



Great Lakes Sacred Essences™

April- June 2007 Newsletter Highlights

Essential Oils and Allergies

Some people have expressed concerns or asked questions about allergic reactions to essential oils included in the sprays. Although this is a topic that we will continue to address in future issues, we will start by sharing some information from *The Chemistry of Essential Oils Made Simple: God's Love Manifest in Molecules* by David Stewart, Ph.D., D.N.M.

“Occasionally, a person receiving essential oils claims to have had allergic reaction to them. Such claims are based on a faulty understanding of what constitutes an allergy. While some people occasionally react in an unpleasant manner to the application of an essential oil, such a reaction is never allergenic. Allergies tend to be permanent, often lasting a life-time, while essential oil reactions are temporary. In fact, they are actually therapeutic and indicate the initiation of a cleansing, healing process....

Pure therapeutic grade essential oils are free from allergens. With few exceptions, allergens are proteins or polypeptides, both of which are composed of amino acids.... Essential oils, however, contain no proteins, polypeptides, or amino acids and, thus, contain no potential allergens. In fact, one can be allergic to a particular plant, like fennel or goldenrod, but have no allergy to the essential oil distilled from the plant since the aromatic oil contains none of the plant proteins or amino acids....” pp. 451-452

Great Lakes Sacred Essences uses only therapeutic grade, organic or wild crafted essential oils. Our combination sprays containing essential oils are designed to be sprayed in the air and not applied directly to the skin. In addition, they are diluted with spring water. As a result, absorption of the oils is minimal. We do, however, use cold pressed citrus oils which are not technically essential

oils. Although we have had no one respond negatively to the presence of these in our products, if you have an intolerance or allergy to citrus, we encourage you to use your own judgment.

Our exploration of this topic will continue in future issues. If you have a question or personal experience, feel free to email it to us for further consideration.

Announcements and Such...

- We would like to move to email as the primary mode of distribution for this newsletter so as to conserve resources and time. If you are not currently on our email list and would like to be, please be sure to email us your address. If you would like to be removed from our mailing list, please let us know.
- If you know someone interested in receiving information about GLSE, please send us their name, address, and email & we will include them in our mailings and emails.
- If you have an essence story to share or a creative way to use the essences, we'd love to hear from you so we can include your ideas in our next newsletter for the support of the entire community!
- In the next issue we are including a “Dear Merri” column. Do you or your family face a special challenge that you feel flower essences may help with? Do you have a question you'd like Merri's advice on? If so, please write us and we may be able to address this in the next newsletter.

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In each issue of **Great Lakes Sacred Essences** newsletter we will spotlight a specific essence combination to help support our readers. In this spotlight feature we will share the essences and essential oils contained in the combination, provide a comprehensive writing of a specific essence used in the combination, and share testimonials and experiential anecdotes from members of the community who have used the combination. We hope the spotlight feature will provide a deeper relationship with the essences for those who are using them. This month's featured essence is *Sacred Renewal*[™].



Spotlight on...

Sacred Renewal[™]
**Essence for Energetic Restoration
& Recovery from Stress, Exhaustion or Overwork**

Great Lakes Sacred Essences have been lovingly made by Merri and Robin with the radiant light of Nature, clarity of pure spring water, and praise of the gifting spirit of Nature. Through **Flower Essences**, the powerful subtle healing qualities of Nature come to us in pure and concentrated form. The energetic life-force essence of a flower, a gem, a special place, a body of water, or a celestial event has been vibrationally encoded for our healing. If this “new information” is helpful to our healing processes, our energetic bodies use it to send out new and clearer directives that help us heal. If the information is unneeded or unhelpful, the body will simply ignore it.

Sacred Renewal[™] balances the chakras while replenishing emotional & physical energy after depletion due to stress, exhaustion, overwork, emotional trauma or illness. Like all GLSE in spray form, it blends *Flower Essences* (to balance the emotions and etheric body) with wild-crafted or organic *Essential Oils* (that add harmonizing effects) and prayer-intoned spring water. As a tincture, the same *Flower Essences* are held in prayer-intoned spring water with a touch of organic brandy as a preservative.

The **Great Lakes Sacred Essences**[™] included in *Sacred Renewal*[™] are:

Lake Superior Hue - helps (after depletion) to restore color frequencies and energetic vibrancy to one's aura.

Sunburst Calcite - amplifies one's ability to connect to greater sources of universal power... radiant, prayerful, grounding.

Ochlocknee River - revitalizing..... helps one feel held, nurtured and connected to the Earth..... renewal after illness or loss.

Baby's Breath - rhythmic, gentle breath..... being present in the moment & open to a softer, more spacious mental perspective..... offers strength from a balanced relationship with time & respect for Divine unfoldment of events.

