

Essence of Healing: Vibrational Infusion® of Flower Essences

Rev. Karin Cremasco, BEd, PhD, ThD, CCI

*Receive all these healing energies and vibrations with the love with which they are intended. Lock them in to every cell, every fibre, every level of your being, every dimension, now and for all time, Amen and Amen. Shanti, Shanti, Shan Tihi.
 Mitak oyasin - in harmony with all my relations. Shalom. Namaste.
 Karin Cremasco (2002)*

Ah, 'tis a perfect thing to begin to offer this infusion of love, an essence of truth and the essence of even life itself. It is with great joy that I share this method of healing that is so simply profound and yet so profoundly simple that *anyone* can do it.

I sit in the still of the morning night awakened and being called to my computer to write my story about Vibrational Infusion®, the manner in which I use the Raven Essences featured in this journal. I know that I am "come home to serve" [1] on this, my path of spiritual healing. While I do not know where this journey will lead, I know that I must be on it.

Vibrational Infusion® is a method that uses intention to receive the benefits of flower essences (such as Andrea Mathieson's *Raven Essences* [2]) without ingesting them. The method was developed more than twelve years ago through my search for ways to help one of our children who had a problem for five years with sleeping. [3]

In 1994, though new to energy medicine, I experienced ingesting Bach Flower essences [4]. During training in Body Alignment Technique® (Levin, 1994), I learned that homeopathic remedies could be offered vibrationally. Then, in an 'aha' moment, I realized that flower essences could be offered in the same manner.

My joy at this discovery bubbled over with tears of truth rolling down my cheeks. I realized that there was now a way I could offer the healing potential of essences. I sobbed my gratitude to the summer night sky and the universe. As I lay on the dew covered grass, I suddenly heard the words, "*Receive this essence vibration perfectly now, at all levels, all dimensions, and for all aspects known and unknown, now and for all time, to the very depths of your being. Amen*" (Cremasco 2002). While I knew that it was only a thought in my head, it seemed to have a life of its own. It was my own voice yet it did not sound like mine. It spoke with authority and absolute knowing. I quickly journaled the words for fear they might slip away.

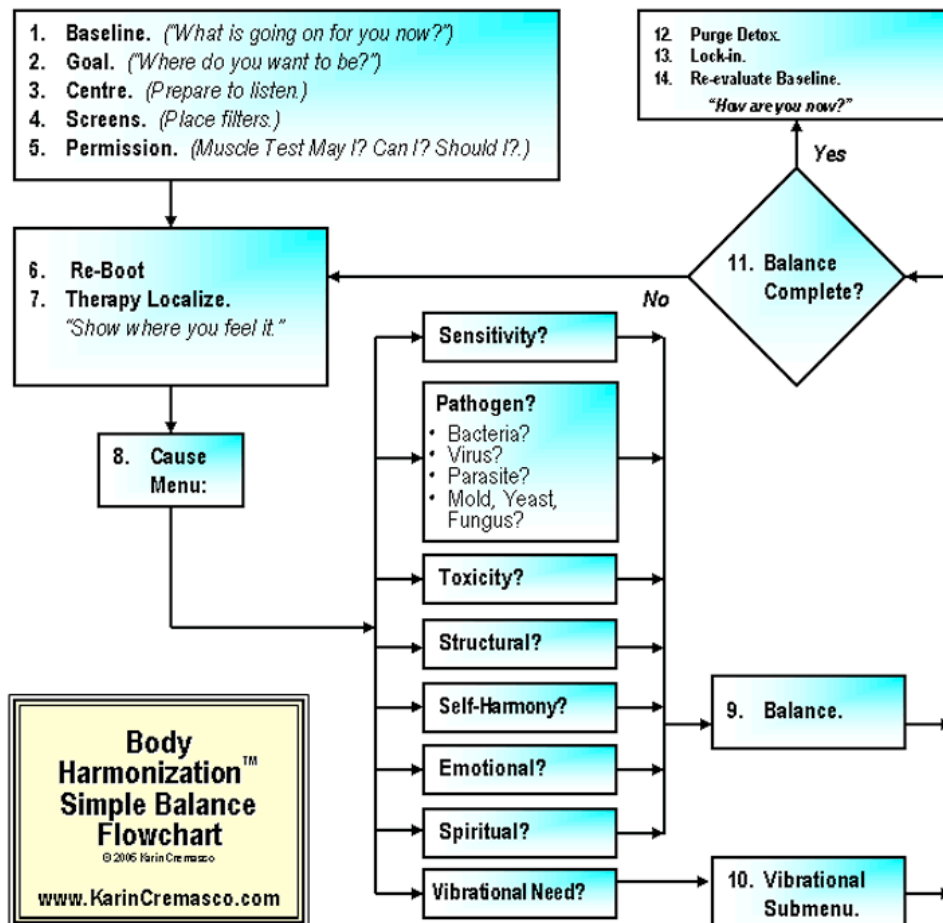
Now, fourteen years later, the same power I felt from that invocation continues to come through for me as well as for my students. Currently, as an associate professor at Holos University Graduate Seminary, I teach Vibrational Infusion[®] as part of the first level of Body Harmonization[®], called Self-Harmonization[®], to graduate students, health care professionals, and members of the public. I have a private in-person and distance energy balancing practice at Balance For Wellness Inc. in Guelph, Ontario where I am blessed to live with my husband and two children.

