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Focus on
**Self-assessment
with essences**

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I Introduction

The most ancient of medicines came as gifts from the Earth, most commonly from the healing properties of flowers, plants and trees. An accumulation of denied sadness, fear and frustration within us can render our bodies inflexible and dis-comforted. Over 100 essences are available, and can be used in varying combinations to help ease the tensions of the body and calm the mind. They complement other, more orthodox therapies, and can be used to support the release of old traumas so that life is not so uncomfortable that it cannot be lived fully, whatever the circumstances.

Pain is experienced at three levels of our being.

Body – when our body is physically damaged or unwell.

Mind – when everything about us is chaos and we are in turmoil.

Soul – when the will to live and enjoy life is not as present within us as we would like it to be.

These different levels of pain are represented at three levels in our hearts. The deepest pain is spiritual – sickness of the soul. The middle level of pain is that of the agitated, frustrated mind when we are unable to communicate that which we know to be true deep within us. And the pain nearest the surface is that of the unwell body.

It is possible to live life fully even when incapacitated, and to have a quality of life which represents optimum capacity, rather than a survival mechanism which brings nothing but sadness to ourselves and those around us.



2 How to work with the essences

There are six different levels of experience (see below) which are represented by six different sets of essences. Within each of these levels the ideals of gentleness, kindness, tolerance, compassion, security and release of pain may not have been the ethic we encountered in our life. But there are ways to work towards regaining these standards and safely acknowledging and releasing harshness, cruel administration, impatience, rejection, insecurity and suffering. To start the process we need to review, release or revise these six levels of experience.

The six levels of experience.

- i). Physical attitudes.
- ii). Emotional feelings.
- iii). Intellectual understanding.
- iv). Spiritual beliefs.
- v). Causal factors of life changes.
- vi). Realignment of attitudes, feelings, understanding and beliefs, which has to occur when there are changes of any kind in any one of these levels.

In each of the six levels of experience or six sets of essences, there are 21 essences. Within each set, these essences represent the three levels of pain (see introduction) that are experienced at any of seven specific different levels of activity:

The seven specific levels of activity.

- i). Dislocation and/or separation from our original vision.
- ii). Violence and/or ignorance which prevents us from being able to speak our truth for consideration.
- iii). Judgement and/or dismissal of our standards and codes for living.
- iv). Self-orientation and/or dis-interest, devaluing our contribution.
- v). Cruelty and/or terror as we are exposed to group challenges.
- vi). Greed and/or grief which prostitutes and upsets the balance of power.
- vii). Bad administration, preventing an equal distribution of any kind of 'wealth'.



3 Guidelines for use

Choosing your essences.

i). Aim to choose six essences – one from each set. Starting with Set A, note down the main theme of the set to concentrate on while you are making your choice.

ii). Pull one section or set of essences at a time up on screen, or look at them on printouts, starting with Set A.

iii). Blur your eyes and make your choice, by selecting an essence that you feel intuitively drawn to.

iv). Note down the theme or specific level of activity (eg A1 – A7) of the essence and the name of the essence chosen and do not try to make any sense of it until you have completed this process for each set.

v). When you have found the essence for you in Set A, proceed to Set B and then repeat this process for each of the six sets. At the end you should have six essences, each of which is consistent with six themes.

vi). Now write them all down in a long list and decide how relevant they are to your own experience of life right now and whether what you have chosen suits your state of mind.

- What have you learned about your own situation or the situation surrounding you?
- What further action do you need to take if any?
- Are you going to take it or not?
- How does it make you feel?
- How would you like to react?
- What is your next step?

Trust the process! Intellectually it may seem somewhat 'off the wall' – but you will be surprised at how well it works! We all experience some denial or 'blindness', 'deafness' or 'lack of willingness to experience' and it may be time to seek some advice from our internal being in order to clear and cleanse old experiences. Certainly we can consult experts within varying fields or we can get some clues for ourselves. Whether we choose to pursue our own indicators with the help of external practitioners at a later date is up to us.

Purchasing essences – should you wish to

Essences are widely available from health food stores and leading chemists so if you wish to follow your own advice up, you can acquire your chosen essence other than Set E and the Foundational essences which are not available (for stockists, see Resources section on the Second Aid web site). You might like to buy one of the essences you have selected. If so, choose the most important to you at this time and take it.

