

The
Living Creatively
Kit

Three Flower Essences for
Dramatically Changing Times

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General Information about Flower Essences

The Original Notes for the Living Creatively Kit (2002)

The Living Creatively Essences assist the body to become more transparent so that our human capacities, particularly our intuitive abilities, can function with greater scope and freedom in these critical times. Currently, our intuition tends to focus through the parts of ourselves that have been stimulated through cultural and hereditary experiences and conditioned by our compromised relationship to earth energies. This narrowed experience allows us to work with only a fraction of the information-energy that we are actually capable of receiving and transmitting.

An opaque thickening of our intuitive capacities insulated us from the pain and mismanagement we caused the earth and the sacred web of life. This 'forgetting' permits us to function with a somewhat diminished vitality and radiance within an artificial matrix of our own making, somewhat like a plant in a greenhouse, however, this protective illusion no longer serves us. In fact, our body-souls need to be exposed to a fuller range of universal frequencies so that we can receive and coordinate with the new information-energy that is seeking to come in. As enormous shifts occur throughout the cosmos and within our home-planet, we need to remember the ways to communicate with the heart of creation, to listen and respond with our fully enlivened intuitive abilities to be able to play our creative role in this time of transformation.

Many techniques and therapies have been developed to help our bodies adapt to life's challenges. Unfortunately, the primary purpose for healing — to assist us to be a unique and co-creative expression of love — has been lost in our fascination with the variety of healing techniques and sophisticated technologies. Rather than healing our wounded egos, the essences are designed to help us harmonize with the universal frequencies rippling throughout the cosmos at this time. Through the fulcrum of our hearts, the essences assist our cellular matrix and our psyches to soften, shift, and expand.

Nature's way is the governing impulse in this process of expansion, not our best psychological or spiritual techniques. Nature's role is, and has always been, to respond to the changing energies in the cosmos by providing new forms while continuously transforming current ones. This is the way of life — what is no longer needed dies; what is needed for balance in the web of life is constantly coming into form and being birthed. The essences help us to establish a more co-creative relationship with nature so that we can play our active role in this evolutionary process, embracing and expanding with the marvelous opportunities that are all around us now.

The Role of Sound and Movement with the Essences

The Living Creatively kit is specifically coordinated to work with the energetics of deep listening, authentic sound and spontaneous movement. (The following notes offer suggestions on how to work with sound and movement with the essences.) Combined with the essences, authentic sounding amplifies the field of attraction to the particular bandwidth of frequencies that are in resonance with you and the cosmos. Working with spontaneous sound and movement (a process I now call *Wild Animal Prayers*) will also assist in establishing an energetic pathway into your future. Participating as a high-frequency resonator, you are tuning your entire vibratory ecosystem – your body, your creative projects, the plants and animals in your vicinity, your field of relationships with other human beings, and the very earth beneath your feet.

A disciplined attentiveness is needed to observe the shifts that occur while using these essences. If the kit is approached solely from a troubled human perspective, its effectiveness will be quite limited. To this point, we have been operating in junior kindergarten as souls on this earth. The function of this kit is to joyously expand the range of our potential within our body-psyches so that this planet becomes a truly co-creative home for all creation.

The essences work on three levels: our personal heart, mind and body-soul; our relationships with our fellow human beings and all living systems on this planet; and our co-creative relationship with the larger forces at work in the cosmos.

*There is a thread from the heart to the lips
where the secret of life is woven.*

Words tear the thread

but in silence

the secrets speak.

— Rumi

Working with authentic sounding and movement, use the essences in any order that feels right for you. Stay with each essence for at least a week so that you can fully observe and integrate the subtle shifts before moving on to the next essence. Take only two or three drops at a time, before and after the movement and sounding. Here are some simple suggestions for how to proceed. As you move into this work, you will build trust in your intuition and a more loving relationship with your wise body.

- Take quiet time, approximately ten-fifteen minutes, and begin by closing your eyes and focusing on your breath. Feel the air moving, like sap through a tree-trunk, throughout the vertical axis in your body. Allow your body to soften and relax around the column of moving air as though it alone is holding your flesh upright. As your breathing deepens, engage your inner listening and stay focused on your breath. Combined with conscious intention, this vertical listening invites a fluid alignment and visceral connection with Source. In this stance, you are like the wick in the center of the candle-flame.
- As you feel this strong inner fluidity supported by the gentle movement of your breath, gradually let your body begin to move. Following the impulse deep within your wise ‘animal body,’ movement may begin with a tiny hand-gesture, a slight flex in your spine, or a roll of your neck. As you track each gesture with soft curiosity rather than a critical analysis, each movement will slowly unfold its own ‘story-line.’ As the movements shape themselves, small or large, fast or slow, allow sounds to accompany your movement. It is important to let the energy move through your throat rather than blocking it. If you are uncomfortable with making authentic or unusual sounds, keep your neck and jaw soft, and exhale with audible breathing.
- The first sounds that pour out of you are probably clearing our ‘rusty pipes.’ Most of us have blocked throat chakras for we rely primarily on words to communicate our thoughts and feelings. As you allow the more primal sounds out, simply release them without judgment and keep listening to what is rising within you on the next breath. Beneath the first sounds is your *essence* – your powerfully authentic sound in this moment, that emerges within a climate of gently receptivity. The process is rather like coaxing a deer out of the woods into the clearing where you sit — poised and welcoming. Once your deep, true sound is freed, you will feel it rippling through you, blessing your body and your world.
- When the process feels complete, sit quietly for a few moments to integrate the experience, noticing the shifts in your body, the new energy, the delicate yet potent frequencies. Take the essence again to anchor the shift and move gently into your day.

