

# The Essences of Co-creative Health



## Essences of Ireland

### THE ESSENCES OF CO-CREATIVE HEALTH

Co-creative Health began as an integrative health care center focused on addressing the root causes of disease and imbalance. Sheilagh Durkin, the founder, is a medical intuitive with a Master of Science in Oriental Medicine. She also is a Reiki Master, and has studied with internationally re-known pioneers in trauma recovery. Over the years of clinical work, flower essences proved to assist greatly in the healing process. Sheilagh began making her own essences in 2008. The line of essences has expanded quickly and now includes resources to take us beyond healing and into the realm of conscious evolution. The mission of Co-creative Health is not only to provide resources to keep people healthy and sane during challenging times, but also to help people participate in the process of evolution.

### THE ESSENCES AND HOW THEY WORK

Flower, Gem, and Environmental Essences are electrical patterns that administer specific information to the energy system of the body or land. They assist with co-creating greater states of health, vitality, and functionality of the person taking the essence. Many of the essences of Co-creative Health are administered during or after body-energy work to facilitate the goals of the energy work. The essences can also be made into dosage bottles and taken regularly for a period of time.

As for the **Single Essences**, a sentence can hardly explain the gentle power of the essences, so a key has been made to help explain the many actions and indications.

## **KEY TO UNDERSTANDING THE ACTIONS AND INDICATIONS OF CO-CREATIVE HEALTH FLOWER AND GEM ESSENCES**

**ACTIVATOR - ACT**  
**ATTUNING - A**  
**CATALYZING - CAT**  
**CLEANSING - C**  
**CONSCIOUSNESS SHIFTING - CS**  
**DETOXING - D**  
**KARMIC PATTERN CLEARING - KAR**  
**INTEGRATION - I**  
**OPENING - O**  
**PHYSICAL SUPPORT - P\***  
**PROTECTIVE - PRO**  
**RELEASE - REL**  
**REPAIRING - REP**  
**RE-PATTERNING - RPT**  
**SUPPORTIVE - SUP**  
**STABILIZING - S**

### **ESSENCES OF IRELAND**

#### **Irish Saxifrage - ACT, A, CS, O, RPT**

Re-calibrates the heart and 6th chakra to a new rhythm. Alters perception of reality to allow one to transcend drama of the human condition. At the right time, can initiate one into a new consciousness that reveals mysteries concerning the nature of life.

#### **Irish Goat Willow - C, REL, P\***

Releases old accumulated grief and loss held in the body. Can release and unwind the sacro-iliac joint, clear debris in the lungs and skin. Helps to balance the expression of the metal element.

**Irish Celandine - ACT, CAT, PRO, R, REP**

Repairs the relationship of 3rd, 5th, and 6th chakras so that one can clearly follow their own intuition without interference or outside manipulation. Protects from dishonesty and manipulation. Patterns the 3rd chakra so that you have the will to act on your intuition.

**Irish Spurge - PRO, REL**

Provides a “green space” around a person so that they are protected from the energetic cords and emotional energy of a loved one. Gives children space from adult’s emotional turmoil. As part of a nightly ritual, give one drop to a child to clear them of the day and prepare them for restful sleep. A great resource for sensitive children. Supports people who are having to take on or take care of a parent. Very useful during times of family tragedy or conflict when old family patterns become activated. Simple, direct, effective release of energetic cords.

**Irish Moss - A, C, REL, P\***

Helps people feel connected to life, and helps conscious people find and connect to each other. Helps with loneliness or feelings of being estranged or “not belonging” to this world. Releases toxic energy by first softening the nervous system and the fluid system so that old toxic energies can release. Helps heal lung and breast tissue. Can be given to anyone at the beginning of an energy healing treatment to catalyze release work.

**Irish Sea Aster - REL, CS**

Helps us to let go of the old grids and systems that no longer support us. Helps us to let go so that we can transition into the new. For moving gracefully through loss and transition.

**Irish Ragwort - RPT, SUP**

Ragwort brings in new grids, systems, and information. Powerful support for positive movement through resistance. Healthy forceful creative energy. Take to support intentions, or when needing action to follow through on a project. Prevents from being weighed down by resistance in the self or from group energy.

**Irish Ivy – A**

Aligns the energy system and attunes the sensory and nervous system to receive information from other realms and realities.

**Irish Wild Angelica - PRO, P\*, SUP**

Protects the nervous system with silver light. Protects the body from energies and insults that impact the nervous system. Support during times of high sensitivity. Can be taken during pregnancy to protect and support the developing baby.

### **Irish Sea Thrift - REP, PRO, S**

Powerful support for the heart. Helps repair hope and joy. Gives us a sense of knowing we can handle big waves of change. Activates and nourishes the high heart chakra.

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](http://www.cocreativehealth.com). The payment will be processed through paypal.
2. Email [info@cocreativehealth.com](mailto: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.