

# LightBringer Essences



Moonlight Essence for remaining centred during drama and conflict

*Dear Beautiful Soul,*

In this newsletter I share with you four essences to help with staying quietly present and aware within an increasingly demanding world; special offers on Essential Self Sessions; a new workshop on Energy Advertising in which I will show you how to advertise as a practitioner and healer without having to sell your soul to social media . . . And much more besides. Sit down with a drink and enjoy your read.

Some of you have found your way to the *Healing Conversations* that myself and Ian Watson are offering. You can listen to these for free via [www.rachelsingleton.com](http://www.rachelsingleton.com) or find a link there to watch them on YouTube. In our latest episode, we discuss the pros and cons of having a diagnosis - what this means, how to navigate this and the treatments and prognosis that come with it, and how to explore other paths of diagnosis.

May you enjoy this month's offerings and may your summer unfold beautifully. *With blessings and light, Rachel*

## Restoring Quietness

IN A DIGITAL WORLD

Jumping down through the gap in the wall, I land quietly next to the old packhorse bridge. As one of the Lake District's favourite tourist attractions, it is usually surrounded by people, the air full of sound. But today, I arrive in the quiet of early morning, with the dew still on the grass, and solitude and peace greet me. I hear a trickle of birdsong, the murmuring of the river, the distant hum of a tractor, the call of a dog somewhere - the drowsy sound of things unfolding. And I hear the silence within me: the absence of demands, input, things that need doing. The nothingness.



Breathing in, I am filled with gratitude. This moment is a balm I have been craving for days. Quietness flows around and through me. I sigh softly, letting go.

The need for quiet and for solitude is deeply ingrained in us. This is time to contemplate and be, time that restores and recovers us. In its arms, we can breathe.

But quiet and solitude are not easily found in the midst of our hyper-connected lives. Digitally on-demand, and encountering stimulus wherever we go, it would seem that all our silence is filled with noise, and all time alone with persistent connectivity.

Over and over, I hear in others what I too experience: a conflict between craving quiet and/or solitude and yet - strangely - resisting these when they are here. Why is this? What is going on? Whilst quiet and solitude do indeed soothe and repair, whilst they gentle and still us, they also calls us to face ourselves. And, perhaps more specifically, they call us to face the chaos of our own minds.

In *Lead Yourself First* by Raymond Kethledge and Michael Erwin, the authors give a definition of solitude which is clarifying: ***solitude is time that is free from input from other people's minds.*** In other words, it is time when we are not reading, texting, watching TV, internet surfing, or speaking to someone: no outside content from other people's minds is coming in to our own mind. We are sitting within our own self, within our own thoughts. We can experience solitude in the centre of a city, on a busy train, in a cafe, whilst walking in the countryside, or when sitting with people in silence. We don't have to be alone to have solitude. And, we also *can* be alone and enjoy that as well.



Bird Cherry - Letting go in to Presence

Furthermore, the writers explore how solitude helps us on many levels: to sharpen our thinking, clarify our purpose, contemplate our values and goals, notice areas of discord and unease within, and find space for solutions and answers to emerge. They speak of how solitude nurtures creativity and fosters genius. Great thinkers, artists and scientists, throughout human history, have instinctively sought out regular times of deep solitude and quiet because of what it gives them: time in which to recover the deep Self from beneath the flotsam and jetsam of daily life. In solitude, we find more of ourselves than we knew existed, we see more of the life than is superficially presenting to us, and we learn to settle into ourself more comfortably.

