

Dated: October 26, 2009

## Healing Gifts from the Green Kingdom



Toad Hill Nature Sanctuary  
from love...to love...for love

*The information provided on this website has not been approved by the FDA.*

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## **Green Kingdom Essences**

Within and surrounding the human body there is a network of electrical circuits. If an imbalance occurs within this circuit, the central nervous system is impacted. The body, with the greatest of efficiency, attempts to correct the imbalance; however, at times a physical manifestation occurs. By taking the correct flower essence, our electrical and central nervous system becomes balanced ending the domino effect leading to illness.

Even in the midst of an illness, we can still take the essence(s) to balance and stabilize the electrical and nervous system during the healing process. Taking flower essences during a healing process drastically reduces our recovery time.

It's beneficial to us all to test for imbalances regularly—even when we feel fit as a fiddle, taking the essence(s) will provide the balance necessary to maintain optimal health. Healing occurs on a multitude of levels, and just reading the keynote or descriptions will not give you an accurate results. For best results use Kinesiology when testing. (See page 12 for instructions on how to test using Kinesiology.)

Toad Hill Wildlife Habitat is where Green Kingdom Essences are made. Our intent is to live harmoniously with Nature and all aspects thereof. These essences are co-creatively produced by nature intelligences, and Alan and Cindy Heald. Green Kingdom Essences is one way we are able to share with you the extraordinary benefits derived from working with nature intelligences, our Earth Mother and Father Sky, and the environment of Love that Toad Hill represents.



## **What are flower essences?**

The flower essences themselves are liquid, pattern-infused solutions made from flowers. Each individual flower possesses a unique energy pattern that balances and repairs the electrical system and the central nervous system of humans. Taken orally, it releases the balanced pattern to the individual.

The flowers are gathered in the morning when their energy is most potent. The petals are placed in a clear glass bowl filled with clean water. This mixture is exposed to full sun in the garden area, the medicine wheel, or the Genesa crystal (an energy generator), for a prescribed period of time. The sun's interaction releases the energy pattern into the water. The petals are removed from the bowl, and infused water is mixed with brandy to make the mother tincture. This combination is then placed inside the Genesa crystal or medicine wheel for final stabilization.

The next step in the process is for Cindy to receive the definition and purpose for the essence. This is a relatively simple process by which she sits with the flower or the image, and asks to be connected to it. The definition is then received through images, thoughts, and or ideas. Once the definition has been translated, she then verifies the information with nature.

It is important to understand that nature spirits are regional and the definition for a Sunflower, for example, may be different in Tacoma, Washington than in Barry, Texas. The definitions are not only based on the flower or plant chosen, but also the energetic patterns of the soil, atmosphere, geopathic area, and the lives sharing the land. We operate from an organic and insect friendly frame of mind. We love all of nature and know every aspect works together for the highest possible outcome for ALL.



Plants each carry their own divine energy signature and purpose. Some plants exist to anchor specific healing vibrations for the bodies of other living beings, and these plants would be considered your medicinal herbs, spices, and teas. These plants work with the physical body, organs and tissues to bring realignment and balancing of all body systems.

Some plants exist to support, uplift and nourish the emotional and spiritual aspects of other living beings. These plants would be your flowering plants, which are now being understood to have not only uplifting and pleasurable aspects, but also have profound emotional healing benefits. As the emotional bodies are balanced and healed, all parts of the being come into greater alignment. Green Kingdom Essences provide emotional and spiritual healing, and work not only with the energy bodies but with the light body, to help provide an integration of the purification process.

Some plants exist to support the evolution and transformation of the planet and all her inhabitants. These plants are deeply connected with the soul of the Earth and with Universal frequencies of which the Earth is a part. These plants are considered sacred teachers within indigenous cultures.

Plants are undergoing an energetic shift, much as human beings are. Plants are the meditators between the light of the Sun and the deep roots of the Earth. They have a transformational capacity that is based on not only their role as carriers and transformers of light, but also because of their capacity to transmit divine intelligence.