Visualising the essences

The vibration of any choices made will start the process of healing whether or not you actually buy them. We suggest you think of the list of essences that you have chosen on a daily basis. Read them aloud to yourself. The day you forget to do this is the day to repeat the process of choosing your essences again. Do this as appropriate.

A word of warning – you have intuitively chosen to investigate this module and it is right for you to do so. However, do not do this exercise on behalf of others, when it is right for them they will be drawn towards it for themselves. It is dishonourable to invade the space of another without invitation.



4 The essences

Set A – The Physical band

Main theme: *Where is my life taking me now?*

A1 Is there a strong internal desire to move off in another direction – so much so that I am in pain – but I have not got a clue how to proceed and need a path to open up so that I can understand what is going on?

Possible choices:

A1-1 Foundational essence for GENTLENESS – encourages feelings of calmness and care even when the physical surroundings appear turbulent, cruel or violent.

A1-2 CHICKWEED, ‘True expression’ – releases the false face. Useful for those who carry arrogance as a shield.

A1-3 ROSE QUARTZ, ‘Unconditional love’ – helps to open the heart to the power of unconditional love, trusting as you step forward that you will find your purpose.

A2 Does the external environment seem to be forcing me in a new direction and I cannot understand the implications of these promptings?

Possible choices:

A2-1 HAREBELL, ‘Prosperity’ – encourages the attention to be directed towards abundance so that the physical needs are met, releasing the fear of poverty.

A2-2 ELDER, ‘Wisdom’ – encourages the search for higher standards. Helps to gain deeper levels of knowledge and understanding.

A2-3 RED ROSE, ‘Security’ – brings safety and peace into the feeling of a need for security, unconditional love and Earth wholeness.

A3 A change of personal belief has taken place due to a relationship change, a change in personal circumstances, a relocation or whatever.

Possible choices:

A3-1 SELF-HEAL – clears the space and starts the healing process at all levels. Expresses a clear intention and gives commitment to self-help.

A3-2 FORSYTHIA, ‘Freedom’ – breaking free from the past in an enjoyable way. Becoming clear in being free and less attached.

A3-3 BORAGE, ‘Individual communication’ – strengthens individual communication supporting frayed nerves through too many demands being made on the body.

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A4 Trying to find a balance of inner desire and outer expression, my own actions and reactions to others.

Possible choices:

A4-1 FEVERFEW, 'Relinquish' – helps you to understand that confusion is a necessary part of the process of releasing the old and connecting to the new. Lifts frustration and encourages movement.

A4-2 HOLLY, 'Retreat' – helps to induce love and understanding internally and externally. Sees the value of retreating into love.

A4-3 AZALEA, 'Caring for the carers' – for those who care for others, supporting stamina, courage and the ability to keep on keeping on.

A5 I don't know why I keep reverting to the past, or find myself dreaming in the future. I want to be committed into the activities of the present moment serving the needs of all.

Possible choices:

A5-1 YEW, 'Flexibility' – flexibility to help free old abuse, whether physical, emotional, intellectual or Spiritual. Helps to create a strong anchoring of the Spiritual values here on Earth.

A5-2 PINE, 'Purification' – helps to release guilt and cleanse the communication pathways. Assists sound judgement and perseverance.

A5-3 MUSTARD, 'Resolving opposites' – can resolve the feelings of extremes of depression or excitement, sadness and joy that need to find new balance.

A6 It seems to be all or nothing. I am hyperactive or inert, full of the joys or in deep depression. I want to be alone or partying, and whatever I do I don't seem able to take baby steps or find a balance that works.

Possible choices:

A6-1 AMETHYST, 'Transformation' – facilitates the process of transformation, bringing balance between the male and female qualities.

A6-2 OAK, 'Sturdiness' – it is. There is no problem. Brings to Earth distractions, clears negative moods and helps to establish secure roots.

A6-3 QUINCE, 'Feel feelings' – allows the feelings to surface, and enables you to be more willing to acknowledge the experience of pain as being a part of the healing process.

A7 I am trying to forgive others and take time for myself so that I can clear my body systems. I recognise I have partially achieved my objectives and I will use the waiting time usefully to balance abstract standards with the limitations of the actual circumstance.