Corncockle - restores pranic energy (life breath) to ease tired, depleted, worn-out conditions due to overwork or lack of play and rest.

Bear Butte - helps carry off physical pressures and stresses of life..... absorbs malignant physical energy while accelerating physical frequency to a place of love, harmony and spirit consciousness.

Makah - integration and connection in a fragmented world..... helps restore attention & gratefulness while releasing a need for constant motion and “getting to” the next destination..... made at the Strait of Juan de Fuca.

Sugar Maple - restores creative, procreative and sexual energy..... teaches rhythm, pacing, and an ability to honor rest & fun as well as production, allowing for true abundance and strength.

Lions Tail - encourages freedom to engage in creative, spontaneous play and re-creation that is vital to happiness and life.

High Moss - supports recovery & healing on all levels of our being..... releases negative patterns, self-defeating habits & our need to be self-critical.

Star of Bethlehem - assists in the remembering then healing & releasing of past trauma & wounds..... breaks up hurt or anger stored in the body that can be a source of chronic pain, illness or depression.

Lilac - rest, relax, slow down, take a break..... a remedy for stress contributing to neck, shoulder or lower back tightness & overall nervous tension & stiffness.

The wildcrafted or organic Essential Oils included in this combination are:

Highland Lavender (France) - rejuvenates, protects, heals, balances, uplifts..... calms fear, anxiety, anger, irritability, mental exhaustion, insomnia.

Red Manderine (Italy) - inspires, refreshes..... eases anxiety, the feeling of emptiness, insomnia, nervous tension, restlessness..... lifts spirits.

Cananga (Indonesia) - calming..... eases anxiety, nervous tension & stress.

Manuka (East Cape) - extremely anti-microbial..... helps with breathing, clears the mind..... analgesic, anti-depressant, antiseptic, sedative.

Jasmine Sambac, absolute (India) - confidence, sensuality, openness, inspiration.... relaxes tension, releases emotions, calms nerves, grounding.

Katrafay (Madagascar) - relieves headaches, tension, joint & muscle pain.

Labrador Tea (Canada) - benefits liver & kidneys, improves circulation, reduces stress..... helpful for meditation..... very relaxing.

Pink Pepper Tree (Kenya) - warming, uplifting, peppery.



A beautiful, hand-bound book is available for each **Great Lakes Sacred Essences** combination spray and tincture. Companion books contain photographs and comprehensive writings for each essence in the combination.

Baby's Breath

return of rhythmic, gentle breath that helps one be present in the moment
while opening to a softer, more spacious mental perspective

My first child was, by some estimates, six weeks late. This does not surprise me now, as he has grown to be a wise, introspective young man who considers things from all angles before making a move. He was simply thinking about it. To his young, uncomfortable mother the wait seemed an eternity, as I learned to let go and totally submit to the Divine dance in which I was engaged. Daily conversations with my midwife were a comfort to me during this wait, as well as my daily prayers in which I always received the message that all was well.

Spring was late that year, with snows well into April. Mothers' Day came and went. I returned to work, large and a little grumpy when asked if this baby was ever going to be born. With a warm spell in mid-May, the Spring flowers all seemed to be blossoming at once, and my midwife arrived at my home with a large bouquet of Baby's Breath. I will never forget how amazingly touched I was by this gift and how comforted I was by their lovely gentle presence. As my son was being born the next day, my midwife commented that the Baby's Breath always works!



A newborn baby's pulse and breath
are much quicker than an adult's,
yet there is nothing rapid about a little one.

There is profound Peace
in those quiet little breaths of a sleeping infant.

A listening mother
will recognize her own life coming into a new harmony,
as she becomes lost in the sacred time and space of caring for a newborn.

These are hours uncounted and schedules released,
as Divine timing incorporates our Ancestral Clock,
which marks baths, burps, and first smiles as hours on its clock....
and days and nights lose themselves
in endless feeding, rocking, and gentle contemplation.

Baby's Breath essence opens up our concepts of Time and Space
and helps to release some of the tensions
of our relationship with linear time and schedules.

This plant stands almost five feet tall
from thick woody stems
that are lost in the clouds of tiny white flowers
that spread wide in dainty beauty.

Baby's Breath essence
offers the gift of the return of rhythmic gentle breath,
sacred breath
that helps us be present in the moment
and helps us open to a softer more spacious mental perspective.

This essence
offers us the amazing strength
that comes from a balanced relationship with Time
and a respect for Divine unfoldment of events.

As we learn to let go of our need for control
and meeting overly ambitious schedules,
as we release the negative clouds of worry and fear,
we are then able to open to the joy of simply being here,
of contemplation and dreams.

Ultimately,
Baby's Breath essence
helps us to release the tensions
that have been programmed into our mind by an unhealthy society
and transforms our perceptions
so that we may experience
the true grace and beauty of existence in this realm.

