

# LightBringer Essences

Issue 72: May 2020



*Dear Beautiful Soul,*

*I come with two offerings this month: an invitation to rest in the wisdom and potency of the stillness at your core, and a new online course that I have been putting together for some time now.*

*Over many years of working with essences and emotional wellbeing, I have come to see that the real transformation occurs from a place of inner spaciousness and peace. When we throw essences at uncomfortable emotions, we are approaching things from the outside-in: trying to make something we don't like go away. When we sit quietly within, and heed, nurture and tend ourselves, we enable a process of release and regeneration to happen from the inside-out.*

*I hope the essences and musings below will help you to access this. And, for those of you who wish to explore this in more depth, the new essence course on Recovering Emotional Wellbeing will help you to thoroughly understand this, give you the confidence to work with deep emotional states, and bring a profound stillness to your work that you may not have accessed before.*

*With warmest wishes and blessings of the flowers to you, Rachel*

## Emptying the Vessel

### The Wisdom of Open Spaces

*It is the season of blossoming and unfurling, flourishing and opening, putting forth and pouring into. Why, then, am I writing about emptying?*

We have been going through a time that has a peculiarly resonant name: *lockdown*. I do not believe that the name the world has given this time is purely accidental. There is a mystery to the significance of words and names: they encapsulate an energy - an essential quality - in ways which we sometimes overlook.

'Lockdown' as a global and personal experience will mean very different things for each of us in our different worlds: for some, this will have heralded in a period of peace and quiet, where you have been able to take your foot off the accelerator for the first time in a very long time; for others, this will have been a period fraught with difficulty, where you find yourself living with very real threats to your survival, livelihood, health and/or sense of identity. And, perhaps, you may have experienced something of all of the above in varying degrees.

But what lockdown has offered everyone in some area of life, at least, is a taste of emptiness. And this is not always a comfortable thing. When the plug has been pulled on social contact, or our access to outdoors, or our income, or our working hours and sense of purpose, ***we are faced with the absence of things that have been a constant.*** It is like an enforced retreat or withdrawal period, whether we like it or not.

And this brings its own challenges. Uncertainty rocks us. The loss of known things, patterns and

ways of being, destabilises us. When we are destabilised, we have to find a new - usually deeper - level of stability within our selves. feeling that shifting and turbulence inside ourselves, or within our world, we have to look and look again, take in, let go, adapt, adjust and find new ground. I think of this as being like a boat on the water when the sea has turned choppy. When the sea is stable, we can just sit there, but when the water gets choppy and the boat starts rocking, we have to rock with it: if we sit there rigidly, we risk tipping the whole thing over.

***Emptiness makes us want to reach to fill space.*** The lack and the absence, the uncertainty and the tippiness, all make us want to reach for things that will add ballast and stabilise us. Often, these are known and familiar things that feel big and solid in our world; invariably, these are actually some of the things we need to let go of. Or, at the very least, reach for them from a different place.

When we experience lack and emptiness, the risk is that we fall into a state of fear, and then *anything* we reach for from this space has that at its root. And the energy of this fear, this desperation - *this lack of trust* - will follow through into the thing itself. It will permeate and contaminate, muddy and disturb the very thing we are trying to do or create that will get us out of that state.

***We have to let the emptiness in to fill us. We have to let it have its time. And the rewards of this are always extraordinary, and always exceed our expectations.***

And this brings me back to why I am writing this now, at the time of spring's verdant flourishing. We have just had the deep experience of the season of emptiness in Nature: winter. For those of us in the northern hemisphere, we have emerged from that time when nothing happens above ground: the trees are bare, the soil is apparently just a swathe of barren darkness and the hedgerows are empty. ***And now, we are experiencing what happens after that fallow period: new life bursting forth; a cacophony of song and hope; a replenishing, re-greening and rejuvenating of everything; and the profoundly beautiful self-expression of every living creature coming back out into the open.*** And because we have also had 'lockdown', this seems all the more wondrous. Nature is taking full advantage of us being off the streets and away from our cars. For the first time in twenty years, wildlife is entering towns and spaces where it has not been seen for years. We ourselves are seeing my favourite animal, the hare, returning to the valley for the first time in a long while: he sits at the end of the road, at the gateway to the valley, a great big beautiful lolloping male, and surveys his new territory. His presence alone reinstates the valley as a magic kingdom.

***This teaches us something about the need for these quiet, limbic times when everything is uncertain and things have to fall away in order for other things - more meaningful, more current, more up-to-date with who and where you are now - to emerge.*** These are times of rest and settling, where we let ourselves off the hook and unplug from the world, where we go inwards and listen to the depths. We have no idea what will spring forth when we do this. What we do know, though, is that the world we knew before will have shifted, *we* will have shifted: we will find ourselves on a new shore.



*Hawthorn Blossom Essence - Gratitude*

## ESSENCES FOR EMPTYING

A wise teacher once said to me that if anything is going to meaningfully change and heal, we first need to get comfortable with the discomfort of the time we are in. We need to embrace and get still and quiet with What Is, *before* we can move into what is to come. Something about this gives us permission. Being in emptiness, being in discomfort, being in not knowing, and *not* moving immediately into judgment and panic about this, is a wholly (holy) courageous and honest response. It affirms and settles us. What will be will be. It puts us in a position of strength and acceptance where we allow life to take us where we need to be.

The following essences are three that I have personally found helpful for reminding me how to surrender to this with grace.