My first venture into using the essences vibrationally as a infusion of intention was to determine through muscle testing which Bach Flower essence was the priority to use to one of my children Who had difficulty falling asleep. After infusing a series of essences for several nights, the insomnia then gradually melted away to become blissful and restful sleep. No longer were cries cutting through the household in the darkest hours of the night. All was calm. Nighttime could now unfold and restore all the members of our family.

Body Harmonization[®]

Body Harmonization[®] is a comprehensive and holistic approach in spiritual healing and energy medicine that uses muscle testing (kinesiology) (Diamond, 1979; Gallo, 1999; Goodheart, 1996; Kendall, 1971; Walker, 1990) and flowcharts [5] to access body wisdom to determine precursors of imbalances in body-mind-spirit, which interfere with conscious wholeness, healing, and empowerment. (Cremasco, 2006). (See Figure 1.)

Figure 1. Basic Flowchart of Body Harmonization Protocol [5]



Balancing is quickly achieved using plucking and tapping with the fingers on specific locations on the body, breathing, guided imagery, and an original 'nothing-to-take' Vibrational Infusion® method of using *Raven Flower Essences*.

Body Harmonization® considers the human energy system (subtle energy fields, meridian system, and chakras), anatomy and physiology, relationships, emotions, as well as spirituality. It honors the client-recipient's personal theology. [6]

Putting Vibrational Essences into practice

As a practitioner of energy medicine and spiritual healing, I was aware that there were legal responsibilities. Current licensing laws did not allow for non-licensed practitioners to prescribe or administer actual essences orally for clients. I was relieved to find out that it was not necessary to do either. I discovered that it seemed to be equally effective merely by offering the intention to receive the essence that was selected through muscle testing on the recipient. The recipients not only received a sense of relaxation, calm, lightness, balance, grounding, and inner peace, which were typical responses to ingesting an essence, but they also gained insights from hearing the perfectly appropriate descriptions that accompanied each essence.

Eventually, I learned about *Raven Essences*, which I feel are more spiritual, with deeper and more profound insights than *Bach Flower Essences*. After a short time, I found that muscle testing indicated use of the *Raven Essences* almost exclusively in my practice. These essences, produced by Andrea Mathieson in her garden near Toronto, have become the main system of flower essences used in Body Harmonization®. (See article written by Mathieson in this issue of IJHC). When I contacted Andrea about my method of Vibrational Infusion, she was most supportive and has given her permission for this use.

Honoring the Gift of the Essences

Karin has developed a brilliant, effective, and profoundly compassionate way to work with the essences. Through her vibrational infusion technique, I have experienced the gift of my own essences as a wave of healing energy deep within my body-soul. I am grateful for the approach Karin has developed, for her honoring of the energies of the essences has activated a healing potentiality within the Raven Essence system.

– Andrea Mathieson [7]

Body Harmonization® practitioners use only the *vibration* of the essence because that is all that is needed in the Vibrational Infusion method. Through intention, the process of vibrational infusion seems to transmit the energies of the flower essences directly into the body and subtle energy system. I use and teach this method of offering Raven Essences and other sacred energies to clients, students, colleagues, family, and friends to receive the same benefit as if the essences were being administered orally.

Andrea had been supportive of this approach with the essences. However, in September 2005 she called me to say that it no longer felt right to her for anyone to offer the essences without some compensation to her, as the originator of the essences, for doing so. I agreed with her point of view. I was aware that Andrea had invested a great deal of time and money to develop and produce these essences. Since it was not necessary either for me or my students to purchase the essences, Andrea was not compensated. I felt awkward and embarrassed. Suddenly, the *Raven Essences* no longer tested as appropriate for any Clients. It was like they had vanished. I felt an immense loss. (Curiously, one of my students commented to me six months later that the Raven Essences stopped testing for her in her private practice at precisely the same period!) I shared my feelings openly with Andrea and we began to dialogue. We then created a two-tiered approach that honors both the many