Possible choices:

A7-1 HAWKSBEARD, 'Cycles' – balances living in the now and acting out the past and becoming aware of cycles and their integration into the physical.

A7-2 DAISY, 'Balance' – encourages balanced self-empowerment through purity; softens sorrow, helps you to live simply while gratefully acknowledging the capability to endure.

A7-3 CONVULVULUS, 'Increases growth' – increases the desire to grow forward. Giving generously and receiving freely.



Set B – The Emotional Band

Main theme: *I am trying to purify the emotional response and the physical attitude but I do not know which of the body systems is under pressure and I want to proceed in safety.*

B1 It hurts when I breathe in and/or out. I am trying to 'walk my talk' by living out my intentions and making my potential real. I also want to become a living demonstration of, and show how far I have got in, my journey through life.

Possible choices:

B1-1 Foundational essence for KINDNESS – for use at times when feeling bad tempered, or a need to sulk, or when frustrated and self-important because of an inability to get your own way.

B1-2 SILVER, 'Sedation' – can increase patience and perseverance, steadying emotional behaviour.

B1-3 HAWTHORN, 'Healing for the heart' – helps to promote standards of kindness, gentleness and love. Activates purity, ignites the innocence within.

B2 My ability to circulate seems too fast, too sluggish, thus there seems no connection between the inner need and the outer experience.

Possible choices:

B2-1 HONEYSUCKLE, 'Memories' – offers help to those who live in the past, who forbid the sun to enter. Encourages release of the past from the present to achieve a new point of focus.

B2-2 COLTSFOOT, 'Inner breath' – softens and strengthens the Spirit, allowing it to move more easily through adverse conditions. A pace of life that works and a rhythm which you can keep to.

B2-3 RED CLOVER, 'Unlimited vision' – invites integration into the family. Harmonises and clears ideas and impressions which are probably false.

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B3 I seem to be terrified, as if an excess of fear is stored in the memory banks of my glandular system, particularly the lymph so that my neck, armpits and groin are tender.

Possible choices:

B3-1 LARCH, 'Confidence' – by accepting and digesting life you learn to let the process happen. Self-condemnation can damage the health.

B3-2 SORREL, 'Raising stability' – helps to draw the Earthing qualities up into areas of instability. Increases mental and emotional security.

B3-3 CORNFLOWER, 'Jollity' – brings out the innocent and carefree joy of the clown. Stimulates the inner and the outer vision.

B4 I am finding it difficult to digest the process of living to date. It is hard to swallow more when I have not eliminated the accumulated excesses. I am trying to regulate the flow but do not seem able to do so as yet.

Possible choices:

B4-1 GOLDEN ROSE, 'Golden gateway' – linking with the Higher Self and seeking constant connection to Divine guidance, rather than the emotions ruling human affairs.

B4-2 HEATHER, 'Reassurance' – when confidence is lost and there is a crisis in identity, reassurance brings back self-esteem and the will to serve.

B4-3 DAFFODIL, 'Freshness and expansion' – brightens and heralds the mood, bringing beauty, strength of conviction and expansion towards future possibilities.

B5 I am so anxious, I think I should carry a health warning 'of a nervous disposition'. I am irritable and impossible to live with, and I do not like being this way.

Possible choices:

B5-1 ORCHID, 'Individuality' – directs the attention into the awareness where each of us is totally original and away from conditioned responses.

B5-2 FORGET ME NOT, 'Seeking and finding' – support in letting go of the 'poor old me' syndrome to encourage true inner vision, unclouded by emotions.

B5-3 LOBELIA, 'Consolidation' – unites and brings the general into focus. Fixes consciousness intently and firmly into life's purpose.

B6 I am trying to release old patterns of behaviour and I do not want to re-experience the junk of the past again and again. This is making me nervous and feel below par.

Possible choices:

B6-1 CARNELIAN, 'Forgiveness' – increases emotional strength, creativity and compassion. Helps and balances forgiveness of the self and others.

B6-2 WHITE CHESTNUT, 'Mental Clarity' – clears mental confusion and releases stress when you are eating yourself up with uncertain and jumbled thoughts.

B6-3 MOCK ORANGE, 'Defeat deceit' – addresses the underlying fears which cause a person to control and manipulate, releasing them into self-value.

