

The Essences of Co-creative Health



COMBINATION ESSENCES

The **Co-creative Health Combinations** are very user friendly and require no prior experience using essences.

Guidelines for administering and preserving essence combinations: Take 3 drops at a time under the tongue. Essences are best taken in a “clean” mouth, meaning at least 10 minutes away from food and drink. Do not allow the dropper to come in contact with the mouth or skin. After taking the essence, gently place the dropper back inside the bottle. Do not set the dropper down on any surface. To preserve the potency of the combination, store it away from cell phones, computers, and large appliances. Essences are safe for adults, children, and pets.

Abundance – This combination expands the energy system bringing abundance holograms into the body-energy system. It assists in taking energy from the sun and storing it as packets of dark energy deep within the creation centers of the body. This dark energy is an essential part of the creation matrix used to manifest. Use this combination to anchor prosperity consciousness and charge the body or a specific project with the energy required to co-create and manifest. Take 3 drops 3 times a day for 28 days.

Body Deva – This essence nourishes the nature intelligence that holds the wisdom of your body and how best to support your health, your purpose, and your evolution. It mends and organizes the relationship between the soul and the body. It will organize the energy system to reveal and heal the health issues stored in the body. It helps people to make the best choices to support optimal health.

Clear Bodies - Rapidly clears old, stale, obstructive, and inappropriate energies from the body. A great companion to healing work.

Recommendations:

Take 3 drops, lie down and focus on your breath for 15 - 20 minutes. You will feel the old energies leaving your system.

Take 3 drops and get in a warm bath with 3 cups of epsom salts.

Practitioners - give 3 drops to your client at the beginning of treatment to facilitate deep clearing and healing.

Take 3 drops at bedtime.

Clear Child - Children and babies are highly sensitive beings who lack the wisdom and space to handle the mental and emotional complexity of parents and care-givers. This combination clears the energy field of unwanted mental and emotional energy and creates a green space around the child so that they can freely grow and develop, open to positive nurturing and support. Give 3 drops to children before bed as a nightly ritual, or whenever the child seems "out of sorts".

Dynamic Support - When drive or vitality is lacking from our projects and intentions, this combination provides positive forward moving energy. Irish folklore mentions Irish Ragwort as the plant the faery realm uses to fly. This combination will help you soar through resistance and obstruction, making the seemingly impossible, possible.

Grounding - Our ability to hold the higher energies and ground them into our system is essential. When we can ground energy, we are more focused and effective. Grounding provides our energy systems with the space to center our being, release old energy, and keep up with energy shifts. This formula helps us to activate the grounding chakras below our feet so that we can maintain our grounding during changing times. This is a great combination to give at the end of an energy work session to provide stability to the work. Consider taking this combination when you are feeling anxious, "out of it", or easily stressed. This is a great essence to carry with you.

Heart Support - For stress, overwhelm, and anxiety. Repairs "frayed" nerves and calms the nervous system. This combination is calming, supporting, and connects us to hope and courage. It helps us know we can handle big waves of change. Take 3 drops orally or add 4 drops to a glass of pure water and sip throughout the day.

Heart Stabilizer - Shock and trauma often ruptures the etheric body, leaving an opening that will drain vital energy or create excessive permeability and hyper-sensitivity. This combination shores up and heals the ruptures, stabilizes the nervous system, and helps people process a stressful or traumatic event without becoming weakened or overwhelmed by it. Also, it helps shift our survival centers

so that we are not perpetuating a state of hyper-vigilance or obsessively focusing on potential loss. Stops us from projecting the traumatic event into the future. This combination is also helpful for stabilizing the body and energy system during times of rapid change and crisis.

Intention – This essence provides the order and organization required to project an intention with clarity and harmony through the solar plexus chakra. It assists in aligning the energy of the intention to support manifestation.

Intuition – This essence activates and energizes the energy centers that govern our intuitive capacities. It creates and strengthens the communication bridge with the unconscious, helping one to refine natural abilities and develop discernment. Take 3 drops, 3 times per day for 4 weeks. Taking this essence before bed can help with receiving guidance in the dreamtime.

