

Angelic Guidance Mists.
‘Open to Receive’ and ‘Intuition Enhancement’



We begin this Shell Essences newsletter with a new pair of Activating Mists – the Angelic Guidance Mists, which have arrived to close the old energy of 2011, and open to the new energy of 2012.

Shell Essences are guided by a Light-Healing Angelic Order which helps us access both wisdom and self-healing. Many gifts of wisdom and grace are

opening to us as we allow a more spiritual vibration of energy to envelop our lives.

The first mist – **‘Open to Receive’** encourages the release of ancient and recent fears and replaces these with faith, trust, and openness to receive healing.

The second Mist – **‘Intuition Enhancement’** encourages emergence of our inherent wisdom – the angelic guidance within – to hear and see only messages of enlightenment, wisdom and healing, and to use this wisdom for the highest good of all.

The openness and willingness to receive radiates from us as we learn to listen and trust, and understand that we are a part of ‘all that is’. We are not disconnected and isolated within our closed ‘shell’; our ‘shell’ is open and spreading its beautiful energy of love and peace to all around us. As we spread this energy we also receive.

Both **‘Open to Receive’** and **‘Intuition Enhancement’** inspire us to become part of the blossoming of peace and compassion within humankind. As we move into higher vibrations we need to use our discernment to follow paths of compassion, love and peace, with the courage to turn away from the anger and fear which is often the forerunner of change.

‘Open to Receive’ takes us beyond the pattern of fear which, for untold ages has held us closed to the love surrounding us. Now, with trust, faith and love our tightly closed ‘shell’ opens into wings of freedom.

Instead of hands pressed together in humble prayer, our hands are open to receive and bestow blessings. To affirm our intent, the two Mists come with a prayer/affirmation: one to open the healing, and another to close.

When we have need to understand; when doubt clouds our inner vision, **‘Intuition Enhancement’** opens our minds and hearts to a higher wisdom; we can reach beyond the fear and distrust to remember and receive only the words and visions of love – all that truly is and has always been. The tightly closed clam shell opens to become angel wings.



Angelic Guidance Mists

“After using the DNA Activation Kit I have a much more heightened sense of intuition. This is where the **‘Open to Receive’** and **‘Intuition Enhancement’** Sprays have come in very handy. I use them all the time now for healing work such as energy cleansing or even meditation. I’ve found them incredibly beneficial in helping to apply all of the information coming through and activated by the DNA kit. It’s as though the DNA Kit is a catalyst for remembering cellular knowledge, and the 2 sprays act as a conduit to apply that knowledge with wisdom and clarity! Definitely feel there is a very important symbiotic relationship between the 2 products.

Thanks again for all the great products that the Shell Essence team are helping to facilitate at this very strange, sometimes challenging and often surreal time.” **‘James’** Southern Sydney.

Sharing Shell Stories

Calm Serenity

I am writing today to let everyone know the positive feedback I've received from clients and friends alike regarding **Calm Serenity**.

I personally take **Calm Serenity** when I find I'm becoming highly strung emotionally. I find it instills a peaceful quiet within and I start to giggle and shrug off little things that would normally upset me.

I was once asked during a particularly stressful situation how I was keeping so calm? I had taken **Calm Serenity** before I left home because I knew I was going into a stressful environment; it really does Teflon-coat your emotions and everything thrown at you just falls off; it helps you to stay focused as well.

The husband of a client of mine was constantly emotionally agitated, which was causing everyone in the house to be 'walking around on egg shells'. In desperation she asked if any of the Shell Essences would help her husband to calm down a bit, so I suggested **Calm Serenity**. One week later my client phoned me and said her husband's emotions had calmed down quite a bit and he was even starting to laugh again. One of her children even asked "what's up with Dad, he's not angry any more?"

A friend of mine has two children under two, which anyone knows can be quite demanding. She rang me one day not so long ago, very frazzled, telling me she didn't think she was handling things well on any level; she said she didn't think she was cut out for such a demanding job as raising two children. I gave her **Calm Serenity**, and asked her to let me know if it helped. A week after I gave her the drops she reported they had definitely made her feel a whole lot different; she was a lot calmer and felt she was coping better since taking **Calm Serenity**.

