

# Raven Essence Manual

## Table of Contents

### **PART 1: THE RAVEN ESSENCE PROJECT**

#### **WORKING WITH NATURE TO DEVELOP A LIVING SYSTEM ..... 2**

*How the Raven Essence Project Developed*  
*The Nature of Living Systems*  
*Fruits of Listening to Nature*

#### **FLOWER ESSENCES — AN OVERVIEW ..... 4**

*What Makes Raven Essences Unique*

#### **HOW FLOWER ESSENCES WORK ..... 5**

*Creating Flower Essences*  
*The Electrical System*  
*Essences and Emotions*  
*Essences and Physical Healing*  
*Preparing for the Future with Essences*  
*How to Take an Essence*  
*Creativity and Flower Essences: Meditation; Journaling; Movement;*  
*Listening and Observing Messages in Daily Life; Sound, Chant and Prayer*  
*Selecting the Essence You Need*

#### **RAVEN ESSENCE PRODUCT LIST ..... 8**

*Working with the Raven Essence Kits*  
*Raven Essence Services*

#### **USING THE RAVEN ESSENCE MANUAL AS A DIVINATORY TOOL ..... 11**

*Daily Wisdom Tip*  
*Basic Three-part Divinatory Process*  
*Divinatory Insights on Relationship*  
*Divinatory Insights on Physical Health*  
*Divinatory Insights on Financial Affairs*  
*Insights on your Experience within a particular Environment*

#### **ARTICLES & BLOGS ABOUT FLOWER ESSENCES ..... 13**

*The Seduction of Fixing - What Flower Essences Don't Do!*  
*Flower Essences — The Winding Path to Wholeness*  
*A Dedication to the Earth & A New Vision*  
*Twenty Years Ago Today — The Unusual Origins of the Raven Essence Project*  
*A World Soul Perspective on Flower Essences*

#### **LOVE'S MESSAGE POEM ..... 22**

### **PART 2: ESSENCE DEFINITIONS; INDIVIDUAL FLOWER ESSENCES**

1.	Acidanthera.....	24
----	------------------	----

2.	Aconitum .....	24
3.	Allium .....	24
4.	Apple Tree .....	24
5.	Arbutus .....	24
6.	Aster .....	24
7.	Aubrietia .....	25
8.	Bergenia .....	25
9.	Black Locust .....	25
10.	Black Walnut Tree .....	25
11.	Bitter Nightshade .....	25
12.	Borage .....	25
13.	Bridalwreath Spirea .....	26
14.	Calendula .....	26
15.	Calla Lily .....	26
16.	Campanula .....	26
17.	Camperdown Elm .....	26
18.	Canna Lily .....	26
19.	Cardinal Flower .....	27
20.	Castor Bean .....	27
21.	Cedar .....	27
22.	Centurea .....	27
23.	Chives .....	27
24.	Clary Sage .....	27
25.	Clematis .....	28
26.	Clematis, Burgundy .....	28
27.	Clivia .....	28
28.	Columbine .....	28
29.	Crabapple .....	28
30.	Crambe .....	28
31.	Cranesbill .....	29
32.	Creamy Yarrow .....	29
33.	Cyclamen .....	29
34.	Dandelion .....	29
35.	Datura .....	29
36.	Daylilies .....	20
37.	Delphinium .....	30
38.	Echinacea .....	30
39.	Evening Primrose .....	30
40.	Feverfew .....	30
41.	Forget-me-not .....	30
42.	Forsythia .....	31
43.	Fritillaria .....	31
44.	Gardenia .....	31
45.	Gladiola .....	31
46.	Ginger Lily .....	31
47.	Globe Thistle .....	31
48.	Gloxinia .....	31
49.	Golden Glow .....	32
50.	Helenium .....	32
51.	Hibiscus .....	32
52.	Hollyhock .....	32
53.	Honeysuckle Tree .....	32
54.	Hops .....	32
55.	Hosta .....	33
56.	Hyacinth .....	33
57.	Iris .....	33
58.	Japanese Fleece-Flower .....	33
59.	Japanese Maple .....	33
60.	Lady's Mantle .....	34
61.	Lady's Slipper .....	34
62.	Lavatera .....	34
63.	Lilac .....	34
64.	Lily of the Valley .....	34
65.	Lobelia .....	34
66.	Lupine .....	34
67.	Magnolia .....	35

