy.

The highest expression of self-esteem is joy.

Sometimes I think joy is the signature gift we humans, as a species, offer to the rest of creation. Joy is that important. One irreducible quality of joy is its expansiveness. Joy cannot be contained in the boundaries of your felt body. It reaches out to the living world contained in and beyond you. It forms a web that ties us all together. I think it even moves goods and services!

Any strong outward traveling emotion can imitate the speed with which joy moves through the world. But none can match the creative nugget that joy is made of—the desire to celebrate and create Life. Why would we want to form a web of anger or fear or possessiveness when joy is what really allows us to take part in the abundance of life?

### **How to take this essence:**

**First method:** take the essence as you welcome joy in your life as teacher, protector, and guide.

**Second method:** recall times from your childhood where you experienced joy. Then take the essence. This will help you to reawaken your unique relationship with joy.

**Third method:** take when you are feeling life closing in on you. Ask joy for help to break out of this isolation.

Seems odd to say that joy is something we must work hard at, but I think we do right now. The more destructive types of outward traveling emotions—like anger, fear, and possessiveness—are hard to dislodge, particularly because they gain strength as they circulate among us. Cultivating personal joy is not a folly—it makes all the difference in the world.

Wishing you deep joy this winter,