

LightBringer Essences

Issue 54: January 2017



BUTTERFLY ORCHID

Dear Friends,

Establishing a practice of meditation helps with mental calm, emotional and physical wellbeing, and assists in the heightening of your consciousness.

What's not to like?! It amazes me how many people feel they cannot meditate or who meditate in a way which does not improve their wellbeing or ease their stress levels. Meditation, done properly, is life changing. This newsletter is dedicated to helping you establish and deepen this practice.

Combining meditation with essences increases the effectiveness of both, and enables you to find levels of inner spaciousness and responsiveness that may have been unavailable to you previously, so I will also be sharing 'recipes' of essences I use to assist my meditation. And I will recommend books and apps to keep you on track.

*One of the most important things that meditation assists with is **the deepening of our collective ability to live from peace and non-reactivity.** At the dawning of the new year, I invite you to commit to being part of the solution.*

With blessings and light to you all, Rachel Singleton

Meditation - The Way In

Meditation is the practice of awareness: taking time to watch the mind in all its busyness whilst cultivating a sense of relaxation, spaciousness and acceptance.

During meditation, we watch what comes up in our mind and we do not jump to respond: we let thought in and we let thought go. Through regular practice, we strengthen our ability to become present to the unfolding moment within a field of quiet awareness. We begin to feel calmer and more detached, whilst at the same time having the inner peace to feel compassionate. The antics of our mind become clearer to us; seated in meditation, watching the mind jump around and pull our attention, we begin to understand how easily our thoughts can distract us from a deeper felt-sense of inner peace and silence.

In the modern world, it is horribly easy to live our lives ruled by the mind. For the majority of people, for the majority of the time, we believe our thoughts. It is hard not to: modern day society is built on a belief in the linear mind (left-brain dominance) and engrossed in a narcissistic sense of self ('I think therefore I am'). Both left-brain dominance and preoccupation with self (this is the age of Selfies!) lead to a fascination with thought. **It is like reaching a door and becoming so fascinated with the intricate design of it that you lose all will to open it and pass through: we stop at the level of drama and illusion and become forgetful of what lies beyond.**

All major spiritual traditions emphasise the profound difference between the level of thought that we humans lose ourselves in and the level of being. The level of thought is self-enclosed, limited and born of the preoccupation in



the survival of one's physical body and one's personality. The profound level of being, which all traditions seek to point us back to, reminds us of All Life - which is eternal, all-encompassing and ineffable - and our place within this. We are called back to the ocean of energy we come from, dissolve into, and are never separate from. We are reminded of a level of being beyond individual personality and ego, where What Is simply *is* in all its beauty. And we have nothing to do other than be that Is-ness.

The conversation of our mind is constant and pervasive, and to heed this and live according to this is the norm at this time but not the potential or the destiny of humanity. It is hard to get away from mind-based living; difficult to achieve a sense of distance. That conversation is made up of all the things we believe about ourselves, what others have told us, what we believe about the world, our judgments and our fears. It is both familiar and compelling. It is also, a conversation which is almost always negative, consisting of a stream of criticisms, desires and longings that fight against the present moment and which are directed against ourselves, the people around us, our past, our possible futures and our world.

Observing your thoughts carefully during the day, at any given moment, you will quickly find this to be true.

Observe for yourself: am I at peace now? If not, am I thinking negatively about myself, someone else, the situation I am in, a pending future I am fearfully dreaming up, a past I am dwelling on?

If you are at peace then you are in a state of awareness and presence. Your mind is not lost in analysis. Your mind is fully open to and accepting of the present moment. ***You cannot be in the present moment and not feel peace, regardless of what is happening. This is the gift of the present.*** When you are present, there is no conversation. You have gone beyond thought to being. If you are feeling anything less than peace then you are held hostage to the illusion of your thoughts.

Meditating cultivates the ability to be present, to understand and catch when your thoughts are leading you into illusion, and to maintain ever lighter and higher levels of consciousness. What is the effect of this for you and for those around you?