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B7 My bones ache, my joints are sore, my ligaments feel as if they are falling out. My back hurts, at the top/in the middle/at the bottom, and I want to curl up and go to sleep.

Possible choices:

B7-1 WHITE ROSE, 'Purity' – nearest flower to liquid light. Softens reactions, opening the consciousness to applying love more consistently.

B7-2 MARIGOLD, 'Nourish and cleanse' – assists in laying the foundations on which to build. Clears the thoughts and emotions, a no nonsense scrub.

B7-3 LOVE IN A MIST, 'Focus' – being constantly distracted by pseudo love experiences prevents us discovering self love and inviting true love to grow from within.



Set C – The Intellectual Band

Main theme: *The intellectual pressures and the endless conversations make me feel misunderstood, sad, and I feel I am receiving nothing except 'aggro' and/or isolation. I do not know how to proceed with life and I have forgotten what my standards were supposed to be. I want to be light and love in balance, and thus enable a new and better standard to come into being for all concerned.*

C1 The inner standard that is my code for living is inside me and complete, but it seems too difficult to get others to understand it and co-operate with it. Am I good enough to impart it, and have I earned the right to do so anyway?

Possible choices:

C1-1 Foundational essence for TOLERANCE – even when you have the best of intentions these can be negated by research information and/or endless discussion which results in procrastination.

C1-2 GORSE, 'Internal timing' – can help to unite Heaven and Earth by revealing the point of power for moving into the next cycle.

C1-3 SWEET PEA, 'Future possibilities' – linking present and future into heartfelt directions and communicating this through all levels of being.

C2 I have the ability to see the vision – but do I have the stamina and the endurance necessary to avoid 'overloading' my choices and go for the goal to make that vision mechanically achievable?

Possible choices:

C2-1 PRIMROSE, 'Peace' – gently bringing peace into dark and fearful situations. Allowing the shields to drop and ease to be reinstated.

C2-2 CHRYSANTHEMUM, 'Rebirth' – helps you to trust that all is right in the world, and to accept that everything changes. Adapt, and get out of your own way.

C2-3 DANDELION, 'Courage' – can you be as still, as strong and as golden as the ideal? Courage to let go of judgement of life, yourself and others.

C3 Can my body maintain a realistic pace and rhythm, so that I can carry out the instructions without losing the vision, and at the same time do all that needs to be done?

Possible choices:

C3-1 EVENING PRIMROSE, 'Softness' – helps to bring gentleness, moisture and comfort to tissues that suffer from conflict and absorbed pain.

C3-2 SWEET CHESTNUT, 'Clearing' – helps with lack of clarity and inability to express true feelings, especially anger at abstract concepts and ideals.

C3-3 CAMELLIA, 'Consideration' – giving from the heart with consideration and being compassionate to all. Learning to walk your talk.

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C4 I want to surround myself with an atmosphere that is conducive to integrating knowledge into myself/the family who surround me/my work environment/my community, but I do not know how to go about it.

Possible choices:

C4-1 THYME, 'Ancestral wisdom' – helps to connect with the elementals in a gentle and secure way. Getting in touch with wisdom in a light way.

C4-2 PINK HAWTHORN, 'Inner sharing' – internal and functional regeneration can be assisted, thus expanding the heart space centrifugally. I can give.

C4-3 ROWAN, 'Self empowerment' – regaining freedom from past restrictions, strengthening the resolve towards personal empowerment.

C5 How can I digest my past experiences of jobs that went wrong, employers that misunderstood, of colleagues who did not encourage? I want a clear clean working space in which to be creative, but how can I define that and be fair to all concerned?

Possible choices:

C5-1 PLAINTAIN, 'Balanced breath' – balances the cycle of inspiration and release, allowing us to share with the many who are evolving within the natural cycles.

C5-2 SUNFLOWER, 'Assertiveness' – for those who feel they are manipulated by others and life's circumstance. Brings out the individual's inner power.

C5-3 RED POPPY, 'Fertility' – consolidates sexuality, bringing the power into clearer perspective. Assisting in the vision of sex being sacred.

C6 If I clear the space, will I be able to find the time to get everything into balance and be fair in the process? I am willing to touch and be touched by life, but I want the exposure to be gentle, and to come from a safe foundation.

