

The Essences of Co-creative Health



THE LIGHTWORK SUPPORT SERIES

**A set of 36 flower and gem essences to assist with transition,
evolution, and progressive light integration.**

The **LIGHTWORK SUPPORT SERIES** is the result of a multi-year partnership with Nature Intelligence and Divine Light to co-create a system of support for the profound transition upon us. Our planet and everything on it is in the midst of an evolutionary push as intelligence in the form of cosmic light impulses quicken and activate our systems, awakening dormant energy structures, and re-wiring the human body-energy system. This process is a titrated geometrical progression that requires the harmonization of the elements as well as the release of entrenched patterns, programming, karma, and toxicity. The releasing is only one aspect of the process. The attunement and awakening of our divine blueprint for the human being is the exciting part. As we move forward with this process, we open up to higher intelligence, activate the higher functioning of our nervous and sensory systems, and awaken the co-creative power of the human being.

There is an amazing intelligence and benevolence in these incoming energies; however, they are requiring change all the way down to the cellular level. Without an understanding of what is going on and how to work with the process, this transition is quite treacherous. If we partner with the process and learn how to support ourselves and others through the various phases of the progression, the new energies will heal us, transform us, and bring us into dynamic co-creative partnership with the Cosmos.

This process is exciting, but aspects of it are uncomfortable and symptoms can be alarming. These essences will ease the transitions that are uncomfortable and help you understand your experience so that you can support your body at the appropriate levels and avoid suppressive measures. They provide support but also give feedback so that you can identify where you are in the process. They will help you fine tune your connection to your own body's intelligence so that you know what you need and what you need to do to fulfill that need.

THE ESSENCES Set 1

1. **Open Up**

Opens up the crown and eighth chakras to take in light from the high chakra system.

2. **First Integration**

Brings stabilizing dark tubes of condensed light into the energy system so that the quanta of light can be escorted into the system and safely disseminated.

3. **Ground Max**

For stability when even the Earth is unstable. Creates a ballast of grounding 3-4 feet below the feet to stabilize the energy system so that one can continue to run the energy of the high chakra system. This combination stabilizes new energy grids and is of particular importance in balancing and stabilizing land.

4. **Emotional Body Soften**

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

5. **I-D Meshwork**

Forms a latticework in the field to help merge energy levels and protect the body during dimensional mergers.

6. **De-Intell**

For intellectual dominance. Draws energy out of the intellectual center so that the other centers of the head can “come online”. Helps re-train the tendency to intellectualize so that one can have direct experience with the present energy reality.

7. **Light Body**

Showers the energy field and body with light and harmonizes the relationship between the heart and mind.

8. **Light Hunger**

To help the body adjust to metabolizing light. One may feel hungry, thirsty, or out of breath but unable to satisfy the body.

9. **Etheric Expansion**

Assists in the expansion of the etheric body to allow light integration and release of old patterns and toxicity held in the body.

10. **DNA Shift**

Assists in the shift at the cellular level.

11. **The Blue Truth**

Brings the hard working blue energy of truth into the energy system. Can be used to strengthen and rectify the system.

12. **Central Channel Clear**

Helps the body to push old energy into the central channel where it can be released and processed. Helps the body to organize itself to detoxify.

13. **Ether**

Helps the energy system decompress and draw inside dark ether necessary for a dynamic relationship with the cosmic sea. Ether and grounding are vital to this process.

14. **Fluid Body Power**

Harmonizes the fluid body's relationship to the light integration.

15. **Electrical System Support**

Supports the changes to the electrical system that can cause burning, itching, and nerve-like pain.

16. **Rainbow Bridge**

Establishes a rainbow bridge of light across the top of the head.

17. **Mind Stabilizer**

Rapidly stabilizes the mind when we are working to release some of our most difficult patterns.

18. **Karma Clear**

Clears karma and 4th dimensional debris. Take during a session or for a period of time (1-3 weeks).

The LIGHTWORK SUPPORT SERIES, Set 2

As the progression of light influx and infiltration advances, there is an intensified demand on the energy system and physical body to integrate, adjust, and release old patterns and the toxicity attached to the patterns. Set 2 assists with this process helping us to recover and consolidate our multi-dimensional power, while releasing the energies that no longer serve us. As our systems become cleaner and more efficient light bearing vessels, we are able to receive the activations and attunements that amplify both our co-creative power and our co-creative relationship to the Universe. To use Set 2, follow the directions for doing a LIGHTWORK session. Combine Set 1 and Set 2, and dowse the essences from both sets.

