

Sea Essences

Relationship transformational frequencies

The Sea Essences are held in an aqueous solution and preserved with alcohol. The alcohol stabilises the energy in the water, helping it to be 'contained' by the water. The sea energies in the form used by Aura-Soma are sub-rays of great renewal.

The Sea Essences are specifically focused on transformation of the energy fields between people, and also in their relationships.

They can be very effective when put directly on chakra points or meridians of our skin, dropped in the bath or put in sprays, oils, creams and lotions. They can be broadcast dropping a few drops on crystals or utilised in as many ways as our creativity allows us to access. They are entirely helpful as they will not act as we use other Aura-Soma products unless they are for the greater good of the person using the essence. They are for external use only.

Sea Essences

Set I

This is the first set of 14 Sea Essences and it represents the beginning of the connection process with the 'Sea Devas'. The effects of these essences may help us with some of the most basic and common issues within human relationships. They are from sea creatures that have distinctive properties, which through usage, familiarity of properties become accessible.

For example the 'Barrel Sponge' is one of the larger varieties of sponge in the Earth's oceans. Its name also leads us to understand its usage. A barrel "contains" so therefore, the essence of the barrel sponge can be protective of the fields that surround us. 'Nautilus' is a unique creature of the sea, its spiral form gives us a close association with the ear, or kidneys of the body, therefore the essence relates to the hearing function and energy. Perhaps aiding the ability to listen with attention.

Energetically these essences represent the starting point in the Sea Essence sequence, and are an excellent introduction to the Sea Essences. They may enhance relationships in clear ways helping us to grow in well-being and to be able to import the positive aspects within ourselves.

1. Australian Sea Horse Bluish Turquoise

Enables one to appreciate a noble caring spirit in others - also may be helpful increasing our ability to relate to animals, particularly horses. May bring balance in what may be termed dominant or subservient relationships. Helpful to bring clarity in dependant or co-dependant relationships.

A potential power balancer to aid in efforts to loosen the circles of unwanted inappropriate connections.

2. Barrel Sponge Turquoise Blue/Indigo

An essence that has the potential to clarify and strengthen the spiritual mind. May reduce the action of negative thoughts between people, improving

relations with those who may be caught in a negative expression, a protective essence.

3. Gossamer Parasol Mid Turquoise

A communication enhancer, helping to facilitate heart to heart contacts with others, to sharpen our visual perception of the world. Encourages the sharing of experience. Amplifies the potential for openness to bring positive expression in our emotional body.

4. Nautilus Aquamarine

May sharpen the ability to get in touch with our inner voice, lifting our consciousness to open to the greater Light within ourselves. Can facilitate perception to act, the hearing of the "Still small voice within".

5. Sea Cucumber White Pink

Helps with close relationships that are blocked by past hurts or misunderstandings. May help to dissolve blocks and promote caring communication. May aid communication of that which we have found difficult to express.

6. Sea Dandelion Bluish Indigo

Can assist in attunement with others by dissolving anxieties and tensions that may impede closeness. May bring a level of caring and warmth, stimulating compassion in relationships.

7. Sea Fan Coral

May relieve intense anger, resentment or frustration when we feel like exploding at others, giving access to calm and peace, bringing wisdom at critical moments. May also help us to see ourselves more clearly.

8. Sea Pen Mid Pink

Encourages gratitude and appreciation.. Enhances warmth, kindness and caring for others. Could be called the 'Essence of Thankfulness'.

9. Sea Tulip Bluish Turquoise

Can soothe bitter and potentially poisonous relations with people stemming from conflict or passed difficulties. Perhaps by cleansing the emotions, making one more positive, loving and attentive to others.

10. Spiney Lobster Mid Olive Green

May release us from fear of a person or group by helping us to see things in proportion and sharpen the senses. Enhances courage, making friendship with adversaries possible. May help us to expand beyond whatever limits us in relationship.

11. Common Tropical Octopus Orangey Gold

This essence may increase resourcefulness and flexibility, and decrease our dependence on others for things which we can do for ourselves. Has the

potential to increase our motivation to get things done. Excellent work essence, because it can attune us to greater resources.

12. Horseshoe Crab Deep Bluish Pink

This is a social essence primarily meant for group situations, helping to bring positive emotions of love, peace and co-operation. An excellent harmoniser for any inter-personal conflict or group hostility. To help us to remove our prejudices.

