

The Essences of Co-creative Health



Gem Essences of Co-creative Health

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

Ametrine - A, I, S

Aligns the crown chakra with the heart chakra. Soothes and relaxes the nervous system while bringing into the system a gentle violet ray.

Angellite - A, SUP

Gently attunes the nervous and sensory system to higher frequencies of energy allowing the system to soften and receive support and guidance.

Aragonite - C, D

Cleanses and detoxifies the energy field. Excellent for practitioners to use at the end of the work day.

Azeztulite - A, I, CS, REL, RPT

Facilitates the attunement and alignment of the high chakra system and helps to harmonize the body's relationship to the light coming in from the high chakra system. Helps with inflammation in the nervous system.

Black Calcite - PRO, RPT, SUP

A must have for the changing times. Supports the process of dying to the old, especially when one cannot yet feel what is being born. A major resource for transition.

Black Garnet - ACT, SUP, C

Grounds the energy system and helps people to access sensuality, sexual energy, and vitality available through a healthy connection with the Earth.

Black Jade - PRO, S

Creates a protective barrier in the energy system. This gem is one of the most protective stones and is essential for sensitives and those enduring challenging times.

Bloodstone - P* REP, SUP

Assists with all blood related disorders. Repairs and nourishes the matrix that supports the blood. Helps with low confidence, weakness, feeling of being drained by life.

Bloodstone - Moonlight - I, P*, REP, SUP

Supports change at the cellular level.

Blue Calcite - SUP, REP

Softens and relaxes the mental body and the sixth chakra. Assists in repairing the sixth chakra.

Cactus Amethyst - O, A, REP, RPT

Opens the crown chakra to receive from the high chakra system. Repairs and re-patterns the crown chakra to work in concert with the heart and the grounding chakras.

Citrine- P*, C, D, REL, REP, CS

Grounding. Eases toxicity out of the system. For times when one feels stuck and confined by their own body and want out. Helps to face the source of the discomfort and transform it.

Cobaltoan Calcite – A, CS, O, SUP

Invigorates the heart chakra and promotes the energy of abundance and unlimited possibility. A very positive, uplifting gem.

Danburite - REL, SUP, S

Softens and relaxes the emotional body so that the emotional energy can be released.

Dravite - S, SUP

The “liquid teddy bear.” Provides immediate comfort. Very supportive for children during times when they are confused, overwhelmed, sad, or feeling unsafe. This gem resonates with the essential essence of children and can be used with children, or with adults when healing damage done to the child essence through trauma or betrayal.

Green Calcite - P*

Breaks up calcifications in the tissues.

Green Fluorite - P*

Dissolves stubborn blockages in the energy system.

Howellite-Magnicite - A, CS, O

Works with old patterning in the brain. Softens survival centers in the brain. Take to help release deep programming connected to survival.

Lemurian Seed Crystal - ACT, C, CAT, KAR, SUP

Accelerates the clearing of personal and ancestral karmic residue once the pattern is recognized and understood.

Leopard Jasper – CS

Facilitates journeying and astral travel.

Merlinite - ACT, RPT

Helps to access skills and knowing. Helps to understand, hold, and be in relationship with the transformational and alchemical forces. Helps to build functional partnerships with the elements.

Moss Agate - P*, SUP

Nourishing and protective. Grounding. Connects us to the Earth. Nourishes the yin, the replenishing and softening principle of the body.

Optical Calcite - A, PRO

Helps to see situations clearly. Helps to develop intuitive clarity and discernment.

Orange Calcite - Dark - P*, SUP

Helps to bring vitality into the second chakra.

Orange Calcite-Light - P*, SUP

Strengthens the structure of the 2nd chakra. Helps to heal pelvic pain and congestion.

Petilite - CAT, KAR, REL

Softens the area of the body that houses ancestral patterning and helps old patterns to release.

Phenacite – ACT, CST, O, RPT

Activates the third eye chakra and the pineal gland.

Prehnite – A, CS, SUP, S

Attunes us to Nature Intelligence and to the higher consciousness that work through Nature. Helps us come into relationship with higher intelligences. Opens the channels for communication.

Pink Calcite - SUP, REP

Soothes and softens the heart chakra. Grounds the heart chakra.

Pink Tourmaline/Lepidolite - SUP, REP

Calms and soothes the nervous system. Repairs “frayed” nerves. Use for chronic stress and overwhelm.

Purple Fluorite - P*

Supports healthy blood and energy circulation in the bones.

Red Calcite - P*, SUP

Brings vitality to the legs, pelvis, and root chakra. Strengthens bones, blood flow, and energy flow through the lower body.

Sphalerite - G, SUP, STAB

Gently and softly grounds the system. Helps the system access the Earth element.

Zincite - S, SUP

Grounding. Spirals high chakra energy into the base, allowing for balanced and grounded expansive states. Excellent support for those in the healing profession or those who need to stay grounded to be effective in their work.

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.