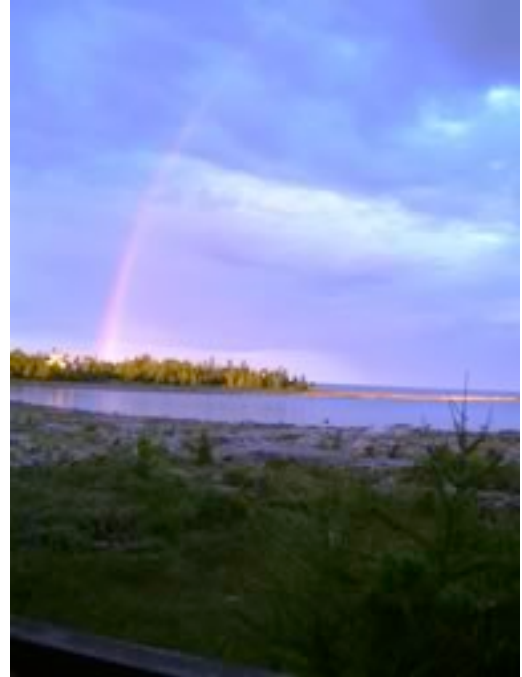
years of work that went into creating and developing the essences, and the method of Vibrational Infusion. As soon as Andrea and I arrived at our mutual agreement, the *Raven Essences* tested once again. I teach students and clients the sacredness of Vibrational Infusion, and to share Andrea's story of how they were created. I trust my students will continue to practice this method for administering *Raven Essences* with the same level of integrity that I do my best to model and have taught them.

Agreement

The following is the agreement that Andrea and I arrived at. We both share the belief that this could be the gold standard for future cooperation between other essence developers and practitioners and/or teachers of energy modalities who use intention with essences as a major part of their practice.

Andrea created a manual specifically for Body Harmonization® which contains only the descriptions of the essences, a table of contents, and an index. [8] This allows the student or practitioner to easily muscle test the index to find the essence needed by the recipient. The description is then read aloud and the recipient is asked about the appropriateness of the description. The pertinence of the essence is usually surprisingly accurate. The practitioner then muscle tests the recipient to determine where (usually a chakra) to offer the intention of the vibration of the essence. The practitioner then holds the right hand two inches away from the recipient's chakra with the intention of holding the essence while placing his or her left hand on the client/recipient's forehead [9] and saying the following invocation:

*"(Name), receive this " (Name of Essence)" essence vibration perfectly now, at all levels, all dimensions, and for all aspects known and unknown, now and for all time, to the very depths of your being.
Amen"* ©Karin Cremasco 2002



The practitioner's hands remain in position for a few seconds to honor the sacredness of the moment. The recipient is then encouraged to share what is going on for him or her physically, emotionally, and energetically. Vibrational Infusion® of the essence can similarly be used for self-care.

I find offering Raven Essences to be profoundly sacred. Andrea's in-depth descriptions are so appropriate that it is as if the wisdom is uniquely written for each recipient in the very moment in time when they are offered. Each essence presents the perfect insight needed for the recipient's journey.

– Karin Cremasco [10]

There are two approaches for working with the *Raven Essences*. The primary approach is to use the special *student* manual. The purchase of this manual gives Andrea's full permission "to offer the vibrational energies of the Raven Essences with the Vibrational Infusion® method... without the need to purchase the essences." [11] This manual can be used until a student begins to charge for his or her services, thus becoming a practitioner.

The second approach is for *practitioners*. If practitioners trained in Body Harmonization® wish to use the *Raven Essence* system vibrationally in their practice, they are encouraged to pay an additional courtesy fee. (This fee is based on an honor system.)

Andrea's observations: the etiquette of using flower essences vibrationally

Karin Cremasco and I worked hard to develop a protocol of etiquette for her use of the Raven Essences. Seeking a win-win solution that would enhance our separate work, we created an honoring system that allows the energies between us to flow in a mutually beneficial way.

When I started making the essences in 1995 I was not concerned about financial returns for my work. Engrossed in the creation process, my focus was on listening to the plants and learning how to work with the essences. Gradually gaining confidence, I felt delighted when anyone found the essences effective tools for healing and my writings a source of inspiration. Ten years later, my view has expanded.

There is an ongoing expansion in consciousness relative to energy healing. Alternative medicines and energetic healing practices are increasingly accepted in mainstream settings. Mind-body techniques for self-healing continue to proliferate as people search for safe, natural ways to heal themselves.

The process of healing is also a process of inner growth. While I work as a practitioner with my essences to assist people at the physical level, my focus tends to be on supporting people as they develop their soul gifts. The Raven Essences reflect my healing journey, and the experience of working out a new business paradigm with Karin marked a new stage in my development.

Where I had been comfortable in 'giving away' my work in the past, I realized I was not honoring myself. Aside from this personal limitation, I began to see that my attitude was not affirming the value of the essences. If I was casual about how others used my work, how effective would they be in working with the essences?

Karin has written about the process of negotiating a new agreement. It was mostly a process of heart-work with some tears and a lot of speaking our different truths. While it was not comfortable, our discussions helped me stand in my work in a way I had not done before.

As we talked, we both sensed our agreement could be a model for other practitioners working similarly with 'uncopyrighted' vibrational products. Licensing, ownership, and transmission of vibrational products such as essences, crystals, and healing cards is a very grey area with subtle energy practitioners. For our credibility as energy-workers and the grounded integrity of this work, we need to address this area of vibrational etiquette.