68.	Mallow.....	35
69.	Maltese Cross.....	35
70.	Maple Tree.....	35
71.	Milkweed.....	35
72.	Mock Orange.....	35
73.	Morning Glory.....	36
74.	Mulberry.....	36
75.	Nasturtium.....	36
76.	Nicotiana.....	36
77.	Ninebark.....	37
78.	Orange Cosmos.....	37
79.	Orchid.....	37
80.	Oregon Grape.....	37
81.	Oriental Poppy.....	37
82.	Passion Flower.....	37
83.	Peony.....	38
84.	Phlox.....	38
85.	Pink Lily.....	38
86.	Pink Hawthorn.....	38
87.	Pink Yarrow.....	38
88.	Poppy, Annual.....	38
89.	Primrose.....	38
90.	Purple Loosestrife.....	39
91.	Queen Anne's Lace.....	39
92.	Queen of the Night.....	39
93.	Queen of the Prairie.....	39
94.	Quince Tree.....	39
95.	Ragweed.....	39
96.	Red Lily.....	40
97.	Rudbeckia.....	40
98.	Salpiglossis.....	40
99.	Sedum.....	40
100.	Snakeroot.....	40
101.	Snow-on-the-Mountain.....	41
102.	Snowball Bush.....	41
103.	Solomon's Seal.....	41
104.	Spiderwort.....	41
105.	St. Johnswort.....	41
106.	Star of Bethlehem.....	42
107.	Stinging Nettle.....	42
108.	Stock.....	42
109.	Sunflower.....	42
110.	Sweet Pea.....	42
111.	Tansy.....	42
112.	Tithonia.....	42
113.	Tuberose.....	43
114.	Tulip.....	43
115.	Wayfaring Tree.....	43
116.	White Lily.....	43
117.	Winter Aconite.....	43
118.	Yellow Lily.....	43
119.	Yellow Yarrow.....	44
120.	Zebra Mallow.....	44
121.	Zinnia.....	44

***PART 2A: FLOWER ESSENCE COMBINATIONS..... 45***

122.	Annual Trio.....	45
123.	Night Essences.....	45
124.	Perennial Mix.....	45
125.	Raven's Retreat.....	45
126.	Georgian Bay Essence.....	45