As we reconnect to our light bodies know that the plants do as well. They are designed by God to support us in every way, and they have been waiting for us...and are ready to continue supporting us by sharing their life affirming light bodies, and by sharing their liquid light-filled essence. We are loved beyond human understanding by the Universal Heart, supported by our Earth Mother, nourished by Father Sky, and playfully encouraged by our inner earth and celestial siblings.



## **Green Kingdom Essence Definitions:**

### **TREES**

#### **Cedar Tree – Cleansing Protection**

Cedar Tree essence is capable of cleansing your auric field, and balancing your emotional and mental bodies. Many times at night while sleeping we go to the astral realm to work out emotional issues putting stressors on the mental body. Cedar Tree essence gathers around you a net of protection so you are more able to move about in the dream state with a conscious understanding. Moreover, when you return to an awakened state, Cedar Tree essence stabilizes your breathing, while calming the central nervous system and regulating your heart beat.

#### **Eucalyptus - Intuition**

Eucalyptus essence stimulates the opening of both the physical and subtle energy bodies of the individual. This essence also repairs damage in the auric field around the forehead area (brow chakra). Your psychic channels will begin a healing process, and your intuitive abilities will improve over time. After using Eucalyptus essence the dream symbols your unconscious mind uses to communicate with you, will change to symbols that you more easily comprehend and understand.

#### **Mesquite Tree: Tolerance**

The Mesquite Tree essence assists you in accepting responsibility for the way you perceive all manner of life around you. It accomplishes this by helping you see the conditioned behavior from which you live and interact with others. Filters or restrictions are created when one lives through conditioned behavior for you know only what you have been taught or exposed to. Intolerance is born through these pre-set conditions. Tolerance, however, is a natural state from which to live. With tolerance comes acceptance and patience with yourself. When you know others are also living from their conditioned behavior and seeing life through their filters, forgiveness is born. Forgiveness and tolerance are tantamount behaviors for all of us in the world today.

#### **Pine Tree: Surface Level Emotional Cleansing**

The stately forever-green pine tree essence assist the cleansing of the surface level emotions. Repeatedly ignoring or focusing on worrisome active emotions causes clogged energetic pathways. The surfacing of these emotions is an indication that they are ready to be dealt with. Positive thoughts and feelings are unable to flow through the gateways to reach these emotions, and mild to serious despair can come about. As the pine essence travels through the energy pathways of the physical and emotional bodies, these blocked gateways are cleared. Pine essence can then assist the individual in addressing these reoccurring emotions. Each time a pinned up emotion is released, the energetic emotional pathways just below the surface of the physical becomes more balanced and stabilized. Once the gateways are opened and the emotional paths are balanced and stabilized, the mind is able to present new perceptions, reveal the individual's strong points, and the natural ebb and flow of life is freely received and given.



### **Rose of Sharon: Mystique**

The Rose of Sharon essence will help you to live a more spontaneous life and free you from the fetters of the time constraints which are mostly imagined. There is no need to be so concerned about the where's or how's of life for the Mystery of Mysteries goes before you opening all gates, clearing all paths, and welcomes you to living life from the Mystique in which it was designed.

### **Water Oak: Rebirth**

The Water Oak Essence assists in the transitions of life. Testing positive for this essence is an indication one has reached a major intersection in their personal, emotional, mental or spiritual being. To ease you through this shift is the concern of the Water Oak, and knowing what is being addressed is unimportant. The Water Oak will provide a stable platform for the rebirth to occur. This essence addresses many transitions such as: an idea, relationship, career change, relocation, educational, financial losses or gains, spiritual shifts, human cyclical changes, and even with the actual death process. A natural cleansing will take place once the struggle has ended and the newly birthed event is embraced.



