

MEDITERRANEAN ESSENCES

The Mediterranean region abounds in beautiful wild flowers and flowering trees.

Over the millennia the development of unique geological features has created lands rich in minerals, metals, rocks and crystals.

Ten thousand years of human history have given us a wealth of sacred sites and ancient temples, where the energy is both powerful and breathtaking.

These three realms come together in our range of Mediterranean Essences as Flower, Mineral and Environmental Essences.

They connect us with support, inspiration and wisdom, empowering us to move forward on our journey with insight and grounding.

**Fulfil your potential with
Mediterranean Essences**

21 Essences have been launched so far.
There are more to come.....

**Discover the wonder and magic of the
Mediterranean**

Our passion for both the Mediterranean and for the world of Essences came together in 2002. Since then we have been making our Essences all over the Mediterranean, East to West, North to South and on the islands, scattered like jewels across the middle.

The Mediterranean has been a melting-pot, a crucible that generated agriculture and alphabets, empires and democracy, mythologies and major world religions. There is no other place like it on Earth.

The Mediterranean is a rich and magical arena. Everywhere you turn there is the inspiration and influence of thousands of years of human exploration, expanding horizons, spiritual searching, creativity and innovation. There is the fascinating meeting of diverse peoples, cultures and languages, and the joy, beauty and brightness of the colours, the sea, the sky, wonderful flora and fauna, land and seascapes.

The energy of all of this pours into our Mediterranean Essences.

For more information go to
www.medessences.co.uk
01539 824776



**MEDITERRANEAN
ESSENCES**

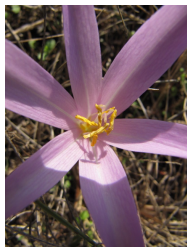
www.medessences.co.uk



Agave

This Essence invites us to stand tall and shine our light, to radiate from our hearts and to reach for the forgiveness in our hearts. Be the beacon of light you would like to see in the world.

Autumn Crocus wraps safe and loving arms around us, invites us to be held and supported. This Essence encourages us to let go of the pain, to be willing to open our hearts and receive love again.



Autumn Squill

This Essence helps you to connect with your team upstairs and access the unseen, spiritual support for the challenges of life. You can thereby realign and redefine yourself to fulfil your destiny in the world.



Blue is for when you are struggling, it feels like you are pushing upstream. Taking Blue you can step into the slipstream, align yourself with the flow of energy and be carried along by it, riding the wave. It's effortless.



Carob promotes harmony and reconciliation to heal rifts or feuds within the family or between tribes. May relate to inheritance issues, including those to do with money. Helps to honour the sacred space between us.



Cistus

For confidence and courage when we are exploring relationships, including intimate relationships, and feel shy, inexperienced or inadequate. Cistus promotes a sense of self, and helps us ask "Who am I? What do I want?"

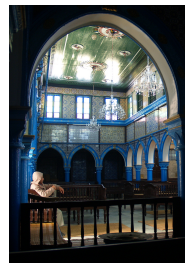


Cyclamen encourages in us a lightness of being and joyful sharing. I feel totally deserving and worthy to receive. I open my arms wide for balanced giving and receiving from a deep sense of abundance and wholeness.



When I feel lost in my life, empty, alone and unsupported I can use **The Desert** Essence. It helps me reach inside to realise that I have resources deep within which are available whenever I want or need them.

This Essence is for people who repeat a story that may not be their own. **El Ghriba** invites you to be willing to let go of cultural or inherited beliefs, so that your own story can emerge and serve your soul's purpose. It supports you on your journey of finding your own way and your own truth.



Etna is for people who are carrying conflict within, smouldering away, waiting to erupt. It encourages letting our fire energy flow in a healthy way. This Essence also helps us reconnect with our passion, with inspiration, spontaneity, having fun and with our inner wild selves.

Field Scabious is for you if you are sensitive, find expression difficult and tend to keep silent. It helps you to express yourself without fear of being judged, to feel that you are heard and what you have to say matters.



Gateway

For stepping through a gateway into a new chapter in your life. For letting go of your old life and for embracing uncharted territory. Feeling free, being willing to take risks. Rites of passage

Ggantija is a great earth Essence. It is for accessing the limitless abundance, nurturing and warm embrace of Mother Earth. Fertility, Fecundity, Abundance, Nourishment, Grounding.