If these are the gifts, then why are we struggling to go there? I suggest there are two main reasons: the first is that incessant digital connectivity is conditioning our brains to need constant connection and stimulus; and the second is that we may be giving up too quickly and too easily, taking sips of solitude and quiet here and there when we really need a good long draught daily. In Cal Newport's book *Deep Work* he describes how we are losing our ability to concentrate for long stretches of time because, through our technologies, we are subject to constant interruptions from messages, emails, adverts, and click-bate. When we sit down for a real face-to-face conversation with someone our phone - or theirs - pings through the latest message or alert. When we go online to look for something, we get pulled down the rabbit-hole of links that lead to links. When we are feeling bored, we reach for the super computer in our pocket to entertain

us. We are becoming driven to satisfy flickers of curiosity, or a fleeting need for stimulus and connection - all things that the digital world offers so abundantly - without thinking of the impact this has on our psyche.

And yet, at the same time, there is evidence that we *are* feeling uneasy with this. At the point when we realise we no longer feel able to go anywhere without our phone/laptop/ipad, or cannot switch them off for a few hours (or days . . .), we become aware that our sense of autonomy is slipping away. Have these things really become such vital appendages or have we lost our perspective here? There is mounting evidence that our teenagers are struggling with increasing levels of anxiety and insecurity and that this is directly linked to the rise in use of their smartphones. More and more people are going back to 'dumbphones' (old-style mobiles) because they find them less compelling and invasive. People are culling multiple email accounts, becoming more guarded about giving out their mobile number and avoiding going on social media. We are feeling the need to be *less* available. When our time and actions are no longer our own - when a quick check of phone or internet becomes an hour of the day lost without warning - this feels deeply frustrating. Our resolve, our own deep sense of what we need, is being thwarted. Day by day, we watch our lives being taken over and our inner quiet eroded.

But as many of us are finding, when we do try to switch everything off and sit quietly



Hare's Foot Clover - boundaries not defences

and peacefully, that there is more inner 'noise' than inner quiet! Lying in wait inside our heads are a host of voices, chaotic, noisy and demanding. These are the untended thoughts arising from our everyday experiences which we haven't had the solitude and space to sift through. Lack of stillness, resting and quiet contemplation takes its toll: the backlog of unprocessed 'stuff' hits us like a thought-tornado when we do get some time to be quiet. It is not surprising then that reaching for the remote control or the smartphone seems like the calming choice in the face of this. But reaching for external stimulus to push away the temporary inner discomfort only *seems* to break the cycle; in reality, it fuels it. The moment we move away from the very quiet we need, we delay tending our psyche *again*, and put in more of the 'noise' we don't need.

When I think of the importance of solitude and quiet for me - time without input and demand, time in which I can quietly be - I know deep in my soul that this is a daily requirement. If I wish to be physically well, to thrive emotionally and to maintain mental clarity then I absolutely need time to sift through, sort and sink down into *being* on a regular basis. This means going past that first superficial layer of resistance that my mind throws at me. It means trusting that deep quiet will penetrate

this initial ‘noise’ if I give it time and go there consistently.

We can actively look for and set aside quiet time every day. We can schedule time to walk, sit, gaze at the view, look at the fire, or rest with eyes closed. We can meditate or contemplate. We can journal, play the guitar, sew, chop logs, garden and paint. These periods without input allow regular release of any internal pressure and they reconnect us to a deeper version of self. We feel more at ease within when we have this time.

## *How can Essences help?*

The very way that essences are made - quietly, often in solitude, from a place of deep listening presence - means they carry a vibration that fosters these qualities in us. Enfolded within their energy signature are stillness, silence, communion and quiet attendance. When we take an essence, we take *this* in. I want to share with you here four essences which I find helpful when I wish to reclaim my inner sanity.

***Moonlight Essence*** helps us to see through the drama and pull of things external. Quietly abiding within, chaos can be going on outside us and we neither need to pull away from it or get hooked in. We can remain centred, tranquil, composed. The energy of *Moonlight* is cosmic and vast: it beckons us towards stillness that precedes the ‘noise’ of daily life. It helps us identify things that would snare us in the moment: we can be fully present and fully awake - without having to get fully entangled!

***Bird Cherry*** brings the present into our awareness with intense clarity and beauty. What Is becomes most important. We sink into the body and the senses, *experiencing* our life rather than analysing and rehearsing it. Lightly, we embody the moment. What is and isn’t of fundamental importance becomes clear.

