

Creating Gem Essences and Elixirs

The difference between an Elixir and an Essence is this:

- An Elixir is made from water which contains the energy of one crystal which is directly solarised in the water and then used immediately. You can create an Elixir by simply placing a crystal in a glass of water or a water filter jug and then using it.
- An Essence is created by crystal solarised water which is then let down homeopathically so that only a trace memory of the crystal energy is left but it is preserved with the addition of alcohol - vodka or brandy. A Gem essence will last forever if kept stored in a coloured bottle and in a cool dark place. If a gem essence does not contain alcohol and is only let down using water, it will begin to denature after a week. The alcohol strength used needs to be around 40% proof.

How to Use Your Elixir

- Take drops on your tongue or under your tongue - use a dowsing pendulum to find out how many drops are needed and how regularly it is to be taken.
- Put the drops in water and sip slowly
- Put drops on your left hand, rub hands together and then brush through the aura.
- Put drops onto your food or into your pets food or water too.
- Place drops into your bath water - make sure the water is not too hot!
- Add drops to massage oil to enhance the energy.
- Add drops to a water spray to create a crystal energy spray.
- Add some drops to a quartz crystal in your environment to clear the space and amplify the energy around the room.
- Place drops on your hands, rub hands together and inhale.
- Use drops directly on chakras or meridian points
- Place some drops in the water you use to feed your plants.
- Rub a couple of drops into your hands and smooth through your pets fur.

Experiment!

How to Make a Gem Essence

Follow these instructions carefully

You will need:

A clear glass or a bowl (remember if you use a patterned glass then the energy of that pattern will be present in your essence)

Mineral water, spring water or distilled water (DO NOT USE TAP WATER)

Brown bottles of these sizes - 200ml, 100 ml and a 10ml dosing bottle with a dropper or pipette)

A jug and a funnel

Brandy or Vodka (I prefer vodka because its colourless) - make sure it is around 40% proof and not flavoured with anything.

You may choose green or blue bottles or other colours but remember that the colour will influence the energy of your essence!

Choose a sunny day! Spring energy is good as the energy is strong and rising. However, you may choose a special day which is powerful in some other way - like a holiday, birthday, or something special to you. Begin in the morning.

Create a space in your garden in which you will place the glass or bowl containing the water to be solarised.

Prepare your glass or bowl by cleaning it and drying it thoroughly, you may then wish to smudge it with white sage to energetically cleanse it or to use sound. Place your crystal (which is also cleansed) inside the glass or bowl and fill it two thirds full with the spring water. You may wish to place some cling film over the top to prevent dirt or insects getting into the glass but this is up to you.

REMEMBER THAT EVERYTHING YOU DO AND USE WILL HAVE AN ENERGETIC EFFECT ON THE END RESULT.

You could also surround your glass with quartz points or matching crystals to the one you are using in the glass in a grid formation around it to enhance the process. Its your choice. Ritually and quietly place your glass in your special place outside saying a prayer of intention for your essence and calling upon any guides, nature devas, Source. Say whatever is appropriate to you at this time. Spend some minutes doing this - you may wish to meditate next to your glass. Leave the glass now for a few hours (3 to 6 hours)

When you are ready to create your alchemical essence gather all the bottles, jug, funnel, alcohol and place on a tray. Smudge your empty bottles or cleanse with sound. You will also need some sticky labels to write on and label your bottles.

You will now create three bottles of alchemy! The Mother bottle, The Stock bottle and the Dosage bottle.

The Mother Bottle - take the largest bottle and **FIRST** fill two thirds with brandy or vodka and then a third with your crystal charged water. This bottle will keep forever if treated correctly. Label the bottle - Mother with the date and type of gem essence.

The Stock Bottle - Take your 100ml bottle and half fill with alcohol and one half purified water (not your solarised water, just normal spring water.) Then, add 7 drops of your gem essence from the mother bottle to the stock bottle. You may use 12 drops if you wish, depending on whether you are considering working with the 7 chakra system or 12 chakra system. 12 is a higher vibration. You must use at least 7 drops though to ensure that the gem essence will access at least the 7 dimensions of the subtle bodies.

The Dosage Bottle - Take a small 10ml bottle with a pipette and fill one third with alcohol and two thirds ordinary spring water. Then add 7 or 12 drops from your stock bottle to the dosage bottle. Label the bottle as a dosage bottle with the date and crystal name.

Voila! You have now created your bottles. So you may replenish your stock bottle from the Mother and replenish your dosage bottle from the Stock bottle as it is used up. These will keep forever as long as they are not touching other energetic sources or kept in heat or very cold. Its best to store on a shelf without them touching as energy will transfer through the glass.

NOTES ON POISONOUS CRYSTALS AND USING SOFT/POROUS CRYSTALS SUCH AS SELENITE AND CELESTITE

As you will be aware, some crystals contain poisonous chemicals such as arsenic, mercury, copper, lead, sulphur and uranium. Crystals such as azurite, malachite, turquoise contain copper; cinnabar contains mercury, realgar contains arsenic and should be handled with care. In these cases, the crystal should be placed into a separate empty glass container which is then placed into the glass or bowl containing the water. In this way, the crystal never actually comes into direct contact with the water, however the energies of the crystal will still carry through the glass into the water but the physical nature of poisonous chemicals will not effect the water. Use this same procedure with soft crystals such as selenite and celestite and calcites to avoid disintegration!