Iron is for warrior energy, not to be messed with. It is helpful when you feel scared and mouse-like, when you need courage to face your tyrant. It is also an Essence for project building with resolve, and steely determination.



Olive is for deep, long-standing exhaustion. It brings energy to those who have felt weary and burdened for a long time. It also brings us connection with the ancestors - with their inspiration and understanding.

Olympos Laurel is for all aspects of success and failure, achievement and self worth. This Essence is for people who have fear around success and failure, self-limiting beliefs, and anxiety about how others may judge them.



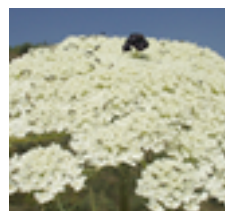
Pomegranate is a very feminine Essence. It helps us to embrace and celebrate all aspects and phases of being a woman - virgin, mother, enchantress, crone. It also supports us in healing any hurt or trauma in our relationships with women.

Sea Holly helps us to think and act with detachment and logic when we risk being overwhelmed by emotion or too much detail. It supports us in both grasping the overview of a situation and managing the parts, so we can work more efficiently.



Sea Squill enables you to connect with your unique individuality and strength, so you can make your own choices. Taking this Essence you feel both supported and acknowledged. It's your time now to step up into your potential!

Solar Eclipse supports us when we feel we have lost touch with the source and the purpose of our life. This Essence helps us know that the source of life is constant, so that we can now surrender to the divine plan, and once again feel connected to the energy of life's higher purpose for us.



Wild Carrot is useful for those who have been displaced or feel they don't fit in. Anyone who feels they stand out like a sore thumb, isolated and victimised, shunned and alienated. This Essence nurtures a sense of self respect, which invites respect from others.



MEDITERRANEAN ESSENCE COMBINATIONS

Flower and Vibrational Essences come into their own when we need extra help and support to navigate turbulent waters

With this in mind, we have developed these new Mediterranean Combination Essences specifically for the circumstances we are being faced with at this unique time

For more information go to
www.medessences.co.uk

01539 824776

Mediterranean Combination Essences

These 8 new combinations of essences have grown out of the circumstances of the unique times we are living through in the 2020's

The world is changing, life brings challenges - and we need to be able to meet and respond to whatever arises in our lives from a healthy and centred place

Our old ways are falling away, we are regularly being invited to leave our comfort zones behind

We can use
Mediterranean Essence Combinations:

To support us in being flexible and adaptable, grounded and connected during these times of change

To help and ease our transition into the new paradigm, a new way of living and being

To support us to grow into who we really are, to uncover our strengths and qualities so that we may flourish

To encourage trust when we feel anxious or fearful and the world around us is uncertain

To invite us to think for ourselves, take responsibility, act with clarity, focus and courage

To help us practise self-care so that we can feel well and in balance in our health and within ourselves

To reach into our hearts so they may be open, joyful, generous and full of compassion

Choose between 15ml stock bottles
and 30ml dosage bottles



Heart Matters For healing and opening our hearts

For when I feel down-hearted
A gentle softening and opening from my heart-space.

For healing the heart-held wounds of loss and grief so that I may emerge whole again into heart connection and relationship with others.

For the heart-centred experience of gratitude for the blessings of my life, and the expression of joy, generosity, loving kindness and compassion out into the world.

Contains Essences of:

Agave Autumn Crocus Cyclamen
Gold Orange Blossom Wild Thyme

Rise Up An invitation to join our collective re-awakening

These tumultuous times require a great shift in consciousness.

Let us open ourselves to the process of transition.

Let us Wake Up, discover and play our part in this great unfolding, standing fully in our power.

Let us make the leap from me to we, So that we connect deeply with each other and the world around us.

Let us Rise Up and collectively create the future we dream of, bringing together our uniqueness, our creativity, our passion and our purpose.

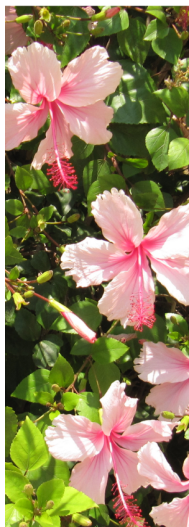
This combination encourages you to uncover your strengths and join this great journey of re-awakening.