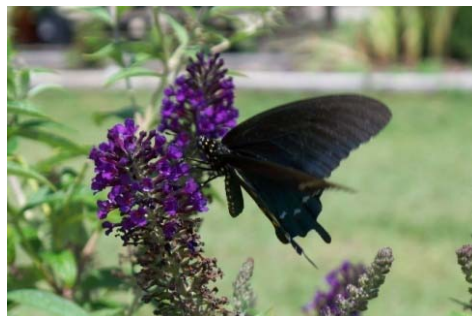
## **FLOWERS**

### **Bluebonnet: Imagination**

The Bluebonnet Essence propels one into the natural state of creativity. Each moment your life can be seen as a blank canvas and you are the painter having access to the Universal Artist Pallet. Watercolor, oil, acrylic, crayons or finger paints; it matters not which medium you choose, just choose. It can be changed and your canvas can be easily discarded or wiped clean. You are the Artist; your life is the Canvas. Your life is a reflection of who you are or who you hope to be. The Bluebonnet Essence boosts your imagination allowing your life design to flow freely.

### **Butterfly Bush: Fickle**

Butterfly Bush essence helps you through indecisive moments during times of transformation. Perhaps you are resisting change by vacillating between the rapidly approaching outcome and the familiarity of how it 'used to be'. Butterfly Bush essence helps you during these fussy times.



### **Egyptian Pea Vine: Freedom**

Egyptian Pea Vine essence represents freedom. If you test positive for this essence, you are feeling ensnared by the collective consciousness, and Egyptian Pea Vine will set your mind free enabling you to explore the outer edges of Thought.



### **Prairie Verbena: Cycle**

When testing positive for Wild Verbena you will know you have entered into a pre-set cycle of life. You may be saying to yourself, "Goodness gracious. Here I go again. The same old thing is happening." This is a pre-set cycle caused by the repeated focus of energy on certain aspects of life, pleasant and unpleasant, or, one brought with you at birth. Prairie Verbena Essence helps you to recognize the approaching cycle or the presence of it; and, allows you to exist within the cycle with new thoughts to carry you through to an outcome in alignment with your true heart desires. Trust in the insight received by your inner guidance, and Prairie Verbena will assist you in your endeavors.

### **Prickly Pear Cactus: Beloved**

The Prickly Pear Cactus essence reminds us we are flawless and beautiful just as we are in the eyes of the Creator. Each of us is beloved and an intrinsic part of The Universe; at times being reminded of this is important. This is a reminder!

### **Southern Daffodil: Determination**

The issue you are facing is one you are meeting with firm determination. "I see this before me and I am determined to make it work. Make it be the way I want it to be." If you find yourself in working from a determined state of mind, Daffodil will assist you. With determination comes worry, fear that something or other will not work out the way you want it to. The Daffodil Essence will switch gears, so to speak, in where your determination is coming from. From the egoic determination of I WILL make this turn out the way I want to the assured determination Strength of Mind provides. A purposeful way of working things out for the highest good of all concerned.



## **Sunflower: Create**

The Sunflower essence encourages the achievement of one's full potential through creativity, independence, and spontaneity. Creative endeavors will flourish with the use of essence of Sunflower, because this essence provides a boost to the most natural phenomena associated with humanity: **to create**. The Sunflower essence contains the feminine energy of the lion and the masculine energy of the dragon. Each drop of this essence is in balance with the Universe.



## **Zinnia: Childlike**

Zinnia flower essence assists one in maintaining a childlike sense about life. It touches aspects of the oversoul where childlike innocence and 'giggly-funny stuff' still reside. If you test positive for this essence, the beauty of your world is about to be rediscovered.



## **HERBS**

### **Bronze Fennel: Alignment**

Bronze fennel essence assists in galactic grid alignment of the body soul unit and the Milky Way. It also assists in time space travel including driving your vehicle, walking great distances, day dreaming, or out of body experiences.

### **Mint: Relations**

The Mint flower essence provides positive clues in regards to all types of relationships, especially in regard to trust and faith. It offers healing where trust issues abide, and is often an indication that a friendship is about to be renewed.