Possible choices:

C6-1 VENUSES LOOKING GLASS, 'My vision' – I have created the vision, I see the vision – I hold the vision, I will become the vision.

C6-2 WOOD ANEMONE, 'Vulnerability' – strongly relates to past events, assisting the hidden pain to surface and pass away.

C6-3 BLACKBERRY, 'Active transformation' – can strengthen active sexuality and awaken subconscious standards towards new virility.

C7 Having been in that empty space I've had a chance to clean it and the zest and vitality is returning slowly (fully/partially). Now it is finding an internal/ external dramatisation.

Possible choices:

C7-1 WILLOW, 'Release' – can open the awareness to releasing bitterness and resentment, allowing the pain of expectation to disperse.

C7-2 PURPLE VIOLET, 'Heartsease' – can bring to reason the overheated nature of the heart. Trust in the power of good, and your commitment to it.

C7-3 YELLOW ROSE, 'Martyr complex' – purifies the thoughts relating to judgement, waste and uncertainty. Helps to stop the feeding of others' weaknesses.



Set D – The Spiritual Band

Main theme: *I have my beliefs in good and I understand that there are many different presentations of that good. But how do I connect to all and offend none when there is so much competition between races, sexes and so on? Can that ever be made whole, even to a small extent, so that I do ‘walk my talk’ and appear to push boundaries out into new ways of talking/working/living, so it will be bearable out there on the cutting edge?*

D1 How do I make myself acceptable to the group dynamic when it is red/yellow/black/white, and how do I honour the cultural heritage without giving offence?

Possible choices:

D1-1 Foundational essence for COMPASSION to encourage a greater capacity and to move beyond the limitations of the past that have caused you to feel disenchanted with your beliefs.

D1-2 SAGE, ‘Reflection’ – reflecting upon and understanding personal life events with wisdom, seeing the whole picture without judgement.

D1-3 YELLOW POPPY, ‘Stewardship’ – assists in letting go of questions so as not to argue with God’s will. Becoming more responsible with trust.

D2 How do I stop myself making automatic responses as a result of environmental conditioning and my ethnic inheritance. I know it causes pain and I want to deduct from, not add to the emotional environmental pollution.

Possible choices:

D2-1 MALLOW, ‘Buffer’ – supports and buffers the communication pathways, moving stuck energy and allowing inclusive attitudes to flourish.

D2-2 AQUAMARINE, ‘Preparation’ – internally opens and prepares for future communication, making the soil ready for the Spiritual seeds.

D2-3 ROSEBAY WILLOWHERB, ‘Self-mastery’ – addresses forcefulness and self-importance, bringing personality and ego into balance relative to service.

D3 I want to be ethical, to establish aims and have objectives that allow for operating practices that hurt none, for at a stage in our evolvment as souls, the codes of conduct were laid down, and all agreed to live by them.

Possible choices:

D3-1 GERANIUM, ‘Recreation’ – purifies past sexual impressions by dispersing judgement and fear as a result regaining sexual confidence

D3-2 RED CAMPION, ‘Stability’ – stand up for yourself with boldness and direction. For the timid this essence can redress the balance.

D3-3 BLUEBELL, ‘Group communication’ – gentle and inclusive communication. When new cycles are beginning, clear wisdom and understanding are essential.

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D4 How can I ensure a willingness to change and be changed?

Possible choices:

D4-1 VALERIUM, 'Rest' – letting night be a time of release of all daytime activity, recharging all levels of communication.

D4-2 PRIVET, 'Inclusive consideration' – helps to bring others into your world yet allowing them the space and privacy to develop and evolve gradually.

D4-3 RUBY, 'Nobility' – brings into focus the quest, selection and the attainment of ultimate goals.

D5 How can I feel secure and keep my self worth when everything seems to be changing around me? There seems to be a competitive element in my past that prevents a complement in my life as it is now.

Possible choices:

D5-1 BLUE ROSE, 'Cultural origins' – helps to transmute ethnic inheritance issues through the communication pathways. Assists in regulating timing

D5-2 PARSLEY, 'Childlike' – assists you in carrying your burdens with childlike joy, realising that there is strength to cope. Being spontaneous in doing.

