

# LightBringer Essences

Issue 73: June 2020



*Dear Beautiful Soul,*

*On June 30th, it will be twenty years since I made Angel Star, the first LightBringer essence. I have been reflecting on the profound nature of this journey - so lovingly guided by the flowers themselves - and of how very different I feel in myself. What is it within us that changes? I explore this in the article below.*

*This month feels like it is all about celebrations:*

*The new handbook, **Wild and Sacred Medicine**, is now released and is available on Kindle (simple type the name in on Amazon); the paper copy will be on sale within 5 weeks. My good friend Ian Watson and I have been putting our heads together for some months now and are delighted to announce a new **Practitioner Mentoring group** and a forthcoming **Holistic Healer Foundation Training**. Read on for more information on these.*

*Finally, I want to extend to you a very warm invitation to join me some time on the afternoon and evening of Tuesday 30th June for the **LightBringer Essences Birthday**. I am offering **free 3 card readings**. Email or call me to arrange a half hour slot. It would be lovely to connect with you in this way and to offer you this space.*

*It only remains then for me to thank you for your support for my work and for the LightBringer Essences. Blessings of the flowers to you, Rachel*

## Transformation

### What within us changes?

#### What *is* Transformation?

I have been posing this question to several people of late and each person has come up with different ideas on what this means to them personally. What I have also noticed is that each person has gone beneath the words themselves to hear something deeper. Because, of course, we know what transformation itself is: it is when something changes in a profound way, becoming something tangibly different. Implicit in this is a sense of movement in a direction that is *positive*.

We can transform our bodies by exercising and eating differently. We can change our lives by moving somewhere new, getting a different job, or spending our time with a different group of people who expand our world view. We can transform our understanding by studying and learning something new. And we can change our mind whenever we want . . . So change can show up in a variety of ways. But what enables it to happen? What is the energy behind it? What within *us* changes?

For me, transformation points towards the possibility of experiencing and living life differently - in ways that are kinder, lighter, wiser and gentler, inclusive rather than exclusive, easeful rather than strife-filled, nourishing rather than depleting, soul-rich rather than soul denying.

Transformation is, essentially, a deepening into one's *Self*. Is a trajectory that goes only one way:

ever more deeply into our own authentic nature and our own truth. It is an easing into the body you inhabit, the personality that adorns you, the emotions that run through you, the essence that inspires you, and the interactive, responsive aliveness of being you in a living world, in the living moment. *It is an ever deepening path back to the essence of You.*

Transformation is what happens when we accept and live more of Who We Really Are and embody the totality of this more deeply.

## HOW DO WE TRANSFORM?

In a way, there is no ‘how’ to this process: we are transforming all the time, whether we like it or not. Our bodies are miracles of regeneration and adaptation. Our bodies heal as we go, wherever and however they can. Indeed, even that within us that isn’t ‘our’ body is rapidly changing. It is now believed that only 43% of our bodies are human cells - the rest are microbial colonies. These trillions of bacteria that live on and in our bodies are born, procreate and die every 20 minutes. In one day, our resident bacteria has produced 70 new generations! This is profound and rapid evolution. And *their* evolution is *ours*: we cannot be their host without being impacted by their aliveness and their movement.

Furthermore, we live in an energetic universe. The very nature of reality is change. Nothing is constant; everything is in motion. Change is built in.

So, we don’t actually get to stand still, ever. That said, change is not transformation, is it? Change happens *to* us; transformation rises from *within* us, to move *through* us. It is a slow burning fire that suddenly, one day, catches and blazes brilliantly - and our lives are never the same again. Its fierce energy and light throws everything into relief. It illuminates the way forward. It quickens our spirit. The self who seeks to emerge begins to step forward, into the clearing this fire has created.

When change happens, we have the option to go forwards or backwards, but when we transform, we always come into deeper alignment with ourselves. It is the result of a coalescing in time of many things: a frustration with how things have been; a burgeoning sense of new potential and different possibilities; a clarifying of vision and a kindling of imagination; a deepening urge to express the truth of Who You Are; a wish to step in and deeply co-create with Life itself. It is pure potency and power. If we allow it to take us, we can ride its wave and trust it to place us on a new shore.