Updated Kit Notes - 2013

The *Living Creatively kit* was updated at the end of 2012 in coordination with the end of the Mayan Calendar and the beginning of a new era. The kit highlights ways to thrive in our dramatically changing world. A quote from the New Year 2013 essence gives an overview on the challenges and the opportunities inherent in these times.

When a living system is out of balance, as our world is now, chaos theory recognizes the system is actually attempting to self-organize into a new, more complex structure. Yet how do we participate in such a dynamic process when everything we know is breaking down or changing? This is the key question as we move into an uncertain future. Combined with meditative procedures, the three essences offer ways to coordinate with the new energies forming within us and emerging in the larger world.

During these times, we are called to articulate who we are at a soul-level, to rediscover and express our unique and natural way of being. Shakespeare wisely said, “*To thine own self be true.*” We are called, as never before, to embody the living truth of our wise Self — through our words, our actions, our thoughts, and each decision we make. As we honour the truth and beauty within us, bringing this into expression in daily living, we are no longer victims of change but an integral part of the new life seeking to blossom.

The light that is emerging now is an inner light, not a bright and shining star in the distant heavens. Sensing this warmth within our body-souls, we must nurture and cultivate our still small voice, protecting the light within and letting this energy fill every cell in our bodies. As we do this, our radiance naturally restores light within our world. Linked with the divine, our presence offers blessing and healing to our world, far more than our cherished beliefs and clever mental strategies.

A visceral relatedness to all forms of life is central to creative living. Not only must we *see* what is going on around us, we must also *feel* the life pulsing within everything on the planet — the trees, the waters, the animals and insects, the soil, the air... Without an enlivened kinship with the natural world, we will try to manipulate and fix what we think is out of balance, further disrupting the self-healing, transformative process evolving in the earth. Change is needed — there is no question about that, yet change driven by fear and disconnected from Life’s Way is short-sighted and destructive. In these critical times, *Living Creatively* means being fully present to Life. Ultimately, this simple mandate is soul-fulfilling, for human beings and our precious planet.

Returning to the Way of Creation

I recently consulted the I *Ching* for insights about the Living Creatively kit and got the 'Returning' hexagram. It beautifully describes the kit's mandate: "*Retrace your path, return to the source, re-establish what is important, restore the Way.*"

There are three distinct elements to Returning. First is the essential requirement to look back, to review, reclaim and restore what has been lost or forgotten before moving forward.

The second vital element is to nurture and protect vulnerable new growth by creating sacred space within and around us. This requires simplicity rather than artificial complexity, a surrendered trust of Life's wisdom during gestation cycles.

The third aspect of 'returning' is through a spirit of greeting and welcome. From this perspective, returning involves a deeply receptive listening and loving that welcomes everything that is rightly attracted to us while also drawing forth beauty and wholeness from everything and everyone we encounter.

The purpose of the kit:

- to re-member and realign our body-soul capacities with Source
- to restore our sacred connection with our primal, wise 'animal bodies'
- to cultivate the unique seeds of our destiny as co-creators in this time
- to be free and self-aware rather than victimized or reactive during intense change
- to move with grace-filled purpose, creativity and love in our daily lives
- to celebrate and resonate with the new-spring energy emerging in others

Three areas to focus 'Returning' in a personal way

What is truly important to me? What do I need to let go of or leave behind?

What do I need to reclaim and embrace? (Returning as looking back, reclaiming and restoring.)

What precious new life is emerging within me that requires my nurturing, protection, and love? (Returning as nurturing and protecting, gestating within sacred space.)

What are the outer signs of spring in my life? How am I to open, receive and integrate these in my daily life? (Returning as welcoming new life, opening one's heart, greeting signs of spring.)

Contemplative Ways to work with the kit:

1. *Take some quiet time to discern which of the three questions resonates with you at this time.* Then, intuitively test for what essence you need (using muscle-testing, a pendulum, or dowsing by passing your hand over the three bottles without touching them, and feeling a slight dragging sensation over one of the bottles) to find the essence that resonates with you. Take 2 — 3 drops of the essence, read the definition, and take a few minutes to rest in the energies of your body-soul's resonance with Nature. You may have insights, hear words, feel body-sensations — all part of the experience of 'returning' to Self by listening to your still small voice. It is helpful to record these impressions in your journal.
2. *Take some quiet time to journal about one of the three questions and then test for an essence.* Journaling helps our consciousness to shift; taking an essence after these insights anchors you in the new energy emerging in your body-soul. Follow the same procedure for testing as above, taking a brief time to breathe and experience the energy-shift that occurs as you consciously invite Nature's wisdom to resonate within you.

Notes to Myself:

My intention for working with the kit at this time:

Dates for using the essences:

Pivotal Insights:

Observed shifts in my world:

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.

Your solution essence can be extended by making a separate dosage bottle. Put 10 drops of your essence into a sterilized half-ounce bottle and fill it with half water and half-brandy. To remain fully effective, flower essences can only be diluted once. In other words, once you have made a dosage bottle from your purchased essence, you cannot dilute it again.

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. Your electrical system is highly responsive to focused thoughts.

For more tips on flower essences and how they work, see the information on the website: www.ravenessences.com. For a personal intuitive consultation to support your work with this kit or for other issues of personal growth, please contact Andrea Mathieson directly through the website (www.ravenessences.com), email (andrea@ravenessences.com) or phone (905-832-8245.)