Through preoccupation with our thoughts we slip out of awareness and become caught in the drama of illusion. How do we know when this is happening? At the simplest level, we feel tension in our bodies and unhappiness or unease in our emotions. We feel *wrong*. When we are in a state of deeper awareness - aware of our inner being, listening to the stillness beyond the movement around and within us, the silence beyond the noise, the felt-sense beyond the thinking mind - we are quiet, open, spacious. Dramas can emerge in front of our very eyes and we respond with gentleness and calm. We continue to breathe, to stay connected to our inner being, aware of the noises around us, acutely attuned to the information of our senses, present to the current of life in the moment, and we find appropriate action naturally arises from the stillness we inhabit.

This level of rising consciousness - ***inhabiting stillness, is the next level of evolution for humanity.*** This level becomes available to all of us through the simple practice of meditation and the support of essences.



PEACE

Again and again I think that I must *do*,
that certain things are required,
I have to get on,
deadlines must be met,
certain things must be acquired,
events must go a particular way.

Under the quiet gaze of Peace,
what of this remains?

*Peace is the gentlest state:
the velvet softness of a new leaf;
the downy lightness of an airborne seed;
the light incessant force of water over
rocks;
warmth of the sun suffusing skin.*

Tranquil and inviolate as Nature,
strong enough to bear my weight.

Taken from
"As Life Leads"



How I Meditate using Essences

For me, essences are like pure drops of Creation. They are life-force, encapsulated in a bottle; full of light and energy. When I reach for them I am reaching for something that pulls me back to my highest vibration, that recalls my wholeness.

The practice of meditation is, for me, time-out to bathe in and experience Wholeness daily. As such I find it deeply renewing; emerging from my practice I am cleansed and refreshed. To support this I make my practice very simple and very comfortable so that I always want to return to it.

MY MEDITATION PRACTICE

I meditate first thing in a morning when I am still bleary with sleep and the house is quiet. I find this a deeply tranquil time. I sit on my meditation cushion (if I am at home) which I place in the centre of a quiet room and I set my timer to 20 or 30 minutes, depending on how much time I have. My timer comes from the amazing INSIGHT TIMER app so it is on my phone and I can take it anywhere with me. I have set it to chime every 5 minutes of the practice to keep me alert (see over for recommended apps and books).

Before starting, I spray essences around my meditation space - usually Light Support or Soul Full Mist. I place a drop of one of my favourite meditation essence (see over) on the crown of my head and take a drop on my tongue. I am now ready to begin.

My initial focus for my practice is my breath.

I breathe in and softly note to myself, 'Breathing In';

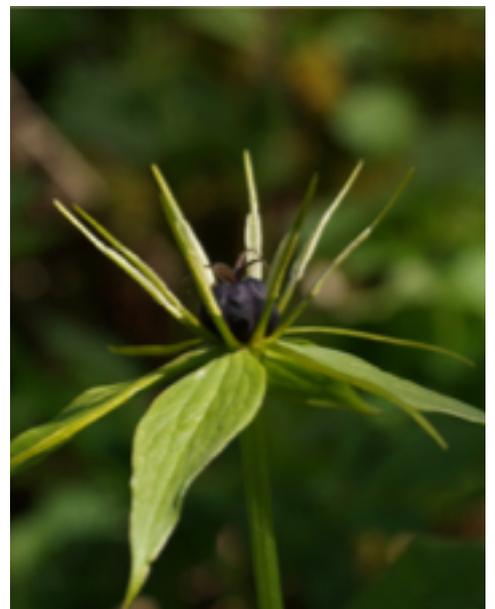
I breathe out and softly note to myself, 'Breathing Out'.

This simple process is my fundamental practice and the one I start every session with, returning to it whenever my mind is most jumpy and stillness feels most difficult. If sitting is uncomfortable for any reason, I do not stay in the same position and become increasingly tense; I change position. Sometimes I find it easier to kneel or even lie down, but I always try to keep my spine straight as this helps with the clarity of my mind. When I first started meditating, I could not sit for more than 5 minutes without spinal support from a chair or wall, before my back was in pain. Gradually, I have built up my strength and can now sit with relative ease. I also used to be amazed at how loud and demanding my mind was. Over time, using the simple focus of the breath, the noisiness of the mind becomes like background noise and stillness takes over.