## TRANSFORMATION IS LIFE-AFFIRMING

If transformation is a power that is alive within us, how do we tap into it? When our life feels stale or stuck, for example, and we cannot seem to shift anything, what do we do?

Transformation works for us, not against us. The answer, then, is surprisingly simple and beautiful: we look for that which is life-affirming for us, not life-denying. We look for movement in our life, we look for lightness, and we look to see what brings us peace, replenishment, happiness and ease. We begin to recognise those things that sap our life-force and we choose to turn our attention to that which lifts us up. And, when we find what lifts and moves us, *we do more of that*. We place our attention *here*. We let the energy of that which is living and true for us move and lift us as far and as high as it wants to go. *We become like the butterfly.*



*Bee Orchid Essence: for creating our work in the world*

## ESSENCES TO SUPPORT TRANSFORMATION

**Early Spider Orchid Essence** helps us to accept and receive the gifts that come during a time of transformation. These are not always immediately obvious. Change itself can feel frightening, threatening and disruptive. However, Early Spider Orchid reminds us that all change holds the potential for transformation. It is Life moving us. When we go with this movement, we go *with* the flow and we open to the possibility that *we are only ever travelling more deeply in the direction of our own true nature*. We are heading home. Times of change simply take us there more quickly.



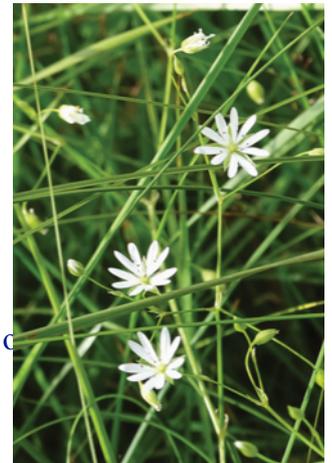
**Bee Orchid Essence** supports us in bringing into being our life's work. It is for when we are in the process of creating something unique and beautiful in

the world: we are bringing an inner vision to life, we are creating a new reality for ourselves that will also impact others in time. *We* are changing and transforming. We are manifesting our purpose in life.



Bee Orchid is needed if we feel alone and unseen in this. There may be very little support or recognition from others for what we are trying to do. Here, our confidence can waver, our vision and purpose may falter: what we came on this earth to do is at risk of not being done. Bee Orchid reminds us of the innate potency of that which we are seeking to birth, and helps us to continue moving forward with steadfast confidence and trust. It reminds us how to hold our vision and bring it safely into living form.

**Angel Star Essence** enables us to stand clear and defined in Who We Are when everything around us feels dark, confusing and destabilising. It helps us feel for and know our own luminous nature - our own essence - and remain true to it even when we feel pulled by others and by outside circumstances. With Angel Star, we are able to discern that slender thread of gold, shining through the confusion, drawing us safely through the maze of life. This thread of gold is our own knowing, our own wisdom, our own truth. When we feel for it, recognise it, hear and heed it, it will guide us and enable us to keep our connection with our c



Finally, **Ruby-in-the-Storm** is the essence for times of profoundly shocking and disorientating change, when nothing familiar feels recognisable anymore, when our whole world has shifted on its axis. We cannot find our bearings and we cannot see our way. Ruby-in-the-Storm holds us in a profound matrix that begins at our heart centre and radiates out. We are held in the love that permeates our own heart as we ride the stormy seas of change.

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## *Special Offer*

Available until 30th June 2020: please email your order through - this offer is not on the website

Any three of the four essences featured above at **25% off, plus an extra 5% off anything else you order at the same time**

(Practitioner Discount Holders: 25% off your whole order if it includes three or more of the above essences)

Email: [admin@lightbe.co.uk](mailto:admin@lightbe.co.uk)

# *NEW: The Practitioner Mentoring Space*

Online Group Support for Health Practitioners



Commences: July 2020

*Limited places available - over one third gone already*

As health practitioners, we wish to offer high quality, professional support for others. However, many practitioners often lack this support for *themselves*. This is a space wherein you can be nurtured, held and heard.

