



Swanstar Essences

Guiding you home to your True Self



Healing Waters from Flowers & Sacred Sites
Fragrant Mists
Meditation Aids
Sacred Chant CDs



**Do these topics
interest you?
There's something
for you inside!**

Energy Healing
Spiritual Healing
Vibrational Medicine
Conscious Evolution
Soul Renewal
Divine Feminine
Creative Expression
Meditation
Chakras
Sensitive Children
Spiritual Leadership
Kundalini Ascension
Shamanism
Plant Medicine
Intuition Development
Personal Spirituality
Ritual
Life as Art
Self-Realization

Dear Friends,

My first love was an oak grove across from our house where I could climb trees, smell the earth, and commune with Nature. My childhood passion for Nature reawakened in my 27 year career in energy healing and spiritual journey. As our world has become more technologically driven, we are often deprived of a close personal relationship with Nature's healing, power and beauty. Separation from this precious soul support may create sadness, anxiety, isolation, grief, imbalances, and soul dis-ease. Swanstar Essences™ from flowers and sacred sites, which I have co-created with Nature, offer her healing power in gentle, safe, light-infused remedies.

In this Swanstar Essences catalog you'll find nearly 50 products—remedies, tools and aids to comfort you, provide well-being, and enhance your conscious contact with your True Self. Call it your essence, soul, True Self, genius, Inner Being, or Divine. Swanstar Essences light your way home.

Since 1996 Swanstar Essences have served holistic practitioners, yoga teachers and students, sensitives, empaths, adult children of alcoholics, students of consciousness, the elderly, children, and pets. The essences, *free of alcohol and fragrance*, have been used successfully to relieve headache and back pain, balance stress, speed wound healing, soothe bites and stings, and to relieve anxiety, grief, and loss. Deepening well-being, spirituality, transformation, and conscious evolution, the essences often unlock fear-based barriers, and open new resources, directions, and inspiration for your creativity.

You will find brief definitions of each essence here, as well as tips for care, use, and selection. The complete channeled translation for each essence can be found in my book, *Swanstar Essences: Nature's Healing Wisdom for Conscious Change*. You will also find fragrant mists of essential oils and flower essences, personal growth books and sacred chant CDs for inner peace. The ultimate in "green" products, Swanstar Essences preserve and balance the environment, and can be used to balance land and gardens.



A new generation of flower essences, Swanstar Essences are made "tel-homeopathically," using a combination of telepathic and homeopathic principles. They are collected by direct communion with Nature and the nature angels (devas). Unlike Dr. Bach's remedies developed over 60 years ago, for Swanstar Essences nothing is cut or killed, and no physical material touches the water. They are diluted in a traditional homeopathic manner to amplify them, then placed in sterile cobalt blue bottles, as in ancient times, for maximum stability.

All One Peace produces products and classes for your conscious evolution and well-being, including three essence lines for a total collection of over 750 international and inter-galactic essences co-created with Nature. In addition to my own Swanstar Essences, we offer Bonney Whittington's Lightwater Essences™ with 640 flower, star, galaxy, and DNA essences for spiritual healing. Texas Wildflower Essences™ by Nadine Kaine rounds out the collection with 60 essences and blends to help with healing addiction, codependency and well-being issues. Classes and workshops on flower essences, dowsing with a pendulum, and Serpentfire Vibrational Healing™ for you, your family and professional practitioners are shown on our website. I also create custom essence blends and private healing sessions in person or by phone.

Nature has been generous with me, sharing her light, that I may share it with others. I hope you enjoy the many benefits of her beautiful, safe allies for health and growth, as much as I have.

For All One Peace,



All healing is self-healing. These products are intended as complementary aids, not to diagnose, prescribe, treat or cure any disease or ailment. Definitions are channeled light translations and have not been approved by the FDA. Contents are vibrational patterns in .5 oz distilled water in sterile cobalt blue dropper bottles.

Empress Tree *Ground and extend.* Prepares for developing compassionate heart into higher ranges of intelligence. Rest, sleep, unconditional love, thoughts of abundance. Alignment with your inner voice and spiritual gifts. Alleviates fatigue for sensitives and psychics from being in large groups, meetings, conferences. Helps move meditators to the next level of experience. \$15

Pink Lotus *Balance.* The master balancer of chakras and meridians. Reconnects and stabilizes electromagnetic field and subtle bodies to create joy. Supports opening of crown and root chakras. Aids hands and feet in balancing tasks of giving and receiving of pranic energy. Cleanses negativity. Helps with ADD or any organizational challenge. Aids in releasing and letting go. Supports overworked nervous system, constipation, stomach difficulties, peace in home and mind. Aids release of karmic influences. \$15

Freedom To Dance *Individuality.* The freedom to dance your cosmic dance. Enlarges opening for heart, mind and soul. For those who serve the greater good, who seek a paradigm shift in mass consciousness; who wish to move beyond old, worn out patterns. For developing depth of understanding as a feeling state. Supports healing for blocked kidneys, overactive adrenal glands, extreme anxiety states. Use on disrupted land or pets and people separated from mother prematurely. \$15