***SPECIALIZED COMBINATIONS..... 46***

127.	Vibration — Nature's Music.....	46
128.	Brain-Body Essence.....	46

129.	Love's Message Essence.....	46
130.	Woman-Being.....	46
131.	Whole Unto Herself.....	47
132.	Crossing the Bridge.....	47
133.	Opening Bud.....	47
<b>RAVEN CHAKRA ESSENCES .....</b>		<b>48</b>
134.	Raven Red.....	48
135.	Raven Orange.....	48
136.	Raven Yellow.....	48
137.	Raven Pink.....	49
138.	Raven Blue.....	49
139.	Raven Purple.....	49
140.	Raven White.....	50
141.	Raven Gold.....	50
142.	Diamond and Gold.....	50
<b>RAVEN BODY SYSTEM ESSENCES .....</b>		<b>51</b>
143.	Circulatory system.....	51
144.	Digestive system.....	51
145.	Endocrine/Reproductive system.....	51
146.	Immune system.....	51
147.	Lymphatic system.....	51
148.	Nervous system.....	52
149.	Respiratory System.....	52
150.	Skeletal/Muscular System.....	52
<b>RAVEN SURROUND ESSENCES .....</b>		<b>53</b>
151.	Alcoholism.....	53
152.	Alzheimer's.....	53
153.	Arthritis.....	53
154.	Asthma.....	53
155.	Candida.....	53
156.	Fibromyalgia.....	53
157.	Fungus.....	54
158.	Herpes.....	54
159.	Immune Breakdown.....	54
160.	Immunization Toxicity.....	54
161.	Insomnia.....	54
162.	Migraines.....	54
163.	Osteoporosis.....	55
<b>LIFE THEME ESSENCES .....</b>		<b>56</b>
164.	Creativity.....	56
165.	Grief and Loss.....	56
166.	Grounding.....	56
167.	New Year 2015.....	57
168.	Protection.....	57
169.	Psychotherapy.....	58
170.	Relationships.....	58
171.	Transitions.....	58
<b>ANNUAL LIFE THEME ESSENCES.....</b>		<b>59</b>
171 - A.	New Year 1998.....	59
171 - B.	New Year 1999.....	59
171 - C.	New Year 2000.....	59
171 - D.	New Year 2001.....	60
171 - E.	New Year 2002.....	60
171 - F.	New Year 2003.....	60
171 - G.	New Year 2004.....	60
171 - H.	New Year 2005.....	61
171 - I.	New Year 2006.....	62
171 - J.	New Year 2007.....	62
171 - K.	New Year 2008.....	62
171 - L.	New Year 2009.....	63
171 - M.	New Year 2010.....	63

171 - N. New Year 2011 .....	63
171 - O. New Year 2012 .....	64
171 - P. New Year 2013 .....	64
171 - Q. New Year 2014 .....	65
<b>THE NATURE SERIES.....</b>	<b>66</b>
172. Winter Solstice .....	66
173. Valentine's.....	66
174. Spring Equinox 1 & 2.....	66
175. Living Cross.....	66
176. Golden Trumpet.....	66
177. Summer Solstice .....	67
178. Summer Stars .....	67
179. Autumn Equinox.....	67
180. Thanksgiving Essence .....	67
181. Autumn Iris .....	67
182. Golden Cross .....	67
<b>INNER BEAUTY AND HEALING ESSENCES .....</b>	<b>68</b>
183. Rejuvenation.....	68
184. Re-Evaluation.....	68
185. Integration.....	68
186. Self-Expression.....	68
187. Self-Acceptance/Esteem .....	69
188. Perception Adjustment.....	69
189. Nurturing/Abundance .....	69
190. Letting Go.....	69
191. Evolution.....	69
<b>A GATHERING OF SOUL: THE WAY OF PEACE.....</b>	<b>70</b>
192. Building a Foundation.....	70
193. Creating Relationships.....	70
194. Packing the Suitcase.....	70
195. Departure.....	70
196. Resurrection Essence.....	71
<b>THE ROSE GARDEN ESSENCES.....</b>	<b>71</b>
197. Red Climber.....	71
198. Katsura Rose .....	71
199. Rio Samba.....	71
200. Sonia.....	71
201. Rugosa Alba.....	72
202. Othello .....	72
203. Antique Pink.....	72
204. Apricot Nectar .....	72
205. White Climber.....	73
<b>BIRTH OF THE WILD HEART.....</b>	<b>74</b>
206. Conception .....	74
207. Division .....	74
208. Gathering.....	74
209. The Pathway... ..	74
210. The Surround.....	75
211. Bridging.....	75
212. Dispersion.....	75
<b>DREAM QUEST ESSENCES.....</b>	<b>76</b>
213. Communicator.....	76
214. Counsellor.....	76
215. Creator.....	76
216. Dreamer.....	76
217. Earthkeeper .....	76
218. Healer.....	77
219. Pathfinder.....	77
220. Peacemaker.....	77

