

THE PEACEFUL WARRIOR

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THE PEACEFUL WARRIOR KIT

The four essences in the Peaceful Warrior Kit were created in the weeks immediately after September 11th. Peaceful Warriors are people who are effective in the world while being completely true to themselves. As an archetypal energy, the Peaceful Warrior helps us actualize our full potential in the world. By activating the power of love, the Peaceful Warrior liberates us from fear's bondage and encourages us to live our dreams fully.

The kit is designed to assist people through four stages of inner growth. Each essence affirms the power of love as a force for change in and through us. Working with the essences helps us develop our stance of alignment and truth in concert with nature's rhythmic energies. While the feminine gender is used for the definitions, the Peaceful Warrior is an archetypal energy to be embodied by all people.

The Context for the Peaceful Warrior

On September 11th, I sat in front of my television, grief-stricken and struggling to find my ground. In the safety of my Canadian home, I felt like a partially numb and helpless bystander watching the surrealistic drama unfold through the media. In the days following, while a few spiritually-oriented email messages gave me some comfort, I yearned for a more authentic response from my core.

As the war drums rolled along with escalating rhetoric, I went into my garden for some stillness and perspective. At first, all my years of listening to nature's wisdom felt frivolous in the face of these events. Though flower essences provided some relief, they did not address the depth of pain in my heart. Calming myself, I asked for Nature's guidance and eventually I heard the phrase: *The Peaceful Warrior*.

Immediately, I realized I must not deny the collective impulse to embody the warrior. In spiritual terms, warrior energy is an essential life-energy full of power and vitality: however, a peaceful warrior does not automatically take up arms when they have been attacked. Most spiritual battles are conducted close to home in the temperamental terrain of our hearts and minds. Spiritual warriors courageously confront their own self-sabotaging attitudes. Transforming any attacks made upon them through acts of compassion, they use their power to defend the truth and beauty of all Life. I had my answer. Delighted with this awareness, I set to work creating essences to support life-affirming warrior energy.

The Process of Creating the Kit

When I went into meditation to ask for direction about how to create *The Peaceful Warrior*, I was guided to make four essences using flowers from my garden and a nearby wilderness area. Three of the essences required a crystal with the flowers; the fourth was to be made in a crystal bowl sounding its deep, haunting tone. The essences were to be created in sequence; each one was to remain outside for a full twenty-four hours.

Before I started, I heard the names of each essence and realized I was being shown the steps that affirmed the attitude of a Peaceful Warrior. Intimately connected with our breath, this process of embodying energy is profoundly simple.

Searching for the flowers for in each combination, I walked my garden and the surrounding ravine, letting my body direct me to resonant plants. Because I rarely work with crystals and flowers together when making mother tinctures, I accepted this challenge to expand my usual way of working.

Each morning, I rose before dawn to meditate upon the flowers and crystals to understand each element in that day's combination. The notes from these meditations helped to form the definitions. At dawn, I gathered the flowers, put them in a bowl of water with the required crystal and left them to 'cook' for twenty-four hours in the garden.

For the last essence, *The Messenger of Forgiveness*, I used a large crystal bowl to access the required crystal energy. Leaning over the bowl, I sounded into the water and flowers, repeating this several times through the day and evening. Intuitively, I found myself singing a simple chant using the notes doh, mi, fa, soh. Gradually, the words 'Domina Rose' formed as I repeated the chant. To me, the words suggested the dominion of love through the rose, one of nature's most articulate ambassadors of Love.

DEFINITIONS FOR THE PEACEFUL WARRIOR

Standing My Ground — Stillness

Garnet, GoldenRod and White Squash flowers

Standing your Ground supports the process of stillness and grounding.

Through a disciplined focus and alignment, the Peaceful Warrior stands her ground. While her aim is to be at the still point at the center of the Great Mountain, she patiently tends to the details of her life and holds firm to the seed gestating in the depths of her heart. Within her body, a vertical sentinel organizes and aligns her passion, energy, and future options. At the precise time when all the factors are ready, a door opens within the heart of the Great Mountain. Rooted firmly in the heart of the living earth and held within the sweet stillness, a blossoming begins within her, touching every part of her world.