It is interesting that Karin and one of her students felt the withdrawal of energies from my system when I decided I wanted reimbursement for the focused vibrational use of my work. Meanwhile, I had a similar response from another practitioner completely unconnected to Karin's work. At the time I was negotiating with Karin, this practitioner found she too was not testing for the Raven Essences. I had given her permission to vibrationally transmit my essences to her clients in the past. I did not share my discussions with Karin with her and I think her assumption was that all the energy had gone from the Raven Essences. In her practice, they were simply no longer effective.

These dramatic shifts in energies, when all three practitioners had been using the essences so regularly, speaks to the subtle quantum dynamics between an essence producer, their product, practitioners, and the general public. Though other flower essence producers tend not to agree with me on this point, I feel that what happens in the lives of the producers directly affects their products. For example, if a producer experiences a major set-back, it tends to adversely affect their essences. Also, if there is a new level of inner growth, this too will support the ongoing development of the product. In the cases mentioned before, when I created a new standard for the vibrational use of my essences it created an immediate response in those working with the Raven Essences.

It could also be argued that how a practitioner honors (or not) the products they are working with directly affects the quality of energies they are transmitting. When practitioners casually transmit the

Raven essences without any direct working connection with me, I wonder if their clients are actually receiving a fraction of the essence energy. (This would make an interesting research topic!) I suspect practitioners often unconsciously transmit a good portion of their own healing energy while using the essence definition as a resonant carrier wave. This may be valid and even effective, but I don't think it is always clear to the practitioner or the client what is actually transpiring in such events.

I am concerned that many people make assumptions when they begin working in subtle energy realms. In a complex vibrational process, some practitioners tend not to factor in their own psychic energies as an integral part of the transmission process. The fact that we can 'send energy' is marvelous. How we do this, and what the new rules of this work are needs to be carefully considered. When we send energies, prayers, affirmations, and essences, shifts *do* occur. How this happens is a marvelous mystery. As we learn the subtle energy techniques that empower us as healers, we also need to learn the etiquette of working in these realms. Part of this involves the principles of balanced reciprocity between the creator of vibrational tools and the practitioners using them. Developing conscious agreements that honor each situation will enhance our energetic work with others. When I was unclear about honoring my work, I sent a confused message to the people using my products. Now I seek to support Karin and other practitioners in discovering their unique ways to work with the Raven Essences. Working together, we all delight in the life-affirming generation of true healing.

In Conclusion...

I remain deeply grateful and celebrate all that has transpired with my family to direct my path of service. I am grateful to Andrea for the creation of the Raven Essences and her continued openness, support, sense of integrity, as well as the gift of the wisdom given through the descriptions of the Raven Essences. Practitioners of energy medicine are not licensed to counsel clients, but the descriptions of the essences provide wise counsel through education, which is allowed. I am indeed blessed to have been gifted with this sacred method of healing and conscious wholeness that inspired me to discover the manner of my service. Now I offer Vibrational Infusion[®] of Raven Essences not only to my clients and myself, but I also teach my students to offer the essences to themselves through Self-Harmonization[®] and to others through Facilitating Harmonization[®] as part of the Body Harmonization[®] Seminar series.

***"For it is in serving that we are served;
and we are come home to serve,
and minister to each other."*** [12]

Postscript

This process was new to me personally. Because this has been a very personal journey in my own meditations, I did not think to research about sending energies. I am glad to be informed by one of the reviewers for this journal that

"Although it's not generally well known in 'advanced societies,' this is not really a new approach at all. In his book *Plant Spirit Medicine*, Eliot Cowan describes how he, as well as some indigenous shamans, "send" the healing energy of a plant to a distant recipient. There was an article in *Simillimum*, a homeopathic journal, some years ago about a homeopath's experience of a client having "received" a remedy--presumably through the homeopath's intention--even though, through an oversight, the homeopath's nurse had never physically dispensed it to the patient. (It worked just as the homeopath had intended.) There's a long, long shamanic tradition of "sending" the healing energies of various substances, especially plants, to the client. This reviewer has personally "sent" essences to a distant client by holding them over a crystal bowl while playing it.

(The results were excellent.) Sound healers often work at a distance. It's all about healing intent, clarity of the practitioner's "sending," and receptivity on the part of the client.[13]

I am now in the process of consulting the literature and- will post further information on my website as appropriate. I am not surprised that others have received and come upon similar truths. I am truly honored to have come upon the same truths. I think that these synchronistic truths will happen more and more as we move forward in our consciousness.