221.	Sacred Clown.....	77
222.	Storyteller.....	77
223.	Unifier.....	77
224.	Warrior.....	78
225.	Wisdomkeeper.....	78
<b>FIVE ELEMENTS ESSENCES.....</b>		<b>79</b>
226.	Ether.....	79
227.	Air.....	79
228.	Fire.....	79
229.	Water.....	79
230.	Earth.....	80
<b>EMBODYING THE GREAT MOTHER.....</b>		<b>81</b>
231.	Descending I.....	81
232.	Abandonment II.....	81
233.	Isolation III.....	81
234.	Surviving IV.....	82
235.	Building the Ark V.....	82
236.	Holding the Thread of Hope VI.....	82
237.	Surrender and Sacrifice VII.....	83
238.	The Return VIII.....	83
<b>THE PEACEFUL WARRIOR KIT.....</b>		<b>84</b>
239.	Standing My Ground — Stillness.....	84
240.	Calling Forth the Vital Life Force — Inhale.....	84
241.	Sounding the Blessing of Liberation — Exhale.....	84
242.	The Messenger of Forgiveness.....	84
<b>CRYSTAL GRID ESSENCES.....</b>		<b>85</b>
243.	Aquamarine I A.....	85
244.	Garnet IB.....	85
245.	Tourmaline II.....	85
246.	Quartz III.....	85
247.	Amethyst IV.....	85
248.	Emerald V.....	85
249.	Sapphire and Gold VI.....	85
250.	Rhodonite VII.....	85
<b>LIVING CREATIVELY KIT.....</b>		<b>86</b>
251.	Articulation.....	86
252.	Light Body.....	86
253.	Relationship.....	86
<b>THE IRISH ESSENCES.....</b>		<b>87</b>
254.	By the Pond (Rhododendron).....	87
255.	In the Hedgerow (Horsechestnut).....	87
256.	On Tara's Hill.....	88
257.	Dunderry's Call.....	88
<b>THE CUBAN ESSENCES.....</b>		<b>89</b>
258.	Prickly Pear.....	89
259.	Bougainvilleae.....	89
260.	Portia Tree.....	89
261.	Coral.....	89
262.	Aloe.....	89
263.	Crassula.....	90
264.	Orchid Tree (Bauhinia).....	90
265.	Giant Milkweed.....	90
<b>THE DESTINY KIT.....</b>		<b>91</b>
266.	Sacred Threads of Connection.....	91
267.	Following Desire.....	91
268.	Preparing to Receive the Holy Fire.....	92
269.	Positioning Radiance.....	92

270.	Honoring the Shadow .....	93
271.	Stillness in the Void .....	94
272.	Embracing Destiny's Joy.....	94
<b>CHRISTMAS ESSENCES – THE GIFT .....</b>		<b>95</b>
273.	Receiving the Gift .....	95
274.	Being the Gift.....	95
<b>PART 2B: PRACTITIONER ESSENCES .....</b>		<b>96</b>
<b>VERVE ESSENCES .....</b>		<b>96</b>
275.	Stepping Out (Green Light).....	96
276.	Starting Over (Yellow Light).....	96
277.	Time Out for Love (Red Light).....	96
<b>PUNTA SERENA ESSENCES .....</b>		<b>96</b>
278.	Being Welcome on Earth: Dealing with Fear.....	96
279.	Centering in the Light: Transforming Sadness.....	96
280.	Discovering My True Nature: Moving Beyond Anger.....	97
<b>SOMATECH ESSENCES .....</b>		<b>97</b>
281.	Woman Who Heals.....	97
282.	Men With Fire.....	97
283.	Clearly In Sight.....	97
284.	Free To Be .....	98
285.	Wind Thru Trees .....	98
<b>HARMONY HEALING ESSENCES .....</b>		<b>98</b>
286.	Withdrawing to Reconnect.....	98
287.	Building the Charge.....	98
288.	Lighting the World.....	99
<b>LIGHTHOUSE HEALING CENTRE ESSENCES .....</b>		<b>99</b>
289.	Creative Source .....	99
290.	Opening Space.....	99
291.	Playfulness .....	99
292.	The Hearth.....	99
293.	Balanced Power .....	99
294.	Still Point.....	100
295.	Light & Laughter.....	100
<b>BELSTAR ESSENCES.....</b>		<b>100</b>
296.	Queen Anne's Chariot.....	100
297.	Joyful Placement.....	100
298.	Queen of Heaven's Trumpet.....	100
299.	Mother Mary Essence.....	101
300.	Gaia's Gate of Transformation.....	101
301.	Restoring the Earth's Song.....	101
302.	Coming Back Home .....	101
<b>NELDA MCEWEN'S ESSENCE .....</b>		<b>102</b>
303.	The Way of Healing.....	102
<b>TAMI GAINES ESSENCES .....</b>		<b>102</b>
304.	The Tree Within .....	102
305.	Facing the Challenge.....	103
306.	Dwelling in the Fire .....	103
307.	A New Garden.....	103
<b>REALITY SHIFT ESSENCES: SET ONE .....</b>		<b>103</b>
308.	Opening to a New Dawn.....	103
309.	Welcoming A New Worldview.....	103
310.	Shattering the Illusion of Separation.....	103
311.	Pulsing Rhythmically with Life.....	103

