

**PROTECTION** This energy is felt in the outer layers, as it merges with them and radiates outward. It's rather like putting a coat of psychic armor over your entire astral body. Useful at night; when you're going to bed, put 3 sprays on your crown chakra, let the energy encircle you, then mentally expand the sphere of protection over the entire house. When driving, I spray it on the dash or on the roof of the car. When traveling by plane, use it on your crown chakra, then mentally expand it to encompass the plane. Very effective. I keep a crystal in the car that is permanently programmed with Protection. Carrying a programmed crystal will radiate a protective energy field around you; that protection is enhanced when the aura has been similarly energized with a spray on the crown chakra.

**PSYCHIC VISION** This essence helps develop one's psychic vision, general higher/psychic awareness, and the ability to visualize (a key part of conscious creation!). It does this *mechanically* by aiding the transmission of communication between the Conscious Self and the Higher Self through the building (or restoration) of that passage known as the Rainbow Bridge (that which connects us to our God Self, Higher Self, God Consciousness). It is another chakra-specific energy: apply to the crown and 3rd eye chakras exclusively, simultaneously. *For best results, use a couple minutes before meditating, visualizing the Rainbow Bridge being strengthened, fortified.* Or go one step further and just visualize that you are your Higher Self. To put it another way, just vibrate at that level, that frequency, for a while. Be your God/dess Self. This energy will help you get there, especially after repeated use. Crystals activated with this essence are very powerful, and can be laid upon the crown and third eye chakras with great effect.

**BODY & SOUL** This is a beautiful essence. I received this activation when I started working regularly with a recovered alcoholic. Even though sober for nine years, his aura was still in tatters. Not completely, but the evidence of the abuse was blatant. When the aura is in this state, the soul has a hard time seating in the body. Vibrationally, there's not much to hang on to. This essence brings about subtle shifts in the various levels of the being to allow re-alignment of the soul with/to the body. It also sends out feelers to gather in and retrieve all those parts of yourself that you scattered to the winds during times of stress and trauma. It first establishes itself in the heart chakra and works out from there. Especially effective when used in meditative sessions of at least 5-10 minutes, and with regular, frequent application. It feels like *coming home*.

This energy feels like a force reaching out to the cosmos, retrieving lost, scattered pieces of one's being. Feeling these pieces, these parts homing back into me with perfect precision, easily aligning right where they're supposed to be, is magical. It's quite the fulfilling integration experience. Many crystals and stones are appropriate for programming with this essence, especially one that you have a personal affinity for. Place the programmed crystal or stone on the heart chakra; if possible lie down for 15 minutes or so. It will feel wonderful. And appropriate for everyone, because we've all had traumas of varying experience and degrees that cause us to jettison or hide certain parts of ourselves. This energy is the antidote.

**PENEMAT** This essence is an unusual one. The name comes from how it works: *Penetration into Matter*. It is a very grounding energy, so when you're feeling disconnected or "out there", it's a great remedy. A couple sprays on the crown chakra and on each of the three lower chakras should do the trick. (Keep in mind you can do both the front of the chakras, or the back as well.) This essence has a much more universal application, however. It is a marvelous agent for absorption. Thus, after you've sprayed your choice of essences on your crown chakra, or wherever, spray on Penemat and it will help them penetrate more quickly and fully. If you are using essential oils topically, spray Penemat on the spot you've applied the oils, and they will absorb more fully. I did a test of this once, rubbing an essential oil on my chest, but applying the Penemat only to the right side. The oil on the right was absorbed 70% more than on the left, according to my dowsing—a significant amount! It is a marvelous essence, with many varied applications. Anytime you want something to penetrate more deeply, whether it's massage oil, essential oils, liniment, or other energies, use Penemat. It will greatly amplify the effect, and the experience.