

Essence

Spring 2014

**The History of
the Labyrinth**
Jan Stewart

**Heart Centred
Networking**
Sara Turner

One good turn ...
Debbie Adamson

**Sound, Light and
Intention**
Sheila Hicks Balgobin

**International
Essence
Awareness Month**
Ronnie Williams

The Caduceus
Debbie Sellwood

Aquilegias
Carrie Thomas

Retiring
co-chair
Jan Stewart



Sound, Light and Intention: Making Spirit of Makasutu Essences

by Sheila Hicks Balgobin

Until recently, I hadn't really thought about the use of sound in the making of essences – but then realised I had been using sound and light all along in the making of own Spirit of Makasutu (SoM)[®] essence range.

The Use of Sound – Karuna Reiki™

It occurred to me (can we use another word here as it is also used in above paragraph) that I used sound healing, in the form of Karuna Reiki™ (which is chanted or toned, along with the use of symbols) at every step of the process – from identifying the plant, flower or space from which to make an essence, to making stock (and treatment) bottles. After searching for the flowers/plants to make into essences (or, rather, while waiting to be called by them) and verifying that the flower, plant or space was happy for me to make the essence, I would quietly tone Karuna symbols to the plants, etc. to thank them.

Harnessing Light, Focusing Intent



While making essences, I am at times guided to leave the water in sunlight as well as moonlight (full or new); the essence would be further strengthened by reiki given to the mother

Prickly Pear *Ficus Opuntia*

tincture to further “set” the essences. I was also taught by Prickly Pear (the second essence I made) that there was no need to pick flowers (my hands were full of fine thorns, despite using gloves) I needed only to set the bowl containing the water underneath it or in the midst of the plant for the energy to be received by the water. What I was being told was that it wasn’t the *material* that was important, but my *intent*. As it happened, this proved to be the best advice I ever received with regard to making essences, as I could never have climbed the 5-10 metres to get the flowers needed for my Orange essence!

Amplification of Energy

I began to notice that essences made in this way carried a great deal of energy – I was discovering that the combination of sound and light made for powerful essences, but there was a third element which heightened their energy further still: the medium in which they were preserved.

Sound, Light & Intention



The preservative I decided to use for SoM was Red Shiso (*Perilla frutescens*) a vigorous Japanese mint, whose active ingredient, Perilla Aldehyde, is

Red Shiso *Perilla frutescens*

documented as being 1,000 times stronger than commercial food preservatives. Red Shiso has long been used in Asia for pickling and food preservation, e.g. pickled umeboshi plums from Japan, which turn a lovely pink colour from the Red Shiso. The plant material is decocted and then mixed with 15% white vinegar. I first learned ~~heard~~ about it in a magazine article, which featured essences made by Green Hope Farms in New Hampshire, USA. I was impressed by the fact that the essences were non-alcohol based and I could attest to the power of the essences preserved with it (I tried quite a number of the Green Hope Essences and found their effects quite astonishing).

As I work with clients of all ages and backgrounds, it was important to me to find a preservative that babies, adults and people refraining from alcohol could all take without concern. Red Shiso became my preservative of choice – and my clients appeared to agree...I even had one client call the taste of the essences “more-ish”!

Sound, Light & Intention

Leaps of Faith

Over the years of making essences, I have learned to trust my inner wisdom, even when it seemed to fly in the face of convention. For example, the most important thing I learned was that sunlight (or moonlight) wasn't even *necessary* (although perhaps preferable). I realised that light, while welcome was not the sole operator in creating an essence; rather, it is the *intent* of both the maker and, of course, the consciousness of the flower/plant or space in question. Whatever the method, the key agent can be summed up in the equation:

Intention + attention = manifestation

Calabash *Crescentia cujete*



This became apparent when I made several essences in Jamaica a few years ago during a family holiday. Two of

the essences were made as I expected, although I didn't know which flowers would put themselves forward (!) until the actual moment, while two other flowers took me completely by surprise. Unable to find appropriate bottles to carry two extra essences home with me, I was guided to take photos of the flowers and make the essences once I returned to London.

The sun was fitful that summer, and I waited anxiously to be “told” when it was time to make the two essences. Finally, I was drawn to make one of the “photo” essences - Calabash. I used Karuna reiki to connect to the original flower energetically by touching the photo (reiki can be sent or received long distance). Reiki acted as a conduit between the energy of the flower and the bowl of water, which sat upon the photo.

My rational mind was busy throughout – “will it work? How do I know it’s working? How long do I need to do this for?” And then I saw it (or rather *them*) – I saw tiny plant devas carrying (more like *dancing*) the flower and fruit of the Calabash tree into the water. At that point I just smiled and relaxed – I was being reassured that all would be well with the essence. I was guided to leave the essence for a couple of days, giving it reiki until it felt “finished”. When I touched the mother essence bottle, it virtually sang with the energy it contained!

I had never heard of people doing similar things to this when making essences – and while I didn’t doubt the strength of my essences, I wasn’t sure I was “doing things correctly”. As usual, in answer to my silent query, the universe gave me the answer – in the form of various articles in which other producers were also using “unusual” methods to make essences.

In the end, I learned that there while there were as many ways of making essences as there are essence makers, what worked for me was the following combination:

Sound, Light & Intention

Sound		Light		Intention
Which impacts dense material (water, blood, bone, dense emotional states)	+	Which captures finer bands of energy and pure spirit	+	All manifestation begins with a <u>thought</u>

–I came to the conclusion that the essential component required in making essences is *intention*, whilst both light and sound can enhance the quality of the essence even further.

I'll never look at essence making in quite the same way again – and will continue to explore those “crazy” ideas when making essences.....perhaps they are not so mad after all.....!