

5 Easy Steps to Sanity

Start Using Essences Today!

In just minutes a day **featherhawk essences** help you Restore Sanity in a Crazy World One Drop at a Time!

Essences are pure water charged with healing patterns from nature: flowers, herbs and trees, gems and minerals, animals, sound, sacred geometry, and more. They encourage personal reflection, spiritual expansion, and emotional healing.

Used over time they restore balance and harmony to your mind and emotions, invigorate your body's energy field, strengthen your personal boundaries, and boost your vitality and immune system. They also help you make sense of life events and remember your Life Purpose.

That's a lot of responsibility for a subtle, vibrational remedy like an essence! Yet using them begins with just **5 Easy Steps**:

1. Sit quietly for a moment: Preparation.
2. Check yourself for essences.
3. Take each essence you check for.
4. Read the description of each one.
5. Sit quietly for a moment: Integration

The 5 Easy Steps expanded

1. Sit quietly for a moment: Preparation.

- a. Settle comfortably in your chair with your essences on the table in front of you.
- b. Take a few deep breaths. Collect your thoughts. Relax. If you meditate, check yourself for essences before and/or after your meditation.
- c. How do you feel? Just notice your body, your emotions, your state of mind.
- d. Ask if you need any essences right now. Listen to your intuition or use any method that works for you. If you'd like to learn about muscle testing get the free pdf [here](#). For dowsing with a pendulum, get the free pdf [here](#). If your answer is NO, put your essences away and go on about your day. If your answer is YES, carry on.

- e. Focus on your heart center and ask that the essences you are about to select support your highest and best good and the highest and best good of all living things. Because essences peel away layers of an issue, continue checking for essences until you don't need any more. Most of the time, this will take just a few minutes a day, though at the beginning you may test for lots of them.
- f. You can also set an intention, ask a question, request guidance, say a prayer, or pinpoint a physical, mental, emotional or spiritual issue you would like to address. Be as clear and concise as possible. It can be helpful to write down your intention, question or issue.

2. Check yourself for essences

- a. Check all the essences you have, one at a time. Put one essence in your lap or hold it in your hand and ask, "Is this essence a priority for me now?" Use muscle testing or dowsing to check for "Yes" or "No." (If you trust your intuition or have another method for receiving "Yes" and "No" answers, use what you know.)
- b. Put all the "Yes" essences together; set aside all the "No" essences.

3. Take each essence you check for.

- a. Take one drop of each "Yes" essence. Hold it in your mouth for a moment or two then swallow. Repeat with each essence you checked for. You may want to write down your "Yes" essences for later reference.
- b. If you are rushed for time, you can take the essences one right after the other without holding each one in your mouth. And I encourage you to allow time for yourself when doing these steps so you don't feel rushed. You are worth it!

IMPORTANT NOTE #1: Open one bottle at a time to avoid the risk of replacing a dropper in the wrong essence. This contaminates both the bottle and the dropper and you no longer have the pure individual essences you started with.

IMPORTANT NOTE #2: If a dropper falls to the ground or table or touches your mouth, lips or teeth, rinse it under hot water for a moment and replace it in its bottle. (If it gets actual dirt or dust on it, take it apart, wash in hot soapy water, rinse well, and put it back together before returning it to the bottle.)

4. Read the description of each essence.

Check out the description on the label (a short version) or for more in-depth

insights, read the full description online [here](#) or download the repertory [here](#). Read the descriptions as you take each one, or take them all then read the descriptions afterwards. This is where writing down your “Yes” essences is very helpful.

5. Sit quietly for a moment. Integration.

- a. Reflect on the words you have read. They may seem right on or they may seem irrelevant. You may understand their significance immediately, later in the day, or next month. You may discover insights into the intention, question or prayer from the beginning of your session. Listen and allow the words to touch your heart and mind without judgment or expectation.
- b. It can be very helpful to keep a journal of the essences you take each day to track your progress and learning lessons. Take a moment to write your thoughts and insights now while they are fresh in your mind.

For information about upcoming classes, to get on the email list, or to schedule a private session for yourself or your animal companion, contact Nanci at 502.435.6445, or email nanci@featherhawk.com.

The information in this document is for educational purposes only. It has not been evaluated by the United States Food and Drug Administration and is not intended to diagnose, treat, cure or prevent any disease.

It IS intended to support physical, emotional, mental, and spiritual well-being and personal empowerment through self-knowledge and self-care. Consult your healthcare professional if you have any questions.

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