Fingal's Cave, Isle of Staffa, Scotland *Fearless Truth.* Speak soul's truth without fear of reprisal. A doorway to expressing your divine core. Wholeness on all levels results from this level of truth telling. Supports throat chakra, focus, pituitary gland. Aids throat ailments, creative/emotional expression. \$15

Tellers of Tales, Isle of Coll, Scotland *Opens and regenerates life force.* Supports a feeling of belonging in one's own skin, and recovery from burnout and fatigue. Activates life force when body is weakened following illness,

surgery, injury. Strengthens life force when body is weakened by drug addiction or environmental toxins. Prepares for divine inspiration, dream interpretations, insights. Offers emotional support for moving from fear into love and from darkness into light. Lifts doom and gloom mentality. \$15



Chalice Well Water, Glastonbury, England

Joyous love and appreciation of life in body. Brings those mired, stuck or lost in the past into appreciation of life in body. Amplifies other essences when blended with them. Clarity. Core cleansing. Aligns us with the Earth's rhythm and vibration. Supports self-healing of migraines, indigestion, foot ailments, workaholism and loss of interest in life. \$15

*"My 15-year-old cat likes your essences, because they are not in alcohol. He winces with alcohol-based essences. He has taken one drop of **Chalice Well Water Essence** for soul alignment and clarity five times a day. He has actually been coming up to me and asking for me to give him the drops. This is not normal behavior for him. He likes them a lot!"*
Naples, FL

Heart of St. Anne Essence *Loss, grief, the love of God. Forgiveness.* Lifts pain and despair, opens heart to new ideas of fulfillment. Orders pain so it can be understood, valued, respected and honored. \$15

Essence Tip #1 Selecting Swanstar Essences

Choosing an essence is an intuitive, magnetic process. At first, most people are drawn to one or two. Later, custom blends or kits are useful. The product may pique your interest or even "light up" for you. Some dowse with a pendulum or use kinesiology to choose. Some feel a connection such as warmth, tingling, or knowing "it's right."



Preservation of the Christlight Within

Conscious Divinity. Illumination. Brings inner light to consciousness. Clears the soul of misconceptions about religion, religiosity and the Divine. Creates safe space for heart opening to higher awareness. Supports universal brotherhood and healing the planet from rifts and faults, such as earthquakes. Unconditional love. \$15

Star Water Lily *Peace as a conscious choice.* The peace that surpasses all understanding. Solidity in this dimension for those who take flight easily, jump to conclusions or leap before looking. Alignment of all chakras. For birthing all new creations such as babies, projects, etc. Sets intention for peace and harmony from the beginning. Microbial support – creates peaceful relationship with bacteria, molds, yeast, and viruses where imbalance occurs. Also soil-balancing for microbial-related effects. Amplifies love and wisdom in the world. \$15

Magenta Water Lily *Creativity and Co-creativity.* Creation in cooperation with the Divine Presence Within. For expression of creative juice hidden by a lack of confidence and/or distrust of Self. Supports self-healing of arms, feet and legs, and especially the lower back, the seat of the Sacred Creator. \$15



Lavender Blue Water Lily *Remembering the Divine Spark. Trust.* This is an essence for those who weep, who yearn for the best and highest within them. Heart chakra, the layer of “the one who knows.” Peace for muscles, teeth, feet and heart. Raises dimension of one’s light, so it can be held high and shared to light the way for others. Relieves pain, suffering, headaches, tension of any kind, unfulfilled desire as loss. Eases stepping into doorway of spiritual opportunity to accept one’s gifts. Healing for planet when placed in the earth. \$15



Yellow Flag (Water Iris) *Relationship. Interconnectivity.* Individuality with no separation. Brings a conscious Beauty of Spirit. Each is connected to All. Ability to hold one’s individuality in freedom while in relationship with one or all. Support for singing your own soul song in the chorus of all beings. Self-remembrance. Healing land and water where development, devastation, or plowing have disturbed the lines of relationship (ley lines) in Nature. \$15

Ground of the Alamo *Interdependence. Clarity and confidence for one’s core essence.* Supports a foundation for conscious relationship with the High or True Self. Awareness of deep knowledge each human holds. Burns away old, tired patterns of the past, making more room for trust of the True Self.



Opens mind and heart to being in a group or tribal context for purpose of reclaiming soul. Rest and respite. \$15

Essence Tip #2 Using Swanstar Essences

Using Swanstar Essences is easy and non-invasive. Take 2-4 drops 2-4 times a day for 2-4 weeks or until the bottle is empty. Put them under your tongue, or in a glass of water. Massage them into your skin, or mist them around you.

