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## **WATERFALL ESSENCES: Energies of a Newborn Land and the Whole Cosmos**

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### **About me**

I was born in Reykjavik, Iceland in 1961. I am a Cranio-sacral therapist, EFT practitioner, Soulwisdom auric clearing practitioner, Shamballa MDH master teacher and healer, NES therapist and a Biomedical Scientist. In the past 27 years I have mainly been working in hospital labs doing physiological examinations. Although that gives information on how certain organs perform and is an aid for the patient's doctor to determine what kind of treatment to give. I felt there was much more to take into account for a patient's wholeness on all levels. On my soul journey to find answers I was led to vibrational medicine - a fascinating path that has a start but no end to it.

My work with essences is based on my intuition. Intuition has played huge part in all my work as a healer, cranio-sacral therapist and biomedical scientist. In the setting of a medical exam room my intuition has directed me to check out arterial sites for atherosclerosis, using Doppler ultrasound. These sites were not in the protocol. Often times it helped to identify a lesion. In my life, following my intuition has become my daily practice. Taking a different route than usual to work or phoning up someone when I felt I should is part of such intuitional activity. In this way I often connect with people who are in need of my help or who are helpful to me.

As cranio sacral therapist intuition has many times helped me to aid my client in very profound ways. Sometimes, the day I see a client, I pick up a book with information that is relevant to the client's problem. The treatment then is more focused and I can guide the client in ways I would not have done otherwise. I also always follow my intuition in all my healing work, when I move my hands to different part of the clients body where energy is needed and get very good feedback on that afterwards.

### **What are vibrational essences?**

Richard Gerber, MD (2001) describes these as remedies that work at the level of the biomolecular structure of the physical body and through the subtle energy bodies to increase the coordination and harmony between the physical self and its higher energetic influences. These unique medicines utilize the energetic storage properties of water to transfer a frequency-specific, information-bearing quantum of subtle energy to the patient in order to effect healing at various levels of human functioning.) New studies on the quantum electrodynamic field (Massey and Fraser, Web reference) and The Spherical Wave Concept of Matter (Wolff, Web reference) share new light into how energy or information can be transferred from a place or plant and effect human body. Another law that explains my work is the law of attraction (REF).

## Waterfall essences

I sit to write this article in the midst of a financial hurricane. I am contemplating how and why the Waterfall Essences came to be and how they can aid us now, as we go through this turmoil, that is devastating our island of Iceland. I believe these essences have been inspired at this time to help us find our inner peace and go forward in more clarity and love than ever was possible before this challenge that is also an opportunity, arose in the world.

It all started back in 1997 when I first learned about vibrational essences. I felt that just like we should strive to eat food that is grown near our home or at least in our country, we might also want to use healing essences that are made with the energies of our own country. Such essences would hold the perfect energies and harmony for us to heal any kind of distortion in our energy fields.

I did not go to any workshops to learn how to make these kinds of remedies. I found a page on the internet with instructions. My printer was not working, so I memorized the most important instructions: „go out in the early morning when the sun has just come up, take some flower petals from a newly opened and fresh flower and put them in a bowl of water. Leave it in the sun for at least 3 hours.“ That is how I started. I have to tell you that here in Iceland the sun often may not shine for 3 hours straight and it may be very cold outside. It was late April and the temperatures were 2-5°C. I put on warm clothes and started making my first series of flower essences.

My essences have never been tested or their effect studied scientifically so everything you will read here is based on feedback from clients and my own experience.

I have always been very connected with the earth and its hidden world of beings, including fairies and devas. *Flower-fairies* are small beings that live in the flowers, one in each. They attend energetically to the flower's every need, and bring messages from one flower to the other. Their message to humanity is: "Let's bring the joy to the world. Smile, play, breathe in the odor of the flowers and remember you are never alone." *Devas* are often huge light-beings, guardians of mountains or even towns. They hold the energies of light in an area and can be thought of as the angels of the land.

These beings are just of a different frequency from what humans are and therefore invisible to the average human awareness. Still, many young children claim to be playing with unseen beings. Whether you decide to believe in your child when she tells you such a story or decide that it is just a vivid imagination is up to you. We do not deny what we can hear like radio waves yet one cannot see them but only hear through specific devices.