13. Harlequin Shrimp Lemon Yellow

Balancing and helpful for the emotions, especially where there is any obsessiveness. Promotes humour, lightness, flexible thought and objectivity. Can restore social harmony bringing feelings of mutual well-being. May be good for balancing the mind when we are perplexed.

14. Cassiopea Andromeda Mid Blue

A potential relaxer of the mind, for a complete 'jet go' when we need it. To appreciate the unity of all Beings to tune into the ONE-NESS of all life -it can be harmonising for the mind, opening the heart to unity.

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Set II

Sea Essences II is a progression from the first set of 14 Sea Essences. The gift of these lovely essences from the Sea is ongoing and these essences bring many new and exciting aspects to the Sea Essences. They were developed and tested from 1998-2000. The first was started with the Vampire Squid and the final one to be developed was the Sea Apple.

They include two new essences of an entirely different sort; these are the Pilot Whale Essence of "Sei Miyo" and the Double Dolphin Essence of "Sina and Ruwa". All the other Sea Essences are in an aqueous medium but these are Soul Attunement Essences to the BEING of an individual Dolphin and Whale. They bring a very new, important aspect to the family of Sea and Butterfly Essences, which can be harmonising and integrating to the action of all the Sea and Butterfly Essences.

15. Dolphin Aquamarine

An attunement energy to a particular Dolphin, this is a feminine energy helping to bring qualities of playfulness and integrity, but mainly lightness and caring. An important energy which can blend and integrate many sea energies with other essences.

16. Pilot Whale Deep Blue

An attunement energy to a particular Pilot Whale, this is a masculine compliment to the Dolphin Essence. It can bring qualities of strength and

wisdom rooted in the past. An important Energy which can help blend and integrate many sea energies, with other Sea and Butterfly Essences energies. Helps by giving guidance to our inner tuition offering us focus and clarity.

17. Vampire Squid Deep Olive Green

A potentially deep acting essence for strong and often buried fears of pain, torture, traumas and uncertainty. This may help to alleviate fear, but may work best on deep fears which are based on actual past experiences of trauma. An earth essence which can help to balance Ley lines.

18. Common Sea Urchin Warm Olive Green

A protection essence for our emotions and our Heart, so we may not absorb fears and negative emotions. Can help to strengthen us emotionally, giving us confidence, whilst protecting our vulnerable emotions so we can explore close relationships without fear.

19. Dawson Sunfish Yellow Gold

A possible relaxing and spiritually uplifting essence which helps bring warmth, colour, sunshine and love into our life, perhaps by helping to dissolve tension and bringing warmth and relaxation to the whole Being. It can help to stimulate creativity in music, art and colour.

20. Spiny Scallop Purple

An essence helping to bring clarity and lucidity to the mind and the eyesight. By helping to clear emotional confusion and to bring light and clarity to any issue, thus may bring the power of light to the eyes and mind together. In so doing it can help us to solve many problems and issues with clear focus and intent.

21. Giant Sea Spider Reddish Orange

May help us face difficult people who usually dominate and make us feel intimidated. This may then enhance our inner self esteem so we can face oppressive people and difficulties head on, possibly helping to overcome problems.

22. Sea Lily Lilac

This is a very beautiful essence which could open our awareness to true beauty and the flowing rhythm of life. It can be an uplifting essence which may well guide us to the possibility of the divine beauty of nature and ourselves. An essence for opening to true beauty.

23. Crown of Thorns Starfish Violet

By helping with deep levels of pain held in our Being, which may be difficult to acknowledge or overcome. This essence may help to bring about a release of pain often from the past, helping us to let go.

24. Common Cuttlefish Turquoise

An essence to enhance relationships, helping us to attune and go much deeper and overcome 'blocks' that are preventing closeness. Especially good for partners, who possibly may then open up to each other in a more relaxed and harmonious way.

25. Giant Clam Bright Lime Green

An essence especially far nourishing; the Giant Clam can harmonise and attune our consciousness to the true nature of what we are taking into ourselves. We can gain a more enhanced awareness of the eating and drinking experience and are naturally drawn to high energy prana food and drink, and may be repelled by those which are toxic or low energy.

26. Blue Sea Squirt Deep Blue

A very calming and restoring quality, this essence is potentially for anyone who has suffered from intense situations. It may offer peace, trust and equilibrium to the mind and could restore our spiritual calm.

