

INNER BEAUTY & HEALING

Context and Creation

Definitions

Ways to Use the Essences

Andrea Mathieson

Raven Essences

www.ravenessences.com

Inner Beauty & Healing Essences

Beauty is the responsive wholeness shimmering within every life form. The kit awakens our inner beauty by helping us experience the full radiance of our bodies, minds, and hearts. The nine flower essences support the unlimited healing power of beauty possible in our human experience on earth. The essences correspond to the traditional chakra system and provide openings to new realms through the eighth and ninth chakras.

Working with the kit encourages us to surrender into joyful abundance. In this state, we experience beauty as a balanced, radiant expression of life.

As we dwell in the graced state of beauty, the Inner Beauty and Healing kit also provides procedures for accessing our inner wisdom. Over a cycle of days or weeks, the various procedures help us use the essences for self-discovery. The snapshot procedure is a wonderful ten-minute technique, like a rune-spread, for quick introspective insights around any specific issue we choose to explore.

Definitions for Inner Beauty & Healing Kit

I. Rejuvenation

Aconitum, Cardinal Flower, Burgundy Clematis, Crambe, Hibiscus, Lady's Mantle, Phlox, Pink Yarrow, Stock, Yellow Yarrow, Georgian Bay, Skeletal/Muscular System, Immunization Toxicity, Golden Cross

The Rejuvenation essence links us to our birthright, the seed that can become a living plant rather than an artificial flower. Stabilizing the quiet depths of our being, the essence honors our uniqueness and helps us value ourselves. Assuring us that we belong and have a vital role to play, the Rejuvenation essence connects us to the vibrancy of life.

First chakra, base of spine: survival; self-preservation; the right to be here on earth.

Issues of stability, roots and grounding, physical health, prosperity, trust.

II. Re-Evaluation

Apple Tree, Black Walnut, Evening Primrose, Lady's Slipper, Lupin, Oregon Grape, Star of Bethlehem, Tuberose, Alcoholism, Migraines, Alzheimers, Diamond & Gold

By strengthening the flow of energy through our bodies, the Re-Evaluation essence affirms our living connection with nature and spirit. Rooted in truth, we are steady and flexible rather than rigid and brittle. With this internal stability, we view ourselves, our strengths, and our weaknesses without grandiosity or self-judgment. Seeing our world and our creative capabilities with loving clarity, we then grow true to life's design.

Second chakra, abdomen, lower back, hips and genitals: self-gratification; sexuality; emotion.

Issues of guilt and desire, fluidity, pleasure, healthy sexuality, and joyous creativity.

III. Integration

Bergenia, Bridalwreath Spirea, Castor Bean, Chives, Hollyhock, Milkweed, Solomon's Seal, Yellow Yarrow, Endocrine System, Circulatory System, Immunization Toxicity, Protection, Golden Cross

Once we connect with Source, we can draw upon the elements in our environment that support our growth and life-purpose. The Integration essence helps us understand our varied experiences and gain a clearer sense of direction. By staying attentive to our path, we learn to be aware of our true needs integrating what is supportive and leaving the rest aside. Taking only what we need and can use wisely, we honor ourselves as we care for everything in our environment.

Third chakra, solar plexus: self-definition; action in the world.

Issues of will, spontaneity, purpose, power and self-esteem.

IV. Self-Expression

Acidentera, Black Walnut, Canna Lily, Hibiscus, Maple, Orange Cosmos, Tulip, Raven's Retreat, Immune System, Candida

As a mature shrub remains consistent throughout the seasons of blossoming and shedding of leaves, we can use the Self-Expression essence to support us as we learn to stand in the fullness of our being. Rooted in the heart, we learn to access and express our creativity with ease. The ability to love ourselves and others flows from a secure awareness of our inner abundance. Throughout the changing seasons in our lives, the essence encourages us to relax into our authentic expression in the moment.

Fourth chakra, heart: self-acceptance; loving self and others.

Issues of compassion, love, grief, balance and boundaries in relationships, connecting with the human and non-human world.