While these beings have been described in folklore in many countries around the world, Western society has tended to ignore them and even to question the sanity of people who report encounters with them. This is a part of the over-reliance of Western society on thinking and reason and the ignoring of intuitive knowledge. Intuitive wisdom has much to offer us in healing ourselves and our planet. Relying only on thinking is bringing our planet closer and closer to self-destruction.

Lest readers think that my observations and experiences are purely the fantasies of one person, I would direct you to a few other interesting references from others who have come to know the worlds of intuitive awarenesses as I have.

Malcolm Godwin (1991) has a very thorough history and discussion of angels that were reported throughout recorded history. Dora Kunz (1978), writing under her maiden name so as not to discredit her important work in developing Therapeutic Touch healing in the eyes of skeptics, wrote a wonderful book on fairies, other nature spirits, and angels. Paul Hawken (1978) describes the community of Findhorn in Northern Scotland, where people have a strong awareness of the consciousness of plants

and speak with them in order to get them to grow better in the very short growing season in that northern land. Hawken's book includes a chapter on nature spirits who help the plants and who help humans who are able to communicate with them as I do to understand nature. Machaëlle Small Wright developed the Perelandra essences. In a wonderful book on how she did this, she describes learning from the wisdom of nature through her intuition (Wright, 1997). Andrea Mathiesson (2007) describes inner processes and awarenesses that helped her develop flower essences in ways similar to mine. Erla Stefansdottir (2008), an Icelandic clairvoyant has described the hidden world extensively in her books and has drawn pictures of them.

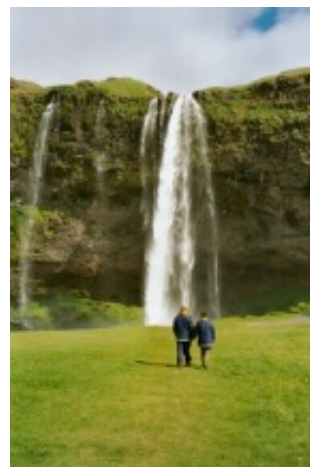
The place I picked to make the first essences was a very special spot not far from my home, up in the mountain where I knew there were lot of wonderful hidden beings. I asked them to help me and the over-lightening deva of essences, Gaia and other light-beings. From the hill I could see Mount Snaefelljokull, which Jules Verne wrote about in his story "Journey to the Center of Earth." This mountain has long been considered a very powerful place, not only by local people. .

I was very happy to have made these essences and started to use them for myself. First, I used them after meditation, for grounding and for rebalancing my energies. These effects were very subtle. I was very sceptical and did not fully trust my own work. Since I did not have any physical, emotional or mental ailment I could not test the essences to their fullest on myself, so they were put aside for the time being.

A year later, after making about ten flower essences, I went to a nine-day intensive spiritual course in McCloud, California and brought along my essences for my fellow students to try out. The feedback I got from them was wonderful and far beyond what I had expected. They were helping people stay centered, grounded and calm while going through tremendous clearing and transformation on all levels of their being. These responses increased my faith in the work I was doing. I also met another creator of essences there who backed me up in my work.

In the spring, our spiritual mentor, clairvoyant, channeler and good friend John Armitage came to Iceland to teach. We took him to beautiful spots in Iceland and he gave us a message that was a turning point in the creation of these essences. The deva of Seljalandsfoss waterfall wanted to be part of our essence collection. He would help people connect with their higher self. I wondered how I could get his energies locked into water to be energized in the sun. John said, "Well, just take a jar with a lid and fill it with the power of the waterfall." I was a bit skeptical in this but had faith in my friend.

Since there was no jar in the car we had to wait for another opportunity. This came a few months later, when John was doing a crystal workshop here. This waterfall is a very popular place for tourists, and I did not want to gather the energies while it was crowded. So when I passed by at midnight on one of the longest days of the year, I went to the place where the most power is felt from this waterfall (walking behind it) and opened up the jar, saying, "Go in there," and then put on the lid again. I was thinking that this special energy must be like gas that can quickly evaporate or just fly away. How tricky our rational mind can be and far from understanding the universal laws of energy and information exchange



**Seljalandsfoss waterfall**

On the next sunny day that summer, I went out with a crystal bowl full of water, opened up the jar and said to the energies, "Go in there!" Even though I had been reading and breathing in what is called paranormal events since I was a young child, I was far from sure about my activities now. What in the world did I think I was, to bring some energies from a deva into a water bowl? It did not make much

sense scientifically. My heart had a different opinion though. Who was I to judge the Creation. If we knew everything about how and why and what there is, there would be no need for scientists any more and there would be no ailments.