27. Flame Scallop Orangey red

A harmoniser and revitalizer, this essence offers warmth and fluidity. It may help relieve discomfort and tension bringing harmony to the whole body – it is governed by the Fire element.

28. Sea Apple Pale Turquoise

A 'Networking' essence which helps us to connect with all levels of life and energy with a clear mental focus. Offering to us clarity and harmony.

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Set III

Sea Essences III is a progression from the 1st two sets of Sea Essences and completes the Sea Essence sequence. They are a unique and beautiful gift from the sea and represent help for our deepest needs and our relationships

. This set of essences contain some of the most interesting of all the Sea Essences being very Deep Sea Creatures, such as 'Grenadier', 'Viperfish', 'Gulper Eel' etc - these have the potential to deal with the deepest problems that beset us. It also has two Sea Dragon Essences, which have the potential to clear some of our most difficult problems and relationships.

There are some very small sea creatures found on reefs, such as 'Head Shield Nudibranch', 'Flatworm', 'Stick Polyps' and others too. In all they can deal with some of the 'highest' and 'lowest' aspects of human experience in a wonderful way. These are tools to aid us through the greatest challenges.

29. Leafy Sea Dragon Deep Pinkish Violet

Signifies individuality and freedom to be ourselves, by possibly freeing the Soul from past manipulation and bringing liberation and the courage to completely be ourselves.

30. Weedy Sea Dragon Orange

Clearing and strengthening it may help us to be ourselves, in many situations. An empowerment essence, to wholly manifest our strength and personality, thus making it more difficult for others to dominate or manipulate us.

31. Paua Shell Royal Blue

Potentially enhancing our connection to the physical world, where it may improve work abilities. The sensitivity of the subtle bodies can be enhanced and strengthened.

32. Snakelocks Anemone Mid Pinkish Coral

May allow harmony into social activities. This essence helps to manifest peace and harmony in relationships. Can allow us to make necessary compromises in social situations without losing our individuality and freedom.

33. Arafura File Snake Deep Indigo

May help to sharpen the connection to the mind, spiritual co-ordination and responsiveness to immediate challenges. Possibly enhancing clarity, decisiveness and clear prioritisation when dealing with many complex or challenging factors.

34. Viperfish Warm Olive Green

Can alleviate terrible fears, horrors and dread. May clear the scars of trauma, bringing relief and caring. Allowing us to activate and overcome these difficulties with wisdom and balance.

35. Blackbelly Dragonfish Pale Gold

Helps to create courage, inspiration and leadership with others, empowering us to accept ourselves as we are and then be an inspiration and strength for ourselves and others. Can bring strong motivational energy to face our 'demons' and 'shine our light in the world'.

36. Gulper Eel Pale Royal Blue

Can help restore a sense of spiritual well-being after abuse or trauma. For those who may have been badly affected by abuse. May bring peace and full restoration of spiritual well-being.

37. Grenadier Pale Olive-Greenish Gold

Helps us to find the courage to ace challenges and problems from deep levels within ourselves, bringing full light to consciousness, which can help us to resolve difficult issues.

38. Stick Polyyps Warm Olive

Can bring about a restoration of trust and communication after abuse. Trust is very difficult to restore after abuse, but this essence has the potential to dissolve fears and open the heart by helping us to release the tension in the

solar plexus so that we connect with the gold area within ourselves. Can offer wisdom and discernment.

39. Flatworm Mid Pinkish Gold

Can help restore close relationships after emotional traumas. Helps us to overcome shock, distress and anger, and centre ourselves quickly again; bringing with it a great calmness and peace, thereby helping to maintain strength and stability through all types of crises.

40. Head Shield Nudibranch Pale Lemon

With the potential to enhance family interactions, bringing clarity into relationships, it helps to bring greater objectivity to individuals, producing greater clarity within the feeling and thinking processes. This can bring more awareness of each other's feelings with greater sensitivity, respect and consideration.

41. Lister's Conch Pale Violet

Communication with and attunement to Angels. Like a 'tuning fork' this essence helps us to resonate with Angels on many levels, such as sight, touch, smell, hearing etc. It also helps us to keep grounded and in balance with the physical world.

42. Marbled Chiton Pale Indigo

A very special Sea Essence for possibly raising the frequency of our consciousness. By helping perception to become purer and stronger and thinking more delicate and refined, we may then become less judgemental and more 'all embracing' in our consciousness and feelings.