When I think about the effect **Calm Serenity** has, I don't think there is one of us who would not benefit from taking it. This really is an essence to calm you down and help you 'smell the roses'.

'Miss C' NSW South Coast.



Abundance Mists

I have had an amazing breakthrough that I am attributing to the magic in your **Abundance Mists**.

Most of us come in with gifts, talents and attributes that are the toolkit we use to fulfill our soul's destiny. I asked the question – did I have a key core belief that has created all the sense of struggle I have experienced?

This is what came out – and I am certain without a doubt that this was the result of part 1 of the **Abundance Mist** set – I AM FREE.

'At six months in the womb I understood that life and my family had rejected me and I wanted out! The only problem was I was also playing out a karmic debt with my twin brother, and karmic debts must be completed, so getting out wasn't an option – but rejecting life was! And this core belief has been active until this week.

You know those 'aha' moments you have – the ones that come to you like a thunderbolt? Well this was more like the rumblings of a nuclear explosion – quite ironic as I am ruled by Mars and Pluto! Because of course the truth of that belief has played itself out in my life – If I believe that life has rejected me and therefore my only choice is to reject it....at every single

turn my life would be a struggle, and all successes would be limited by this core filter. Imagine that for a moment...isn't it incredible? And the 'aha' moments just keep coming.

This has been the catalyst for the next big change in my life. What I do know is that I need time to re-connect to my core abundance – my creative life-explorer self – the writer, artist, poet in me. To do that I need to let go of everything that takes my time away from creating. Life is messy, organic, holistic, constantly evolving and glorious isn't it?

Thank you so much for using your skills to bring in the Shell Essences. I am delighted to have experienced the profound healing possible with them.

'Melanie' Sydney.

Abundance Mists

My partner and I have just begun using the beautiful '**I Create Abundance**' Mist set – it's amazing! Such a beautiful, clear, generous energy is coming through, after gentle profound clearing.

Thank you for all you do!

'Katherine' Sydney.



Sharing Shell Stories

Shell Essences Light-Healing Cards

I am an Alternative Therapist with a very busy healing practice. I would like to share with you my method of healing using the Shell Essence Light-Healing cards.

Firstly, before I begin any of my 'hands-on' treatment, I sit my client down beside the cards, and I ask "are there any issues you would like to talk about?" I believe the cards are 'listening' to our conversation.

I then ask the client to shuffle the cards while thinking about the issue, and I create a Healing Circle with the cards (placing them in a circle with picture side showing, cards slightly overlapping and using all the cards.) I ask my client to choose 6-7 cards and place them in the centre of the circle. I find that these cards picked by the client always relate to the issue being addressed – this helps reinforce that healing is taking place.

I then choose the essence relating to one of the cards in the circle – often the last card chosen – and give the client some drops orally before treatment begins.

At a recent workshop Michelle demonstrated the Card Healing circle with a workshop participant who had an issue with a neighbour. To the amazement of the participant, the following day the issue seemed to have disappeared and the difficult neighbour was now very friendly and supportive.

I find this is a very meaningful way to commence a healing session, and my clients are always amazed at how 'spot-on' the shell cards are to the emotional issues being addressed. I tell them that this healing will stay with them for 48 hours.

I make a Shell Essence Blend from the Essences depicted by the chosen cards for the client to take home.

I find this to be a very effective way for my clients to heal on all levels – mind, body and spirit.

For my long-standing clients I will often do an absent healing using a Shell Essence Healing Card circle.

I love the Shell Essence Light-Healing cards – I think they are always listening and ready to work. They include a booklet with information on how to use them, and about each of the Essences.

Michelle Connor Kiama.



'I am Safe; All is Well'

Thank you so much for sending me the 'I am Safe, All is Well' spray to trial. I am very grateful to have the opportunity to try out this spray.

On only three uses so far, sprayed into my aura and above my sleeping area at nights I have noticed quite an amazing grounding, clearing and centering effect. It feels as if there is a lot more space around me, and my head feels really clear and relaxed (rather than the usual pressure I often feel in/around my head)

Once again, thanks for the opportunity to trial this lovely spray.
'Liss' Sth. Aust.