During the summer trip with John I had also learned that crystals can hold energies and memories from places. So from that time on everything became much easier. No more jars, only crystals in my pocket, to be programmed with my intentions for collecting energies. Richard Gerber (2001, p. 36) suggests that quartz crystals have unique properties which allow them to transmit, transmute and store energies of both an electronic and subtle energetic nature<sup>1</sup>



**Milky quartz**

### **A range of essences**

The different groups of essences have been gathered over several years. A whole group of essences was created after a trip to Israel, Jordan and Egypt in 2001. The wild flower essences were created after a hiking tour through the wilderness of Iceland. The precious stone series became reality after a workshop learning how to use these stones in meditation and healing.

- *Flower and tree essences.* (B1-B32) The core energy of each of these comes from a flower or a tree. Each one is unique in its work.
- *Cosmic and Devic essences.* (F1-F42) The core energy of these is from sacred sites, waterfalls, mountains, beings of light, specific constellations or star alignments. They hold very high energies and aid us on our spiritual path.
- *Crystal and mineral essences.* (K1-K9) These hold the energies from some Icelandic stones and crystals from around the world.
- *Precious stone essences.* (E1-E5) The precious stones hold wisdom and knowledge and aid assimilation of minerals and vitamins in the body
- *Wild flower essences.* (W1-W8) From the clean nature and highland of Iceland comes the power of these wildflowers.
- *Palestinian essences.* (P1-P14) From sacred sites, stones, animals and plants there emanate energies to aid you in building your body of light and to come closer to God, the Creator.
- *Essences from the ocean.* (H1-H3) Power and cleansing effects from the ocean and playful dolphins to heal you.
- *Shamballa essences.* (S1-S12) Healing effects. These hold energies of the Ascended masters and of Archangels.
- *Bird and Cosmic Ray essences.* (R1-R8) The birds have many gifts to give to free your spirit and release tension in the many tissues of your body. They come along with the cosmic rays that have to do with the light-body, manifestation, transformation, cleansing, service, joy, Christ consciousness and more.
- *Combinations.* (C1-C6 and CI1-CI4) I have made many combinations from selected essences that together help with different issues such as traumas (rescue), cleansing of the energy field, cleansing of houses, menopause and a set of 4 combinations that help with emotional issues, mental issues, physical issues and deep release.

These essences are very powerful and you only need one drop in a glass of water to feel the effect. Sometimes this is even too much and a drop on the skin or a drop every other day is enough. It is also good just to have the bottle in your pocket and it will have effects on you.

As I learned more and more about subtle energies and the universe, the work with the essences changed. I am but a co-creator working with millions of beings, with consciousnesses from far and

near, light-beings from this Universe and other Universes, star alignments and group consciousnesses. I can never just take energies. It is a matter of giving and receiving with respect and gratitude.

When making essences from trees in my garden I felt that my trees were only babies. Young children have powerful energies for growing and a certain strength but do not have the knowledge and wisdom of the elders. This prompted me to start working with group consciousness any time I make an essence from living plants or animals or beings. This activates the whole spectrum of energies that each of these holds, derived from this planet or beyond.

The energies that come through to the water and into the essences, these wonderful gifts from Earth and the Universe, are shaped by my own energies, openness and level of spiritual growth. Through the years, the frequency of the essences has increased tremendously as I have grown spiritually and expanded my knowledge. The first flower essences are very different from the collection I cocreated three years ago.

I am very grateful and honored to be a part of the essence team. It is a very special gift to receive these wonderful energies and work with all the wonderful beings and consciousnesses I work with now.

A few years back, I was travelling by lake Myvatn in the northern part of Iceland with a group of Swedish Musicians as their tour guide. I had taken my crystals with me and when I came to Namafjall and the local clay springs, I thought to myself that these energies would be great for an essence. All sacred sites have a keeper to hold the energies and protect it. I went outside and tuned into the keeper of the place.