Notes

1. Bob Nunley, 2003.
- 2, *Raven Essences* are developed by Andrea Mathieson and available at www.RavenEssences.com
- 3, For detailed copy of the history of Body Harmonization: "Discovering Energy Medicine: Our Story," please send an email to: karin@karincremasco.com.
- 4, *Bach Flower Essences* are flower essences that are readily available through most health food stores. The most commonly recognized is the *Rescue Remedy*, which can be helpful in emergencies for animals as well as people.
- 5, Flowcharts inspired by Biocomputer Operating System (BOS) with permission from Larry Steel, 2002.
- 6, Cremasco, Karin, on website, www.KarinCremasco.com and www.BodyHarmonization.com. Accessed on December 4, 2006.
- 7, Mathieson, Mathieson, on website, www.KarinCremasco.com and www.BodyHarmonization.com. Accessed on December 4, 2006.
- 8, Note: The *Body Harmonization Raven Essence Manual* does not include the full-length description of each kit, how to work with flower essences in other ways, the history of the creation of Raven Essences, self-testing information, or how to make flower essences or create combinations.
- 9, Hand positions credited to Levin, Jeff. *Body Alignment Technique: A Practical System for Transformation and Healing*. (Orillia, Ontario: Natural Health Institute Press.)1994.
- 10, Cremasco, Karin, on website, www.KarinCremasco.com and www.BodyHarmonization.com. Accessed on December 4, 2006.
- 11, Mathieson, Andrea. *Body Harmonization Raven Essences Manual*. Maple, Ontario: Self-published, 2006
- 12, Bob Nunley, March 2, 2004.
- 13, Judy Steele, Personal communication, December 7, 2006.

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Several notes from students and a client round out the picture of how vibrational essences can be used.

The Healing Power of Flower Essences

Deborah Lallier, CHTP, CHt

The affirming chill of truth reels through my body as the essence is vibrationally offered to the client. The intention of the energy balance has been set at the beginning of the session; a positive goal has been initiated by the client. During the energy healing session the client is seeking both healing and insight. The blocked energy resulting from the suppressed, unconscious drives and motivating factors is being brought forth into conscious awareness. It is oftentimes during the release of this blocked

energy that the client receives the much needed insight into the creation of his or her health. With the offering of a flower essence, a template is provided which allows the client to find perspective and gain increased understanding. That is when truth rings in and the message of truth is liberated into the body – the *a-Ha!* moment has arrived.

Clients find their way to my practice with hopes of finding purpose and meaning in their lives by healing the past. I access a broad range of healing techniques and modalities to meet the needs of my clients. I have been trained as a Certified Healing Touch Practitioner, Reiki Master, Transpersonal Hypnotherapist, and Intuitive Spiritual Director. My practice uses a holistic approach to wellness which allows for healing, balance and wholeness to occur through the energetic release of past tensions which have been stored in the subtle energy anatomy. This subtle, yet profound inner release facilitates the body's own innate sense of healing – bringing increased levels of peace, harmony, and an overall sense of well-being. By letting go of old emotional patterns and limiting beliefs, a new, empowered energetic dynamic is brought forth, creating pathways for conscious wholeness.

As a practitioner of energy healing, it is my intention to bring the healing energies of the Divine into the partnership that my client and I have established. In this auspicious time together, a kind of union ensues between the client, myself, and the Divine wherein we act as a team facilitating the implementation of increased consciousness. *Awareness is key.* This is the moment when the light bulb turns on and the client receives a clear understanding of his or her part in the creation of their health. It is with this increase in conscious understanding that optimal insights are accessed and recognition of the ability to change one's mind becomes evident. Through this increase in conscious awareness, the client freely and readily releases the residuals of unhealthy thinking and the frozen emotions that were attached to the problematic memories and beliefs. Perceptions change in this miraculous *a-Ha!* moment.

When the insight arrives to offer a *Raven Essence*, the healing is facilitated twofold. First, the inspiring message, which is part of the description of the essence, is always amazingly accurate and congruent with the goal of the energy balance. The message brings to the client great insights coupled with clear directions for bringing to fruition the conscious intent of the goal. Second, the vibrational attunement of the essence itself contributes to the healing process. So it is not only the essence which is healing, but also the gift of awareness brought forth by the healing message.

I believe the recognition for the need for a flower essence usually arrives late in the healing session, because I believe it to be one of the most comprehensive of the tools available to the energy healing practitioner. It is as though we have detailed the specific items which need addressing by identifying the physical aspects of healing first, followed with the release of frozen emotions, limited thoughts, and unmet needs of the client. But the mind/body system oftentimes needs a full download of the big picture, of the overall plan, in order to reset the program to a more healthy one. A divine imprint of the perfect solution for the client lies hidden in the healing intentions and vibrations of the flower essence. That is why the living intention of the essence can be called forth into exalted being in the mind/body of the client. This living intention is a perfect template for becoming the manifestation of the wisdom held within the essence.