It supports you in maintaining your focus and staying connected to the wonder.

Wake up! Be your best you, and part of this moment of potential!

Contains Essences of:

Autumn Squill Barbary Nut Iris El Ghriba
Iron Mediterranean Stonecrop Sea Salt
Sea Squill Solar Eclipse Sunflower



Embracing Change

Support for navigating times of transition and transformation

This combination invites us to let go and surrender to inevitable change and transition, and also supports commitment and resolve when we actively choose to make changes in our life. It helps us to trust the flow and welcome the new or the unknown with courage and adaptability; to maintain inner equilibrium and serenity during the process of transformation and uncertainty. Using this combination we can release deeply held or stuck beliefs and energies, allowing us to forge different pathways, embrace new paradigms and reshape ourselves, our world and our future. Embracing Change frees us to dance on the moving carpet of life.

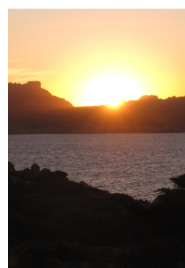
Contains Essences of:
Agnus Castus Blue Blue Stonecrop
El Ghriba Gateway Gokova Sea Salt
Mediterranean Stonecrop StoneFlow

Help

A supportive remedy for shock, stress and emotional upset

Help offers support for coping with and healing from shock, trauma, emergencies and stressful situations. Take as needed when feeling anxious, fearful, ungrounded or disconnected. It helps us to come back to our centre, to be present in our body, to trust again and to find peace, calm, inner strength, equilibrium and resilience.

Contains Essences of:
Autumn Squill Blue Blue Stonecrop
Ggantija Giant Fennel
Granito Sardo Lavender
Mediterranean Stonecrop Tamarisk



Being Me

I am empowered, confident and present in the world

Connecting deeply with who I am, I know myself and my own truth. I am fully present and participate in my life with grace and confidence. I am self assured and I take my place in the world. I step into my potential and my divine power. It's my time now, I stand tall, shine my light and express my sovereignty.

Contains Essences of:
Agave Cistus Field Scabious
Granito Sardo Mediterranean Stonecrop
Sunflower Sea Squill

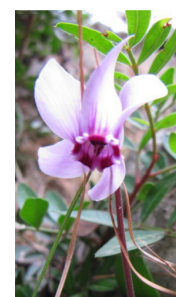
Earth Whispers

Be still, listen, allow the Earth to nourish and re-align you, be guided by and honour the whisperings of the Earth

One of the greatest ways we can find nourishment is to renew our relationship with our planet, to honour and work with our earth for the wellbeing of all.

This combination of sacred earth based essences has been made in pre-historic and sacred places around the Mediterranean where the rocks and stones sing. They vibrate with profoundly ancient energy, held deeply, patiently, waiting. Waiting for the time when people will recognise that we need to connect once again, and listen. Earth Whispers nourishes us with earth energy and supports us in reclaiming our role as guardians of the land.

Contains Essences of:
Blue Stonecrop Ggantija Gokova
Granito Sardo Rock Samphire
Sea Salt StoneFlow



Be Well

A tonic for recovery and recharging from illness and exhaustion

For recovering or convalescing when you feel exhausted, weak or toxic. Helps detox and cleanse your inner organs, so you can feel vibrant and energetic again. Offers renewal of energy and revives your weary body into a place of balance. Helps you re-connect with your joie de vivre after a period of stress, illness or depletion. Brings a focus to resilience and re-sourcing, healing and strengthening.

Contains Essences of:
Barbary Nut Iris Ggantija Lavender
Giant Fennel Granito Sardo Iron
Olive Orange Blossom Rosemary

Balanced Being

A tonic for re-balancing, re-aligning and energising the chakras

When our subtle bodies are in harmony We can do what we came here to do. Our soul radiates the light of our being We feel more whole, more connected, more alive. I am in my centre, in balance with my deepest self. My soul freely expresses who I am, Fully awake, alive and in alignment with my wholeness. I can embrace and fulfil the purpose of my life.

Contains Essences of:
Autumn Squill Sea Holly
Field Scabious Autumn Crocus Ggantija
Sunflower Granito Sardo Tamarisk
Black Obsidian/Pumice