From very far away I could hear a deep voice rumbling, "Who is talking to me now? Who dares to disturb my peace?" I asked if we could have an exchange of energies. In trade for the energies of this place I would bring down a pillar of light from Source so that he would again be directly connected to Source.

I did not get an answer and thought that it would be good to have help in explaining who I was and what I do. The spirit of Wieliszka (salt mines in Poland) came to my aid. This spirit has the ability to communicate with devas and beings of light anywhere in the Universe. He knows how I work and what energies I work with and can convey that to other beings. He has been a part of my team since we visited the salt mines in Poland in the year 2000.

I wandered around the site while my Swedish friends took in the sights and smells of this wonderful place. About ten minutes later, I felt intuitively that my offer had been accepted and I could start working.

Together with my team, a group of many light-beings and angels, I created a pillar of light, asking the keeper of the site to hold these energies and spread them to the ley lines (the energy lines of the earth that resemble the acupuncture meridians of humans and other animals). This clears discordant energies around in places where thousands of people come each year. I also asked the keeper to send energies of his own and of this place into my crystal to be held there until I could make an essence.

The next day, I talked to my friend who is clairvoyant and she told me that this being was the most beautiful deva she had ever seen. He had a very strong light but was rather skeptical – and no wonder, as he had not been contacted or addressed by a human being since Lemurian times. I call him now the over-lightening deva of the north.



All these wonderful essence energies want to be shared with humanity and not just to be kept for my personal use. Humanity has been going through transformation in the past decades after the Harmonic convergence in 1987. Thousands of people have been expanding their spiritual awareness and many more are to follow. The current financial turmoil has created an opportunity for us all to go within and explore what really matters in life. For those who are working on transformation, many issues can arise - physical, emotional and mental – for which the essences can be of great help.

Today my collection includes energies from plants, birds, waterfalls, sacred sites from around the world, along with energies from other planets, angels and archangels, ascended masters, devas, star alignments and more. Making these kinds of essences requires openness and allowing all energies that are needed to come into the water. Also, I have received guidance to make essences in a specific time of the year or certain days. I often find out afterwards that the time was very special from a cosmic point of view.

These diverse essences have a few things in common. They all hold the energies of Iceland, which has many active volcanoes and hot springs. It is frequently shifting with earthquakes; where the elements are very visibly forming the land each day; and where we have never fought a war. These factors make this an ideal place in which to create these wonderful gifts. They are also all created in accordance with the Divine will and the seed blueprint of Creation. You can say this is the pattern or DNA of the Creation. They work in perfect harmony with everyone and hold the energies of Shamballa Multidimensional Healing (MDH) for wholeness. The central core of Shamballa MDH is. Love and Freedom Love for oneself and an innate knowingness of one's connection with Mother/Father God and all Creation



**Landmannalaugar Hotspring**

### **How can you work with these essences?**

There are many ways. You can pick an essence that calls out to you and put a drop into glass of water that you drink. You can also put it on your skin or just hold the bottle to your third eye or heart chakra and get insights.

An essence can give you a message about what you have to look at in your life and perhaps change. It can show you where your weaknesses are and how to strengthen yourself. If you are an artist or are just painting your flat you can add a few drops in the paint, clay or other materials and enhance the energies radiating from walls or artwork. Your artwork can become an even more powerful healing tool to the owner and viewers than it was before. You can use it with crystals to clear space or spray auric clearing over your client and yourself after doing energy work or healing sessions.

An essence can be very good for meditations and teaching of spiritual source, as it enhances all light energies and clears blockages.

There are multiple further ways, as the Universe is so diverse and yet so simple in it self. Energies go where intention goes and where they are needed.

## **How can these essences aid us in this time of global turmoil?**

Iceland has had 17% percent economic inflation in October and November of this year, with failures and nationalization of its three major banks. The exchange rate for the US dollar, our most common foreign currency, has gone up 250% in only 9 months, so instead of paying 60 Isl kronas for a dollar we now pay 148 kronas. In such times of financial crises it is common to have fears, angers and anxieties. These affect our ability to stay focused on positive outcome. We start to breath more shallowly and the oxygenation of the tissues diminishes, affecting each organ and tissue in our body.

