

# WHITE LIGHT ESSENCES

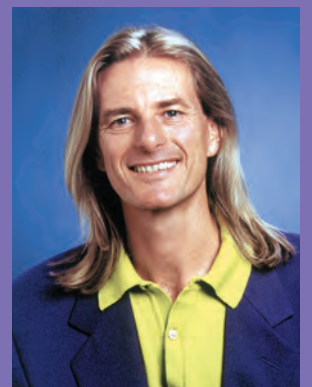


## SPIRITUAL ESSENCES

The White Light Essences have been brought through by Spirit to help us invoke and access the realm of Nature and Spirit within ourselves so as to more fully explore and understand our spirituality and fulfil our highest potential.

This project has taken me over four years to complete and has led me on a journey to some of the most remote and sacred locations around the world. During the past twenty years I have researched and developed the Australian Bush Flower Essences. They have been a stepping stone to bring me to the point in my growth and spirituality where I have been able to make the White Light Essences. They were made with the utmost integrity, humility and love, it is in that spirit that I commend and offer them to you.

In Much Love, Light and Respect  
**Ian White**



The following summaries serve as a brief introduction to the White Light Essences.

For a full understanding and appreciation I recommend you read the complete descriptions of each Essence

## WATER ESSENCE

The Water Essence was made from an alchemic blend of two Essences - one from each hemisphere; they were prepared on the Isle of Iona, on the west coast of Scotland and Heron Island on Australia's Great Barrier Reef. This remedy allows you to intensely experience your own emotional disharmony so that it may then be purified and released. The Water Essence illuminates the conscious mind so as to reveal and initiate the release of our deepest, most ancient negative karmic patterns. It also dissolves the boundaries of a person's perceptions and realities. It is very nurturing and cleansing and encourages us all to be more open to receiving and trusting of ourselves and feel Spirit's love vibration that surrounds us. This Essence enables us to find the inner stillness in which to experience our feelings fully and achieve emotional harmony. It creates the deep knowing that whatever challenge that one is encountering, you will be all right and helps one from staying emotionally closed off after a negative or traumatic experience.

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## EARTH ESSENCE

Prepared in the sacred cave at the village of Patal Bhuvaneshwar in the north of India. The Earth Essence helps to heal internal structure and order in life and is a very important grounding remedy, especially for those doing a great deal of Spiritual work. This Essence allows one to tune into the subtle realms and vibrations. It fosters a strong connection, respect and reverence to nature, the Ancients, the earth, the life-force, life and the origins of life. It enables "Light workers" to find their drive and move forward with purpose. This Essence will allow them to be centred, grounded and find their direction and then proceed forward with clarity and focus. The Earth Essence helps establish a connection with the Manu of a country, thereby allowing you access and connection to the Essence or vibrational quality of that country. The Water Essence, by helping to dissolve away the limitations of where you believe you are capable of going prepares the way for the Earth Essence to then take you beyond your old reference points and limitations.

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## FIRE ESSENCE

This Essence was made in the sacred area of Katajuta in Central Australia. It encompasses the passion, creation, possibilities and potential of Fire. One aspect of the four Elemental White Light Essences — Fire, Water, Air and Earth — is that they help you to connect, embody and master that element while also aligning you to the Nature Spirit of each particular Element. The Essence helps with the burning off of one's dross — or impurities, especially that of the astral body. This Essence can open people to their most ancient source, back to the moment when the soul originally chose the life purpose for its earthly incarnation. This will leave the individual with a "fiery" sense of purpose and direction. Consequently, one is inspired and motivated to follow their life path and fulfil their highest destiny.

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## AIR ESSENCE

This Essence was made on top of Schafberg Mountain, St Wolfgang, Austria. The Air Essence allows a person to journey out to much further realms and levels on the spiritual plane. The Air Essence has the potential to bring out a person's spirituality to the highest degree with integrity and passion. This Essence can invoke peace and harmony and let it reign within your heart and mind. It helps you to see life as being simple and to keep it simple, surrendering to God any problem. The Essence itself produces a sensation of feeling light, easy and carefree. It is an excellent remedy for people going through emotional stress and trauma, helping one to see the overview of any problem whilst enhancing one's guidance and inner knowing in order to deal with the situation more effectively and not get caught up in the detail or the drama. It promotes the realization that life will go on and to simply feel the love and peace around you. Consequently, it greatly helps anyone going through a "black night of the soul" experience by making them aware of the divine guidance and protection that always accompanies one at these times. The Air Essence allows one's

thought processes to become more flowing and gentle. When making a choice this Essence helps one to maintain a balance between an intellectual and an emotional approach, whilst also aiding discrimination and discernment.