### BIRD CHERRY ESSENCE

Light, deep, releasing, reaffirming, *Bird Cherry Essence* gives us permission to go forward with freedom and ease, and stop feeling that we must keep looking back. ***It enables us to let go of the past: to shed the old hurts and grievances, the old mistakes, the old times and the old 'me'.*** The memories of those times can still live within our being - loves and times lost and gone that will forever remain part of us - but the stories we have woven around them no longer need to define us or hold us back.

Letting go always feels like emptying and shedding. At first, this seems risky, even irresponsible. This feels too light and too free; things are too easy. Surely, we aren't allowed to feel like this?!

We are and we must. Our freedom and our lightness is an indication that we are moving in the right direction: our true nature is re-emerging. We feel at ease. We are letting everything extraneous go. Moving on without the millstones of regret, longing, guilt or remorse, we allow ourselves the chance to actually live in the Now.

**Bird Cherry** also works beautifully with **Harebell**, which is specifically for the relinquishment of heavy burdens and duties.



### HAWTHORN BLOSSOM ESSENCE

When we can see *only* lack and emptiness in our life, we need a two week course of Hawthorn Blossom Essence! This essence is indicated whenever we feel unable to see the blessings in our life: our cup is half empty; everything is wrong; we can only perceive what is *not* there. ***We yearn and long for all we do not have, and neglect to acknowledge, tend and water that which we do have.***

Hawthorn Blossom rights this imbalance by helping to ***clear our inner sight so that we can look again at our lives with fresh understanding and appreciating.*** This is the essence for counting our blessings, seeing the grace at play in our lives and finding our way back to What Is. Emptiness becomes a place of fertility and possibility, an empty vessel - not of lack - but one that is ready to be filled again and again. It is an essence that keeps us in motion, constantly seeing and re-seeing our life

with fresh eyes. And, it enables us to fully open to, and receive, the bounty that awaits.

## **BLACKTHORN BLOSSOM ESSENCE**

***Blackthorn Essence is a new essence, and it is profound in its ability to protect and purify.***

Blackthorn opens up another aspect of emptying: this essence invites us to empty ourselves of any defensiveness, suspicion and judgment.

As an essence for protection, Blackthorn is invaluable. ***Wherever we feel encroached upon or invaded by dark, contaminating or threatening energies - at any level of our being - we can reach for Blackthorn.*** The essence strengthens and illuminates our innate resilience, so that our very presence 'repels boarders' (as they used to say on Star Trek!). I often imagine this as dark thorns or clouds trying to permeate, and finding no way in. Blackthorn Essence alerts our inner light and turns up the volume on our luminescence.

***It does this proactively, not reactively, however. This is not a defence; it is a remembering.*** Eckhart Tolle talks about a kind of 'ferocious presence' he calls upon whenever he finds himself tempted to go into the 'pain body' - the wounded self. Instead of succumbing, he gets even more deeply engaged in the Now, and in Beingness, in order to meet what is coming towards him and what is coming up within him with the greatest light and power. Blackthorn Essence speaks to this. We fill up with our emptiness and our fullness, our knowing and our not-knowing, our feeling and our lack of feeling. We are both Nothing and Everything.



### ***How to Take:***

You could take all three or four of these essences together, or select one or two that appeal to you most directly.

I recommend taking five drops three times daily, for two to three weeks, during times when you feel overly full and wish to empty.

During 'fallow' times when you feel acute uncertainty and insecurity about your direction or worth, and you are finding it difficult to trust, and are apt to leap into projects out of desperation, take every hour for a few doses and then continue for the next three to seven days, taking them three times daily.

Take them with the following intention:

*I allow the wisdom of these times to empty me and fill me anew.*

May these essences inspire and help you, and invoke a remembering within you of your own essential nature.

**For further details on any of the above essences, visit: [www.lightbe.co.uk](http://www.lightbe.co.uk)**

# Reclaiming Emotional Wellbeing with Flower Essences



## NEW Online Flower Essence Course

This five-part course, Recovering Emotional Wellbeing, is a short in-depth CPD course for complementary therapists, Advanced Essence Practitioners, and/or knowledgeable essence users. The aim of this course is to help you deeply and thoroughly understand how to use essences in truly effective ways in order to restore emotional wellbeing.

The course, led by Rachel Singleton, consists of five 90 minute sessions and focuses on the following:

- *The difference between prescribing for acute emotional trauma and for long-term emotional patterns* - learning how to administer essences differently, for different needs
- *Deep listening* - understanding the type of space we need to hold, the quality of listening available to us and the information we can look for
- *Explorations of specific emotional states* - shock states, sadness and grief, depression, anger, rage and frustration, fear and anxiety
- *Bonus session* - what does success look like for you as a practitioner

Cost: £125. Booking essential - a non-refundable deposit of £30 secures your place. Final payment of £95 due May 27th 5pm GMT. ( 2 x concession places available at £75 - please enquire further)

### TOPICS COVERED:

UNDERSTANDING PRESCRIBING FOR ACUTE SHOCK AND TRAUMA VERSUS  
PRESCRIBING FOR CHRONIC EMOTIONAL STATES;

THE POTENT EFFECT OF HOLDING SPACE;

GRIEF, SORROW AND DEPRESSION;

FRUSTRATION, IRRITABILITY AND ANGER;

FEAR AND ANXIETY

**When:** Commences Monday 1st June

Other module dates: Monday 15th June, Monday 29th June, Friday 3rd July, Monday 6th July.

**Start time:** 7.00pm; duration 90 minutes.

To find out more details, go to [www.rachelsingleton.com/online-courses-and-groups](http://www.rachelsingleton.com/online-courses-and-groups)