### **Lemon Verbena: Clean-up**

Testing positive for Lemon Verbena flower essence indicates you are ready for a good cleansing. This essence will assuage negative thoughts especially those causing ill health. This essence also indicates you might need to be more careful when working with the spirit-world. If you do work with what is beyond the physical realm, Lemon Verbena will safely open and close the etheric doors.

### **Parsley: Mental Clearing**

Vision is necessary for a rewarding life. Vision of what your heart desires, that is. Vision of a future full of happiness, health and prosperity. If you feel the winds of time are moving forward without the appearance of your vision, Parsley will assist you. Parsley acts as an astringent to your system by cleaning the energy pathways leading from your heart to your brain. Your brain is an energetic field that can get congested with the 'whatever's' of life. Parsley will assist in the transmission of your vision from the brain to the heart and into the Universe for culmination.

### **Pineapple Sage: Sweet Relief**

Pineapple Sage Essence acts as a soothing balm to all age groups including children and the elderly. At times we are presented with new tasks in our lives, be it an assignment, a new job, cooking from a new recipe, building a deck, and sometimes even a small change of plans can upset the apple cart. Pineapple Sage essence brings you through trying times with gentle support. This essence also sweetens the disposition when faced with somewhat stressful times due to hormonal imbalances. With children under the age of 6, simply put a dab on their left wrist; this can also be applied to the elderly.

### **Rosemary: Interest**

If you find yourself just not caring about what's going on around you, Rosemary Flower Essence will be as a tonic to your senses. This essence replaces apathy while inserting interest, and will stimulate growth for a more satisfying life. Testing positive for this essence is a blessing for your listlessness will dissipate and you will once again see the beauty of life.



## **ROSES**

### **Charisma: Encouragement**

Charisma rose bush is a fragrant, sun loving plant with many layers, and much depth. This essence encourages organized thoughts promoting mental clarity. Charisma essence will perhaps call out to you if you're spending too much time in artificial lighting, and encourages your nervous system to return to balance after a shock or surprise.

### **Impatient: Stressors**

This rose is red orange in color and has a sweet unassuming fragrance. Struggle with inner conflict has always been the predominant issue with the collective unconsciousness. Society is a group consciousness and if you test positive for Impatient essence, your relationship to this unconscious societal grouping is taking great effort to maintain. The Impatient rose essence will assist you in relieving these stressors so you may easily move about in the world.

### **Showbiz: Insight**

The Showbiz rose is light red in color with small dainty petals. Testing positive for this essence indicates that residual anger is eating you up. You feel the burn deep in the pit of your insides, and you just don't know what to make of it. The Showbiz rose essence helps you see that you don't have to know where the anger comes from or why it is there; for when you recognize the presence of the inner rage, your healing can begin.

### **Yellow Rose of Texas: Sweet Disposition**

The Yellow Rose of Texas carries a large sunny colored highly fragrant bloom. The essence of the rose is pleasing to all the senses, and that is its claim of glory in the flower kingdom. If you tested positive for this essence, you are at the apex of an awakening or understanding, and a Higher Power is beckoning you to enjoy your next fragrant thought with a sunnier disposition.

## **VEGETABLES**

### **Broccoli: Understanding**

Broccoli essence assists in arranging your thoughts in a simple and concise manner. When thoughts are jumbled one usually feels confused. Broccoli essence rearranges crisscrossed brainwaves aligning your thoughts in a tidy fashion allowing understanding to emerge in an organized way.

### **Chocolate Bell Pepper: Simply Is**

If you test positive for this essence it is an indication you are experiencing bittersweet moments. At one moment you may be experiencing binary elements of happiness and sadness, or pleasure and pain. Chocolate Bell Pepper essence helps you move through these combined emotions without judgment of one being better than the other. To see happiness as happiness and sadness as sadness; one not greater than the other, but simply is what it is. A combination of elements producing an effect that more often than not leads to the next step on your path.