V. Self-Acceptance/Esteem

Campanula, Chives, Lady's Slipper, Rudbeckia, Yellow Lily, Raven Blue, Migraines

The Self-Acceptance essence helps us interact with our environments with a finely-tuned sensitivity. When we are not able to accept ourselves, we are estranged not only from vital parts of ourselves but also from aspects of the world around us. The Self-Acceptance essence helps us understand our strengths and our limitations. With clear self-awareness, we are free to engage with the many dimensions of life around us. As we acknowledge our part in the web of life, the essence helps us bring beauty into every aspect of our lives.

Fifth chakra, throat: Self-expression, communication.

Issues of creativity, truth-telling, sound-making, clarity of expression, creative expression of one's passion.

VI. Perception Adjustment

Aster, Evening Primrose, Phlox, Annual Poppy, Star of Bethlehem, Raven Red, Circulatory System, Alzheimers

The Perception Adjustment essence helps us access the marvelous capabilities of our mind. From a position of inner stillness, we view ourselves and our worlds with a sense of ease and freedom. Letting go of our defensive attitudes and overly-analytical tendencies, our emotions come into greater balance. By helping us adjust our fixed perceptions of comfortable and challenging situations, the essence helps us see a wider range of possibilities. As our minds observe life's fluid design, we find infinite opportunities for healing and creative expression in every area of our lives.

Sixth chakra, brow: self-reflection; psychic vision.

Issues of clear sight, accurate perception, imagination and intuition, spiritual vision versus illusion

VII. Nurturing/Abundance

Crabapple, Datura, Hops, Nasturtium, Sweet Pea, Zinnia, Raven Yellow, Arthritis, Alzheimers

The Nurturing essence supports our ability to develop the creative ideas and unique gifts we came on earth to express. Regardless of external limitations, the essence helps us protect and sustain the seeds of imagination growing in our hearts and minds. As we lovingly tend our gifts, we feel life's generous abundance flowing through us as an infinite source of nourishment and support.

Seventh chakra, top of head: self-knowledge; universal wisdom.

Issues of spiritual connection, ability to receive from Source, personal wisdom, expanded awareness, meditative experiences.

VIII. Letting Go

Canna Lily, Crambe, Feverfew, Lobelia, Pink Lily, Raven Orange, Raven Pink, Skeletal/Muscular System, Grounding, Asthma, Psychotherapy

The Letting Go essence encourages us to release the fruits of our labor to make space for new possibilities. In a gesture of celebration, we give away our accomplishments and investments with the assurance that we will remain fully productive. Permeated with love at every level of our being, we know life's current will bring us radiant new forms of beauty in another season.

Eighth chakra, above the head: higher self as linked with guides and universal energies, the gateway to other realms beyond human reality.

Issues of over- investment in materialism; over-identification with work as self-worth.

IX. Evolution

Aubrieta, Cranesbill, Lobelia, Nasturtium, Pink Yarrow, Zebra mallow, Raven Yellow, Raven Blue, Alzheimers, Protection

At different stages of our lives we must yield to the will of Source. These times can mark the end of a cycle, even the completion of our life-journey. As the tip of truth's sword hovers over us, the Evolution essence protects us during the transforming winter of our life-journey. In the presence of the divine, only our most simple, open-hearted presence is required. With humility, we stand in the mystery and yield to the process of complete emptying, completely assured that all is well.

Ninth chakra: the place of mystery taking form, self-knowledge within the context of universal energies; the soul's purpose on earth linked with universal cycles.

Issues of being locked in a linear perception of time; not seeing the big picture.

INNER BEAUTY & HEALING PROCESSES

There are four processes to use with the Inner Beauty & Healing Kit. They are designed to facilitate healing and expansion by bringing forward one's inner gold rather than focusing on the physical, emotional, mental or spiritual issues that seem to be blocking healthy forward movement. To work with these processes you will need your Inner Beauty & Healing Kit, a notebook and some time each day for meditation and recording your meditations (about 20 minutes).