When working with a client I have attuned myself to my intuitive guidance; I am not using my left brain to actively decide the appropriate course of treatment for my client. Through years of practice and spiritual discipline, I have come to know and trust an inner source of guidance (Source). This Source of guidance is called forth at the beginning of the healing session to guide and direct the Healing Energies of the balance for the highest good of the client. When in this altered healing state, I know the ideas and impressions that I perceive are from this Source; I therefore implicitly trust and implement the protocols that I am being shown. That is how I would *know* or intuit the appropriate timing and suitable essence for the client. I also have a body sense which affirms for me the appropriateness of the choice. In very significant moments, I receive an affirming chill of truth throughout my body. My body also responds with sighs and deep breathing to the shifting of the client's energy. The client and I are

in a mutually receptive state of intuitive perception where we are both able to feel, sense and know the most healing course of action.

Choosing a flower essence is managed in one of two ways with the client. When the recognition arrives intuitively that a Raven flower essence is required, I follow by asking whether the client needs to receive from the physical essence or from an energetic download. Either way, the client will be offered the essence by the vibrationally infused method according to Body Harmonization process (Cremasco, 2006, 140).

I ask my intuitive guidance, "Box or Book? The box is a master sampling of each of the essences from which each individual essence can be tested appropriateness and/or offered physically. There are four boxes from which to choose, so I ask, "Box 1, 2, 3, or 4?" From this point I focus on the box by halves, then quadrants, continuing to ask for further clarification as to which essence the client requires, until I narrow it down to the one appropriate essence. I am at no time deciding this question for myself by trying to mentally 'choose' which essence would be best. I am allowing the process of intuitive selection to implement the best choice for the client.

If 'Book' is the chosen format, then I intuitively select the essence by opening to the index in the back of the Raven Essences practitioner manual, turning to a page, and intuitively selecting the appropriate essence by allowing my finger to 'find' the best choice. Here again, this is an intuitive process of allowing the appropriate essence to come forth; no conscious choice is involved.

In both cases, I offer to the client the 'vibrational' imprint of the flower essence. I first read the description under the essence and ask the client if this seems appropriate for him or her at this time. Yesterday, a new client requested an energy balance. She had been recently diagnosed with breast cancer and was in the midst of trying to decide on a course of treatment. She was extremely distraught and torn between the advice offered by friends and family regarding a conventional course of medical care and complementary/ alternative therapies. She felt unable to trust and follow her own heart about her course of treatment. As a final offering in her balance, the essence 'Lilac' was intuitively chosen. An appropriate ringing of truth arrived as the descriptive words of the essence were read to the client: "Lilac assists us to trust our hearts and allow the fullness to take its natural form in our lives (Mathieson, nd, 10)."

I have never had a client who said that the essence description did not fit perfectly with their feelings and impressions at that point in the balance. With the client's approval of the essence, I intuitively ask to what energetic part of the body the essence is to be offered. This might be a meridian, chakra or organ of the body. With reverence, I then command that the vibrational imprint of this particular essence be downloaded into the palm of my hand. If the box method was used, I also hold the tester bottle. With my hand loaded, I then 'offer' this vibrationally infused imprint of the flower essence to that particular energetic anatomy and say according to the Body Harmonization protocol:

'Mary' (assumed recipient's name), receive this 'Lilac' (or other) essence vibration perfectly now, at all levels, all dimensions, for all time, and all aspects known and unknown, to the very depths of your being (Cremasco, 140)." Amen.

The vibrational imprint of the Lilac essence, by my perception, is then dropped into the biofield of the client. This perfect blueprint of the Divine Nature of the Lilac flower is energetically imprinted as a kind of overlay or template, which allows the mind/body to grow into or 'become' that which the essence offers. The guidelines for development are inherent in the vibrational pattern of the essence itself; the mind/body has chosen to implement this plan into being. By setting the intention to balance according to the client's goal, free will has aligned with Divine Will in the pursuit of implementing the necessary pathways of the mind/body to recognize and accept this newly acquired pattern of functioning.

We take the initiative to implement the Divine Blueprint into our lives each time we focus our intentions on healing ourselves, others, or the planet. The pathway is marked for us in the signposts of nature.

Through conscious choice, we claim our inherent divinity by aligning with the perfect blueprint of Divine Nature. The healing power of flower essences brings Divine Nature into the realm of conscious, co-creative manifestation.

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Connection with Gaia through the healing power of Raven Essences

Libby Ball

Raven Essences provide me with a personal connection to the flowers and the earth, as well as an incredibly powerful tool for my clients on their healing journeys. Although the word journey often denotes a destination, the journeys I describe are lifelong learning processes. One of the teachers on my journey is the Raven Essence collection.

Each Raven Essence has a unique voice. Andrea Mathieson's intuitive listening the flowers provides a poetic resonance, opening pathways of healing and exploration for my clients and me in my own personal work. My personal journey with the Raven Essences has been one of wonder and power. The healing powers of the essences transcend the descriptive poetic words; even if I have used the essence before, I find new meaning each time I work with them.