312.	Facing Our Shadows.....	104
313.	Entering a New Paradigm.....	104
314.	Tending the New Life.....	104
315.	Creating Healing Magic.....	105
316.	Embodying Frequencies of Love.....	105
317.	Honouring Our Deepest Longing.....	105

**REALITY SHIFT ESSENCES: *SET TWO* ..... 105**

318.	Birthing Light.....	105
319.	Embracing the New World.....	105
320.	Seeing Things as They Are.....	105
321.	Spirit Enlivens Me.....	106
322.	Choosing to Be Fully Present.....	106
323.	Acceptance of the Now.....	106
324.	Tasting the Light.....	106
325.	Envisioning the Future.....	107
326.	Accessing the Divine.....	107
327.	Calling in the Energies.....	107
328.	Merging with the Life-Force.....	107
329.	Sharing God's Promise.....	107
330.	At One with the Flow.....	108

**PART 3: RAVEN ESSENCE KITS**

**THEIR CREATION & PURPOSE; CREATIVE APPLICATIONS FOR WORKING WITH THE ESSENCES**

**THE CREATION PROCESS AND HOW THE KITS WORK ..... 110**

- A Brief History of the Kit Creation Process*
- Flower Essences as Teachers*
- Choosing the Most Appropriate Kit and Essences*
- Creating your Intention*
- Determining the Length of the Cycle*
- What to Expect When You Use the Kits*
- Recommendations for the Use of Essences through a Creative Process*
- Useful Questions During the Use of the Kit*
- An Overview of the Kits*

**RAVEN CHAKRA ESSENCES ..... 115**

- Introduction to the Chakra Essence Procedures*
- The Vertical Axis*
- Chakras; Information about the Chakras*
- Chakra Guides*
- Procedure — Meeting Your Chakra Guides*
- Other Procedures to Use with this Kit:*
  - 'State of the Union' Procedure*
  - Chakra Alignment Procedure*
- Procedures for Times of Expansion:*
  - 9-Day Expansion Procedure*
  - Snapshot Expansion Procedure*
  - 36-Day Calibration Procedure*

**RAVEN BODY SYSTEM ESSENCES ..... 127**

**RAVEN SURROUND ESSENCES ..... 127**

**LIFE THEME ESSENCES ..... 128**

**THE NATURE SERIES ..... 129**

- Procedures for Working with the Nature Series*
  - Deconstruction Support*
  - Information-Gathering Process*
  - Earth Calibration Procedure*