### **Cucumber: Lighten Up**

Cucumber essence plays a vital role when heaviness of spirit dominates your life. The silent resolve needed to meet and greet a hectic moment, day or lifestyle is found within this essence

### **Lettuce: Intent**

Lettuce flower essence assists you in organizing your thoughts in a definitive manner. With the organizing abilities of Lettuce flower essence you will find yourself able to clearly state your intention in a succinct manner. If what you desire is clear to you, then the Universe responds with clarity back to you.

### **Sweet Pea: Flourish**

Sweet Pea essence assists you when you're in a slump and feeling exhausted. If you think you are lagging behind or operating from a diminished capacity, this essence will support your PEMS levels until you are once again living from a balanced, thriving, and flourishing state of being

### **Tomato: Consideration**

It is time for kindness to be a paramount activity in our lives. By being kind to others you will find others are more kind to you. Testing positive for this essence indicates a critical mind is actively running your life. Tomato Essence creates a space for consideration to be found or born. This consideration is for yourself or others. Consideration is consideration. Allow the essence to minister to this nit-picking activity of the mind, and you will find yourself being more gracious to others while being more understanding to one's self.

## **Yellow Squash: Emotional Strength**

Yellow Squash essence fortifies us as the Sun fortifies the Earth. If we live our lives from our emotions ONLY, we find ourselves overwhelmed, unbalanced, and weak. This lovely essence revives our impaired attitudes, bolsters our feeling nature, and returns strength to our overworked nervous system.

## **TOAD HILL ESSENCES**

### **BES – Union**

BES essence creates an alchemical union between the body, the earth on which it lives, and the Spirit giving life to ALL. BES balances and stabilizes the constant interplay among these three aspects. Many of us are consciously living in more than one dimension; many are unaware, but in either case BES will help accomplish this holy union with ease and grace. BES provides the groundedness needed to live as Spirit in the 3D reality and hold focus into the beyond.

The name BES is a combination of the body, earth and spirit.

### **Full Moon: Strength of Heart**

The Full Moon essence teaches you how to work from the heart center, the proper way to show affection, and how to face fears. If you test positive for this essence it can be an indication that you are being too arrogant and dominating in certain life situations; both of which come from the fear of not being in control.

### **Genesa Crystal: Purifier**

The pure energy from which you were created exists everywhere, it is always present, and available for us to use. The Genesa Crystal essence assists in the process of purification. This essence will cleanse energy beginning from the space you currently find yourself, to a radius of five miles above, below and all around.

The energy generator from which this essence is made is constantly purifying the land, the geopathic zones, inner earth and outer fringes of our atmosphere, returning crystalline energy to its surroundings in a 55 mile radius. If you test positive for this essence, the Genesa Crystal has called you to be an energy purifier in human form.

This essence comes from the heart of Toad Hill and radiates love from the core of our Earth Mother.



### **New Moon: The Three Musketeers**

Testing positive for New Moon essence indicates you are in need of rest, relaxation, and self-care. There are things in your life that are calling out to you to be changed, and by ignoring this call you are wasting precious energy. The cost of wasting this precious energy remains to be seen. By taking the essence of New Moon, you will begin to rest better, relax easier, and care for yourself in a more beneficial way. Through this self-care regimen you will feel courageous enough, clever enough, and be silent long enough to make the changes needed. One for All & All for One.

### **Petrified Wood: Now Moment**

Petrified Wood essence assist you in taking responsibility for the now moment. You carry with you thought patterns developed over a period of time, and sometimes you make choices based on old thought patterns; and tired used up thoughts cannot serve you. The choices made at any given moment establish the groundwork for new thoughts to develop or old ones to dominate. Petrified Wood essence helps resolve old patterns thus providing room for new thought patterns to develop to live fully in the now or present moment.