White Spring Water Essence, Glastonbury, England *Savoring the Spice of Life.* When fatigue overtakes you, look to this one. Peace to the weary by regenerating or stoking the haric furnace. The active (yang) principle. Supports creation of structures for speech, song, and creative, passionate, fiery expression. For the tired adult and the aged. To be “on fire” with interest in life and a purpose for living is the joyful song of this essence. You are the magic, light, and passion you have been waiting for! \$15

The Rubaiyat Cup *Clearing past regrets and future fears.* Lightens nagging voices of “could have, would have, should have,” creating more mental peace and freedom. 12th century poet Omar Khayyam offered his spiritual poem, *The Rubaiyat*, as an advocate of passionate enjoyment of love and life. \$15

Gotu Kola Essence *Memory. Soul remembrance.* Aligns the soul with the heart, holding the rhythm and tempo of a generating, productive heart. Joy healer, rememberer of past lives, victories and losses, clearer of angelic disharmonies, opener of pain, to clear and release. Relieves and releases sorrow, coloring our world with vibrant intensity and passion. Repairs electromagnetic circuits along spine to coccyx, awakening Kundalini so she may rise up. Soul memory follows. Opens us to our unlimited potentials. \$15

White Orchid *Group Solidarity, Connection, Divine Love.* Let the joining begin! Healing for groups including groups of cells, groups of tissues. Wherever group nature has broken down or been forgotten in the body, the society, the planet or the planes. Those with heart difficulties, leg pain, also people who see themselves as isolated, and who have forgotten how to make connection with the Divine. Works the head, the brow, and the 8th-15th centers above the head. When devotional love becomes Divine Love, “the power and the presence” of the individual is expressed. \$15

Red Boiling Springs, Tennessee *Rest. Calm. Karmic Relief.* Like a rest home for the stars, this essence brings us back to days of rocking chairs on front porches, lemonades and daisy chains. A vacation from stress and fear. Uncovers peace of mind buried like the pea under twenty mattresses. Primarily works with the liver, kidneys, and back muscles to ease strain, tension and compression. Eases the mind from worries and fears. Helps people see that they have collected karmic credits for deeds well done. And helps release karmic debt *long overpaid*. \$15

Night Blooming Cereus *Marriage of Divine Heart and Mind.* Action from Divine Heart knowing. For lovers. Clearing shame and blame. Juicy living. For those who would join with another or those who would join their own inner male and female in love. Sexuality and heart are joined in fire. Peace to the tongue, joints, liver, and those pistols of action who tend to burnout. Kindles passion and desire where the fires of excitement have been dampened by too much structure technology, logic and expectation. Joins heart and mind, by relieving doubt. \$15



Photo by Monica Cardwell

Thumbnail Bromeliad *Flying. Air Element.* Opens the heart to a higher range of music. Facilitates speaking power and breathing strength. Connects the soul of the feet to the Soul of Nature. As the Empress Tree and the Ground of the Alamo represent two different dimensions of grounding energies, so this grounds the astral body in this physical plane. \$15

Michael's Sword (Bromelia Pinguin) *Self-limiting beliefs. Meditation Support.* Beacon of Light. Truth of whole-



ness. For gods/goddesses developing now. When our limited beliefs create a cage, this one holds the light on the door of our possibility and potential. Listening to the truth of your heart. Brings truth

into the heart cells where darkness has resided. What is unknown will be shown. For pain, physical or emotional; dark thoughts, discomfort, self disgust. Useful when you seek the Divine One in you and the connection seems impossible; use also in limiting situations to keep love and hope alive. \$15

Pond Cypress Tree, Corkscrew Swamp, FL

Upliftment. Soul fatigue. Support where deep, chronic fatigue penetrates the soul. Strength to walk our talk. Relief from the old, ancient burdens carried by the soul for lifetimes. Letting go of “packs” of ideology and confusion from the soul’s back: judgments of actions as mistakes. May help some with depression. Supports the soul to remember the Power and Presence Within. Affects feet as it restores them to the use of our gifts, their pathway of joy and vitality; opens energy paths from back of neck to back of heart chakras creating new strength for love to be expressed. Strengthens us to “walk our talk.” \$15

Sassafras Tree, Asheville, NC *Self and God*

Realization. Expression of your Inner Light. Alignment between heart, mind and soul as co-creator. The complete healer useful for sleep, pain relief, endurance and strength. Clears auditory receiving, transmission and projection of thought for creation and telepathy. Heart congestion, broken-heartedness. For those seeking more charisma. Strengthens the Power and Presence of God in those who use it. For speakers and chanters who bring their inner light through their voices. Vocal flexibility and integrity for bringing through spontaneous vocal Light. Supports trust in spontaneity of your Divine Expression. \$15

Clear Light of the One *Union with Infinite Self. Oneness.*

The Infinite Flow. Beyond duality—All is One. Each bottle is



individually blessed through Genai by Unified Consciousness or Christ-light. We are already whole and perfect, loved and valued as we are. There are no divisions, no separation and no judgments. Only loving acceptance of AS IT IS and inner peace. Just as each person is unique and original, results are unique and original. Same use and care as plant essences. \$33