Calling Forth the Vital Life Force — Inhalation

Sapphire and Gold, Rio Samba Rose, Seedbox

Calling Forth the Vital Life Force encourages attracting and receiving.

Standing firm and open-hearted, the Peaceful Warrior shapes her clearest intention. In the stillness, she listens for the words before announcing herself to the listening earth. Pausing in thankfulness, she summons the vital life force from the wild and the tame elements of nature's banquet. Providing the energies she needs for her task deep into her tissues, nature's living wisdom floods her body with many variations of Love. Wedded to her sacred intent, this vital force rests within her awaiting timely activation.

Sounding the Blessing of Liberation — Exhalation

Tourmaline, Bull Thistle, Motherwort, Tickseed Sunflower, Chicory, Queen Anne's Lace, Clover

Sounding the Blessing of Liberation supports expression and action.

Developing in synchronous harmony with all the elements in her web of life, the seeds of the Peaceful Warrior's vision mature. Patiently, she attends to the right timing of her actions. As she aligns with the Solar reality, she carefully weighs her actions and focuses on the emerging design of her sacred intent. Centered and undistracted within the Great Mountain, the Peaceful Warrior begins to move. Her actions create a mantle of green vitality around her, gently waking and blessing all that responds. She sounds a tone of generosity throughout her world, quickening the earth with new life. From this position of independent strength, she liberates herself.

The Messenger of Forgiveness — Peacefulness

Tickseed Sunflower, Hairy Willow Herb, Sound (Crystal Bowl and Voice)

The Messenger of Forgiveness strengthens position and perspective.

Poised within the Great Mountain, the Peaceful Warrior is a Messenger of Forgiveness. With radiant assurance, she conveys this golden message through a steadfastly generous invitation to Life. In stillness, she receives the pulsating world through her body's holy ear. Joy reverberates through her as she greets travelers. The Peaceful Warrior sends the message of loving forgiveness to her entire world as she transmutes each thought and feeling that comes to her into patterns of beauty and wholeness. Living her simple life, the Peaceful Warrior establishes a dominion of Love by constantly making the Word flesh through her every action.

Using The Peaceful Warrior Kit

A vital step before proceeding with any kit is to spend some meditative time clarifying your intention. When you've given this careful thought, write this down in a simple, clear sentence and refer to this each time you use the essences.

Warrior energy honors the truth of your soul and seeks to bring this into the world for the wellbeing of all. The main focus of the kit is to assist you in bringing your soul's intention into full form.

By supporting you in the manifestation of any creative project, the kit assists your development of new heart-centered approaches to your relationships or career-path. The essences not only deepen your compassion and wisdom, they support your effectiveness as a leader in any field of your choosing.

The kit is a valuable resource to help you keep a clear and balanced focus on your goals. When you are passionate about an issue and concerned about keeping your emotions balanced, the kit will keep you grounded and assist you in following your passion in a constructive and creative manner.

Sometimes it is helpful to work with another kit before proceeding with *The Peaceful Warrior*. If you are unsure about your intention and not ready to mobilize everything towards a specific goal, you may want to work first with *The Birth of the Wild Heart*, a kit designed to activate the dormant soul-seeds lying within us. Like pine cones in a forest, soul-seeds crack open and start to grow when the conditions are right. In the case of pine cones, they can lie dormant for generations until the heat of a forest fire activates their growth. If you are uncertain about your direction, you may be sensing it is wise not to move forward in warrior mode. Instead, you may want to focus upon nurturing your soul-seeds and re-patterning your primary developmental blueprint. *The Birth of the Wild Heart* has seven essences to assist you with that process.

Various Applications of the Essences:

- For a general process, once you have established your intent, take each essence in sequence for four days, using three to five drops twice a day. Create a quiet time each day to use the essences and make journal notes to record your experiences. This will give you a record of your developing skills as a Peaceful Warrior.
- You can also rotate through the kit taking one essence each day. After the fourth day, begin again with *Standing My Ground* and repeat the entire sequence for as many times as you feel yourself supported by the essences.
- If you use muscle-testing or a pendulum for intuitive testing, you can find your own rhythm for using the essences. This approach can also be used for testing on a daily basis for the essence that will best support you.

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, as your electrical system is responsive to your 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 through the website (www.ravenessences.com), by email (andrea@ravenessences.com) or by phone (905-832-8245.)