D5-3 APPLE, 'Direction' – can lead the heart towards growth and direction, releasing the constraints of self-limitation.

D6 How can I keep flexible within all this so that I can keep balance and move gracefully?

Possible choices:

D6-1 DATURA, 'Unlimited vision' – releases over-structured attitudes and dogmatism, creating a more inclusive Spirituality. Opens the dream-time.

D6-2 PURPLE LOOSESTRIFE, 'I believe in me' – releases self-judgement, bringing focus to the source within. As a warm violet flame the true self is elevated above and through the limitations of the past.

D6-3 MAGNOLIA, 'Order' – even in confusion there is order. Finding the way through with focus and trust. It is never as tough as you think it is or will be.

D7 I am working on the fundamental attitude to life and to resolve disharmony on the male side/female side.

Possible choices:

D7-1 RHODODENDRON, 'Service' – when compelled into service, lightens the mood and levels out obstructions allowing surrender.

D7-2 YARROW, 'Protection' – can help to reinforce the energy structure where there is exposure to disturbing environmental stresses.

D7-3 SILVER BIRCH, 'Family' – removes feelings of isolation. Assists you in finding your place in the immediate and extended family group.



Set E – The Causal Band

Main theme: *My Spiritual discipline needs to be rooted into my body and anchored to the Earth. I need to trust and deepen my faith, accept more unconditionally and surrender, so that the old chapter can give way to the new. What is the cause of the delay?*

E1 I want to trust, but do not seem able to summon up the faith to accept the happenings of this moment and surrender to them in whole or even in part.

Possible choices:

E1-1 Foundational essence for PROTECTION – for use when feeling threatened by negative or invasive external agents, the manner of use being similar to the way you would use a coat on a cold day.

E1-2 SOUL STAR – the expression at the throat level is still in discussion as to the acceptance of the deepened understanding of truth.

E1-3 CROWN – there appears to be no choice but to co-operate, and as the pressure appears so great, maybe this time you will be able to get past old mistrust.

E2 I desire the will to good for all, so that the group I am working with have an orientation, an understanding of the original vision, and a willingness to be involved in bringing it into being.

Possible choices:

E2-1 PROTECTION – base centre being exposed to too much material which it is unable to filter as yet. Needs time to let in that which is helpful and stone wall that which is not.

E2-2 HIGHER HEART – to help dissipate the old experiences throughout the body so that the debilitation will be minimal.

E2-3 CAUSAL – this connects to the third eye centre and the level of expectations that results from the original vision. Release the need to be of help, and you will be.

E3 Am I sufficiently compassionate to be inclusive and administer lovingly for as long as it takes? Can I accept what is required of me while handling the responses of those who do not as yet understand?

Possible choices:

E3-1 UPPER CHAKRA ALIGNMENT – to help you tell your truth as you go, holding the vision with integrity and being loving enough to be patient.

E3-2 SOLAR PLEXUS – the epi-centre of the storm and the seat of lack of self worth, which due to psycho and physiological disturbance within the body, needs calming down.

E3-3 MIDDLE HEART – to help to make the bridge that leads from the deep inner recesses to the externalisation, which must be harmless in expression.

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E4 How do I ensure that I use this entrusted power wisely, organising and managing so that all can benefit if they so choose? How do I work within my own limitations without harming others or myself?

Possible choices:

E4-1 THIRD EYE – helps establish a discipline that monitors the vision and all who are a part of it, and at the same time allows the process to be slowed down to enable you to establish honest communication with others.

E4-2 TRAUMA RELEASE – it is easy to get exhausted and try to take short cuts due to body fatigue. Homoeopathic release of stored tension is amusing, and essential as the group go past hurdle after hurdle.

E4-3 HARA CENTRE – to keep your balance when the others who surround you are losing theirs is not easy and yet to ensure the success of the task assigned, you will have to do just that.

E5 Tired of all the past disruptive conflicts, I now have the desire to state the need truthfully and so transform the negativity. Certain things cannot be resolved within the time frame and so an unrealistic pattern is emerging. How do I cope with this?

Possible choices:

E5-1 AURA BUFFER – this helps establish a detachment and buys the time for discernment to become a natural culling operation instigated by others but supported by you, so that a more committed team can be established to balance skill to need.

