

## Tips on Working with Essences

Essences are tools for us to work through different aspects of life, problems that emerge, issues that come up, situations that arise, etc. They work primarily on the subtle energy bodies and affect the physical body as a downstream event. Those that are not as sensitive or as “tuned in” to their body or energy system may not experience the action of an essence right away. For this reason, we recommend writing down everything you are experiencing at the start of taking an essence and to check in midway through and after with your original list. Even if a problem is not totally resolved you will likely find it has changed and/or improved.

When working with essences, it’s important to work with what comes up, as this is often a sign the essence is working. We can help it along by doing the inner (and sometimes outer) work of addressing issues that surface while using essences. Sometimes this might mean consciously working to improve things like diet and exercise. (In that particular case, Shanti Kai™’s Transitions™ Blend can be a great essence to incorporate, as it is specifically designed to help change habits.) Other times this means not sweeping things that bother us or uncomfortable feelings or emotions under the carpet, but inspecting them, contemplating them, and working with them to see if there is conscious effort that needs to be made. Sometimes “stuff” might come up during essence use that needs help releasing. If you find yourself feeling stuck, it may be that supplementing the essence you are using with Release It™ or Lighten Up™ might help move some of the stuck energy out.

Another way to work with essences is to use them acutely. For example, if you find yourself experiencing high levels of tension and/or stress, you could use for instance the Healer Within Essence™ blend every 15 minutes and then reduce to every half hour, and then reduce to every hour until the tension has shifted. Because essences are vibrational there is no need to fear overdose – if you get too much it will simply “evaporate” off. That being said, sometimes our responses to essences can be quite strong as they can activate a release to occur. If this happens, you may want to work with another essence like White Light™ or Earth Chakra™ to help calm and/or ground the release experience. Other times you may find yourself needing to do something outwardly to shift your experience, and because essences work to align your vibrational field, you may find yourself being innately or spontaneously guided to a resource that can help you, or to take action in a certain way. Often times people find that simply using the essence, being open to change, and being willing to release any resistance is enough to produce a profound shift and lasting result.

You might also find it beneficial to alternate essences every 15 minutes, for instance alternating Clarity™ and Hope™ to ease overwhelm, confusion, feelings of despair, or to aid focus on the highest potential outcome. It may also help to work with affirmations or decrees, or conscious breathing practices while using the essences, especially when using them acutely. Acute essence usage is almost always a good tool when trying to navigate through an experience of overwhelm. You can alternate spraying different areas of the physical body or aura at different time intervals. We find the most sensitive and helpful areas to spray on the physical body are often the forehead/third-eye area,

temples, base of skull, throat, front and back of heart center, abdomen and root area, along the spine (especially the base), backs of knees, ankles, and bottoms of the feet... but these are just suggestions. If you have a way of dowsing or checking yourself for where you should spray an essence, we always recommend listening to your own higher guidance first, and using our suggestions as general guidelines if you are unclear.

## **How to Clear Your Personal Energy and Stay Protected (using Shanti Kai™ Clear My Space™ and Guardian Angel™)**

There are many techniques people use to clear out unwanted energy – burning sage and incense are ancient methods that rely on the alchemy of smoke. Our Shanti Kai Clear My Space™ Essence acts on the electrical field of a person, place, or space and is designed with a synergy of ingredients for clearing out negative or parasitic energies and depositing vibrations of peace and light. It can be used on yourself (clearing your aura) or it can be used to purify spaces such as your home, office, etc. This essence may help you feel lighter, more grounded, and at ease.

Not only is it important to clear one's energy, but protecting it by shielding oneself and strengthening one's auric field can also be extremely helpful. Just as one must eat well and exercise to strengthen his or her physical body, rest well, meditate, and/or think positively to care for one's mind and spirit, one must also care for his or her energy field. Essences are a simple and effective way to do just that.

If you think of stress as having a compound effect of weakening one's energy, our Guardian Angel™ Essence carries vibrational infusions of gemstones and flowers that historically have the effect of strengthening the energy field. This may have the net effect of helping to fight overwhelm and fatigue, and may also help in reducing fear while increasing feelings of safety and protection, all of which will have positive lasting effects on health and well-being.

Shanti Kai's Clear My Space™ and Guardian Angel™ can help to clear, cleanse, strengthen and protect one's energy field and help to heal and restore us on the subtle levels where imbalance often originates. Spaces also tend to carry the energy of events that take place there. When traumatic or disturbing things happen, negative energy can be deposited and can influence those that come into the space. Shanti Kai's Clear My Space™ and Guardian Angel™ contain the flower, gemstone and mineral vibrations, and color frequencies that know how to clear, cleanse, strengthen and protect the energy field in a space or place and how to heal and restore the subtle levels of balance between nature and man in any environment.