ESSENCES FOR MEDITATION

The essences I use to enhance my meditation are usually different from the essences I am taking daily for my overall evolution and wellbeing. Two favourite 'recipes' I have made up for assisting my meditation practice are:

RECIPE 1: Healer's Light Combination, to which I add Cotton Grass, Celtic Rainforest and Thyme-Leaved Moss. Healer's Light Combination assists us in maintaining a high, pure level of consciousness for doing any kind of healing/spiritual practice. It bursts with the green life-force of Nature and contains essences which are purifying and aligning. Adding some of the new essences to this makes it even softer and more expansive, and I feel clear and aligned when I take these drops.





RECIPE 2: Angelic Presence Combination with Hare’s Foot Clover, Thrift and Cotton Grass. Angelic Presence contains essences which feel celestial and which connect us to the purest and most loving energies. When I am meditating, I like to enhance the grounding and expansiveness of this: Thrift helps me feel deeply rooted and safe, Hare’s Foot Clover supports me in dissolving defences - going deeper and further, softer and lighter, and Cotton Grass surrounds me in a cocoon of white light. I feel peaceful and spiritually replenished when I take this.



To make up either of these recipes, you can take a stock bottle of the Combination Essence (Healer’s Light or Angelic Presence) and add 5 drops from stock bottles of each of the other essences. Make a note on the label that it has extras in it and keep it in your meditation area.



DEEPENING YOUR PRACTICE

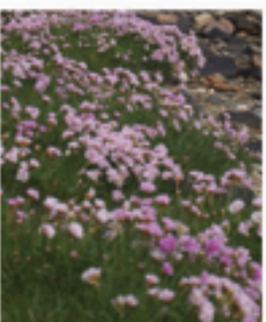
For me, meditation is not just the twenty minutes I spend on my cushion every morning, it is the current that runs through everything. This connection with stillness and wholeness that sets the tone for my day, is also something I come back to time and again during the day. I remember it when I am finding tension building, or when the need to control an outcome or resist a circumstance is taking over. Recalling the stillness and peace of my meditation, I breathe and let something greater than me take over.

Once the practice of breathing in and breathing out begins to take root and your mind becomes more still, a beautiful deepening of your practice then is to ask yourself the following in meditation:

**What is joy? Where is joy in me? How open am I to feeling joy?
What is my capacity for joy at the deepest level?**



If you prefer you can exchange the word joy for bliss, peace or love. Asking yourself a question like this you open further. - the questions are like a zen koan, they do not require an answer. The journey they take us on is its own answer. Through such questioning, you are using your practice to deeply reconnect with a core level of being, re-aligning to the Self who exists beyond your history or future, who is more than you habitually allow, who is part of the Oneness.



Turn to the next page for books and apps to help with meditation.

THE PROVEN BENEFITS OF REGULAR MEDITATION:

ABILITY TO FOCUS: increase x 10

IMMUNITY: 50% less illness

DEPRESSION: Decrease by 75%

ANXIETY: Decrease by 30%

EMOTIONAL WELLBEING: Increase by 65%

Meditation: Recommended Resources

APPS FOR YOUR PHONE OR TABLET

There are some fantastic apps out there, even ones which can teach you to meditate or give you a wealth of wonderful music/sounds to listen to. I recommend:

INSIGHT TIMER - this app is the most comprehensive by far and my absolute favourite. There are so many things you can do with this:

- Set up a timer preset to the length you want, with the option of interval bells to keep you alert throughout so that you can establish your own quiet practice.
- Join groups of people, make friends, discuss your practice online (optional - you can remain private).
- Listen to thousands of free guided meditations from reputable teachers from all over the world.

MINDFULNESS BELL - this is a lovely app which enables you to set up bells for a particular period of time. You can set them to ring at intervals just during your practice, or you can get them to ring randomly all day. The purpose of the bells all day is to call you back to your breath everytime you hear it, to come back to mindfulness each time it rings.