E5-2 EARTH STAR – the power base must be cooperative to the needs of all as well as getting the job done. Personal ambition and glory are no longer a problem; there is only a willingness to serve and be a part of that service.

E5-3 THROAT CENTRE – laid bare, with the truth revealed to all there is a need to protect yourself from the reflection received from others. Either silence is golden, or you can be as honest as is possible, which will potentially free all concerned.

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E6 I recognise the need to back track and research historical happenings as I extract the essence and discard the effluent, then to document the result. But I do not want to in case it hurts too much. The balance of the logical in tandem with the emergent abstract skills allows balanced evolution for all.

Possible choices:

E6-1 BASE CHAKRA – a willingness to accept the need to work comprehensively so that others can be freed from history under the guidance of those who wish to discharge and not repeat ignorance of application.

E6-2 LOWER CHAKRA ALIGNMENT – application and balance is possible if the recognition of self worth and unselfish service bring forth a recreation of the original vision now in form.

E6-3 STELLAR GATEWAY – once everything possible has been done there is a requirement to 'let go and let God' and see what is added from the Heavens as a result of the work put in on the Earth. The sacred marriage.

E7 In a time of waiting and of emptiness when nothing seems to be happening, old prejudices surface and I have to learn to wait nicely for 'Thy will, not my will to be done'. I am risking trial by trust and must not control or manipulate. I wait in the space, reverting to old disciplines learned through meditation practice, making accurate reports to all, and being inclusive of all. The result will take care of itself when the time is right.

Possible choices:

E7-1 MEDICINE WHEEL – to keep to your centre you will need to check the periphery for differing views as well as making sure there are no gaps, holes, bumps or bruises that need our attention. You must be diligent in your vision to keep the required standard.

E7-2 AURA CONTRACTOR – you may need to make the space smaller to enable our body to keep up with the mind. If they become too tired or too stressed, there will be a problem long-term. Time for rest and relaxation

E7-3 LOWER HEART – to help you to re-visit the past and to re-associate with areas that were once too painful to contemplate. You are no longer the same person and the reconnection brings release and relief. The resulting shock is why you took this long to find out.



Set F – The Alignment Band

Main theme: *Can I really believe that the Earth is a part of the Heaven and that I am holy, here and now in my body? Can I be whole hearted – so that my heart is clean and my body working in complement, so that my soul is present and untainted, and I can help light the paths of others in love and in joy? What is my service on Earth anyway?*

F1 Can the communications between my mind and my body balance and unite in common purpose, complementing each other rather than fighting or running away? Can I deal with the fear and find a way to express myself in spite of my genetic inheritance?

Possible choices:

F1-1 Foundational essence for TRAUMA RELEASE – to support and encourage the release of past trauma and help to externalise expression in a harmless manner.

F1-2 RED FOXGLOVE, 'Independence' – emotional protection and detachment within the group. Encourages trust to enable you to work together in service.

F1-3 PETUNIA, 'Dignity' – brings the focus into the knowledge of our self worth and our place in the overall plan.

F2 Now I have finished my work within the group to which I have been assigned and my contribution has been field-tested in a minuscule way. Am I safe to find my own power base and not step on the toes of others while achieving my objectives?

Possible choices:

F2-1 PINK ROSE, 'Puberty' – helps with the integration of new feelings, apprehensions and suspense as you go through changes within the cycles of life.

F2-2 ROSEMARY, 'Energising' – invigorating and cleansing to all the communication pathways, moving and releasing stuck energy.

F2-3 ARNICA, 'Releases pain' – encourages the release of pain during and after personal trauma, and helps to bring you back to your senses.

continued overleaf . . .



F3 Am I confident of my ability to communicate and express my need truthfully with consideration for the needs of others? Can I be sure that I am courteous and that my worth is a talent that can be demonstrated within my thoughts, words and deeds in everyday life?

Possible choices:

F3-1 VIOLET POPPY, 'Passion' – helps to release restrictions, allowing freedom and involvement to dissolve away the fear of living life.

F3-2 ORANGE ROSE, 'Comfort' – warms and invigorates the communication pathways, especially those of nurturing and reproduction.