Safe & Sound Stress Remedy *Stress and Trauma*

Relief Support. A first-aid kit in a bottle. Four essences to anchor, detox, balance energy, and relieve judgment, fear, shame, and blame that pull us off center and out of balance. Safe and non-invasive for kids, adults, or pets. We have used this for headaches, stings and bites, shock and trauma, to calm anxiety, storm stress, and so much more. Great for pets, too, when kenneling or going to the vet. Try one for your purse, and one for the medicine cabinet. \$15



*"I used the **Safe & Sound Essence Formula** when I went back to see my family- a difficult trip. You should call it **Safe & Sound Happy Drops!** I would take the drops and realize a short time later that my whole attitude had changed and that I was as happy as a lark. I was and am grateful for the "Happy Drops." Bonita Springs, FL*

*"I just love the **Safe & Sound Essence Formula**. I take it before bedtime and it helps me fall asleep." Naples, FL*

*"My friend's dog goes out of her mind with fear during thunder and lightning storms. I gave her the **Safe & Sound** and she calmed down. She is so much better during thunderstorms after a dose, she doesn't rip things up or try to hide. Remarkable!" Bonita Springs, FL*

In the Beginning Harmonic *Changing ways, new situations, new approaches.* Supports new ways of doing things, altering old patterns. Aids self-expression, risk-taking with love and care for self and others. A blend of six angelic, sacred site, flower and mineral essences. \$20

Truth Serum *Fingals' Cave & Chalice Well Soul Weave.* Freedom of expression for those trained to resist their truth. Supports freedom of the tongue, lips, larynx from impediments to truth. For chanters and singers. Those with ailing hearts to help relieve pain and sorrow by expression. Those with skin conditions brought on by volumes of unsung words. Writers, story tellers, performers, and word weavers who are afraid of their call to that craft. Calls out our deepest unknown truth. \$20

Kuan Yin Soul Weave *Opening compassion for self and others.* Opens the heart to receive higher dimensions of compassion and the spiritual gifts of the Divine Feminine. A blend of five flower and sacred site essences. Kuan Yin is the ancient Eastern goddess of compassion and mercy, one of many aspects of the Divine Feminine. \$20



*"I have found Swanstar Essences to be powerful, change agents at deep, subtle levels of awareness and energy. The **Kuan Yin Soul Weave** helps deepen my connection with the Buddhist goddess of compassion." Austin, TX*

"I started taking Kuan Yin Soul Weave and found I was able to cry and that my tears flowed easily after years unable to cry." Austin, TX

Mercury Retrograde Support Formula *Mind's Ease.* Supports those who are sensitive to Mercury Retrograde, an astrological change. Brings peace to the mind as we naturally draw within to reconsider and reevaluate life choices. Clarity for loving choices. Blends three Swanstar Essences: **Safe & Sound**, **Heart of St. Anne**, and **In the Beginning** with five Lightwater Essences: **Namahinda** (Ultraviolet-Qualities of Love from the Future of Planet) and four Higher Spectral Colors. \$20

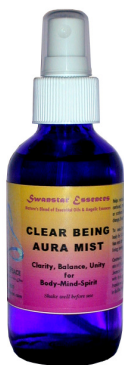
*"When Mercury Retrograde rolls around I find my mind all tangled up and stressed out, when usually my mind is relaxed and orderly. **Mercury Retrograde Formula** simply straightens me out." Naples, FL*

Essence Tip #3 Caring for Your Swanstar Essences

Swanstar Essences are best stored away from heat, sun and electro-magnetic devices, such as batteries in cell phones or cameras. Frequently Asked Questions (FAQs) about when and how to use them, how to store them, testimonials, etc., are published at www.AllOnePeace.com.



Clear Being Energy Mist *Balance, Clarity and Transformation. Light Fragrance.* Clears, protects, aligns and balances subtle energy, uplifts attitude, and unifies body-mind-spirit. Three pure essential oils (frankincense, anise and lavender) and nine flower and angelic essences. Use as an aura spray around the body for all ages, children, elderly, and pets. Use in nursing homes, work areas, pet and living areas. To promote clarity and transformation, use twice a day for two to four weeks or use when needed for a positive shift.
4 oz. \$25

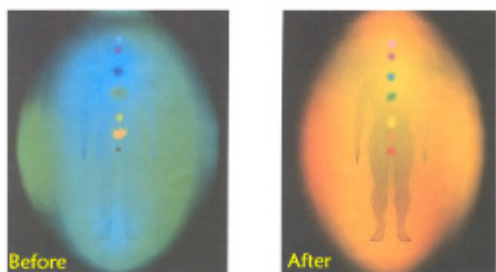


*"I am glad that I tried the **Clear Being Energy Mist** because it has helped me. I have felt spiritually "lighter" and more positive since that day."* Naples, FL