### **Waning Moon: The Revealer**

The Waning Moon essence expels the myth of darkness within; darkness is simply an illusion. This essence will pull back the cover, how it got there is not important, exposing the light. *Whatever the light is to YOU is what will be revealed.* The myth is in thinking that a truth cannot be revealed in the darkness. Light is everywhere present for healing physical symptoms, emotional baggage, mental confusion, and spiritual un-fulfillment. If you tested positive for Waning Moon essence, you are at a point of self-discovery where revealing the light is no longer frightening. You are being rewarded by the light filled essence of the Waning Moon – the revealer.

### **Waxing Moon: Refracted Mind Link**

The Waxing Moon essence brings the purest of energy to our refracted mind. This essence facilitates mending the seeming 'disconnect' between the right (intuitive) and left (intellectual) sides of our brain. The use of Waxing Moon essence assists us in working with our intuitive guidance while using our knowledge base for wise decision making.

### **PRICING**

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1 dram bottle	\$ 3.50 each
½ ounce bottle	\$ 7.00 each
1 ounce bottle	\$13.00 each
2 ounce bottle	\$21.00 each

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**To place an order, please contact Rev. Cindy by email at [toadhilldesigns@yahoo.com](mailto:toadhilldesigns@yahoo.com).**

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It is really important when making choices regarding your personal health, that you realize Green Kingdom essences have not been evaluated or approved by the FDA.

## **KINESIOLOGY**

### **Tips and Tricks to testing for Green Kingdom Essences**

Perhaps the easiest way to use the essences is to open the box, look at each bottle and pull out the ones that intuitively attract your attention. That is as valid as any other method. I personally recommend using kinesiology (muscle testing).

Kinesiology is a technique that is available to all of us and can be learned in just a few short minutes. This muscle testing method gets directly in touch with the physical body's electrical system, which corresponds to the nervous system. What enhances our body, mind and soul makes us strong, and in the same sense what weakens our system breaks the circuit. Strength or weakness is registered in the electrical system, and through kinesiology, combined with asking simple yes/no questions, we can discover just what state we are in.

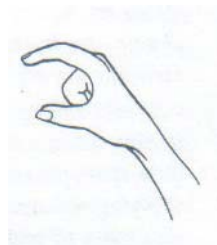
Also, through kinesiology, we can find out what essences we need. When we need an essence, our electrical system will strengthen when the bottle is tested, and we will get a positive result. The implied question in an essence test is, "Do I need \_\_\_\_\_ Essence?" If we do not need it, the circuit will break; and if we do need the bottle essence, the circuit will remain strong and unbroken.

**Circuit Fingers Testing Position:** If you are right handed, place your left hand palm up. Connect the tip of your left thumb with the tip of the left little finger. If you are left-handed, place your right palm up. Connect the tip of your right thumb with the tip of your right little finger. By connecting your thumb and little finger, you have just closed an electrical circuit in your hand, and you will use this circuit for testing.



**Circuit Fingers**

**Testing Fingers Position:** To test the circuit, place the thumb and index fingers of your other hand inside the circle you have created by connecting your thumb and little finger. These two fingers are placed inside the circuit fingers which form a circle.



**Testing Fingers**

**Question Position:** Insert the thumb and index fingers inside the circuit hand circle. Ask yourself a simple yes or no question. Once you've asked the question, remember your fingers are inside the circuit circle, begin pressing outward with the testing fingers. If the circuit breaks, the answer is no, and if the circuit holds, the answer is yes.



**Negative response – NO**



**Positive response - Yes**

Play with the process until you are comfortable with the movements. Learn to regulate the pressure of the testing fingers against the circuit. Focus your attention on the question. If your mind begins thinking of what's for dinner or other distractions, your concentration will break the circuit and more than likely your test answer will be in response to your distraction, not the original question. If this happens, refocus your energy on the question, then retest. It truly is simple.

