

# THE DREAM QUEST KIT

Context and Creation

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Definitions

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# THE DREAM QUEST ESSENCES

The Dream Quest Kit is a powerful tool for self-awareness, creative expression, and conscious journeying. It offers a way to know yourself more deeply and to engage with your world in a full and dynamic way.

As we journey through life, we all yearn to have wise, loving companions alongside us. The kit nurtures all the aspects of our being, encouraging our less-developed qualities as well as acknowledging the parts that are already familiar and strong.

In the autumn of 2000, Stephanie Cox invited me to co-create a set of essences to go with a transformational labyrinth she had created. Stephanie is a writer, counselor, and intuitive pioneer. She has also served as an international ambassador to children in war-torn areas of the world. She created the Dream Quest labyrinth as a high-frequency divinatory 'game' to use with clients and groups for self-awareness and change. Stephanie and I met with her son, Tony Cox, at his home in northern Ontario. Together, we created the essences that would support the main 'players' in the Dream Quest. The thirteen archetypes came from spirit stories that she wrote over many years for her clients.

The essences can be useful on their own to heighten your awareness and experience of different aspects of your psyche. Sometimes we need the Dreamer to open our perceptions. Other times, we may need the Pathfinder to guide us out of the maze. We all need to activate our Warriors at times, not just to hold our position but to get things done. And everyone needs a good dose of the Sacred Clown once in a while! These essences can work with you like team-players, helping you keep a balanced perspective as you journey through life.

As you work with the kit, you will tend to attract other people with qualities that complement your focused intention. Flower essences work on the principle of resonance; like-attracting-like. Therefore, if you mobilize your inner warrior, you will tend to attract others with leadership skills and disciplined radiance. If the Healer is your companion, heart-centered intuitive people may seek you out, and if you entertain the Sacred Clown, be prepared to encounter people who love a good party!

# THE DREAM QUEST ESSENCES DEFINITIONS

## ***Communicator***

*Allium, Phlox, Raven Gold, Spiderwort, Apricot Nectar, Self-Expression, Cedar.*

Living at the heart of a six-pointed star, the Communicator is an electric lady, monitoring messages from heaven and earth through her mind and body. She loves the tingling sensation of connection, that union with spirit that quickens her flesh and ignites new thought and feeling within her. First, she grounds the fiery sparks of insight within her own body. When the sparks mature, she lets them arc beyond her into the fertile ground near our feet. The Communicator's realm extends far beyond words. She listens to us, speaking through her heart with focused compassion and empathy; her hands communicating beauty through music, art, and everyday tasks. Always, she honors and respects the power of her words, both silent and spoken, as they shape the worlds in and around us.

## ***Counsellor***

*Creamy Yarrow, Creativity, Delphinium, Raven's Retreat, Nurturing, Cedar.*

The Counsellor lives in a secluded walled garden. When you seek and find her, she will invite us into this sacred space and let her garden heal and teach us. Experience with many guests including plants, animals, and the changing weather has guided her over the seasons. Deep in her body, she knows the rhythmic laws of life: patience and stillness, nurturing and pruning, loving and letting go. Though her hands may be calloused and her faced wrinkled from the sun, her spacious heart is full of freedom and laughter. Comfortable in the beauty and order she creates, she offers a cup of tea to soothe our thirst. Then, when we are ready, she brings out her favorite treasure: the mirror that reveals the magnificence of our own inner garden.

## ***Creator***

*Immune System, Autumn Equinox, Solomon's Seal, Cedar.*

The Creator lives in a glass tower where she is able to see the world while remaining separate from it. In this sanctuary she surrenders to her task of making the impossible real. In the void, she patiently prepares her tools with a complete assurance that the invisible will form through her living body. She loves the humming of the numinous as it begins to stir within her. Certain that heavy-bottomed bumblebees can fly and other miracles do occur, she trembles in the face of the Divine. From the corner of her loft we watch as she shifts her view back and forth, through the shimmering curtain that separates her outer world from her inner sanctuary. Gradually she reveals to us how a living creation is drawn into form through her dance between the sacred and the mundane.

## ***Dreamer***

*Red Climber, Rio Samba, Cranesbill, Solomon's Seal, Oregon Grape, Maple Tree, Raven White, Creating Relationships, Cedar.*

Free between the worlds, the Dreamer dances, catching rainbows and stars in one hand, seaweed and sapphires in the other. With these fragments gathered from her flight, she weaves a veil and passes it over our unsuspecting eyes. In an instant, the world as we have known it changes completely. This is the Dreamer's gift: she creates illusions that confirm and stir our deepest longings. If we honor her by following our hearts, she will not abandon us. Throughout our journey, her exotic gifts always offer guidance and protection.

## ***Earthkeeper***

*Black Walnut, Clivia, Honeysuckle, Hosta, Lupin, Mock Orange, Pink Yarrow, Salpiglossis, Perennial Mix, Raven White, Nervous System, Evolution, Cedar.*

Gently tuning her ear to nature's slow heartbeat, the Earthkeeper draws ancient wisdom deep into her body. She is completely at home with the natural world: stones are her storytellers, trees her teachers, wild animals her playful companions. Mindfully, she recreates the earth's natural order and beauty through the simple rituals of her daily life. Her passion is to speak for those without human voice: the waters, animals, trees and plants. With a dedicated perseverance, the Earthkeeper moves into the public domain as a powerful advocate for the living landscape. Satisfied she has spoken for and defended mother earth, she returns to her sanctuary for peace and renewal.