*"I have had difficulty with irregular menstruation my whole life. My cycle completely stopped a couple of years ago. Within a week of using **Clear Being Energy Mist** my cycle started, my energy is different—more lively, It also helped my husband with anxiety."* Milton, FL

*"**Clear Being Energy Mist** is helping me clear my counseling rooms extremely well. I work in a counseling agency where the session rooms see lots of use, so the energy is often dense and heavy. So being able to clear a room when I use it is REALLY important for my work."* Portland, OR

Clear Being Energy Mist Before & After



Client received two applications of Clear Being Energy Mist in 60 minutes. Notice results of clearing, brightening, balancing of chakras, and stronger boundaries. From the blue-green of health and vitality to the gold of Inner Light. Photos were made by EnerQi Resonance Imaging in 2007

Shaman's Secret *Shield for Shamans, Healers, Empaths, and Sensitive.* Fourteen vibrational essences and four pure essential oils of frankincense, spruce, sassafras, and sandalwood in organic golden jojoba oil protects you from unwanted influences and negative energies on many levels. Use daily as part of regular grooming to secure your boundaries. European dropper bottle with meditations.
1/3 oz. \$25 or 4/ \$75.



*"I really love **Shaman's Secret**. It works beautifully. Thank you."* Revere, MA

*"I work in a corporate environment for a large company and the environment is very stressful. I have been using the **Shaman's Secret Shield Oil** for a couple of months now every day. I feel like this allows me to decipher what is mine and what I am feeling from others. Since I am able to know when things I am feeling are not mine, I feel like this has allowed me to understand others better and react appropriately. I really feel like this has helped me stay centered, so I can function optimally."* Dallas, TX

*"Using **Shaman's Secret Shield Oil** has made a profound change in my personal life. I live with an active alcoholic and an aged parent. The negativity in the house was palpable and distressing. I bought Shaman's Secret with little hope that it would make any difference. Boy, was I wrong! I now feel protected against any negative energy that comes my way and can remain positive and in my own space."* Naples, FL

Essence Tip #4 Essences Balance the Earth, Too

You can balance your land, home, apartment, garden or farm with vibrational essences, too! If you complete your essences and some remains, add them to your plant or garden and return them to Nature. They support the Earth!



SleepWell™

To rest, perchance to dream of peace, love, safety on earth, and clear, starry skies beyond. Supports deep sleep and awakening refreshed. We've blended fragrant Oils of Frankincense, Eucalyptus, Fir, Lemon, Pine, and Spruce with a proprietary blend of nine All One Peace international and intergalactic essences. Alcohol-free. Mist around head and body just before bed and sleep well. 4 oz. \$25

*"I have recently been having difficulty with waking up around 4 a.m. and not being able to get back to sleep. Every time I have used **Sleepwell**, I have fallen back asleep **WITHIN** five MINUTES! I have also tried spraying **Sleepwell** BEFORE I go to sleep—when I do that, I don't even wake up in the middle of the night! **Sleepwell** has earned a permanent place on my bedside table!"* Naples, FL

*"**Sleepwell Mist** is amazing. A few sprays around my body and my bed allows me to enjoy deep, restful sleep. It has been more effective than prescribed sleep medication I have used in the past."* Naples, FL

Zip! Energy Recharge™

Get a caffeine-free lift! Wake up and refresh your energy when you need a morning or mid-afternoon pick-me-up. **Zip!** opens nerve pathways for more energy and vitality to flow through. Moms, college students, corporate employees, medical staff, truck drivers, and more will love our invigorating lightly fragranced proprietary blend of five flower essences and Higher Octave colors with three fragrant essential oils: cinnamon, spruce, & sandalwood. Only ingredients are essences, oils, and distilled water. Completely free of other chemicals!

Mist around body as needed, 1-4 times daily. See your doctor for long term fatigue. 4 oz. \$25

Power to Change™

You have the power to change! Our lightly fragranced recovery mist helps you let go and be a co-creator with your Higher Power when you confront old patterns of addiction: relationship, smoking, chemicals, alcohol, caffeine, prescription drugs, food, gambling, or work. Intended to support those already in recovery. Not in addiction recovery? Opens doors for inner awareness, a more spiritual view, improves focus, stillness and freedom of emotional expression. Restores enjoyment to life. Alcohol-free.