19. **High Heart Electrical**

Activates the Thymus chakra and facilitates the electrical activity required to carry higher consciousness in the high heart and heart chakra systems.

20. **Titration**

Allows the body energy system to sip and adjust progressively to the new level of energy.

21. **Ease Adjustment**

Settles the body-energy system and provides the ability to roll with challenging adjustments to the body, chakras, and fields. Calms and strengthens the system while providing a sense of being able to endure and handle change.

22. **Pineal Activate**

Activates and awakens the pineal gland to respond to light impulses. Connects the body-energy system to the quantum field of light and energy and lays pathways for light activation and assimilation.

23. **Terminal Toxicity Release**

Works with the new energy to transform the dense black energy that resists transmutation and feeds disease processes.

24. **Clear the Membranes**

Sweeps the dross that accumulates in the bio-energetic membranes.

25. **Gentle Connection**

Allows an easy, gentle connection to the new energy providing time for the adjustment.

26. **No-Rad**

Clears radiation from the body energy system

27. **Sensory System Support**

Facilitates necessary adjustments in the sensory system as a result of light infiltration. Eases the changes and adjustments to the channels that connect the sensory system to the heart and brain.

28. **Hold the Power**

Makes adjustments in the connection to the sacrum to assist with holding and integrating the new shift.

29. **Spiral Acceleration**

Increases the spin of the energetic system. Helps to calibrate the higher energy with the speed of the bio-energetic system.

30. **Electrical Boost**

Provides a boost of electrical energy needed to run each progressive level of energy through the body-energy system.

31. **Gather the Pieces**

Recovers soul fragments held in other planes due to trauma and soul damage.

32. **Star Flower Initiation**

Makes critical adjustments in the 8th chakra, opening the body energy system to more light and advancing the system into relationship with higher consciousness.

33. **Buffer and Protect**

Buffers the zones between the energy levels and planes. Protects the energy system as it goes through a change.

34. **Fractal Pineal Gland**

Energizes the pineal gland, helping it to fractal the waveforms moving through it, amplifying the ability to focus 5th D energy into physical reality.

35. **Stabilize the Grids**

Grounds and enhances the new grids; inherently protective.

36. **Central Pillar Stabilization**

Coordinates the impulses between the high chakras the lower chakras and the corresponding levels to create a solid stable central pillar.

How to use the LIGHTWORK SUPPORT SERIES

Each essence solution holds an energetic pattern that will organize and assist your energy system to move through a specific phase or level of elevation and integration. The essences work by coordinating Nature Intelligence and body intelligence with the progressive cosmic evolutionary impulses so that one can participate in the process with as little discomfort as possible. The set will give you the tools to be more self-sufficient and resourceful, especially during “light intensives”. You can use the set to help yourself, family members, clients, and friends. You can use the set to work at a distance to keep your loved ones balanced. Some of the essences are very helpful for working with land.

Getting started: Doing a LIGHTWORK session

1. You will need to determine your preferred dowsing method. Muscle testing and pendulum dowsing are recommended.

2. Stand or sit in front of the set and bring yourself into *neutral*. This means that you are breathing and letting go of all attachment to the outcome.
3. Use the preferred dowsing method to determine which bottles would support you at that time. Once you determine the bottles, test to re-check your results and see if that is the best combination for you at that time. If you get a *no*, test to see which bottles need to be put back. Sometimes you need 3 at the beginning of a session and then 1 or 2 at the end.
4. Once you establish the correct combination, take 1 drop of each solution and lie down for 20 minutes.
5. While you are lying down, stay with your body. This means following your breath and your sensations. If you experience discomfort, breathe into the discomfort allowing the energy to move through you. That pain is the old stuck energy moving out of the system. If you feel emotional, allow the emotions to surface and flow. All emotional states are temporary and require movement. Holding emotions inside distorts and deranges the body overtime causing illness and suffering. Emotional releases go hand-in-hand with openings and “flowerings” of the heart chakras.
6. At the end of the session, re-check yourself for essences. It is common to need grounding and integrating essences after a session. You may benefit from taking a regular daily dose of an essence for a time. Test to see how often and how many days. A simple way of taking essences after a session is to add 3 drops of each needed essence to a clean glass of water or bottle of water and then sip on it throughout the day.
7. If you are testing for some of the de-tox essences, you may be going through a physical de-tox. You may benefit at that time from herbs, teas, and food that facilitate the detoxification process. Salt baths are excellent support for de-tox periods.

LIGHTWORK Sessions can be done daily. It is recommended that you do 1 session a week for best results.

*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.