

## General Guides & 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 litre 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.



## Soulsign Essence Descriptions

*Rather than defining each essence, the following descriptions point your awareness to the type of consciousness each Essence promotes within your own subtle and gross bodies.*

### LIGHTBODY ESSENCES

**Golden City Essence** – The Golden City Essence increases the synaptic bridging between local and non-local states of one's own beingness, fostering a greater ability to inhabit a Metatronic paradigm, the reality frame of life on Earth in the future. It gently introduces important templates for centralizing oneself within the multiplicity that one is, cellularly supporting greater intake of information processed at greater efficiency. *(Sold in 1/4-oz size bottles)*

**Dragon Tantra Essence** – The Dragon Tantra Essence accelerates your participation in and contribution to the Angelic~Human~Devic inter-creation together. This essence awakens your attention to your role in the Great Union of the angelic, devic/elemental/animal and human realms of being. *(Sold in 1/4-oz size bottles)*

**Feminine Masculine Inner Union Essence** – The Feminine Masculine Inner Union Essence is a sublime, highly coherent imprint of the primordial union of creation with itself. It is highly responsive to individual intent. This essence has been embodied by all dyads, divine consort pairs, paradoxical partners, tantric mates and sacred polarities (yin/yang, Shiva/Parvati, Solomon/Solomae, Rama/Sita, Thoth/Sesheta, Brahma/Saraswati, Vishnu/Lakshmi, Isis/Osiris, etc.) specifically for the purpose of assisting humanity to transmute its dualistic entrenchment of body, emotions and mind. The essence far transcends gender and sexual issues in that it was not formulated to help one 'find a partner.' Once introduced into or onto the body, the essence instantaneously infuses and surrounds one's next evolutionary step in the direction of tantric union. In this way, your body-mind recognizes the deepest knowing of itself, from the inside out: organically and timelessly in Holonic, Unified Harmony with itself. *(Sold in 1/4-oz size bottles)*

**New Earth Star Essence** – The New Earth Star Essence enhances your cellular availability for universal ascension through your human instrument. The New Earth Star is a radical state of being describing nothing less than the Earth's own destiny: to stabilize in its fully ascended nature and provide home to a radically new series of life forms. *(Sold in 1/4-oz size bottles)*

**Ark Resonance Support Essence** – The Ark Resonance Support Essence cellularly assists the actualization of one's vehicle for ascension. It features specific patterns of organized vibration which assure gentleness, kindness, and a loving presence, sidestepping any need for intense or dramatic emotional, mental or even physical upheavals during transformative times. It facilitates deep transmutation, replacing such 'former paradigm' assumptions about what healing must look like. This produces deep acceptance and conscious awareness of the ascensional effects of one's evolution, potentiating much greater integration. Specific to inner Ark procedures, the Ark Support Essence



also brings greater ability to communicate with the multiple arks in one's total light field (front, back, left, right, above and below) visually, auditorily and/or respirationally (through the breath). For this reason, this essence is exceptionally supportive for any Breath of the Soul or Deep Heart Meditation practices. *(Sold in 1/4-oz size bottles)*

**Solomae Temple Essence** The Solomae Temple Essence is infused with light codes emanating from the Eternal Flame in the Heart of the Temple of Solomae, the upgraded state of being from antiquity's Solomon Temple. The Solomae Temple is a profoundly organized World Ark Temple under supervision of many spiritual hierarchies. This essence will accelerate your embodiment of and enlightenment through the feminine principle fully supported by the many Ark geometries with which it is built. Its multiple code sets meet you both in your unique nature as an incarnated being and at your current level of embodiment of that nature. It then quietly guides your deeper awareness into adjusting, enhancing or healing what is needed. The Solomae Temple Essence is thus a powerful ally for accessing, exploring and stabilizing one's Inner Creational Nature at a profound level. *(Sold in 1/4-oz size bottles)*

### PLANETARY SOUL ESSENCES

Very helpful for improving natal placements or aspects, relocation challenges, medical issues. Look to modern rulerships for assistance with challenging sign or house conditions in the nativity (ie, "Mars" essence for Aries and 1st House). Essences are in quotations to suggest the multi-valence usage of each.

- "Chiron"**      *Your Broken-Open Heart, The Vulnerability at the Heart of Wisdom*  
Promotes a gentle and full immersion into your Deep Heart for connecting what we believe and what we actually Know.
- "Earth"**      *Your Vessel, Your Human Ground, The Stability of Your Lives*  
Promotes your sense of cellular groundedness, feeling at home in your body.
- "Jupiter"**      *Your Higher Intelligence, Your Power to Expand, Your Intuitive Knowing*  
Promotes the expansiveness of your Soul's nature. Helps to cross borders and lift up.
- "Lunar Nodes"**      *Your Destined Identity, Your Soul's Vehicle, Your Life Compass*  
Promotes the direct experience of evolutionary centeredness by energetically 'locating' you in balance between your karmic past and your dharmic destiny. Reaches you in both directions: into the past to reveal obstructions and into the future to catalyze more realization of it.
- "Mars"**      *Your Masculine Nature, Your Sexuality, The Drive for Experience*  
Promotes your worldly assertiveness and/or your transcendent stillness.

- "Mercury"** *Your Frame for Reality, Your Voice, Your Cognition*  
Promotes all the activities involved in the cognitive creation and interaction with your world, both inner and outer.
- "Moon"** *Your Emotional Reality, Your Dreaming, The Pull for Security*  
Promotes access to and/or balance of security needs at the subconscious level. Enhances dreaming life. Improves relation to Mother.
- "Neptune"** *Your Way of Mystery, Your Boundary Dissolution, Oneness of Consciousness*  
Promotes in-the-moment presence, without doing. Can lift you out of a contracted space. Supportive for any artistic or healing endeavor. Support devic, angelic communication.
- "Pluto"** *Your Evolutionary Drive, Your Path to Fullness, Your Deepest Knowing*  
Promotes a return into your body's center of power. Clarifies what is actually important in a situation. Enhances your access to your evolutionary impulse. Very helpful for kundalini yoga and other transformational practices.
- "Saturn"** *Your Form in Freedom, Your Journey into Strength, The Wisdom of the Elder*  
Promotes strength: of character, of boundaries, of identity. Supports your pragmatic, realistic success in many ways.
- "Sun"** *Your Vital Life Current, Your Visibility, Your Social Validity*  
Promotes the healthy, appropriate flow of your life energy within and without. Excellent for public work. Supports greater self-love. Improves a positive outlook.
- "Uranus"** *Your Push to Originality, Your Urge to Discover Newness, Your Multidimensionality*  
Promotes your freedom, in body, speech and mind. Tonic for the electrical system of the body. Very helpful in visioning, journeying and deep healing work.
- "Venus"** *Your Feminine Nature, Your Sensuality, The Drive for Feeling*  
Promotes all your relating – with your body, your 'stuff', and others. Excellent in many types of Goddess work. Enhances your friendliness and approachability.

### 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.

### ISSUE-SPECIFIC ESSENCES

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

- Eating in Fullness**      Helps to incorporate the feeling of Wholeness into your relationship to food, eating, digestion, assimilation and elimination.

*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.SoulsignEssences.com](http://www.SoulsignEssences.com)*

*Or call us at +323.761.6449*