I was introduced to Raven Essences through Karin Cremasco's Body Harmonization[®] work. Studying with Karin, I learned to offer the energy of the essence to the client through energetic intent. Shortly after working with Karin, I met Andrea. She did an intuitive reading with me beside a picture window overlooking her garden, before inviting me to her office to select the essences I needed. Standing in

front of the entire collection of Raven Essences was both awe inspiring and humbling. I was literally moved to tears at the beauty of the energy within the bottles. While I have always felt very connected to the energy of the earth, in that moment I was awestruck by the sense of Gaia's power in the mother tinctures. Though I had worked with the essences with Karin, being in the space with all the essences at once was a divine moment that I hold dear in my heart. While many practitioners using these essences have never met Andrea, this experience now informs my work with clients and myself.

Offered with prayerful intention, I believe the essences transcend our concept of time and provide their healing power perfectly in every way. I witness the effectiveness of the essences in my local work with clients and also in long-distance sessions. Working by phone or in an online chat, I provide a written synopsis for the client to read after sessions. Clients find the meanings and healing power of the essences as powerful in a long-distance as in-person. In one instance, a client told me that while driving the day after our session, she was overcome with tears by the essence I had offered her.

When I was very young my grandmother taught me to appreciate the beauty of each season and the bounty of the gifts of the earth. Working with Andrea and the Raven Essences has given me new appreciation for Gaia's wonders. I am traveling through South Africa as I write this article, listening intuitively to the voices of this landscape. We tend to become so accustomed to the earth's voices in our home surroundings that they fade from our conscious awareness, though if we listen attentively, they are always there. In this new environment, the plants speak to me very directly. On a recent hike, several flowers offered themselves to me and with their energetic permission, I collected their blossoms to create some essences. Through the sacred process of creating these new essences, my life-long connection with Gaia is coming to a new stage of fruition.

Libby Ball is currently Director of Featured Experiences at Liberty Science Center where she directs the primary changing experiences for this world-renowned science center. She also manages significant special projects including those related to the center's current capital expansion. Her experience includes over twenty years of non-profit experience working with museums, theater, and churches in paid, volunteer, and board capacities.

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My Personal Experiences with Vibrational Infusion of Essences by the Rev. Doctor Karin Cremasco

Robert E. 'Bob' Nunley

For more than five years I have experienced on a regular basis Karin Cremasco's vibrational infusion of essences in the healing balances she performs, both in person and at a distance. Each time I experience her use of them it is as if it were the first time for me to experience their use. The hundreds of essences I have experienced have not yet fallen into a recognizable or predictable pattern. Each seems to blossom forth spontaneously just for the occasion at hand. That is quite amazing, given the finite number of essences in the two principal collections she uses.

For example, last Spring I was working through a deep reevaluation of priorities in terms of giving up some favorite activities to have time for others that seemed more significant and equally enjoyable. By Fall I had completed the reevaluation, implemented the new schedule, and was working on some unpleasant emotional responses left over from changes that had been made in my schedule. The essence that came forward was Raven "#243 Starting Over (Yellow Light). *This essence supports a time of introspection and re-evaluation. It helps you to examine, without harsh self-judgment, oneself and your responses in the world. These could be personal habits or your relationship to people, food, work. . . This essence brings a profound sense of joy, laughter, and optimism to this process. As this internal re-alignment occurs, a fresh start, based upon self-love can bring gentle power to bear upon one's inner and outer world.*" (Mathieson, 2006) Those seem to be the very words I needed to hear and the Starting Over essence seemed to be the very energy I needed to feel. Continuing the same process, I was especially grateful for the "joy, laughter, and optimism" as I felt I was being drawn into some overly serious phase of the balance while dealing with a related issue of not being adequately appreciated by some friends closest to me.

The next essence to come forward was not the foreboding deep drama I expected but Raven "#258 Playfulness. *It is often more effective to be playful rather than focus more intensely on our life issues. Like a sunny giggle in the belly, this essence connects us with the liberating spirit of play. It is useful when we lose our balance and take ourselves too seriously, work too hard, or forget how to enjoy life. As we lighten up, shake off our woes, and let our sunny spirits move more freely in our bodies, we naturally discover a more relaxed and graceful balance. Acts of playful spontaneity can stimulate and raise our lower-body energies making us truly light-hearted.*" (Mathieson 2006) The "sunny giggle" phrase defused the overly exaggerated concerns, and the "Playfulness" essence was the energy that restored my new schedule to the sunny balance I was seeking. I am now near the end of the third week of my using that balance in my schedule and I am very pleased with both the schedule and the virtual absence of unpleasant emotional responses to matters related to scheduling.

The vibrationally infused essences, in my experiences, are delightfully unpredictable, and uncanny in their appropriateness to whatever is the situation at hand. The few times when the appropriateness of an essence was not readily apparent, it became imminently apparent in my daily pre-dawn meditation the next morning. Moreover, those that were readily apparent were even more vividly apparent the next morning. Vibrationally infused essences are the epitome of spiritual healing and energy medicine.