Another tip is to ask one question at a time, and accept the results of the test. If you test positive for Tomato essence but you are SURE you are the most considerate person in the world, accept the results. Read the definition, sit with the definition, and accept what the essence has to offer. Your inner-self is directing you through the muscle testing, and will not lead you astray.

### **Basic Essence Test:**

1. State your intent to do a basic flower essence test.
2. Place each essence, one at a time in your lap.
3. Ask: Do I need this essence.
4. Test. If you get a negative response, that's the end of testing for that bottle. If your response is positive, find out how many days you will need to take the essence (If you choose to test for multiple days. If you test daily you can skip #5 and move to #6.)
5. Ask: Do I need this one day? Test.  
2 days? Test  
3 days? Test  
You will get a positive result for each day you need to take the essence, and a negative response (circuit will be broken) when the number of days has been reached.
6. Next you find out how many dosages you should take per day.
7. Ask: 1 time daily? Test. Follow the same format as the number of days. When the circuit is broken, that signifies the amount of times to take the essence per day.
8. You may even test for when to take the essence(s). Usually they are taken first thing in the morning, noon, and evening. If you choose to test for when to take the essence, follow the same routine.

**IMPORTANT NOTE: IF YOU ARE DOING THE BASIC ESSENCE TEST EVERY DAY, YOU DO NOT NEED TO TEST FOR HOW MANY DAYS. TESTING DAILY IS THE PREFERRED METHOD; HOWEVER, WE ARE ALL SO VERY BUSY IT MIGHT BE EASIER FOR YOU TO TEST SEVERAL DAYS AT A TIME.**

## **Administering Essences to Children**

The easiest way to test for children is when they are asleep. Then, within the next 24 hours, test again. First, clear yourself by testing if you need any essences, and take the required one(s). Touch the child to be tested, either awake or asleep, and focus your attention to connecting with the child for the purpose of flower essence testing. This touching and focusing connects his electrical system to yours. Once you feel the connection has been made, use kinesiology to test if a connection is present. If the test result is negative, refocus your attention and test again. When a connection has been made, begin testing as described above. "Does he need this essence?" "How many days is this essence needed?" "How many doses per day are needed?" (Children generally need fewer doses per day and fewer days. It is a good rule of thumb to test daily for children as well as adults.)

Children under the age of 9 months can have the essence directly to the forehead. To administer the essence to children, add one drop of essence to 4 ounces of water. All the child need do is drinking 3 gulps, and repeat this step if necessary for the child to take more than one dose. If the child is of the age to understand what focus or concentration is, have the one focus on the essence definition or keynote while sipping the water. If the child does not understand, as the essence administrator, it is up to you to remain focused for the child. You cannot overdose a child with this solution.

During my research and study of flower essence, I have found that children are like sponges. They pick up everything in the air vibrationally and otherwise. It is vitally important that you, the surrogate tester, clear yourself before testing the children. They carry your vibration as well as their own, and unless you make sure you are energetically balanced and stabilized, your stuff will be picked up in their field. It's a proven fact. So, test yourself and take the essences you need before testing the child/children. EVEN if you just tested yourself for an imbalance, test again before testing anyone else. Your energy signature changes from situation to situation. If you are working with your children or mother or husband, your energy shifts to meet the signature you have with that person. It is recommended that you not guess what your child might need because there is no way you truly know the inner works of that particular loved one. Allow your natural energy circuits to be your guide. Test yourself first, take the essences required, then test the child and administer the essence. Test yourself after the surrogate testing as well.

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# Green Kingdom Essences

## Additional Procedures and Tips

The basic flower essence test can be your chosen method of testing for essences needed daily, weekly, and even monthly. The basic test will show you what the issue is at hand, true enough; but using the following procedures will facilitate getting to the heart of your concern. You may use these procedures on yourself and also on another person using surrogate testing. The first procedure is uncovering and the second is pinpointing.