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### HIGHER SELF ESSENCE

This Essence was prepared at the Mayan ruins in Palenque, Mexico. It allows one to align to and access their Higher Self. The Higher Self Essence funnels and channels energy of the highest order into one's very core, from where it will radiate out and expand dramatically. It helps us to be aware of what is beyond the physical experience and can help one tap into sources of ancient wisdom and knowledge. Our Higher Self is comprised of every lifetime we have ever had and this Essence offers the opportunity to help a person connect with these earlier incarnations. You will then be able to beam back the energy of whatever it is that you need from that past life.

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### DEVIC ESSENCE

This Essence was prepared on the summer solstice in the Chalice Well Garden in Glastonbury, England. The Devic Essence helps to establish very strong links with the Devic kingdom, while its spiritual healing quality returns one to a place of simplicity and blissful peace. It brings about a feeling of total oneness — being at one with absolutely everything and far less concerned and preoccupied with the hassle and problems of life. It enables one to contact and communicate with nature, and to listen to any message the plant kingdom has for us. This remedy attunes you with qualities such as healing, from the Devic kingdom and will help to earth anyone who is ungrounded or out of control, connecting them back to nature. The Devic Essence is very good to soothe and calm those who are stressed out, wound up, stuck for time or feel disconnected. The Devic Essence assists us to care for ourselves on a spiritual level and brings about a devotional, nurturing quality within us for ourselves and others as well as nature. Most importantly, it will help you to remember why you are here, and assist those who remember their destiny to take action and become more passionate about their life path once again. The Devic Essence also allows us to appreciate the great importance of knowing and remembering that we are a soul being that has, but is not, a physical body and can be used for people close to passing over.

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### ANGELIC ESSENCE

This Essence was made in Peru on the top of the sacred mountain, Putucusi, directly across from Machu Picchu. Right up until the moment of our death, the Angels are always attempting to inspire and raise our awareness to the spiritual — so that we will look up and embrace the Light. The Angelic Essence allows one to have closer contact with the Angelic realm. This Essence helps us to be more open to receiving from on high, the Angelic tones of inspiration, love, awareness, communication, guidance and instruction which can lead us to an infinite range of potential possibilities in our mortal lives. The Angelic Essence brings the energy from heaven directly down to earth, uniting the two. This Essence enables one to aspire beyond the physical while keeping us connected to the mundane. It helps us realise that the spiritual exists in everything and to transcend the deceptive illusion of the physical. One can also invoke protection of an Angelic kind and of any specific Angel by taking this Essence.

## ADMINISTERING THE ESSENCES

The White Light Essences work best when taken individually one Essence at a time. The Essences should be taken for two weeks and at the end of that period you can either repeat this Essence or commence another one. *It is highly recommended that the first one to be taken is the Water Essence.*



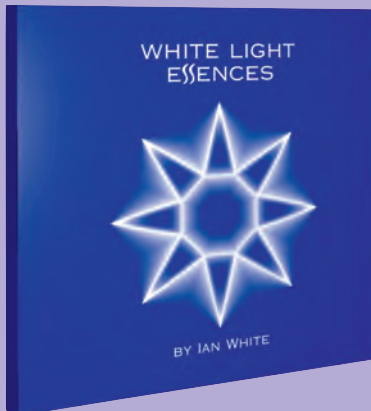
## WHITE LIGHT ESSENCES PYRAMID PACK

The White Light Essences pyramid pack has been carefully developed to embrace and protect the beauty and potency of these wonderful Essences. The White Light Essences pyramid pack contains all 7 spiritual stock Essences, Ian's new book and the White Light CD.

## THE CD "WHITE LIGHT"

by Jane Rosenson & Kirsty Williams

Sound [pure vibration], is the force inherent in all things, it has a powerful effect on the cellular structure of human beings and a very profound effect on our psyche and soul. In esoteric numerology each person's master number corresponds with a specific colour. Also associated with each colour is a musical composition. The White Light CD contains these 8 specific musical masterpieces, beautifully recorded, that when heard, will help bring into balance anyone whose master number corresponds to that particular colour.



## THE BOOK "WHITE LIGHT ESSENCES BY IAN WHITE"

Ian's new book "White Light Essences", takes you on a magical journey to some of the world's most sacred sites where you will experience the making of these vibrational Essences in breathtaking panoramas. The book will lead you through each Essence's unique spiritual and soul healing qualities which can be utilised in both personal and practitioner application.

## INDIVIDUAL ESSENCE PYRAMID PACKS

Stock Essences for each of the individual White Light Essences are available. They come in the individual pyramid packs carefully developed to embrace and protect the beauty and potency of these wonderful Essences.



WHITE LIGHT  
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SPIRITUAL ESSENCES

To order any of the White Light Essences products or for a free information pack on Australian Bush Flower Essences or workshop schedules on both ranges, contact:

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