F3-3 ARCHANGEL, 'Abuse' – can release the pain of passive suppressed abuse by opening to the basic nature and dredging out the toxic guilt and confusion.

F4 Can I hold the patience required while I wait to heal the past? There is nothing to stop me romancing future possibilities, which I can root within the present moment, while facing the grief of the past square in the face.

Possible choices:

F4-1 WHITE CLOVER, 'Spontaneity' – things can be done, produced or occur naturally without planning. Allowing this to happen encourages creativity.

F4-2 BUTTERCUP, 'Shielding' – cleanses and protects the communication pathways Earthing abstract thoughts and emotions that no longer belong within our space.

F4-3 SHEPHERD'S PURSE, 'The Group' – works on group dynamics and the integration of the individual into the collective.

F5 The need to connect to my personal power requires that I am secure and that I claim the 'tools' necessary for me to serve effectively. Recognising that my creed changes and so do those of others I associate with, do I have the courage to ask?

Possible choices:

F5-1 ST. JOHN'S WORT, 'Spiritual reality' – aids recovery from a spiritual burn-out, gives protection from night time fears and from the fear of dying.

F5-2 CHICORY, 'Selflessness' – helps to remove serious and possessive tendencies and guides towards independence and lightness of attitude.

F5-3 DOG'S MERCURY, 'Humour' – improves the awareness of your unique gifts and talents and how to use them in the kaleidoscope of life.

F6 Now I need to regain flexibility of action and have a willingness to be shown how to proceed. Then I can make up my own mind, and not shelve my part through old vulnerability. I am learning to love all and include myself within the administration laid down. Can I lighten up?

Possible choices:

F6-1 VIPERS BUGLOSS, 'Decisiveness' – encourages conclusive determination of will, projection and self-control as well as patience

F6-2 COMFREY, 'Support' – can mend and strengthen your needs for support. Aids flexibility, adaptability and confidence.

F6-3 WHITE FOXGLOVE, 'Reverence' – there is strength in honour, devotion and gentleness. These qualities are required as you learn to serve.



F7 So have I created a new foundation from plans that are accurate and has the ground been prepared well enough for all to proceed? Is my unique contribution essential to the will of God? Have I cleared and cleansed residual impotence and resentment towards service? Taken such time as is necessary to clean the space, so that all who enter step on sacred ground, and that myself and those I come across meet reflections that are as pure and untainted as possible?

Possible choices:

F7-1 CLEMATIS, 'Be here now' – for dreamers who have no interest in the present. Helps to release control and to be present in the moment.

F7-2 MAIDEN PINK, 'Naturalness' – helps to discover security in long-term self-appreciation, and in service to the Earth.

F7-3 WHITE VIOLET, 'Return to innocence' – helps to return the complex and damaged mind into a state of innocence, encouraging gentle and complete discipline.



5 Further help

If you have personal problems or difficulties, or feel that you need individual facilitation or help with choosing essences for yourself, then you can have personal e-mail consultations with Judy Fraser. She will assess which member of the team would be best suited to support your process. She will either offer you consultations herself or where appropriate she will refer you on to the relevant person.

Individual e-mail consultations cost £25 per ½ hour time spent. To contact Judy Fraser, e-mail: enquiries@secondaid.net



Appendix – Using and caring for your essences

Should you decide to buy essences, the following advice may be of help:

Administering your essences

Put three drops from each essence into a sterile ‘dropper’ bottle (obtainable from chemists). Do not allow the bottles to touch as you transfer one to the other. Fill it up with distilled or pure spring water and take three drops four times each day. Either add drops to a little water and drink, or tilt the head back and place the drops on the tongue. Do **not** allow the pipette to come into contact with the mouth. These essences can be taken together with any prescribed medication, and on no account should replace it. Use regularly and daily until you ‘forget consistently’, then dispose of the remainder and have at least seven days rest before repeating the process.

Caring for your essences

The essences can be concentrated tinctures or already diluted – check which it is that you are buying. If it is diluted, take it as it is: if it is not then follow the guidelines above. Essences are supplied in dark brown bottles to protect them from extremes of light and temperature. They should be kept in the bottle with its top well secured and placed back into the box immediately after use. The closed box should be kept away from strong smells, either in a cool, shaded room or in a cupboard.



Focus on
Self-assessment with essences

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