Then,
as we begin to experience our lives less tensely and more spaciously,
our hearts become more open,
and we can float on the clouds of sweetness
and experience Harmony within and without,
as our reverence for stillness is restored.

Wow!
What an amazing day
to receive the message of that called Baby's Breath.
After weeks of clouds and water dropping to the Earth,
today the sky is crystal blue and fresh.
There is much movement in the tree tops.
The solitary wispy clouds that are coming close
slow their drift and dissipate before my eyes.
They are mixing well
and showing form, ever so slight, in a gathering of their own.
I have seen this many times over Water,
but never the Land.

Earlier today, around 10:22,
a beautiful wave of summer crossed our fair town.
The breeze picked up
and was followed by a faint familiar smell
of childhoods gone by, summers of lazy schedules, and ambitious plans of play.
Soon, a reception of its presence
made itself known,
and my throat chakra received its message.

A quiet balance
do we receive
at this point in the Sun's reach to the northern latitudes of this part of the Earth.
Time catches Space
for a few days,
and this allows work to take place in the Heavens.
The flowering plants
now contribute to this holding and suspension
of marked advancement and measured order.
Baby's Breath is like this
as it emerges canopy-like over the others,
splaying fully in perfectly formed tiny white colored suns.
Visually,
there is a subtle cloud of ultraviolet mist
one perceives emanating from the full canopy of the plant.
The delicate flower and thinly supported stem ends.....
this apparition of form
holds true to this day's own secrets.

From above,
Baby's Breath as an essence
allows for a Time and Space suspension in one's busy life,
an "in between"
where a precious appreciation of Life
can be contemplated and assimilated into one's being,
as sweet as a newborn's first breath upon the completion of its journey.



Great Lakes Sacred Essences™

Newsletter

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Ways to Bring *Sacred Renewal™* into Your Life:

The more ways you can integrate *Sacred Renewal™* into your daily routine, the more you will experience its support and revitalizing benefits. Using both spray and tincture imparts especially powerful support, as they each are taken up by the body through different absorption avenues (e.g. lungs and skin for sprays, and digestive system and skin for tinctures). Here are some of the many ways to use both the spray and tincture:

- Draw a warm, soothing bath & add 4 drops *Sacred Renewal™* tincture to the water.
- Add 4 drops *Sacred Renewal™* tincture to your lotion to apply after your bath or shower.
- Add 4 drops *Sacred Renewal™* tincture to your drinking water and sip throughout the day.
- Spray your *Sacred Renewal™* spray while in a steamy shower and pamper your pores with the supportive essences and oils.
- Spray your sheets and pillows with your *Sacred Renewal™* spray prior to laying down to sleep.
- Add 4 drops *Sacred Renewal™* tincture to water for house plants or transplanted plants.
- Add 4 drops *Sacred Renewal™* tincture to bowls of water to add humidity to the office or home.

What to Expect

We've received a variety of responses & testimonials from people who have used *Sacred Renewal™*. Some have mentioned elderly cats bouncing around like sprightly kittens again! Others

report deeper, more restorative sleep or being energized.

As with any essence, initial use can stir up uncomfortable patterns or energy blocking you from experiencing the higher healing energy offered by the essence. If you experience this discomfort, simply spray the essence or take the tincture more frequently until the energy feels more balanced. You may need to use the essence every fifteen minutes or so for a while to move through this shift. Soon, however, your energetic bodies will settle into a more centered, relaxed place.

Sacred Renewal™: A Testimony

Mr. Milo -- my 14-year-old cat -- is not new to the flower essences co-created by Merri, Robin & Nature. In late Summer, a personal flower essence combination intuitively prepared by Merri rescued him from death's door. Since Merri began preparing the monthly GLSE sprays and tinctures in October, Milo's environment has included them as they have come home with me from the monthly classes. It is with *Sacred Renewal™* that I have noticed the most dramatic response, with Milo starting to do things he enjoyed as a kitten but had not done for years.

He now bounds down the stairs when I rise in the morning and hides behind chairs to leap out as I walk past. He crawls on my shoulder and cuddles around my neck to watch the view out the kitchen window or as I walk through the house. When I bathe with *Sacred Renewal™* tincture in the water and sprayed in the air (spraying while he is out of the room, as cats do not really like

the sound of a spray), he is quite vocal in asking me to spread the water to him by petting him with my wet hands. He then enjoys cleaning himself with the aid of the water. I spray Sacred Renewal™ above the bed as I get in bed at night, and he later jumps up next to me and is less likely to leave the room when I move around. I add Sacred Renewal™ tincture to the water I mix with his canned cat food also, and he is thriving on it, with a bright shimmer to his coat. This is all quite remarkable for a cat who 6 months ago was struggling to live. I am very, very thankful.

- Martha Hill