Eye Balm

I am 43 and have been using the Shell Essences Eye Balm for over seven years, and am frequently asked which cream I am using! The Eye balm is perfectly balanced for my skin, and if I use any other brand of eye cream my wrinkles appear. I also find that the Cleanser/Toner is very gentle on my skin and eye area.
'Tina' Sydney

Positive Energy Spray

I just want to say how much better I have felt since starting to use the Positive Energy Spray ...the difference has been amazing! I'm gradually getting back my physical and psychological energy, and am really getting stuck into establishing my business – and feeling much more like my old self. I've even started on a project to record some lullabies – which will complement my Infant Massage Business. I hope and trust that when the CD is completed it will also be an additional source of income, as well as a lovely legacy for my grandchildren.

'Rosa' Sydney.



Sharing Shell Stories

DNA Activation Kit



Am not sure where to start in regards to my experiences with the **DNA Activation Kit**. The effect of this kit is incredibly profound and yet so hard to put into words.

One thing I have noticed is a startling shift in my level of perception. For example when I take a few drops of an essence, it feels as though the energy of the essence is dancing and moving through and around me. Have also noticed a lot of patterns in nature, and am becoming very aware of elementals and nature spirits. There is also an increased sense or shift in consciousness as to the fact that we are never alone. I definitely get a sense not only of ancestral spirits or spirit guides, but also an incredible sense of the multi-dimensionality of all things, especially regarding time and space. It's as though things are no longer past-present-future, but simply 'over here' or 'over there' – always available for reassessment and healing.

Certainly there is a sense of the inevitable lifting of 3D dimensions in general. There are many, many patterns becoming more and more visible every day, as though the veil between the dimensions is finally parting.

Then there is finally my experience with the 'orbs'. (I wasn't going to mention this, but feel it is definitely related). On and off I have seen what appear to be metallic orbs in the sky, sometimes changing colour, and sometimes merely reflecting the sun. Now I'm starting to see orbs that look as though they are white clouds, although perfectly spherical, moving around in very strange ways; at one moment they are there, and then they simply disappear. It's as though at these times there is some kind of dimensional shift in perception occurring, and as soon as there is any doubt or limitation imposed, they simply vanish. James, Sydney



DNA Activation Kit

I have been using the **DNA Activation Kit** for some time now, taking it in the mornings. For a little while I thought nothing more was happening, and then I read the affirmation this morning and it registered...There's a lot that has changed – specifically relating to the words 'to work effectively'.

Since I began taking the Shells in the **DNA Activation Kit** I've had a lot of significant change take place at work.

My new Exec Manager, (officially since April this year, but in acting capacity from October last year), has given the annual performance review discussions. Generally I dread them, as it seems to be a lot of talk, but not much follow-through, and even less action.

This year however, in a short space of time we've ironed out the hiccups of the past year, set a new course, with lots of encouragement for me to complete my studies, and using some time at work to do this. We now have new stretch goals with a focus on leadership in our team, our directorate. This included me giving a presentation for the first time in 2 and a half years to our managers and coordinators, 25 others. I had the option to not do it if I wasn't comfortable, but I asked for it and so followed through and it went over really well.

For the first time in a long time I am really focused on what needs to be done, and am completing tasks both big and small. My overall achievement barometer is set high, and this makes me feel good. I'm enjoying my work, and taking new opportunities offered to grow, stretch, learn and step towards leadership.

Now each little thing may not seem much, but after a number of weeks I am beginning to see a completely new picture: it's brighter, more positive, and it's moving ahead.

So on the work front, things are in a really lovely position. I feel valued for the work I do; I know that my contribution has lifted its game and is more dedicated than before, and it's a Win/Win for everyone.

But my "aah haa" came when I could see how much more ease and grace were occurring in my life.

I love the fabulous new essences and sprays you bring through for us all to enhance and make better our lives; they bridge the Light and new energy into a real and tangible tool for us to use.

