

THE FIVE ELEMENTS KIT

Context and Creation

Ways to Use the Essences

Definitions

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FIVE ELEMENTS ESSENCES

Ether, Air, Fire, Water, and Earth are manifest forms of universal energy. By helping us feel the distinct qualities of each element at the physical, emotional, and spiritual levels, the Five Elements kit connects us with the movement of these five primary universal energies.

Universal energy moves in rhythmic balance. We see Life's ebb and flow in the tides, our daily cycles of activity and rest, and through the natural processes of growth and decay. We also observe the movement of universal energies as etheric energies manifest into physical form through a descending process of incarnation, and as physicality transforms into more rarefied forms of energy through a rising cycle of ascension. Both movements are essential for a balanced experience of Life.

Creating the Essences

The Five Elements essences were co-created with Peggy Barrett, a Polarity practitioner in Toronto. During a series of five healing sessions, Peggy worked with me, focusing on procedures that related to each element. When the balance was complete and I had a body-sense of the element, we tested for the essences needed to support its balanced energy. Four of the essences were made by combining other Raven Essences, however Ether, our final element, needed special flowers. When we discerned Ether's energies would be best-suited to flowers from a special location, Peggy agreed to create a combination on her upcoming trip to Hawaii.

Manifestation of Five Universal Energies

There are two primary directions through which the elements move and manifest. The first is the incarnating, manifesting process as Ether descends through the different elements into manifestation as Earth. The second is the ascending, transforming process where Earth energy refines and returns to Ether. The first process is similar to condensation, whereas the second is like evaporation. Throughout our lives, these processes are continuously at play. During times of intense creativity, we draw down our inspirations into manifest forms. When we pause to consider our purpose and consciously connect to the larger universe, we are letting our energy ascend. In childhood, the incarnation process is dominant whereas near the end of one's life, ascension is at focus as we let go of our bodies.

Throughout both processes, various elements will be dominant at different times. Test for what you need at any point; do not be literal or rigid about interpreting what you call for. Nature keeps everything in balance in a continuous dance of life with all the elements of sunshine, water, earth and air working in synergy.

How to Work with the Essences

True balance is a highly dynamic state, not a static position. Being aware of Life's constant movement while working with the essences will allow you to access the powerful flow of healing energies. As practitioners, we help people release blockages that inhibit their easy movement with Life's constant change. At any point in our life, there will always be a need to honor some ebbing or flowing movement.

During times of manifestation, we need for support to ground our energies. To do this, we may work with water and earth essences to help feel fluid and rooted. As they incarnate, children are naturally moving from ether into the earth; the essences help them feel safe on earth and comfortable in their bodies. We can use the Air and Fire essences when we are seeking to bring new thoughts and inspirations into creative, manifest form. The entire kit of essences will help us complete any creative process in a balanced, satisfying way.

When we have finished an intense time of creative work, we can use the essences to keep us from collapsing in exhaustion. They will assist us in letting go our attachment to the creative process and forms. Used in the ascending process, we can work with the Earth essence gradually back to Ether, allowing the fruits of our love and labor to be returned to Source. This ebb process offers us rejuvenation and an opportunity to reconnect with Source for new inspiration.

For general use, take two or three drops of each essence once or twice a day for approximately a week. As you take the essence, focus on the ebb and flow of your breath to feel the elemental energy moving in your body. Be aware of any subtle shifts occurring in your thoughts and feelings. You may also do some simple, spontaneous movement to coordinate with the energies of the essence.

It can be helpful at times to combine two essences. For instance, if you are mentally exhausted, you may benefit from a combination of water and earth. When you are feeling uninspired or disconnected from Source, you may work with ether and air. If you feel lethargic, a mixture of fire and water may help.

FIVE ELEMENTS DEFINITIONS

Ether

Made with plants in Hawaii: Bracken fern, Great False Staghorn, Convolvulaceae, Wedilia, Hilalila, Wandering Jew.

