

Connection

H10 Amethyst, Phantom Quartz, Stonehenge Sol, WE Comfrey

To fully connect to Source, to Soul and to our physical self through the pure energy of the Crown, we need to be connected through the base. This Soul Harmonic creates a circle of pure white light; to clear, calm and quieten, and to make space for meditation and prayer. This white light expands to envelop us, to connect us and to strengthen and manifest our intention. We are supported on the Soul's Journey to Enlightenment and energetically shielded from what is unhelpful or unnecessary for us during this process.

Mastery

H11 Amethyst, Oak, Sandalwood, WE Chatham Island Forget-me-not

Mastery is within us. We just need to remove the veil of illusion and reconnect with this energy, with this Soul memory. We need to open our eyes and see the light we are already bathed in, that we have created through our hard work. We have worked so intensely and persistently in this and previous lifetimes. Our light is so bright. We are beacons of light – every one of us – lighting up the world. We must open our eyes, feel the warmth, feel the connection to Source, to our fellow travellers, to ourselves. The world needs us now - we are already Masters.

Authenticity

H12 Lotus, Stonehenge Sol, Rose Quartz, WE Flowering Quince

When the struggle and the dramas of our lives overwhelm us we may enter a Dark Night of the Soul, a temporary space where we face our darkest moments and our deepest illusions. It is as if there is no hope and no light, only darkness, heaviness, torment and enormous pain . . . an inability to move forward. All joy and energy has gone from our life. But most of all there is a sense of disconnection from Source, of abandonment, and a deep sense of inadequacy. Within this darkness we seek the light and we seek our authentic self, we cast out illusion and we rise from the darkness to meet the new dawn.

How to use your Soul Harmonics

The Soul Harmonics can be used at any age and life stage and may be used during pregnancy if you want to work with baby as well!

- The dose for your Harmonic is generally 7 drops but it's not set in stone.
- You can take the drops straight on the tongue, put into a water bottle and sip, or rub onto the crown of the head, pulse spots, soles of the feet, etc.
- Don't be concerned if you find yourself working through the whole set. We all have much work to do and you will know what is appropriate and when. Embrace the process.
- Keep a diary! It can be insightful to see what happens with the Soul Harmonics.
- While you could combine Soul Harmonics, they are not designed to be used in this way as they are complete in themselves.

Care of your Soul Harmonics

The Soul Harmonics are Vibrational Essences created to resonate on a Soul level. As such they don't need too much special care and attention because they're purposed for the job they've chosen. Just some basic common sense care is all that's required:

- Store away from direct light & heat, strong smells (such as essential oils) and electrical appliances such as mobile phones and microwaves.
- If the dropper comes in contact with the mouth, rinse with boiling water to avoid cross contamination.
- If in doubt as to the appropriateness of an essence, contact us.

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Soul Harmonics

your tools for transformation

The Soul Harmonics manifested themselves in 2003 and have been in use ever since, both in the Elements of Health clinic and as part of our Inspired Life Path readings.

In 2016, with the changing energy of our world and the increasing number of seekers and light workers engaging purposefully with their life paths, the time felt right to fine tune, re-energise and rename these amazing tools for transformation.

We are delighted to introduce the new Vibrational Essences - the Soul Harmonics - to support you on your way, to remind you of what you already know and to free you from the illusion of the world we live in. To help you stop and take stock, to breathe, to release and to balance.

For those of you who need a few suggestions for use, we've put some guidelines overleaf, however, the process is simple, transformative and doesn't require over-thinking.

Enjoy the journey!

Melanie

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elements of health
shearwater, tasmania

Soul Harmonics - Your Tools for Transformation

Foundation

H1 Chalcancite, Jet, Yellow, WE Bells of Ireland

We need to build and maintain a strong foundation from which to work on our Soul's journey, regardless of our level of spiritual awareness. There is always benefit in returning to the base and to nature in order to clarify direction, to establish roots deep within the grounding energy of the earth, allowing us to realise and work towards our highest aspirations. The intensely energetic world in which we live pushes us off centre, it rocks our foundation and it keeps us from seeing clearly what needs to be undertaken and what decisions need to be made for us to progress.