Bob Nunley is professor emeritus at the University of Kansas. His interest in innovative teaching methods and the psychology of learning have inspired numerous explorations into ways of enhancing the human potential for learning and growth. He served five years on the Technical Advisory Board of the Fetzer Energy Medicine Research Institute. He currently serves on the advisory board of the Gladys Taylor McGarey Medical Foundation, Inc. He is a musician in both classical and folk guitar. He is a Professor and Emeritus Dean of Faculty and Academic Affairs at Holos University Graduate Seminary. Bob and his wife Ann, served as Co-chairs for the Council Grove 1987 States of Consciousness Conference sponsored by the Voluntary Controls Program of the Menninger Foundation. They were Co-chairs for the 1995 ISSSEEM Conference on The Art and Science of Energy Medicine, and were 1988/1999 co-presidents of ISSSEEM (International Society for the Study of Subtle Energies and Energy Medicine) They continue to serve on the ISSSEEM Board and the Board of Holos University Graduate Seminary.



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CROSSING^[KC1] THE BRIDGE: An experience of using Raven Essence vibrations in the Body Harmonization[©] process.

Suchinta Abhayaratna

In July of 2005, my friend Elaine (assumed name) was told by her Oncologist that she was being sent home to hospice care because there was nothing more they could do for her. The cancer that had started around her esophagus had taken over her entire body. I happened to be in her hospital room to witness this moment. Having energetically supported her in living productively despite the cancer in the previous four years, I knew that it was now my role to support her in her journey towards death. When the doctor left her room, she looked at me with tears in her eyes and said, "There is so much more I want to do in my life. I can't believe this is it. I don't want to die!"

I told her that I would continue to support her highest good with whatever energy work was most appropriate for her at that time. Over the next few weeks, each time I worked with her, she began by stating her intention or goal for the session. This time, her intention was to "move forward with grace and ease." We each centered and connected with our High Selves by focusing our consciousness deeper and deeper into the heart center. I muscle tested for permission to work together at that time and asked for the most appropriate modality for that session. Body Harmonization tested. After I had helped her balance her laterality and her chakras, the muscle testing indicated that she needed a vibrational infusion. I muscle tested for the appropriate Raven Essence, and one called "Crossing the Bridge" was indicated. I read aloud to her the words that Andrea Mathieson, the creator of Raven Essences, had written for that essence and offered the vibration to her Crown Chakra as indicated by muscle testing. Her is the passage I read:

As the womb-time within the Circle draws to a close, she stands poised on the bridge that links her to the outer world. From this place, everything before her appears strangely different yet familiar. Pausing, she gathers her confidence and summons her creativity while protecting the sacred fires within her heart. She nurtures these rather than old doubts and fears. Feeling full and complete, she lets the world draw her forth, knowing that at some level, it welcomes her truth and the new fires within her heart. Scanning her world she looks thoughtfully for her allies and new avenues of expression.

How can I align myself with life's flow and explore my soul's passions? What are the ways to ground my new vision? And how do I express my love without imposing it upon others? These and other questions she ponders as she carefully steps across the bridge.

Though the waves of the world begin to ripple around her, she holds fast to her sacred root while gently yielding to the winds of change. Like a seed, the center of the circle has taken root within her. At her deepest core, she knows that all is well. Her heart holds the warm embers of the Circle as a living touchstone and in her hands she carries the golden balm of Love. With this, she can nourish herself and others that she meets.

The living web that she established with her sisters in the Circle is eternal. Moving into the world, she recognizes this spark of life in many people, men, women and children. Filled with joy, this knowledge banishes her fear of loneliness and gently swells the Circle's seed within her. Crossing the Bridge back into her life, she marvels at the parts of her being that have been touched by beauty and joy, swept clean with loving honesty and infused with sacred power. As

she walks with her head held high, her eyes fully open, the sound of her footsteps echo the heartbeat of Mother Earth.

Although this essence had been created to assist women leaving a Sacred Circle event, these words resonated strongly with Elaine in her situation. Following the session, she seemed more at peace within herself, and more accepting of "Crossing the Bridge." On a warm summer evening a week later, she passed peacefully to the other side while her frail body, ravaged by cancer, lay resting on her bed. I said a prayer of gratitude for the friendship we had shared, for what we both had learned, and for the opportunity to serve each other.

Suchinta Abhayaratna practices Creative Holistic Integration (CHI), a system of transpersonal energy medicine applications including Body Harmonization[®] (interning with Karin Cremasco, Ph.D. Th.D.), Inner Counselor, Mandala Healing (interning with Judith Cornell, Ph.D.), Reiki, and Karuna Reiki. Her philosophy as an energy healing practitioner and Usui and Karuna Reiki teacher is that each person has the potential and responsibility to heal himself/herself and to enable others to do the same. Her work is to educate, support and empower her clients and students to connect to their Spiritual Energy, to discover, transform and heal the cause of blockages and shadow patterns, to live up to their creative potential and fulfill their life's purpose. Her special interest is in working with women, adolescents and children. She is a Doctoral student at Holos University focusing on Energy Medicine: Transpersonal Psychology.



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