The essences can aid us in clearing out these emotions and thus help us breath deeper and more efficiently. They also help us to see the new opportunities the situation has put in front of us, with potentials for further healings: a chance to change; a possibility of attending more to our loved ones: exploring ways to help our society through love and harmony; invitations to find the real values of life. We may go deeper yet, exploring who we are, what we are and what we can learn from life on this planet; what really matters when we come to the end of our lifetime here. Our perspectives may shift. What gives us the greatest satisfaction in our lives? Is it all the cars we had or the houses and material things (many useless) that we bought during the time when we had enough money to buy anything we wanted, or is it the smile on our grandchildren's faces when we hugged them? Or is it the laughter of our children when they happily played outside our home with their friends? Or perhaps the times when we were gathered with our family or friends and we shared stories or energies and love. We do not take material "stuff" with us into the afterlife or grave but we take with us the experience we have both positive and less so.

Be thankful for what we have and for our health. Harmonize your energy field and physical body. The Essences can aid you in that process and make it quicker so you can start enjoy life more then ever before.

## **Feedback from clients and distributors.**

Feedback from The Netherlands: Most of the people I sold essences to came to me with mental or emotional problems.

C5 Hormonal imbalance: Used in this case for menopause makes it easier to deal with hot flashes; they stabilize when taking C5 on a regular basis. I don't know if they disappear completely, but a couple of women told me that they had not had as intense hot peaks any more. (More study is needed to see whether these are effects of the remedies or of the ending of menopause.) For me it works on the cramp I mostly have the first day of my periods. I carry the bottle with me during half a day and take one or two drops. My cramps disappear.

All kinds of menopausal side effects have improved, including sweating during night, emotional imbalance and other symptoms. It has also helped a young woman who had implanted hormones in her arm for contraception. She experienced strong emotional reactions. She was very sentimental. Her emotions were strong and sometimes excessive relative to the situation. She would cry often for small reason and take words personally. This all started after she got her implant.

C1-rescue: My children take them when going for an exam. A woman took it during a heavy divorce period and became much calmer when she carried the bottle or took a drop.

CL3 (Letting go of Physical issues): From my own experience, I keep a bottle of CL3 handy and when I get the guidance to put it in my pocket, I always have to go to the toilet within an hour. (This is a physical release of energies along with the bowel movement).

When I pick out combinations for people through intuition, the selected essences always tell me about the problems people are dealing with at that moment. For this I use the essence manual.

*C3 aura cleaner:* I use it on clients before and after a healing. I also use it myself when I'm selling essences and demonstrating at fairs. When I become tired it's more difficult to keep my aura clean. When I feel that strange energies are stuck to my energy field, I use the aura cleaner. It is also helpful for people that come to my market stand. Some of them get confused by all the energies at a fair and after some spray of the C3 they find their feet on the ground again. It's nice to use when people are sensitive to all kinds of energies and have to be in crowded surroundings.

From my experience. We use the auric clearing spray at the end of the session for all our clients who come for massage, cranio-sacral therapy and healing. This clears all the negative energies that have been released during session so they don't come back into the energy field. As therapists, we also spray our own energy field to be clear for our next client and so that we don't take on our clients' issues. Sometimes when a client comes with a distorted energy field we spray at the beginning of session and it calms them down.

*C2 for cleaning spaces,* is also useful for cold energies in houses. A friend of mine uses it in her office and each time she has had a heavy conversation she cleanses her office with the C2. Another client used it in the gym she was running.

The biggest plus point is that people only have to take one drop a day, or one in two or three days. Or just hold the bottle in their pocket.

Most of my clients ask for a personal blend that I make in connection with the person's God self. During Shamballa MDH courses I use the essences to aid my students during this transformational experience to ground and also to remove blockages they may have.

## **In Summary**

The essences work on a very subtle level of our beingness but that subtle level is an important part of who and what we are. Distortions in the energy field of any organ or tissue or disharmony in our emotions affect the wholeness of our balance – physical, emotional and mental. We are made up of energies and information, waves going out and coming back in. The essences work on harmonising our energetic self, so that we will become whole on all levels of our being.



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