How the Kit Works

There are three main characteristics of this kit. The first lies in its usefulness as a full spectrum self-help tool (inspiration comes from the meditations while balance and grounding come from nature's participation through the flower essences). The second characteristic is its focus on bringing forth one's inner beauty as a powerful agent for healing and evolution. The partnering with nature in bringing forth one's true inner beauty is the key to the success of these essences. The third characteristic lies in the essences' link with the chakras. Each essence is designed to access the operating blueprint of a particular chakra, from one to nine. The ability to access useful and accurate information from your chakras is a key element in each of the processes. This feature helps you not only with the particular issue you are focusing on at the moment, but with fine-tuning your ability to work with your chakras, in general.

How to Use the Kit

Each process begins with the formulation of a question or intent which involves bringing forward your inner beauty into some area of your life — physical health, emotional issues, personal growth, etc. For issues that involve more time and consideration, you probably want to use the 24 or 45 day process to receive the fullest information and to allow your body-soul to adjust throughout the process. For instance, if you are considering separating from a partner, changing careers, or making a decision that involves a lot of emotional and physical factors to be taken into account, the care and time you spend in these procedures will help you to be grounded, clear and balanced. The essences will assure that your soul and body are connected so that the information you receive includes all the variables in your inner landscape in concert with the outer environment. Your actions will consequently be from your heart, rather than a reaction to circumstance. In situations when you have an either/or decision to make, or you want to gain clarity quickly, the snapshot procedure is excellent. This procedure can also be useful for insights before major events, ensuring you go into the situation with an open heart and mind.

The 45-Day Process

- Choose a question/intent.
- Ask (by dowsing, listening to your inner voice, etc.) if the 45-Day Process is the most appropriate process for this issue. If no, ask which process would best suit your issue. If yes, proceed.
- Starting with the first essence in your kit, Rejuvenation I, state your question/intent.
- Then ask “How do I best connect with and access the wisdom of my 1st chakra?”
- Sit quietly for a few minutes and receive your answers. Be open to receiving in whatever way your body, nature or your soul offers. Record your impressions.
- Repeat this process once a day for 5 days and then move on to the next question.
- With each essence, follow the statement of your question/intent with the question: “How do I best connect with and access the wisdom of my ___ chakra?”

The 12-Day or 24-Day Processes

These two processes involve choosing a question or intention as in the 45-Day Process while using only three essences in the kit (Re-Evaluation, Self-Expression and Perception Adjustment). A follow-up question to your question/intention is paired with each essence. In the 12-Day Process, each essence is repeated for 4 days; in the 24-Day Process, for 8 days. Here's the process:

1. Choose a question/intent.
2. Ask (by dowsing, listening to your inner voice, etc.) which process is the most appropriate one for this issue.
3. Starting with Re-Evaluation II, state your question/intent.
4. Then ask, "Where am I in relation to this question?"
5. Sit quietly for a few minutes and receive your answers. Be open to receiving in whatever way your body, nature or your soul offers. Record your impressions.
6. Repeat this process once a day for 4 or 8 days (depending on which process you are doing) and then move on to the next essence.
7. Each essence will be followed by a different follow-up question:
 - Re-Evaluation: "Where am I in relation to this question?"
 - Self-Expression: "What is my opportunity for growth?"
 - Perception Adjustment: "What is my right action in this situation?"

The 'Snapshot' Process

This process is very similar to doing a Rune or Tarot spread in that it is a 3-part process done in one sitting. The snapshot meditations coupled with the flower essences can give you immediate insight and balancing around an issue. The essences and the questions are the same as those used in the 12-Day and 24-Day Processes. The only difference is that you are doing this process in one sitting. Here are the steps:

1. Choose your intent/question and make sure this is the right format for you to use.
2. Starting with Re-Evaluation II, state your question/intent.
3. Then ask "Where am I in relation to this question?"
4. Sit quietly for a few minutes and receive your answers. Be open to receiving in whatever way your body, nature or your soul offers. Record your impressions.
5. Move on to Self-Expression IV, re-state your question/intent.
6. Then ask "What is my opportunity for growth?" Receive and record your answers.
7. Move on to Perception Adjustment VI, re-state your question/intent.
8. Then ask "What is my right action in this situation?" Receive and record the answers.

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.