

## Essences Instructions

*Soulsign Essences™ evoke **your** essence to take the next step, beyond that which you've known or sought after.*

The Soulsign Essences™ are healing tools of a vibrational nature. They are infusions of energetic patterns of information and guidance, similar to the concept behind flower essences on quite a different scale.

**How to use them most effectively is best determined by you.**

We've seen that there are as many methods for choosing your Essences as there are people who use them! This is a very exciting and fun aspect of producing them as we regularly hear of a new way to take them each time someone new reports back to us with their methods. Here are some general guidelines:

- \* If you are taking them directly into your mouth, only 1-3 drops are necessary. They are *energy medicine*, so it's not the amount you take but the frequency with which you take them. Therefore, to get a strong effect, simply take 1-3 drops 5 times a day. For less of an effect, take 1-3 drops one time a day.
- \* If you'd like to 'dose' a water bottle that you take with you (so you can leave the Essence bottle behind), then a dropperful of Essence is sufficient for a liter of water. [For a gallon of water, use 2 dropperfuls from either the ½-ounce or 1-ounce Essence bottle; or use only 1 dropperful from the 2-ounce Essence bottle.] Each time you take a drink of water, it is like you are putting a few drops into your mouth. In essence, taking the essence directly or drinking from an infused water bottle produces the same effect.
- \* There are many, many ways to choose an Essence for yourself. The most helpful rule we'd suggest is to **focus on what you are wanting support for.**
- \* If you are familiar with astrology, that understanding can help you intuit which Essence(s) are right for you.
- \* If you are not familiar with the astrological planets and their energies, using a pendulum, kinesiology techniques, or allowing your mind to quiet and one or more of the appropriate Essences to 'make themselves known' in any number of ways works just fine.
- \* If you'd like assistance in choosing your Essences, just email us and we're happy to help. We normally ask a small fee, but this can be waived if you choose to order at that time.

- \* When you take an Essence, it is good to allow a few minutes or longer to be quiet inside with eyes closed and undistracted. Just open to receive any impression, feeling, image or color that comes to you. In this way, you are ‘meeting’ the intelligence of the Essence for the first time and setting the stage for your relationship with the Essence to blossom for your growth.
- \* Essences have NO SIDE EFFECTS. If your body or energetic systems don’t need it or choose not to integrate its effect, you will simply feel nothing. \*\* However, if you are new to sensing subtle energy in your body, then you may not feel anything. This certainly does not mean the Essence isn’t having an effect. It only means that you’re not *feeling* that effect.
- \* Try to keep the bottles away from any EMF fields, such as refrigerators, computers, power cords, and etc. and out of direct sunlight. This isn’t a strict rule. Our experience, after many years with LOTS of essences from many companies, is that the Soulsign Essences are largely unaffected by EMF’s if for short periods of time.
- \* You Can Travel With Them, even through the airport security scanners. If you are traveling, try this: (it’s fun!) *Project your mental and heart energy around them in a bubble of protection as they go through the scanners.*
- \* The Essences may taste like diluted alcohol. That’s because **that’s what they are on the Physical level.** We preserve with 20% brandy. The other 80% is purified, distilled, structured water. If you prefer another preservative, please let us know in advance.

Thank you for your interest in our Essences!

## CYCLES OF GROWTH ESSENCES

*Excellent for alleviating unwanted body, emotion and mind symptoms brought on by 'heavy' transits. Suggested for any transit (progressions, directions, etc.)*

- Saturn Transit Essence**      Counteracts depression with inner resolve and clear thinking. Keeps you on task where needed. Supports a strong, supple spine and cerebrospinal fluid flow.
- Uranus Transit Essence**      Counteracts feeling trapped, cornered and without options. Produces an immediate feeling of personal freedom. Also counteracts dissociative reactions.
- Neptune Transit Essence**      Counteracts ungroundedness with optimism. With longer usage, greatly supports 'thinking globally and acting truthfully.'
- Pluto Transit Essence**      Counteracts hopelessness, desperation and forms of addiction. Empowers the sense of autonomy and possibility of choice.

*May you enjoy the enhancement to your life path  
with the natural intelligence of the essences!!  
To order or for more information, please visit*

[www.Soulsign.com](http://www.Soulsign.com)

*Or call us at +206.551.5530*