Mist on skin or around your body as needed, 3-4 times daily. A proprietary blend of 6 flower essences and two pure essential oils: sandalwood and spruce in 4 oz. distilled water. 4 oz. \$25

*"Subtle, it took about ten days to feel the change. But then, wow! Suddenly, I was in a different space—quiet, present, aware. All the chaotic mind chatter was gone. **Power to Change** is amazing!"* Naples, FL

River of Life Lymph System Support

Clear, support and strengthen your lymphatic system with our fragrance-free, alcohol-free blend of eight tel-homeopathic nature essences. Use our gentle vibrations from Mother Nature at home, in conjunction with manual lymph drainage or Derma Ray lymph drainage treatments. Does not interfere with other medicines or treatments. Some cancer patients receiving radiation therapies may find it helpful. 4 oz. \$25

*"I liked the gentle way **River of Life** worked with me. I used it for a month and saw clearings that showed me its effectiveness. Thank you!"* Lynchburg, VA



Through the Sun, Into the Stars Universal Songs for Peace & Healing



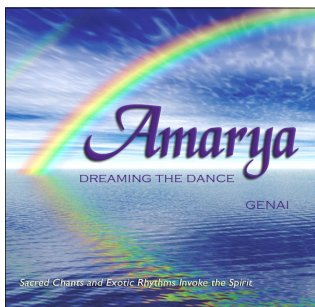
Adults and kids of all ages love the way Genai's inspired chants and vocal melodies bring peace to their hearts. Follow the seeker's journey in nine songs from "Tired of It All" to "All One Peace" to "In the Heart of God." Native American, Latin, and jazz rhythms, blend to create a very special inner experience. Travel from your ordinary, everyday mind into deep relaxation. Don't drive while listening to this one! 35 minutes. \$15

"Uplifting!" Ft. Myers, FL

"Pure Spirit!" Pensacola, FL

"Brought me home to myself." LaBelle, FL

Amarya Dreaming the Dance



Hebrew for "God So Said," *Amarya*, celebrates our connection to a Universal Creative Source. By listening to these sacred chants, the door opens for you to run the river of life fully embodied, fully awake. One Mind, One Heart, One Soul, One Family.

The gentle rhythms of *Amarya* can move you through yoga, chakra balancing, dance or tai chi. Genai's chants can help you find serenity, grace and ease in times of stress and change. In meditation, you can listen to your heart as it sings the One Heart back to you. 60 minutes. \$15

*"Your voice was soothing and comforting. I work nightshift and use **Amarya** before I sleep in the morning. I felt so grounded and in my body, I was amazed. An exciting journey!"*
Pensacola, FL

*"I listen to **Amarya** when I drive and it keeps me relaxed and balanced." Bonita Springs, FL*

20 Minutes to Peace Chakra Meditation Made Easy

For those who awake at 3 or 4 a.m. with a "do-list" running, this guided CD can slow and even stop your thoughts. Learning to quiet the mind can take a long time. If your temper is short or you are "running on empty," headaches, illness and burnout are not far behind. Instead, choose 20 minutes a day to renew and recharge. It will change your life!



Genai designed and used this daily program to adjust her own attitude and energy. Even her immune system improved. The first major changes were peace of mind and new choices. Intuition development and finding her soul purpose followed.

Our guided meditation has five parts: breathing, visualizations of a tree for grounding and centering, another for strengthening the hara or will center, and a third for balancing the energy centers or chakras with color, then five minutes of silence with sacred chanting, and then sealing your energy centers to return to everyday world. Genai's *Amarya* chant whispers in the background.

Meditation CAN be easy! Used daily, **20 Minutes to Peace** can help you calm and rest your mind, and develop your intuitive and spiritual gifts. Find a comfortable chair in quiet, private space and tune in to your soul. 20 minutes. \$15

*"Since we bought your **20 Minutes to Peace** CD we have been using it every day for our meditation practice. We are relaxing more deeply and enjoying mediation more. Thanks!"*
Naples, FL

*"I love working with your new meditation CD, **20 Minutes to Peace**! I don't have to think about what I am doing, just follow your directions to a peaceful state." Naples, FL*

*"Lately, I spend a lot of time caring for my elderly mother, which can be stressful. Your CD **20 Minutes to Peace** has been a Godsend, to get myself energetically balanced, focused and peaceful as I go into the day. What a perfect way to get aligned on many levels!"* Naples, FL



Swanstar Essences Practitioner Kit



Receive our Swanstar Essence book **FREE** with complete definitions when you order our complete kit of the above 24 single and five blended multi-dimensional Swanstar Essences drops **AND** get a 10% practitioner discount! Does not include mists, oils, other kits. (\$493 value) \$425.70

*"I bought a whole set of **Swanstar Essences**. I use them for myself and my clients before all sessions that I do. There are so many wonderful vibrations that I always have the perfect one for any situation. Not only do they noticeably assist with physical and energetic healing, they also make a huge difference in mental and emotional processes. I have come to depend on them as a vital part of moving and transforming energy. They assist in calming, opening, releasing, allowing and much, much more. I was doing some work out of town one time and forgot the essences. I spent about 25 - 30% more time assisting my clients in their healing. They literally make my work flow more easily." Ft. Myers, FL*

