Autumn Leaves Essence

Letting Go

Autumn Leaves was birthed under a dark moon inviting you inward for release, rest and reflection as what's no longer required falls away like leaves in the Autumn wind. Make peace with what was. Let go and open to a new way of being to enhance your vibration so that your radiant light will shine for all to see.

This essence works on an energetic level ….

What's in it?

Chamomile ~ anxiety, stress, pmt, insomnia, soothes nervous tension, improves digestion
Passionflower ~ sleep issues, gut issues, anxiety, nervousness, menopause and for fibromyalgia + pain relief
Nettle ~ body detox, boost immunity, increases circulation, lifts energy, regulates hormonal activity.
Oat Straw ~ Avena means nourishment and was a staple for our ancestors, also aids recovery from stress
Liquorice ~ Digestion, bloating, respiratory health, liver healing, helps one to manage stress, antidepressant

Vibrational Medicine:

I gathered the Autumn Leaves that called to me and added them into the Alchemy. On the New Moon in Pisces I added three crystals to support you in 'daring to dream + be'.

Rose Quartz ~ To help sooth internalized emotional pain + to heal any feelings of deprivation
Carnelian ~ To improve love + trust after abuse or manipulation. This is also a boon to depression.
Jasper ~ To stimulate the imagination to transform your ideas into action. It is the stone of re-birth.

The final cleansing + blessing was prior to Samhain (Witches New Year) symbolizing endings and was birthed into the world on Samhain on the Full Moon in Scorpio a moon to heal past traumas.

Energetic Medicine:

Celtic Reiki symbols were added for the death cycle (letting go). Rest in what is with wisdom + forgiveness. Be re-birthed into your next cycle of life. Usui Reiki was used daily to clear and lift the vibration to 100%

Sound Medicine:

The sounds that need releasing was of a deep sigh and a loud groan. Both have been held physically in your lower back, heart, knees, pelvis and posture. Make these sounds aloud to clear the stuck energy.
I bottled this blend in silence and I'm guided to say for you to create more space for silence. Turn off technology and sit by candlelight or read in silence and simply be with yourself. Unmask yourself, remove the energetic vice from your body, mind + head to welcome in a new sense of inner freedom.

The vision when you take your essence:

See yourself as a giant tree with deep roots into the earth, your branches reach upward and out and the leaves gently fall to the earth representing the letting go, shedding, releasing + surrendering. Old bark falls away the trunk of the tree… Shed, Let go, Release… Sigh the breath away, groan it out.
As you shed + sound sense the release within yourself. See yourself reaching upward to the sky and anchoring deep into the earth. Feel light, free and present. And a new cycle evolves…

Alchemy in a Bottle

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