HEADSPACE - teaches you how to meditate and helps you establish and maintain a daily practice. It is particularly helpful for people who struggle to get their practice going or who worry that they are not doing it 'right'.

AUTHORS AND BOOKS

I know my practice would not be as constant and enjoyable as it is, if I had not learnt from the masters. My 4 favourite authors:

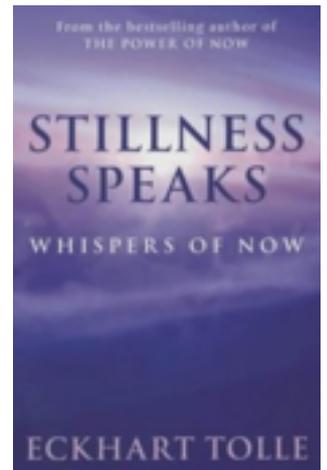
THICH NHAT HANH: Buddhist monk and the author of a vast range of books on meditation. His simple series on meditation provides a fundamental resource, and his compassion and gentleness offer a guiding light.

RICHARD MOSS: "Inside Out Healing" is nothing short of wonderful in the way it helps you understand the antics of the mind - how we get stuck in either the past, the future, thoughts about ourselves or thoughts about others - and thus lose our connection with the Present. He shows you how to work with this.

STEPHEN LEVINE: "A Gradual Awakening" was my first book on meditation, many years ago, and I still return to it now. Stephen Levine describes the moment-by-moment process of meditation so that you understand what it means to become the witness - to see your thoughts from a distance and observe what arises, rather than be taken over by them. All of his books are exquisitely written and you will find yourself meditating easily as you absorb his words.

ECKHART TOLLE: "The Power of Now", "Stillness Speaks", and "A New Earth" are some of the most advanced teachings there are on consciousness, in our time. If his works speak to you, read them well and often and take them deeply to heart. If they do not call you yet, do not worry. One day they will and you will not be the same.

I also personally like to read a contemplative passage most evenings before I go to sleep. I usually turn to "The Tao te Ching" (Stephen Mitchell's illustrated version is particularly beautiful) and "As Life Leads" (the poems that came to me four years ago and which distill the compassionate teachings of the LightBringer Essences).



JOIN ME FOR A VERY SPECIAL RETREAT :

The Essence Maker's Retreat 2017



The Essence Maker's Retreat is the first of its kind in the world. Essences are now recognised and used the world over and are fast becoming a core healing modality.

For those of us who work with them, it is vital that we understand their potential fully - not as little bottles sitting on a shelf - but as **living receptacles of scintillating energy; catalysts for change.**

What exactly do Essences offer us?

There is no better way to answer this than from the inside-out **by experiencing the incredible journey of making Essences and becoming sure-footed in the subtle realms of this energy medicine.**

Going Deeper

DURING THIS RETREAT you will develop and deepen your inner senses, find your connection with the subtle world and learn to trust your inner guidance.

This retreat is about **tuning in: to yourself, to the plants, rocks, rivers and energies that surround us, and to the invisible world beyond and within.** We will encourage you to find your own language to express what you feel, building your own sensory vocabulary.

Throughout these three days, we help you expand your ability to be **grounded and connected to the Earth as you explore the subtle realms.** From this centred place you will work with **the profound insights of the imaginal realm.** You will learn **different methodologies for making Essences** so you can more fully understand how this creates the end result. And you will have time and space to make your own.

You will leave the retreat professionally empowered to work with healing, vibrant Essences - those already out there and those you have yet to make. . .

'Come forth into the light of things, let Nature be your teacher.'

William Wordsworth



TUTORS:

Rachel Singleton (LightBringer Essences) Angie Jackson (Mediterranean Essences)

DATES: 10th-14th July 2017

VENUE: Fawcett Mill Fields, Tebay, Penrith. Cumbria.

Cost: £495 to £700 fully inclusive (price determined by taking a shared or single room).

PLEASE CHECK THE WEBSITE FOR FULL DETAILS: www.lightbe.co.uk