## Here are some simple steps you can follow to clear and protect your energy:

1. Take 5-10 deep, calming breaths to get centered
2. Spray your entire aura with Clear My Space™ Essence using 7-10 sprays and encompassing both the front and back sides of the body.
3. You may want to close your eyes and imagine a flood of white light encompassing your whole aura, washing away impurities. (However, this is not necessary for the sprays to work. Often it is more effective to simply be aware that the nature vibrations in the sprays are working and to give them their space to do their job.)
4. Notice what you experience and if you feel any shifting in your energy. Some common things people experience are:
  - Feeling of getting lighter or even floating sensation
  - Feelings of heaviness, weightiness, or tingling sensations
  - A feeling of expansion in the heart chakra
  - Increased awareness or sensation in your hands, wrists, or feet
  - The desire to fidget or adjust your posture
  - Flashes of color, especially deep purple or indigo, white, gold, or golden peach-violet (these are color frequencies in the blend)
  - Feeling of heat energy
  - Experiencing tension releasing
  - Many thoughts and/or feelings coming up all at once
  - Lengthening of your spine
  - Seeing or feeling a spiral of energy rise from the spine or crown
  - An increased sense of grounding or connectedness to the Earth
  - Increased mental clarity or renewed perspective

Note: All of these symptoms are just signs of energy clearing and are normal and natural.\*

5. About 15 minutes later, use Guardian Angel™ Essence spraying any or all of the following areas: heart, forehead, base of skull, root and sacral chakras (front and back).
6. Close your eyes and relax for a minute and tune into what you are experiencing. You may feel or sense a protective presence. You may see a sparkly soft blue, indigo, or white light. You might feel warmth around your heart or a feeling of expansiveness, protection and/or the release of fear of negative thoughts. Some people like to imagine a strong orb of fluorescent blue or golden light encompassing their entire being and extending out arms length from their body, creating a strong shield of protection.

**Here's some simple steps you can follow to clear and protect your space (i.e. your house or apartment, car, office or place of work, etc.):**

1. Take 5-10 deep, calming breaths to get centered.
2. Spray the entire space with Clear My Space™ Essence. The number of sprays will vary depending on how big the room is and how heavy the energy feels, so use your best judgment or intuition. (Note it is highly recommended if you have a system for testing, such as kinesiology, muscle testing, or pendulum testing to check and see how many sprays are needed, and then to wait a few minutes after spraying and ask again to see if it's complete). On average 5-7 sprays is typical for a 14 x 14 feet space.
3. Close your eyes and for a minute or so tune into what you feel, see, or sense happening in the space. You may become aware or have a feeling of an area where more spray is needed. Or if you are using a method as described above you may check in with that method. Some people like to imagine a flood of golden-white light encompassing the entire area, washing away impurities, however, this is not necessary for the sprays to work. Often it is more effective to simply be aware that the nature vibrations in the sprays are working and to give them their space to do their job.
4. Within 5-15 minutes later, spray the area with Guardian Angel™ Essence using a similar number of sprays as Clear My Space™ Essence
5. Close your eyes and for a minute or so hold the space for the shielding to work. Some people may imagine a strong orb of white and fluorescent blue light encompassing the entire space creating a strong shield of protection. Some people even sense the orb being coated by a thorn like fence (the fact that many people resonate with this visual after hearing the suggestion we believe is because of the strong Bougainvillea flower component in the blend).

## How to Release Emotional Baggage or Weight (using Shanti Kai™ Release It™ and White Light™)

Often times we have deep seated energy blockages that wreak havoc in our systems. These blockages can be thought of in many different terms, but usually represent a sort of trauma that has either been inflicted or inherited. Trauma can be anything from stubbing one's toe to being yelled at in school, experiencing ongoing stress, suffering a serious accident, etc. Anytime there is a moment of overwhelm in the body-mind, there is a corresponding "freezing" of the part of one's psyche that is experiencing the overwhelm. If left unattended, the part stays frozen and is literally stored in the nerve plexus closest to the affected area (i.e. it may be stored in the toe or foot if one stubs the toe or in one's ear if one is yelled at). Energetically speaking, these stored traumas appear like dark dense bodies of accumulation in the emotional and subtle bodies literally weighing one down.

Release It™ gets into this dark energy accumulation and begins pulling stuff up and out. It has several different mechanisms by which it works including: releasing through relaxing, breaking up energy blockages into small particles, drawing out or purging the toxic parts in the physical body, encouraging a state of surrender, unearthing it, etc.

We recommend following Release It™ with White Light™. This is because the Universe hates a void and whenever we take something out, we want to put something back in. White Light™ takes care of this for us on a vibrational level by putting pure, clean, high vibrational energy back in. When there's pure white light in our energy field, there is total protection, shielding and strength in that area.

### Suggestions:

Use these essences whenever negative thoughts or feelings come up with the intention of releasing it and letting it go. If the feelings can be linked to a specific body part (i.e. butterflies in my stomach, "broken" heart, weak knees, headache, etc) then spray over the affected areas. Otherwise it may be helpful to spray the base of the skull, forehead, temples, heart center, and feet.

1. Take 5-10 deep, calming breaths to get centered.
2. Spray Release It™ Essence using 5-7 sprays over the areas suggested above. Set an intention of letting go of the negative thoughts, feelings, etc.
3. Close your eyes and for a minute or so tune into what you feel, see, or sense happening.
4. Wait 15-60 minutes before following up with White Light™ Essence.
5. Take 5-10 deep, calming breaths to get centered.
6. Spray White Light™ Essence using 3-7 sprays in exactly the same areas you sprayed above.
7. Close your eyes and for a minute or so tune into what you feel, see, or sense happening.
8. Alternatively, you can use Release It™ before bed and White Light™ in the morning.