Remembering the Grail Kit



In Medieval times some believed the Grail Quest was about finding the "Cup of Christ" or Chalice Jesus used at the Last Supper. The Grail can also be the Golden Chalice we all can develop for receiving inspiration from the Divine

within. This kit follows Genai's journey to Findhorn, the Isle of Staffa, Isle of Coll, Glastonbury and to higher dimensions as she reclaimed her trust in her connection to Spirit. This set helps you reclaim the Chalice of your Divine Feminine (yin) receptivity and sensitivity to receive your gifts of Grace — seven bottles of single essences: **Pink Lotus, Freedom to Dance, Fingal's Cave, Tellers of Tales, Chalice Well, Heart of St. Anne, and Preservation of the Christlight**. All may be purchased individually, kit at 10% discount. (\$105 value) \$94.50

Building A New Culture Kit



(\$30 value) \$25.50

For cultural creatives and builders of new art forms, our kit gives emotional support for those creating newly inspired forms on Earth. For individuals or groups. Kit contains a bottle each of two single architectural essences: **Inverse Gravity Truss and Labyrinth** essences. Sold only as a kit at 10% discount.

Inverse Gravity Truss, Shaker Village, KY

Free Will. Surrendering the weight of the world. Consciousness exists in everything, natural or man-made. Clears barriers which collect sorrow, guilt, remorse, leaving only free flowing trust and letting go. Takes us to inner planes to know our own heart's direction. Then opens space to move into action lightly, gaily, with joy and delight. A support for those who build, builders of relationships, new systems of thought, new products or new culture forms, such as art, poetry.

Labyrinth, Grounds of Unity, Naples, FL



Forgiveness of self and others, collaboration. For those who cry over spilt milk. Shaped like the womb of the Mother, this labyrinth carries Divine Grace for creativity, authenticity, and joyful selfhood. All paths flow to the Center.

Let the loving acceptance of this one take you to the center where love joins knowledge to become wisdom. Heart knowing in a group context for loving and quiet communication, focused purpose, and clear lines of relationship.

Essence Tip #5 Custom Blends Just for You

Our mists and drops can be personalized to your special needs. Or we can blend an original custom flower essence bouquet just for you. Prices vary based on time and product. Contact Genai at **239-298-4839**.

“Walking Between the Worlds” Sacred Sites Kit from Kauai, Hawaii



Courage to be authentic, to live from within in service to community, moving beyond linearity and duality into circular time, and leader renewal. Four single essences from Kauai, Hawaii: Waialua Falls, Opeakaa Falls, Holoholokua Birthstone, and

Navel of the World-Ke'e. Sold only as a kit at 10% discount.
(\$60 value) \$54.00

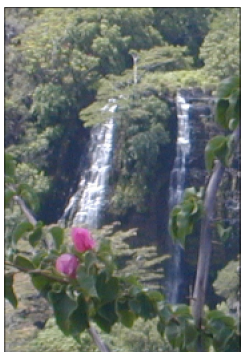
Waialua Falls

Integration, Authenticity, No Self. Integrator of the higher and lower aspects of Self; supports courage to be authentic, one's true self. Nothing to lose, nothing to gain, to be no thing.

“The Waialua Falls drops were really wonderful. I took them for the 30 days you told me to, and they are so beautiful and subtle, but powerfully changed my perspective about many things. Thanks so much!!” Asheville, N.C.

Opeakaa Falls

Courage in the Dark, Divine Treasure. Supports those dying of as



yet unknown or unnamed diseases; aids and supports those stricken by fear of the unknown or unnamed. Supports those who receive spiritual medicines who seek to know unknown aspects of self; and aids those who would remember who they are, but are afraid of the dark. As we drink deeply of the dark unknown, we discover the riches of our own Divine Treasure.

Navel of the World, Ke'e Heiau and Beach

Caregiver and Leader Renewal, Generosity, God's Grace.

Powerhouse of prana; warmth, kindness, generosity, and abundance flow here. For hospital and nursing home staff and other caregivers to restore depleted kindness and to heighten powers of loving perception. Spiritual food to prevent spiritual starvation and resulting despair. To move hospitals, etc., to more spiritual organizational consciousness. Supports self-healing for malignant tumors, sour stomachs, anxious states and panic attacks; invites our angels out to play; amplifies other essences. Supports development of God's grace... grace to move, to dance, to be, to be grateful, and grace to know the One.



“Walking Between the Worlds” (Continued)

Holoholokua Birthstone

Timing is Everything, Circular Time. Changes time from linear to circular so that all times exist simultaneously, relieves stress of limitation; supports remembering of unity in all for Alzheimer's, those with sorrow and guilt, past lives; reweaves connection between structures of body and structures of soul. Support for broken bones, broken souls, dismembered, the un-remembering; joins the Divine King and Queen in Love.



