



Great Lakes Sacred Essences™

January - March 2007 Newsletter Highlights

Great Lakes Sacred Essences: Using Sprays and Tinctures

Sprays

Shake the bottle before each use.

Each *Great Lakes Sacred Essences* Flower Essence spray is a high frequency flower essence combination with complex patterning. As it is vibrational, shaking “wakes it up” and blends it with the Essential Oils. The Spray can be used frequently, so spray it whenever you feel a need for the support it offers. The Spray is amazing, as it charges the matrix or the space around you, clearing negative patterns and creating supportive energies that allow the emotional body to become more balanced. It also affects other people coming into that space, offering healing energies and allowing relationships to become more harmonious. So spray your body, your rooms at home, your work space, your car, any space that feels “right” and expect a beautiful story of fantastic change to unfold.

Tinctures

Shake the bottle before each use.

Each *Great Lakes Sacred Essences* Tincture contains, in spring water and organic brandy, the same high frequency, complex patterning Flower Essence Combination as the Spray. As the Tincture includes no Essential Oils, it can be used internally to great effect. Each time, shake the bottle to “wake up” the essence then take 3-4 drops in your mouth or added to your drinking water. It can be used frequently, so take it whenever you feel a need for the support it offers. Every time you take it, the emotional body becomes more balanced

allowing the truly beautiful support of Nature to be realized as the frequencies of your emotional, spiritual, and physical bodies lift to higher and clearer levels.

More ways to get the essences into your life...

- Spray yourself in the **shower**.
- Put in your **bathwater**.
- Spray your **palms**.
- Spray a **handkerchief** and breathe in as needed.
- Use drops of tincture (not spray) in your **cooking**.
- Spray your **bed sheets**.
- Use the tincture in your **laundry water**.
- Use the tincture in your **dish water**.
- Use tincture in your **cleaning solutions**.
- Use tincture in your **decorative water fountains**.
- Place a **bowl of water** in your room, put in drops of tincture, and stir occasionally.

**Attend Six Classes ...
Select a Free Tincture!**

Did you know GLSE Sacred Season™ isn't just for the December Holidays? It is a tremendous support in navigating difficult relationships and bringing a sense of harmony and holiness to any situation. Experience soothing harmony throughout the year.

What People are Saying...

Following are some of the comments we've received about our first three classes:

1. "My hope was to be inspired, and I was."
2. "It was lovely – so peaceful, loving, nurturing, informative."
3. "These are beautifully organized classes."
4. "I'm looking forward to the next class! Thank you for these opportunities to learn!"

Essentially Flueless: A Testimonial

About two weeks before Christmas 2006 I received a call from the school that my youngest daughter had a stomachache.

I told my husband that I was glad that I had Essentially Flueless™ spray because we didn't have much experience with the stomach flu at our house.

When I got to her school, I found her uncomfortable with an upset stomach that had been going on for about two hours. The school had given her a homeopathic for the flu and when I got there they gave her a dose of nux vomica which is good for stomach-aches. I asked if the stomach flu was going around and was told that there were 12 kids in 2nd grade out with it that day.

I took her home and the first thing I did was spray her with Essentially Flueless™. I also sprayed the couch because that was where she was going to lay down. I then put three drops of the Essentially Flueless™ tincture in a small amount of watered down lemonade which she sipped on. I also made her another dose to take in about 10 minutes.

She grabbed herself a hot water bottle and curled up on the couch in the fetal position to watch a short video. I went downstairs to work on the computer.

When I came up to check on her an hour later, I found that she had a bag of

cheese popcorn on her stomach and she was eating away. I had visions of her throwing up all that popcorn and me having to clean it up. I asked her what she thought she was doing? She said she was hungry and needed something to eat. She said that the stomachache was gone and she was now hungry. I, still with visions of vomit, gave her broth to be on the safe side.

Later that day I had an appointment with Merri Walters, the creator of Essentially Flueless™. I brought Elizabeth along to be checked out. Indications were that she had passed through 95 percent of the stomach flu in those two doses of tincture and of the spray. To pass through the other 5 percent she needed to take a homeopathic for 3 doses that same day along with 3 more doses of Essentially Flueless™ tincture for good measure. There were no further signs of stomach trouble.

The following day her teacher came down with the same illness and asked how she got over it so fast. I called the teacher and left a message explaining the above. That teacher was not feeling well in class for one day and was out of class the following day. I think 3 total hours with the Flueless verses at least a day and a half (or more) without the Flueless is pretty telling!

Pam Boyd, January 12, 2007