



Info and Use of Your Dream Life Vibrational Essence

What is a vibrational essence?

While aromatherapy oils capture the physical properties of the plant (i.e. taken from bark, peel, resin, etc), flower or vibrational essences capture the energetic properties of the plant – or the spirit of the plant, if you will. Essences take advantage of the capacity of water to absorb, hold and transmit information – you can also think of them as “emotional tuning forks” which can help us find emotional balance when we get “out of tune” with ourselves and others.

Essence Preservatives

Essences are preserved in various mediums, such as brandy, vodka, apple cider vinegar, etc. In the case of Dream Life Essence (from my own range of essences, Spirit of Makasutu Essences , which were made in Gambia, West Africa, Jamaica and Florida), I use a non-alcoholic preservative called Red Shiso, long used in Asia as a food preservative and documented as 1,000 times stronger than commercial food preservatives. I felt very strongly about using a non-alcohol preservative and I find that everyone seems to like the taste – from babies to pets, as well as adults!

No Contraindications

As essences are not focused on work at the physical level (however, shifts in our emotional state will impact our physical state as well), they do not interfere with any medical treatment or medication a person may be taking and is meant to be an adjunct to, not a replacement of, the care received by a doctor or consultant. They can be given to infants, pets, plants and adults without concern.

How to Use the Essence

You have received a 30ml (4 oz) bottle of Dream Life Essence, which should be taken as follows: 7 drops twice daily. The bottle will last approximately 3-4 weeks. The essence can be taken in the following ways:

- Directly on the tongue
- In a small glass of water and sipped
- On pulse points (if on the go)
- In your bath
- In a burner (add to the water in the reservoir)



As the essence is working on your energy system, how it enters your system is your choice – whatever feels most comfortable to you.

If you start to forget to take them after a while...

If you start to forget to take your essences (and had been taking it regularly), don't become alarmed or worried if you have been forgetting – it's a signal that your energy system "got the message" from the essence and has assimilated it...and no longer needs the daily reminder!