Self-Realization Support Kit

Awakening, and birthing your Inner Light, self-responsibility and self-expression, these four bottles of essences support your journey as you grow into your True Self. Sold only as a kit; Sassafras is offered individually. Kit sold at 10% discount.
(\$60 value) \$54.00

Australian Red Oak

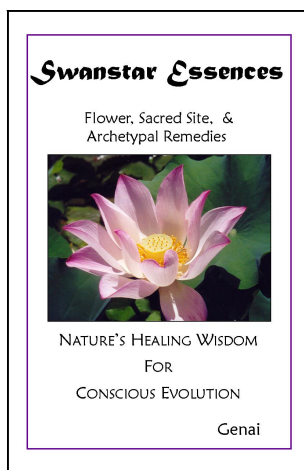
Shame, ridicule, Tree of Life, liberation. Shows many avenues or branches to the One, supporting tolerance for other views. Heart opener where heart is clenched in fear. Spleen, kidney, bladder respond with more peace and gentle flow. Relieves fundamentalism and the need to be right, making others wrong. Creates room for learning and more exploration.

Australian Blue Flower

Weaver between the worlds. Devotion. Joins levels and dimensions of Being. Love for the 1000 Names of God. Valuing all the Divine Names and uniqueness of each being. Calls us to a circle dance with other earth evolutions of Being, the fairies, elves, and more. Joins us to the web of life. Works the negotiation of boundaries for healthful joining on all levels and planes of existence. Aligns higher and lower aspects of self with loving respect for the joining into the web of life.

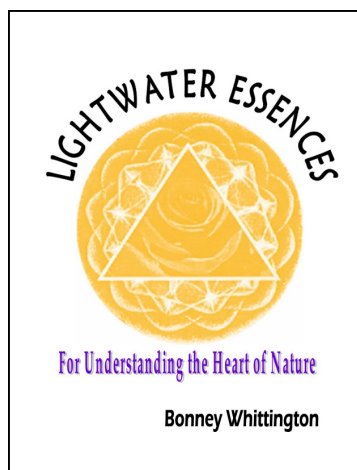
Madagascar Rose

Joy. The 1000 Names of God. Direct contact with the Divine. Inspiration. Delicious love of life. Actually a periwinkle, this one quickly shifts sadness and grief to joy. Aids in opening the many small vortices in the head from closed coils to expanded active serpents of energy. The wisdom of the Divine flows in and through us. Opens the hearts of those who cannot see the Divine in others. Brings peace to muscles, jaws and teeth so speech and song abound as confirmations of Divine Grace.



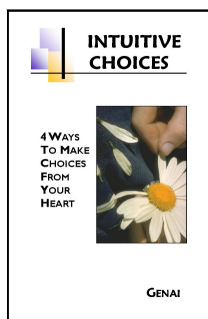
***Swanstar Essences:
Nature's Healing Wisdom
for Conscious Change***
by Genai

Follow Genai's spiritual journey with stories of how Swanstar Essences were made from flowers, sacred sites and sacred archetypes. Awaken and begin remembering your soul's truth. Channeled angelic messages for applying each of our 35 nature essences, as well as intuitive techniques to select, blend, and find your dosage. The sacred harmonics of peace flow between the words—an "essence treatment in print." 120 pp., 5 1/2"x 8-1/2", color photos, index, spiralbound. \$22.00



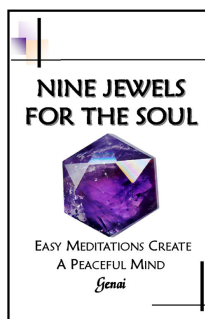
***Lightwater Essences:
For Understanding
the Heart of Nature***
by Bonney Whittington

A text, a song, a psalm. This catalog and meditations may be hazardous to the compartments of your mind. Bonney's study of Nature extends the work of Dr. Bach over 60 years ago into a new octave of healing and perception. Her definitions, translated from the Heart of Nature explore Love in many forms through many dimensions. Over 440 high-frequency nature essences from plants, animals, stars, planets, galaxies, DNA stranding codes, and microclimates. 172 pages, 8 1/2"x11", spiral bound. \$35.00.



***Intuitive Choices:
4 Ways to Make Choices
from Your Heart***
by Genai

Select essences, foods, supplements, books, gifts, and even make travel plans. Learn four methods for intuitive decision-making, and how to clear and care for your intuitive tools. How to use higher sensing with your hand, body testing, muscle-testing (kinesiology) and dowsing with a pendulum. Let your soul talk to you! 22 pages, 5-1/2" x 8-1/2". \$7.50; 10/\$60



***Nine Jewels for the Soul:
Easy Meditations Create
a Peaceful Mind***
by Genai

Prevent stress and burnout with these nine easy to learn meditations. Mini-vacations build strength and self-esteem and help heal stress-related disorders. Short and easy for busy people. 22 pages, 5-1/2" x 8-1/2". \$7.50; 10/\$60



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239-298-4839

Essence Tip #6 Order Great Gifts and More

Looking for unique, personalized gift ideas? Choose holiday, get well, or birthday gifts from our fragrant mists, CDs, kits, and books. Purchase gift certificates for essences or personal sessions. Or you can create a special gift set. Visit www.AllOnePeace.com or call Genai for assistance in your selection at 239-298-4839.