**BIRTH OF THE WILD HEART ..... 131**

- What is a Wild Heart?*
- When might you use this kit?*
- Creative and Therapeutic Applications of the Essences*
  - Starting-over Application*
  - Soul-retrieval and Rebirthing Applications*
  - Pregnancy and Childbirth*
  - Healing Birth Traumas*

**INNER BEAUTY & HEALING ESSENCES ..... 133**

- About the Kit*

<p><i>How to Use the Kit</i>  45-Day Process  12-Day or 24-Day Process  The 'Snapshot' Process</p>	
<b>A GATHERING OF SOUL: THE WAY OF PEACE</b>	<b>..... 135</b>
<p><i>Kit Overview</i>  Using a Five-Point Energy-Procedure with the Essences  Location of the Five Points  Relationships influenced by the Five-Point Procedure  Using the Gathering of Soul Essences with the Five-Point Procedure</p>	
<b>THE ROSE GARDEN ESSENCES</b>	<b>..... 138</b>
<p><i>How the Essences were Created</i>  What the Kit Addresses  How to Use the Kit</p>	
<b>THE DREAM QUEST ESSENCES</b>	<b>..... 140</b>
<p><i>Questions for Working with the Kit</i>  Creating a Personal Intention  Drawing on Allies During Major Transitions  Strengthening Latent Talents</p>	
<b>FIVE ELEMENTS ESSENCES</b>	<b>..... 142</b>
<p><i>Manifestation of Five Universal Energies</i>  How the Essences were Created  Creative Applications of the Kit  Further Insights about the Five Elements</p>	
<b>THE GREAT MOTHER</b>	<b>..... 144</b>
<p><i>Working with the Kit</i></p>	
<b>THE PEACEFUL WARRIOR</b>	<b>..... 145</b>
<p><i>The Context for the Peaceful Warrior</i>  The Kit Creation Process  Using the Peaceful Warrior Kit</p>	
<b>THE CRYSTAL GRID ESSENCES</b>	<b>..... 147</b>
<p><i>The Crystal Grid Matrix and Earth Changes</i>  The Process of Making the Essences  How to Work with the Crystal Grid Essences</p>	
<b>LIVING CREATIVELY KIT</b>	<b>..... 149</b>
<p><i>Three Essential Ways to Thrive in our Dramatically Changing World</i>  Returning to the Way of Creation  Questions to ask while using the Kit  Creative Applications for the Kit</p>	
<b>THE IRISH ESSENCES</b>	<b>..... 150</b>
<p><i>Gathering Irish Essences: A Journey into the Mysteries of Ireland</i>  Dunderry Park  Initiation at New Grange</p>	

<i>The Hill of Tara</i>	
<i>Making the First Essences at Dunderry</i>	
<i>Touching the Stone of Destiny</i>	
<i>A Delightful Detour</i>	
<i>Returning to Dunderry</i>	
<i>Final Thoughts about Ireland</i>	
<b>THE CUBAN ESSENCES</b>	<b>..... 154</b>
<i>Creating Flower Essences while on holiday</i>	
<b>THE DESTINY KIT</b>	<b>..... 155</b>
<i>Destiny's Call</i>	
<i>Meditations on Destiny</i>	
<i>Joy's Role in Shaping Destiny</i>	
<i>Four Aspects of Joy: Embodiment, Relatedness, Accomplishment, Formless Source of Joy</i>	
<i>The Phases of Destiny's Manifestation: Gathering, Embodying, Abiding, Sounding</i>	
<i>Destiny's Vessels: The Body, Creative Life, Social Relationships, Gaia's Body</i>	
<i>Working with the Essences</i>	
<i>Taking them in Sequence</i>	
<i>Creating a Specific Intention</i>	
<i>Applications for the Essences</i>	
<i>Using the Essences with Creativity</i>	
<i>Coordinating with Gaia's Destiny</i>	
<b>PART 4: RAVEN ESSENCE INDEX (120 PAGES)</b>	<b>..... 156</b>