Ether is the vast and Holy Silence that contains all possibility. As Source, it is utterly present at a still point within every moment. We know Ether by reverently looking at the dark space between the stars, in the silent moments in ecstatic music, the space between loved ones and the pause at the end of each breath. With humility and pure intent, we can invite Ether to move throughout our consciousness. In moments of stillness and simplicity, the grace and love of Ether can permeate our entire being. The essence assists with reconnecting to Source, diffusing depression while restoring meaningful purpose in life.

Air

Evolution, Clivia, Mulberry, Crabapple, Millenium, Departure, Transitions, Storyteller, Earthkeeper, Conception, Respiratory System.

Pure, invisible aliveness, Air brings the qualities of Ether into the first stages of form. Far more than mere oxygen, hydrogen and carbon dioxide, Air is the full-frequency intelligence of life. When we move consciously with Air, we build scaffoldings of truth to hold the river of love. Air is the medium of sound-expression on earth, revealing through our words, voice and music the quality of our connection with the divine. An absence of Air reveals itself in pollution, noise, falsehoods, and a starvation of love. To connect with Air, sometime we need to enter through other avenues; burn away our resistances through fire, open to fluidity through water or ground ourselves into the earth. When those elements are in proper balance, we have the space to hold and differentiate Air into thought-forms that truly reveal the beauty of life's design.

Fire

Lilac, Autumn Iris, Insomnia, Red Climber, Millennium, Dispersion, Clary Sage, Spiderwort, Annual Trio, Cardinal Flower, Pink Lily, Evening Primrose, Helenium, Hollyhock, Japanese Fleece-Flower, Morning Glory, Vibration – Nature's Music.

The main ingredient of alchemy, Fire is the quickening of Source in this earthly dimension. Its radiant energy transforms everything it comes in contact with, changing water into air, bringing passion into form. It requires tremendous mastery to work with Fire. Used creatively, it can melt glass from a solid into a flowing liquid so that it can be shaped into a object of beauty and usefulness. Unbalanced, fire as rage, lust or greed can destroy everything in its path. But without fire in our lives, there is no passion and life can feel boring and mundane. Moving from ether to the earth, the creative in-forming process, fire sparks the igniting passion of life within one's soul, the watery depths. As energy seeks to ascend from earth to ether, Fire acts as a catalyst, quickening feelings into creative passion and freeing stagnant, heavy forms by burning away whatever is not essential.

Water

Oriental Poppy, Quince, Lymphatic system, Raven Pink, Clivia, Osteoporosis, Iris, Forget-me-not, Circulatory System.

Through the element of water we feel love. Water provides the nurturing presence of spirit in our soul-bodies. Bringing luscious fullness to form, water is the juice of life; without it, earth and fire always create a desert-experience. As soon as earth is united with water, the moist clay becomes a medium for abundant new life. We are born in water, and all creative birth processes involve a dominance of the water element. Water requires a form, a vessel or womb in which its cleansing, restorative potential can move. Without containment, water becomes a tidal wave of emotion, feeling without direction. Whenever we feel 'tight and right,' caught in controlling rigidity and out of touch with our pleasure and joy, we need to return to water. Its movement through our emotions, bodies, and minds has a natural purifying and rejuvenating influence, bringing balance and fullness to our experience of life.

Earth

Hosta, Morning Glory, Raven Blue, Raven Yellow, Building a Foundation, Brain-Body, Evolution, Annual Trio, Perennial Mix, Re-Evaluation, Asthma, The Surround, Relationships, Conception, Fire, Unifier, Hyacinth, Quince.

The earth element involves the active participation in cycles of manifestation. It requires an acceptance of what IS, from which new action or change can truly begin. Whether this is ourselves, our current environment, or our family and hereditary, the Earth element simply reveals form. When there is a rejection of form at any level, the cycles of ongoing manifestation hit a roadblock. The power of appreciation, which connects us again with Source, re-initiates the movement of the elements again. This opens the energetic gateways for life to continue manifesting with graceful ease. There are two basic aspects to the earth element: holding a frequency of grounded presence and love so that truth can reveal itself in form, then releasing each form with love so that it can continue moving and transform into other forms of energy.

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-brandy. 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. If you have questions, or would like a personal consultation, please contact Andrea Mathieson directly.