***Scots Pine Combination*** offers deep grounding. With the rich, warm energy of the pines we are held stable and steadfast within our own centre, our own energy-field: unshakeable, strong, rooted. We can take this essence whenever we feel the need to connect with our inner strength and dynamism, and feel that our aura is intact.



***Hare’s Foot Clover*** helps us release defensiveness and prickliness. We only get like that when we ourselves have abandoned our needs, our self-care or our boundaries: we feel guarded and unhappy as a result. Hare’s Foot Clover helps us to stay connected to the boundaries we need to maintain regarding our time, attention, love, energy and resources. Boundaries tended and held with clarity and love enable us to stay gentle.

We can choose how we use our digital tools - and thus not feel used by them, or the companies behind the endless apps and products. May your inner space be clear and uncluttered and may your technology support you and not sabotage you!

# Announcements and Offers



## ESSENTIAL SELF SESSIONS ~ *Special Offer*

**£30 off the initial deposit for new clients throughout July.**

Subject to availability: As my current 6 months of Essential Sessions draws to a close, I have 12 new places available for anyone wishing to start the a series of 6 Essential Self Sessions with me. These are monthly one-to-one sessions focussed on heeding and deepening *your* connection to *your* Deep Self - the part of you that knows how to heal, how to move forward, how to deepen in to your truth, how to navigate difficulty and challenge. Offer ends July 31st, 5pm GMT or before if spaces all booked.

Cost: £100 initial deposit and session (£130 RRP); £46 for each subsequent session.

***To take advantage of the special offer, please email me: this offer is only available for newsletter subscribers***

**[For full details of Essential Self Sessions, please click here](#)**

Sessions available by skype, phone or zoom

## AUGUST BREAK: 2019

PLEASE NOTE THAT LIGHTBRINGER ESSENCES WILL BE CLOSED FOR AUGUST  
***During this time you will still be able to purchase the full range of LightBringer Essences and Mists from our colleagues at Healthlines:***

**[www.healthlines.co.uk](http://www.healthlines.co.uk) Tel: 01539 824776**

I will be offline for the entire month. All consultations, emails, phone-in, etc, will be resumed on my return.

## ESSENCES SPECIAL OFFER

Two or more of the Essences featured in this newsletter  
at 15% off each

*(or an additional 5% on top off your standard discount for Practitioner Account holders)*

To take advantage of the special offer, please **[email me](#)**: this offer is only available for newsletter subscribers and is not available through the webshop.

Offer valid until Friday July 12th, 5pm GMT.

If you wish to speak with me in person about an order, try my Monday phone-in between 4-6pm: 015394 37427.



# *Energetic Advertising Workshop:*

HARNESSING YOUR HIGHER CONSCIOUSNESS FOR ABUNDANT BUSINESS

Date: 13th September 2019

Location: The Gathering Fields Retreat, Lancashire, UK

Cost: £75

HOW DO WE ESTABLISH A THERAPY BUSINESS  
IN A WAY THAT IS ENERGETICALLY AUTHENTIC  
AND JOYFUL?

How do we sustain this over many years in ways  
which replenish rather than drain us?

How do we ensure that we can maintain or raise  
our income as and when we need to?

*We are surrounded by marketing models for  
business that can feel intimidating, tech-  
heavy, expensive, gimmicky and at odds with  
our work as therapists. Often, we are  
expending time and energy we haven't got  
doing something we think we should do.*

There is something fundamentally  
flawed about this: to run an energy business  
that flows, surely we ourselves  
need to be in the flow?

This teaching day will help you access a deeply reliable inner source of energy  
and wisdom from which to grow your practice.

FOR FULL INFORMATION AND TO BOOK go to  
[www.flowerspirit.co.uk/cpd-energetic-advertising/](http://www.flowerspirit.co.uk/cpd-energetic-advertising/)