Mind Stabilizer - This combination rapidly stabilizes the mind when we feel like we are close to “losing it”. It helps move us through the release of our most challenging patterns without going over the edge. Take 3 drops when needed. Repeat as often as necessary.

No-Rad – Clears radiation from the body and energy system. Take 3 drops 3 times per day.

Path Finder - Many people complain of feeling like they are supposed to be doing something but they do not know what it is or how to do it. This essence aligns our system with the higher soul mediated impulses so that we can connect to our purpose and get on our path. This is the *stop the BS and get going* combination.

Post Partum Support - Take 3 drops 3 times per day for the first month after the birth to help heal and recover from labor. Helps women to recover and eases the transition into Motherhood. This combination re-stabilizes the energy field, balances the pelvis, builds blood, and shortens recovery time.

Pregnancy Support - Developing babies thrive when the energetic connection to mom is clear and they have access to the energies in the newly activated high chakra system. This combination provides support 4 ways: it harmonizes the connection between mom and baby, it coordinates the energy of the high chakra system with mom’s energy and the baby’s energy, protects the baby, and grounds both mom and baby. Take 3 drops 3 times per day during the entire duration of the pregnancy.

Protection - For vulnerable times when your energy system feels extra sensitive. This combination shields the energy system from detrimental outside energies. This is great to take before going into places with crowds, or places where the energy is known to be challenging. Take 3 drops as needed.

Rest Easy – Restores the ability to fall asleep, stay asleep, and rest deeply. Take 3 drops one hour before bed, and then another 3 at bedtime if needed. Keep at bedside and take 3 drops if you awaken during the night. If you have been experiencing a chronic pattern of sleep disruption, take nightly for 3 weeks before taking a break from the formula.

Stress Relief – This combination balances the energy system during times of increase stress so that one can endure without doing harm to the body. It can help us handle intense work loads without getting overwhelmed. This is a great formula for people who often have too much on their plate. Take 3 drops, 3 times per day.

Terminal Toxicity Drain – This essence transforms the type of dense and destructive energy that collects in the body causing turbidity and energy blockage. Overtime this type of energy distorts the integrity of the body by lowering vitality and feeding disease processes. Regular use of this essence will improve your health and resistance to illness. This essence can be used with land clearing projects also. Take 3 drops and lie down for 20 minutes. For enhanced clearing effect, take with Clear Bodies.

Transcend - Transcend has 2 main applications with a broad spectrum of activity. ONE - Transcending the grip of the human condition to help with issues of pain, loss, and impermanence and TWO - transcending the human condition to engage with essence, co-creativity, and the elemental realm. It is best taken for a short period of time, 3-5 days, and then put on the shelf to allow for integration and processing. Regarding the first application, the intensity of the human condition can overwhelm, paralyze, and deplete us of our vital forces. This combination helps us to transcend the ups and downs of life by giving us a vantage point and an experience with Essence, which is immortal. This new, higher perspective, gives us space from mental and emotional drains, and teaches us about the true meaning of life. One will find it easier to function and serve without getting pulled into the emotional intensity of others. This combination is very useful for those recovering from traumatic experiences, or those who help others with recovery. It can be very helpful during stages of the grieving process.

*Thank you for your interest in the essences of Co-creative Health.
Visit the website for new essences as well as information about upcoming classes and workshops.
Email us if you would like to be placed on the mailing list.*

ORDERING INFORMATION

Orders can be placed 3 ways:

1. Website at www.cocreativehealth.com. The payment will be processed through paypal.
2. Email info@cocreativehealth.com. Please include name, mailing address, phone number, and names of the essences you have chosen. Call the office phone number with your credit card number and security code, [603-436-7595](tel:603-436-7595). You may leave it on the voicemail if no one is available to answer the phone.
3. Call the office directly at [603-436-7595](tel:603-436-7595). You can leave your order and credit card information on the voicemail. Please indicate if you prefer to pay by check.