



# Clarity Vibration

*Honouring the Natural Flow of the Feminine Cycle*

## Sacred Moon Essence

### Key words for this Essence

Connection ~ Transformation ~ Moon Time ~ Void ~ Source  
Earth ~ Cycles ~ Goddess ~ Love ~ Creation ~ Joy ~ Vitality  
Sensuality ~ Vision ~ Grounding ~ Power ~ Menstruality ~ Portal  
Boundaries ~ Surrender ~ Initiation ~ Mother Womb ~ Regeneration

This unique essence is a combination of crystal, flower and environmental essences with homoeopathic's and essential oils. It is a potent mix that was formulated to support women during their moontimes. In using the essence it is apparent that it provides a deep grounding and magical connection to the earth, anchoring roots deeply through the earth star chakra below the feet and into the core of the Earth Mother herself.

The blend is a powerful source that brings the user home to themselves in a sacred and magical way, offering insight and inspiration by plugging back in and regenerating. There is great sense of peace and love when spraying the concoction which immediately draws your awareness into your body. Varying powerful astrological influences are captured in the essences from making them; solar, lunar, solar eclipses, new moons, Grand Crosses. All add to the dynamic potency of this blend.

Garnet brings vital nourishing energy to the system and provides a strengthening and supportive element to the mix. The qualities will also evoke a sense of abundance and that the universe supports all endeavours.

Fossilised Wood offers patience and peace in times of change. It offers connection to ancient rooted wisdom from which to plug into during your

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Moontime. These ancient trees hold the pristine energy from millenniums ago so hold the memory of these times. This essence facilitates transformation and helps to clear limiting patterns from our ancestral heritage.

Bouganvillea activates and unblocks the earth star chakra that resides below the feet. This chakra connects us to the core of the Earth Mother herself. The earth star commits and dedicates us to being here on planet Earth. It is the centre of consciousness which knows why we have incarnated on Earth and fully accepts the unfoldment of great joy and pain earthly life brings.

Brockley Cave essence is the ultimate Earth Yoni, the Mother Womb, and the Void of all creation. This essence was the inspiration for the whole of Sacred Moon. The cave is a natural Temple space of Initiation and Earth Magic. It is a sanctuary and a keeper of wisdom and knowledge from sacred realms. It has the quality of the fertile void, where all creation comes from. There is a sense of spaciousness and support from unseen worlds. It opens a portal to the underworld where rest and visions can be sought. This energy is heart centred and offers a loving, healing embrace.

Homoeopathic Menses is included in this potent blend. The remedy is used to reclaim and deepen the understanding of women's energy. Menstrual blood is a powerful symbol of our shared experience as women. It links women across the generations and across cultures, yet it is so hidden. The inclusion of this remedy is controversial and is likely to trigger many. To be clear this has no actual blood! As a homoeopathic remedy it is just the energy signature that remains so there is no issue of contamination. The proving (how the remedy was made) was incredibly powerful and the energy of the Goddess was clearly present. More information on the remedy can be found on my website. Words from the proving were 'Strength in the Darkness, for menses took me to The Heart of My Darkness, and showed me actually I have nothing to fear from it, my darkness is my wisdom and my greatest friend. What a gift, what an insight, what a transformation.'

Essential oils anchor these vibrational frequencies. Vetiver is an earthy musky oil which is grounding; it supports a realistic approach to life that is calming a soothing to the nervous system. Spikenard is a holy oil used for anointing, perfect for creating a safe protected space for inner journeys, ritual and ceremony. Damiana is a sensual oil that stimulates the flow of vitality and is effective at clearing blockages.

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