

A Gathering of Soul

The Way of Peace

Five Essences for Transformation

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Raven Essences

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GATHERING of SOUL — Kit Overview

A Gathering of Soul — The Way of Peace is designed to assist with major life changes by providing energetic templates for the various stages of transformation. Metamorphosis is the process of radical change from one form to another. As we go through major shifts throughout our life, we have the opportunity to transform into something completely unprecedented. The metamorphosis of caterpillar into a butterfly is a beautiful example of this process. We have the opportunity to experience body-soul metamorphosis during many life changes. Going through puberty and menopause, suffering serious mental and physical illness, moving to different areas of the planet, or changing careers can be times of radical transformation.

Dramatic change rarely feels easy or natural. While we may feel quite purposeful and have a clear sense of direction during some changes, other circumstances can feel like the cruel hand of fate. Disguised as failure or disaster, living through cataclysmic events can be very disorienting. Yet, during these most challenging times, if we can access and work with the supportive energies available to us, these are the times when we most clearly define ourselves and shape our role in the world.

While metamorphoses takes many forms, in terms of life's evolving design, there is always a very coherent pattern at work in the process. However, we rarely can see the whole picture. When transformation is at its most intense, it's easy to feel like collapsing or giving up. Throughout such times, Life's invitation is to surrender our ego-will to the inherent wisdom of the process, even if we cannot see where we are going or what we are becoming.

The essences in *A Gathering of Soul* address the primary stages in any transformative process, whether the process is gracefully creative or profoundly challenging. With a specific template to assist humans through the five stages of metamorphosis, the essences align body structures to support a complete and balanced transition from one form to another.

Gathering of Soul — Definitions

Building a Foundation

Pink Yarrow, Raven Orange, Bridalwreath Spirea.

Like the solitary faith required to construct Noah's Ark, Building a Foundation supports the process of preparing for a future we cannot see clearly but feel strongly within our hearts. The essence supports the patient dedication and creative discipline required to develop our visions without traditional precedents. By keeping us in touch with nature's rhythms and laws, the essence helps us move with integrity, accuracy, and joy. Though we may need to release emotional and energetic ties to old forms, standing in the mystery of the unknown, we feel the loving support of our spirit and nature companions. They are intimately involved in the creation of this new 'earth' with us. As the construction evolves, we gain a sense of who we truly are and what our place is in the world.

Creating Relationships

Campanula, Daylilies, Spring Equinox, Maltese Cross.

Creating Relationships helps us develop our diverse connections with nature and spirit so we may stand with assurance in our personal authority. While we may appear to walk alone, we are always in the company of many. With this wealth of spiritual relationships, we can greet our fellow human beings with a sense of ease and fulfillment. Instead of 'hiding our light under a bushel,' the essence encourages us openly reveal our truth and beauty to the world. As we do this, we provide a beacon to others and our world can orient to us in creative, harmonious response.

Packing the Suitcase

Self-Expression, Hollyhock, Ninebark, Raven's Retreat.

Packing the Suitcase helps us gather and sort before we move into a new stage of life. During this discrimination phase, all the aspects of our life may be under review. While it is easy to recollect the experiences, talents, and achievements we are proud of, we also need to review the broken relationships and missed opportunities in our past. Looking at a negative experience in this light, we may see something valuable that we could not recognize before. Knowing change is imminent, the essence grounds and stabilizes us as we prepare to move so we do not get tangled in fear and regret or swept up with excitement. As we hold to our vision, the essence provides a container for our process, now manifesting in very tangible ways.

Departure

Clivia, Yellow Yarrow, New Year 1999, Milkweed.

Supporting us through a dramatic transition, the Departure essence sustains us as we leave familiar ground, travel through times of darkness and arrive at the gateway where our future appears in numinous reality. At each stage in the journey, the essence reinforces our resolve to keep moving even when the path is not obvious. Supported by our companions in nature and spirit, we can draw upon our gifts and resources and surrender our strengths when needed. Ultimately, we are letting go of the life we have known and embracing a totally new life of service to the world. Though no longer our own, our lives are free to blossom with beauty and love.

Resurrection Essence

Bridalwreath Spirea, Centurea, Crambe, Evening Primrose, Hosta, Lady's Slipper, Lupine, Pink Lily, Tansy, Night Essences, Raven Pink, Immune System, Alcoholism, Letting Go.

The Resurrection essence invites us to participate in the creation of a new foundation for our future work after the cycles of healing have occurred. As we rest within peaceful stillness, we open our hearts to perceive a totally new life-plan. The challenge is to surrender old strengths, remain empty-handed, and open to the purity of our soul. In our nakedness, the essence helps us feel and receive nature's gift, life's original design ready for our conscious participation. Blessing the past and embracing the new, we resurrect to play our part in the web of life.

General Information for Working with Essences

Once you have selected the essence you need, either through an intuitive process such as muscle-testing or the pendulum or by feeling a resonance while reading the definitions, take 2 -3 drops once or twice a day for as long as you feel it is helping you.

Your solution essence can be extended by making a separate dosage bottle. Put 10 drops of your essence into a sterilized half-ounce bottle and fill it with half water and half-brandy. To remain fully effective, flower essences can only be diluted once. In other words, once you have made a dosage bottle from your purchased essence, you cannot dilute it again.

Make a quiet time to take your essences so that you can observe the subtle shifts that occur at your emotional, physical, and mental levels. Focusing on your breath and your heart chakra when you take the essence helps you be aware of what is happening and be an active participant in the process.

Essences work on the body's electrical system, the interface between our bodies and our souls. Unlike other natural products, they tend to act very quickly and affect many areas of the body-psyche all at once. Your conscious observation and participation in the process heightens their effectiveness, as your electrical system is responsive to your focused thoughts.

For more tips on flower essences and how they work, see the information on the website: www.ravenessences.com. If you have questions or would like a personal consultation, please contact Andrea Mathieson directly through the website (www.ravenessences.com), by email (andrea@ravenessences.com) or by phone (905-832-8245.)