## **Healer**

*Nicotiana, Lady's Mantle, Bergenia, Campanula, Rugosa Alba, Cedar.*

The Healer dedicates herself to resonating with the Divine. From her rock of wholeness, she is an invitation for others to find their own healing path. Within her delicious healing space, her highly-tuned intuition and focused perceptions bring love to any dis-ease. Listening within her own depths, she hears and feels what is anguished in the other. She places her hand gently upon our heart, knowing that from that holy center, everything in our bodies and surroundings will eventually find their way home.

## **Pathfinder**

*Apple Tree, Campanula, Clivia, Daylilies, Japanese Fleece Flower, Spiderwort, Georgian Bay, Living Cross, Cedar.*

The Pathfinder's home is at the still point, where the crossroads intersect and decisions are made. With her body as a compass, she looks to the natural world for direction and guidance. Perceiving through all her senses, each detail is significant: trees and stones whisper to her; a birdsong is a message; even obstacles have useful information. Through the soles of her feet, she feels her way; her heartbeat sets the pace. Trusting this natural wisdom can lead her into noisy crowds or take her into welcome isolation, where she walks without fear. The Pathfinder's obedience to her own way opens a safe path for others to follow.

## **Peacemaker**

*Feverfew, Bergenia, Queen of the Prairie, Yellow Yarrow, Osteoporosis, Self-Expression, Othello, Cedar.*

The Peacemaker's home is a place of green abundance near a mighty river. She loves the pure sweetness of life's waters and offers these freely any time we chose to visit. Without judgment, she sees the dry hardness in the hearts and minds of her friends and recognizes their enormous thirst. She does not lecture us with words. Instead, she takes us through her lush fields to the river's edge and leaves us there to contemplate and replenish ourselves. She lets the larger order of her world teach and heal her guests and, as the water begins to flow again within them, they gradually remember and feel their own native joy and beauty.

## ***Sacred Clown***

*Georgian Bay, Lilac, Osteoporosis, Cedar.*

The Sacred Clown lives everywhere. Sometimes she hides behind a mask, other times she pops into the open unexpectedly. She is the wild card, the uninvited guest, the giggle in a hushed room, the Freudian slip, the startling gesture at a formal dinner party. When we become too stiff and serious, the Sacred Clown can topple everything in our world and create a wondrous freedom. Refusing to be confined in a neat little box, she gleefully, never spitefully, challenges our favorite, carefully-constructed paradigms. Though she may appear dangerously spontaneous, she is the true daughter of synchronicity.

## ***Storyteller***

*Phlox, Calla Lily, Stock, Crabapple, Georgian Bay, Cardinal Flower, Fibromyalgia, Candida, Antique Pink, Cedar.*

The Storyteller lives at the edge of the village where she weaves the history of the people, the land, the animals, and the starry skies into tales of truth and fantasy. Knowing the power and magic of her words, she speaks to the trembling heart but never imposes her knowledge. We must seek her and ask to hear her gift of tales. Pulling messages from the heavens, she reveals our place in the web of life, reminding us how to fly and how to slay dragons. Not afraid to let her stories lead us into sadness or even terror, she sees us poised on our great life-adventure, and wisely she finds the perfect tale to prepare us for the future.

## ***Unifier***

*Hollyhock, Lavatera, Skeletal/Muscular system, Cedar.*

The Unifier is a shape-shifter, living at the changeable heart within all matter. She embodies wholeness and becoming by moving as pure energy does, either as a particle or a wave. Loving both who she is and what she is capable of changing into, she can be like a tree in our forest or the center-beam in our house. In her watery expression, she takes many forms: a bridge of ice, a salmon's river-home, or an engine's steam. At home with paradox, the Unifier revels in shifting realities of our worlds but she is not a trickster. Her mutable nature defies definition by narrow minds and hearts, she embraces the vast cosmic order and lovingly stimulates our world with that infinite reality.

## **Warrior**

*Acidanthera, Daylilies, Oregon Grape, Tuberose, Raven Pink, Perception Adjustment, Quince, Cedar.*

The Warrior holds a devoted allegiance to the sacred axis between heaven and earth. She is not afraid of deserts and loneliness. Fixed on righteousness, she provides leadership simply through her steadfast presence. Through disciplining the fullness of her joy, she constantly re-creates a shimmering garment of radiance. Her precisely chosen words and penetrating actions spring from her fierce loyalty to the awesome beauty of the sword. When she is with us, it is her clarity, tempered with love, that inspires.