Release

H2 Tigers Eye, Buddleia, Frankincense, WE Honesty

We have already released our burdens, we just don't recognise it! We are living in old patterns and memories, in an old illusion. We are holding on to guilt and shame and what we call our karma, our inheritance, our "stuff" from past lifetimes, because it is comfortable and familiar and easy! But surely it would be easier for us to let go of this self-imposed burden, this heavy weight; to allow ourselves to be free, to stand tall and to step out into our light. We cannot be masters until we accept we are done here! The labour is over, the birth into new life has begun.

Empowerment

H3 Ayahuasca, Orange, Red, Ruby, WE Black Ash

Issues of power, guilt, shame or anger indicate we lack a sense of empowerment. A burden which has been acquired through inheritance or past life experiences may make for a heavy load. Where we cannot stand up for ourselves or are in a situation of being dominated or bullied, this Soul Harmonic balances positive and negative power. When we can only express ourselves through aggression, anger or violence, or we suppress these emotions until they appear only in the dream state or through the family dynamic, we need to work with empowerment. This is a powerful and pivotal energy requiring balance in the 21st century.

Love

H4 Chalice Well Water, Green, Rhodochrosite, Rose Quartz, WE Daphne

To love purely and unconditionally and to be loved in return is a challenge for many. We are so bound up in the materialistic energies of our current situation we are often pulled off track. We may fall back into sadness, experience the illusion of a lack of love, a sense that we are lost and feel that our connection with Source is lost or broken. We fear stepping into our power and renewing the connection that will centre and balance our heart energy. For we are not lost and we are not alone; this is the illusion of ego. Before we can experience pure and unconditional love towards others, we must first forgive and love ourselves. Once the heart is balanced we can achieve anything . . . from pure and divine love.

Truth

H5 Blue, Emerald, Moldavite, WE Wild Onion

Often the emotions and issues of the heart need to be expressed through the throat centre - voiced - to allow us to experience balance. This Soul Harmonic allows us to express what needs to be expressed, speaking the truth from the depths of our being. It allows us to connect with the creative energy of the throat, opening us up to a higher spiritual energy. It helps us develop gentleness in thought and deed, humility, diplomacy, love and truth.

Intention

H6 Frankincense, Hornbeam, Sycamore Seed, WE Meadowsweet

Intention is how we lay out the path to enable the energy we need to work with on our healing journey - and what we want to attract into our life - to flow to us. We need to do this consistently and persistently and at the same time be prepared to let go of what no longer serves us, to prepare the necessary space for the new vibrational energy we are manifesting. Letting go and being ready and willing to receive what we have created is the key to success. Our intention creates a space or a container into which this energy can flow. We are that container and by creating this space we can create heaven here on earth.

Balance

H7 Jade, Moonstone, Butterfly, WE Daffodil

Through integrating the heart and the mind we have the opportunity to balance our self, our life, and our relationships. Balance enables us to face situations in our life which we know need to be resolved, whether within ourselves or with others. This Soul Harmonic brings the grounding and serenity we need to walk our path without the wobbles we can experience. By changing the inner dynamic, it helps us understand, connect and find balance with compassion and kindness to our self and to others.

Surrender

H8 Purple, Silver Birch, WE Hyacinth

We struggle and we fight, we dig our heels in or we distract ourselves with trivialities. We work hard to move forward but in the wrong direction or with the wrong intention. What we need to do is to stop running around in circles, filling our minds and hearts with these distractions and just 'be'. Being centred and focused will release our resistance to progress. Surrender brings transformation - it releases that which stops us moving forward. In surrendering to the Universe we create power, miracles and magic in our lives. Stop the struggle, breathe out deeply, release the breath and allow the rest to gently happen.

Integration

H9 Obsidian, Rainbow, Snowdrop, WE Helleborus Nigra

Integration is how we fit the new energy we've manifested into our old life, to transform ourselves. We align ourselves and our energy in a way that allows us to hold that energy and move forwards on our path. Without being aligned nothing works or flows. We struggle with existing as spiritual beings on a physical planet and in a physical body. Integrating these two seemingly polar energies is now possible and practical, enabling us to experience balance, without feeling we are living between worlds or energies. Without integration and alignment our intentions manifest whatever is energetically near to us in a random way, but not necessarily what we desire to attract. There is clarity and understanding as we integrate and align.