Having a space where you can listen into, reflect on and deepen your understanding of the holistic healing work you offer has a transformative effect on how you experience your work and the results your clients experience for themselves. Your skill and confidence increase exponentially, and your practice flourishes as a natural reflection of your inner growth.

Even the most competent practitioners can enhance their work with clients by becoming more deeply grounded and at ease within themselves. Through having a dynamic, professional space in which to reflect and deepen, we rediscover joy and passion for our work and gain clarity about what it is we have to offer that is a true expression of our own unique gifts.



I am teaming up with my good friend and colleague, Ian Watson, to offer 6 monthly meetings where we can meet together in this professional space.

*We invite you to step into the Practitioner Meeting Space and open to the potential for deep shifts to happen in your work and in yourself.*



*There is so much to being a practitioner.*

These meetings will help you to find your way with key aspects of your work, to explore your own responses and experiences, and to listen to the insights and reflections of other like-minded professionals. Confidential, gentle and thoughtful, the Practitioner Mentoring Space offers time for you to refresh and recollect yourself each month.

## The Offering

A monthly three hour group session for 6 months, commencing July and ending January 2021.  
PLUS: a one hour individual session with Ian or Rachel during this time.

## Cost

£500 (Non-refundable deposit of £100 to secure your place)

*You will find yourself deeply immersed in the stillness of presence and the clarity of quiet contemplation. This will be a nurturing space for you personally, and it will enable you to deepen into that very quality of healing presence and connection you wish to have in your work with clients.*

To view full details and book a place, go to [www.rachelsingleton.com/online-courses-and-groups](http://www.rachelsingleton.com/online-courses-and-groups)

To find out more about Ian, go to: [www.theinsightspace.com](http://www.theinsightspace.com)

# *The Holistic Healer Practitioner Training*

*9 MONTH ONLINE TRAINING - STARTING SEPTEMBER 2020*

Tutors: Rachel Singleton and Ian Watson

**In these times, there is an increasingly urgent need for health practitioners who are grounded in a holistic model of health, who work in harmony with the intelligence of the body-mind and who empower their clients to understand and take full responsibility for their own wellbeing.**

Currently, the need to consciously care for our health in a truly holistic way, in harmony with self and planet, is becoming ever more pressing. We are living through a time of great transition that is rapidly making visible those things that are no longer viable or sustainable in our modern approach to life.

The prevailing modern medical paradigm is an example of this, seeing disease as an enemy to be feared and leaving patients feeling helpless and disempowered. When a person's health is taken out of their hands and put into the hands of an expert, they lose their sense of their own ability to impact their own wellbeing. Yet eighty percent of modern illnesses are lifestyle related. A person's daily choices and health care matter.

The confusion of information out there - in the media, from health professionals, on products, in communities - means that many people no longer feel clear about how to support their own health. The result is that people are living longer and sicker than they ever have, with more mental illness, and with an increased sense of isolation. It is no surprise then that so many are looking beyond the medical paradigm and turning to alternative therapies. There has never been a more pressing need for practitioners with the skill, insight and compassion to help a person come back to their own innate wellbeing.

*Only when the innate self-healing capacity within each of us is recognised and harnessed via gentle and natural means can a true restoration of health begin.*

Individualised holistic healing is vital in these times.

**Do you wish to create deeper health resilience for yourself, your family and those around you? Our forthcoming Holistic Healer Foundation Training will provide you with an embodied learning experience that will be transformational for you, and will equip you with everything you need in order to begin helping and supporting others in their own self-healing.**

## **THIS 9 MONTH ONLINE COURSE INCLUDES:**

- 9 teachings days (one per month) consisting of lectures and small group work online
- 9 x 2 hour tutorials online in smaller groups (one each month)
- 1 personal session online with either tutor at some point during the training

We are also offering an optional Retreat at the end of the year. This is not included in the cost but preferential places will be given to participants on this training.

More details coming soon. To find out more, go to:  
[www.rachelsingleton.com/holistic-healer-training](http://www.rachelsingleton.com/holistic-healer-training)

To be alerted to further details and to find out when bookings open, email me to be on the list.

To find out more about Ian Watson, go to: [www.theinsightsspace.com](http://www.theinsightsspace.com)