'Di' Melbourne



Grateful thanks to those who've contributed to this newsletter with their wonderful stories. Many other people are helped by reading about your experiences; Relating how you have healed yourself is a very powerful and appropriate way to help others. Unfortunately I can't acknowledge your name, even when given permission, so apologies for the strange names beneath your stories!

Essenshelly Dogs



Rest in peace Blacky, with Murex

“One of my clients, Jan, was in tears during a consultation, as her old cat, Blacky had diabetes; he was so thin, just ‘skin and bone’ and required morning and evening injections. This restricted Jan working away from home, but part of her employment required her to travel. She boarded the cat with a vet, who proceeded to do a number of blood tests, so she arrived back to a larger than expected bill. I advised her to give Blacky a dose of Murex, which helps animals pass away calmly and peacefully if it is their time to go. Jan gave the cat a single dose that afternoon around 5 pm. Next morning when she called Blacky for breakfast, she found him lying peacefully on the front mat; he had passed away in the early morning.

Obviously this remedy will only assist if the animal is ready to go; otherwise it does nothing – except perhaps remove their stress.

Sometimes we find it hard to allow our ‘aged and infirm’ pets to move on – it may have been the only time in our lives we received unconditional love”.

‘Belle’ Sydney

‘Heaven Sent’ was heaven sent for Sasha!

“My dog Sasha would start to vomit every time we put her in the car. This was causing stress between my husband and me because our car was new, and the taint of dog vomit was not a good feeling! We used tea tree, eucalyptus, detergent, and carb soda trying to remove the smell so Sasha wouldn’t be influenced to continue the pattern of behaviour, but without success.

It was suggested that we give Sasha ‘Heaven Sent’ and also take it ourselves every time we went out in the car. I couldn’t understand what the dog vomiting in the car had to do with us, but it was explained to me that Sasha was picking up our anxiety and anger around the issue, and this was making her really anxious also. At first I felt my leg was being pulled, but my husband said it was true, as we were all feeling nervous at the thought of the car and the dog; the kids would be heaving as well, and insisting they had hankies to cover their noses. Now we all take ‘Heaven Sent’ – kids included – and thankfully we have broken the pattern of Sasha vomiting in the car!”

‘Rose’ NSW

‘Just Me’ helps Vinnie

“I run workshops from home, and my dog Vinnie always interacts with the people and loves a pat and a cuddle from them. Sometimes he starts to scratch and becomes agitated after they leave, so I spray him with ‘Just Me,’ and it takes the energy of others off him and he’s back to his calm self again.”

‘Belle’ Sydney



Hello from Gabrielle of Global Essences

Wow! The Christmas season is at our door; how exciting.

Similar to last years SE Christmas newsletter, I again asked the Shell Essence Angels for guidance about the 3 months ahead for us all. So I set the intent that the revealed guidance would indicate supportive essences for those months. The Essences that came forward are:

November – Fossil Nautilus; December – Callala Bay Scallop; January – White False Oyster.

You can personalize this process for yourself by spraying with the new SE Angelic Guidance Mists (**Open to Receive**, followed by **Intuition Enhancement**), and then, holding the SE Light-Healing cards, pick one card for each month, and one for 2012. Record the cards for later reflection.

Fossil Nautilus (November) is an Essence which helps us move beyond the everyday worries which distract us from our Spiritual path, thus helping us be in harmony with our inner being. It brings awareness of our inner gifts, and

insights in how to develop and utilize these qualities.

Callala Bay Scallop (December) helps us move beyond the memories of old pains and difficult relationship behaviour. It heals the heart centre to allow us to work things out.

Mercury again goes retrograde in late November, so we are being supported by the universe to sort past uncompleted projects, relationship issues etc until mid December.

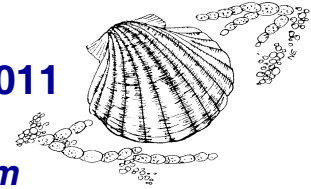
White False Oyster (January) is invaluable when we feel ungrounded and disorientated when confronting change. It brings stability and balance to all areas of life. I have begun adding this to Heaven Sent for people who are going through major unsettling life changes – with great feedback.