*The most important thing to remember before using the uncovering or pinpointing process is to test yourself using the basic flower essence test first. You must be clear, stabilized and balanced for an accurate reading.*

### **Uncovering**

The uncovering process literally uncovers hidden issues and underlying problems. These things will be exposed layer by layer just as we covered them or hid them layer by layer. Each time one of these things has come up, we refused to look at it out of fear; so, we cover it up again and again and again. You know what I'm talking about, don't you? The basic flower essence test reveals the top layer, the stuff that has risen to the top like grease on water. It's fairly easy to skim some of it off, but if we truly want to get all the grease out of the water we have to remove more than to top layer. Oftentimes it takes scoop after scoop before the grease is gone – that is if we don't just throw out the pot of water and start over. We complain about the grease, pour out the water, wipe out the pot, and begin again. It's very similar to this uncovering process.

One more thing, don't take the core issue too lightly or too seriously. When we begin taking the essence, we get hit with the truth of the matter and begin judging it or making excuses, or whatever else ego throws back at us. It is vitally important to look at the heart of your concern through eyes of non-judgment no matter what. If you can't believe what the essence reveals, sit quietly and be honest with yourself. Be still and allow the truth of the matter to come from your heart – the only place the core issue can be resolved from – the only place patterns can be broken and new ones formed. ***The heart of the matter is the Heart of Matter.***

### Steps for the uncovering process:

1. Complete the basic flower essence test by testing and taking the essences.
2. Ask the question, "Am I clear?" If the response is yes, you continue taking the essences as indicated by the test, number of days and times per day. If the response is no, do another basic test, and take those essences. *It's always good to keep a record, but it is absolutely necessary during the uncovering process.*
3. Ask, "Am I clear?" If the response is positive, test for how many days you are to take the essence and how many times per day, note the information, then read the definitions pointing to the core issue. If negative, continue testing until you get a positive response to being clear. It usually takes three to five tests before the issue surfaces. Follow these procedures until you get a positive answer that you are clear.

4. Once you get to the heart-core issue(s) allow yourself some reflection time, but do not over analyze; allow the essences to balance and stabilize you. Follow the guidance received, for your body's electrical system will align with the electrical system of the plant. They were designed to work with us in this way. Why do you think that chamomile tea relaxes you and yerba maté energizes you? These essences work in the very same way – only different.

## Pinpointing

This process is excellent for pointing to the exact cause. Let's say as you sat down on your tree swing and an asp was sitting there, too. 'Ouch that really hurts.' So, you finish saying your words and jumping up and down, and go to the house to test for essences. (You would do that once you begin working with them because it works!) You do a basic essence test and take the essences. Now, your complete body has been treated, and, you begin to feel better because your entire body is being stabilized and balance. But, the sting still hurts and other symptoms begin showing up. This is where pinpointing helps.

### Steps for the pinpointing process:

1. Do the basic flower essence test and take the essences required.
2. Focus on the sting. By focus I mean the kind of focus it would take to hear someone talking to you at a Metallica concert. Focus on the sting point, feel the heart beating there, focus and hold it. Test and take the essences required. Ask, "Is this symptom or injury clear?" A negative response requires you to test again, and a positive response requires you to take the essences as indicated.
3. Continue testing – hold the focus and don't get sloppy when testing – until you get a positive response to being clear. *NOTE: Do the pinpoint test for each injury. Let's say you have a headache and a stomach ache. Pinpoint test for the headache until it is clear. Pinpoint test for the stomach ache until it is clear. Depression? Anxiety? Heart-ache? Each symptom is serving some kind of purpose or it wouldn't be there. You don't need to break anything down, just test the symptoms, and the actual reason will be revealed. Work with the essences as indicated in the uncovering process. Test until you get a clear response, take the essences indicated, and read the definition(s).*
4. If you don't feel up to the entire process, like you have the flu, then do the basic essence test every two hours. The essence(s) will help you move through the illness or pain or depression quickly. When you feel up to it begin the pinpointing test to move you through the final stages.