## **Wisdomkeeper**

*Calendula, Clary Sage, Evening Primrose, Maple Tree, Annual Poppy, Yellow Lily, Immune System, Immunization Toxicity, Evolution, Stinging Nettle, White Climber, Cedar.*

With the entire world as her library, the Wisdomkeeper reaches for what she needs in any moment, confident that perfect knowledge is available to her in any living form. She magnetically draws the wisdom out of its many places through its varied disguises. The source can be the words of a beloved friend or a street-person. Messages can reveal themselves in a television drama or be coaxed from an ancient redwood tree. The Wisdomkeeper listens fully, noticing and recording the information, then carefully she distills it to its essence and with a precise imagination, lets it find its natural expression through her in word, gesture, silent thought or simple action. Once the wisdom has served its purpose, she does not hoard it, but releases it to the wind with her thanks and blessing.

# Procedures for the Dream Quest Kit

## *I. Daily Use*

You can use the essences on a daily basis to determine what you need for support, insight, and balance. With your intuition through muscle-testing or other self-testing methods (such as using a pendulum, passing your hand over the essences, or selecting one without looking at the labels) you can playfully yet accurately discover what you need.

When you choose your essence, it may not be apparent right away why you need it. Take some time to listen to what it is offering you. Sometimes we need the Dreamer to open our perceptions. Other times, we may need the Pathfinder to guide us out of the maze. We all need to activate our Warriors at times, not just to firmly hold our position but also to get things done. And everyone needs a good dose of the Sacred Clown once in a while!

## *II. Expanded Use*

Once you have a sense of the different archetypes, your focus can be more precise. If you ask, “Who is my ally today?” the essence you choose will give you clues about what aspect of your psyche you are drawing upon for guidance or it may also open you to consider other people in your world that may be seeking to support you.

You can also ask, “What does this situation need?” This slightly different focus will offer you clues about what you need to activate in yourself to deal with a specific circumstance.

Another way to approach the essences is to ask questions that will lead you into deeper self-awareness, such as: “What is my primary strength?” or “What aspect of myself needs to be more embodied?”

When you have found the essence you need, take 2-3 drops of the essence, and determine through testing whether you need this just once in that moment or for an ongoing period of time. (An average cycle for using these essences can be once or twice a day for approximately five to ten days.)



### ***III. Other Questions for Using the Kit***

- What is my dominant expression?
- What aspect of myself is seeking to come forth into expression?
- What quality do I need in my outer community?
- What type of mentor do I need at this point in my life?

### ***IV. Creating a Personal Intention***

When you write an intention, take time to be as clear and accurate as possible. Your words act like a magnet to the forming energies in your universe. Here are some examples:

- I wish to change my career. Give me guidance and direction on the qualities I need to embody at this time.
- I want to improve my body's health and vitality. What do I need to do this in a balanced, joyful way?
- I want to improve my relationships with family and friends. What aspects of myself should I develop to create healthy vibrant communication with others?

### ***V. Drawing upon Allies during Major Transitions***

Use the essences to become aware of supportive allies in your field during times of transition. Maybe you need several essences. During a divorce, you may want the Healer, Pathfinder, and Counselor energies. In career transitions, you may need the Warrior, Dreamer, and Unifier. If you are dealing with health issues, both the Healer and Peacemaker may be helpful. And if life is simply challenging in every respect, you can always draw upon the Sacred Clown!

Activating these energies within you will help you attract people and opportunities that will conspire to assist you.

## ***VI. Strengthening Latent Talents***

We all have strengths and undeveloped parts of ourselves. Nurturing our less-developed areas can yield new creative energy and fresh insights. For instance, if you are a strong Communicator but have difficulty accessing your sense of humor, take the Sacred Clown essence for a week and notice how your world offers you ways to engage playfully. As you participate in life through this more vulnerable aspect of yourself, your life will invariably become more colorful and balanced.

Likewise, if you are dominantly a Dreamer, try using the Pathfinder essence for a week. Observe your dreams and messages in meditation, and without forcing yourself, allow a new sense of direction to organically emerge.

If you have been active too long as a Warrior in your world, perhaps you need time with your inner Peacemaker. Healers too are at risk of burning out. If stress has overwhelmed you, you enjoy inviting the Dreamer or Unifier energies for a holiday.

## General Information for Working with Essences

Once you have selected the essence you need, either through an intuitive process such as muscle-testing or the pendulum, or by feeling a resonance while reading the definitions, take 2 -3 drops, once or twice a day, for as long as you feel it is helping you.

You can make a dosage bottle of the essence by putting 10 drops into another sterile half-ounce bottle and filling it with half water and half-brand. This will extend the use of your solution bottle (what you have purchased) for a considerable amount of time. Unlike homeopathics, dosage bottles cannot be further diluted and remain effective.

Make a quiet time to take your essences so that you can observe the subtle shifts that occur at your emotional, physical, and mental levels. Focusing on your breath and your heart chakra when you take the essence helps you be aware of what is happening and be an active participant in the process.

Essences work on the body's electrical system, the interface between our bodies and our souls. Unlike other natural products, they tend to act very quickly and affect many areas of the body-psyche all at once. Your conscious observation and participation in the process heightens their effectiveness, as our electrical systems are responsive to our focused thoughts.

For more tips on flower essences and how they work, see the information on the website: [www.ravenessences.com](http://www.ravenessences.com). If you have questions, or would like a personal consultation, please contact Andrea Mathieson directly.