I wish you and your families a very enjoyable Christmas and New Year. Thank you for your enthusiasm and patronage to Global Essences and Shell Essences in 2011. We wish you a Christmas and start to 2012 filled with hope, love and joy. Gabrielle (& Mark) Skinner- McKay.



Shell Essences

Newsletter 40 Specials December 2011
Expires 31st January 2012



These Specials are only available from Shell Essences office and Australian distributors. They are displayed on website, but not available through Pay Pal.

Well, 2011 is finally drawing to a close, and we are welcoming the much-awaited 2012. The numerology for the year of 2011 indicated a slow year of hard work and healing where we needed to lay solid foundations for the years ahead. No 4 is the number of Gaia and planetary upheaval. 2012 is a year of change where old ways and patterns of the past will no longer serve us. This No 5 year will be a fast moving year of positive change where we will reap the benefits of the past year's hard work. It will be easier to connect to our Higher Self – so how appropriate are the new Angelic Guidance Mists!

We wish our Shell Essence family a very blessed, peaceful and loving holiday season – and a much deserved rest!

Free Gift! For every order over \$130!

Our gift to you is a stock bottle of 'Rainbow Delight'. At the recent Mind Body Spirit Festival every personal blend we chose intuitively (about 40 of them!) included the Shell Essence 'Rainbow Delight'. When we first created this Essence many years ago, it addressed fear – and specifically 'fear of planetary change'! This didn't make sense at the time – but it sure does now! Maybe we all need to take some Rainbow Delight!

Special 1:

(a) **Set of Activating Abundance Mists - Special price \$48 Save \$7**
Included are instructions and affirmation/prayer. These have been so popular we've decided to continue the Special – would make a great Christmas present!



(b) **Set of the NEW Angelic Guidance Mists - Special price \$48 Save \$7.**

Included are instructions and opening and closing affirmation/prayers. A wonderful tool to start 2012 - read about them on page 1

Special 2:

(a) **'Messages from Shells' book, and a packet of Light-Healing cards. Special price \$40 Save \$19.90!**



(b) **Two packs of Shell Essence Light-healing cards. (See Michelle's story on how she uses these cards.) Special price \$40 Save \$19.90!**



Wow! These are really great 'Specials' and wonderful Christmas gifts.

Special 3.

Summer Pamper Pack.

Special price \$55 Save \$20.35 !

A zip-top plastic pouch containing:

100 gm Body Butter; 100 gm Face/Body Scrub;

125 ml Hand Balm; 125 ml Body Balm

Perfect to nurture the body during summer holidays.

And all these products contain the 'drops that make a difference' so they also heal the nadis – spiritual energy connections on the body.



Special 4: 3 Balm Set

Face Balm 40gm Neck Balm 30gm Eye Balm 30gm

Special price \$115 Save \$15

These beautiful Balms are everyone's favourite!

Special 5:

(a) 750 ml Shampoo and Conditioner

Special price \$72.50 Save \$7.50

(b) 750 ml Shower Gel

Special price \$55 Save \$5.00

Not exactly Christmas presents but a good chance to stock up for 2012.



Special 6: Choice of 3 Mini-Mists – 60 ml Mists in PET bottles, perfect to carry in handbag.

Choose from:

'Heaven Sent' – spray on body for mozzie bites, abrasions, and in mouth for shock or fear/anxiety.

'Just Me' – spray in aura to remove negative energies.

'Bliss 4 Feet' – spray feet and legs for pain, swollen feet, tiredness.

'Essenshell Travel' – mouth spray to alleviate any travel discomfort.

Special 7: Happy School Holidays – 2 Essential Mists

Special price \$48 Save \$7.

Cool, Calm, Connected Kidz & Adultz 125 ml Spray

Harmony Mist 124 ml Spray.

A Shell Essence recommendation to create peace, harmony and sanity for families during this busy time. Spray the house and everyone in it !

(Even the dog, bless him, could use some extra peace & harmony)



Special 8: Emotional First Aid Kit – it's all there: No More Anger, No More Fear, Heaven Sent, Peaceful Sleep, & Calm Serenity.

Special price – Dose \$78.50, Stock \$123

Save \$15 on either stock or dose.

It's all there in one box, plus information

– All you need to do is use it!

