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Wonder Cowrie

*Grounded, protected,
connected and at peace*

This beautiful shell was given to me by a Shell Essence practitioner from Melbourne. She explained that the shell wanted to be an essence and wanted to 'go to Nancy'.

I had decided to make essences for children this year, and it seems Wonder Cowrie may be the first of these essences, although it is equally valuable for adults.

Wonder Cowrie offers help to those isolated souls who know not how to reach out for the comfort they need; it allows them to feel the distance they perceive between themselves and others to diminish and eventually disappear. This sense of isolation may be initiated by hospitalisation, or perhaps even physical disability which affects communication.

This is a very beautiful essence and much needed at this time when disruptive energy vibrations can temporarily disconnect the soul from its spiritual home.

Wonder Cowrie is excellent for children who feel disconnected from their parents or from Spirit. This essence allows them to experience the love and connectedness which they feel they had lost.



Wonder Cowrie brings a feeling of harmony and connectedness when we feel bereft, alone and isolated, and when distance is perceived instead of closeness and togetherness. "I now feel connected to my human family; even though we have our differences I know I belong."

This essence also allows for spiritual contact: a feeling of never being alone – "I know my spiritual partners are beside me and are holding my hands even though I can't see them".

When we feel as if we have been torn from our connection and are drifting with no secure base this shell helps us feel grounded, safe, and belonging.



"This special essence is for children and for all the people who as children felt neglected.

When the new arrival (a baby) in the family takes the first place, the other sibling – or siblings – feel neglected.

When we grow up we can become obsessed and want the attention on us, such as in conversation when someone dominates the situation. Or parents or teachers want to be heard and grab every opportunity to get attention.

This essence goes very well with Syrinx Aruanus for body/brain connection."

Miriam Melbourne

Wonder Cowrie



"I went through a period where I was feeling very low. I felt isolated and withdrawn, like I couldn't

relate to anyone, family, friends etc. I also felt as if I was under psychic attack... I had a few incidences where people I had met at other workshops had contacted me and tried to bombard me with "things they had picked up about me" and "things that I/they needed to do in order for me to feel better etc". These people just rang out of the blue after asking for a business card and said they were "picking up on one of my cats"

I felt as if I had no boundaries, and was feeling dark, heavy, depressed and unprotected, and questioned my abilities as a healer.

-I made up a blend using Wonder Cowrie and felt much 'lighter' and not as 'alone'. My mood continued to pick up during the following week and I am feeling much, much better. I do believe Wonder Cowrie must have had something to do with the change as I felt such a strong connection to it. It seems to have pulled me out of the hole I was in: I certainly feel more 'whole and protected'".

Sarah, Melbourne



"I have been treating a mother and daughter (8 years old) for several months. The daughter suffers from Turners disease and is subject to rounds of injections and procedures. Both mother and daughter struggle with the emotional side of the daughter's illness. The mother and daughter have a history of disconnection from each other both physically and emotionally.

The other day the mother brought the daughter to the clinic for a balance but upon walking in the door it was obvious the mother needed help first. She was in no state to drive or go anywhere. My client had a swollen left temple, intense migraine, and was seeing flashes in front to her eyes. She felt very emotional and stressed, and overwhelmed and disconnected from her child and family.

During the balance Wonder Cowrie tested up as the priority essence. Upon reading about the essence the mother began to cry and to release some of her stored pain. I gave her stock during the balance, followed by dosage

of 4 drops 4 times a day for a period of three weeks.

She felt immediate relief and by the end of the balance she was able to communicate with her child and experience closeness. Indeed she was able to drive home and looked very different physically; her eyes were clear and all the redness in her face had disappeared; the symptoms of the migraine were almost gone. Also the child appeared more relaxed and connected to the mother.

I also balanced the daughter, and for her Sand Dollar was the priority essence – which made sense as she tends to shut her heart off emotionally, express herself in an intellectual fashion, and avoid eye contact with her parents.

The mother and daughter were able to go home and spend some time together on the couch, both tired from their balances."

Libby, Kinesiologist Melbourne



"I'm calling it the Wonder Drug. It has taken my mind off procrastinating and I "got on with it" and yet not doing it in a "grit my teeth" way.

When our little white fluffy dog passed over the other day, I was stricken with grief as she had made me "her human". Yet I was grateful for the feeling of grief, but was still able to do all the right things for the little pet before and after the event.

I'm also about to engage in a new line of work which will be quite different from my previous 40 years of work. With the new Wonder Dru ..umm...Cowrie, I find myself emotionally stabilized and I got on with the necessary preparations for the new work, whereas previously I would have procrastinated.

Yes, definitely wonder drops." Ken, NSW



Sharing Shell Stories

Windowpane Oyster & Yellow Sand Snail

“We have a very bad Sinusitis that is going through our population and lingers on for a few weeks. I had three cases and prescribed Windowpane Oyster and Yellow Sand Snail (4 drops of each in a bottle) and asked people to use 6 drops every 2 hours.

Guess what – within a day they could breathe and were not coughing up phlegm. How is that for a quick result?”

Miriam Melbourne.



Harmony Mist

“I’m writing to tell you of Claire’s progress with the Shell Essences. As you know we have had endless screaming tantrums due to Claire’s frustration. These outbursts have been an ongoing event for many years. I have tried everything from homoeopathic remedies, to various types of counseling, time out, etc,etc, with very little or no effect.

Since using the Essenshell Harmony Mist for only one week sprayed over her bed before sleep, and again throughout the lounge room and kitchen before getting up, Claire is almost a different person. We have only had one outburst this week instead of 2-3 every day. Claire has also noticed a difference within herself so much that on one occasion was asking for the essence to spray on herself.

I work in a busy Sexual Health Clinic. This last week, I also sprayed ‘Essenshell Harmony’ and ‘Just Me’ around the clinic room and on myself prior to seeing my clients. My clients appeared more relaxed and at ease. There was also a feeling of calmness around my work place.”

Deb. QLD

Stress-Less Dog

“My new young cat seemed to have an emotional response to my surgery and seemed to connect it to the arrival of my mother. She started peeing on the air mattress my mother slept on in the living

room and then continued to pee all over the living room floor.

We didn’t know what to do, and started using a variety of carpet repellent sprays, which did not work consistently. However when we started using this no-stress essence (Stress-Less Dog), we noticed a marked change in her demeanor, and the feistiness in our older cat diminished as well. Overall we seem to have two relaxed cats and no more peeing on the carpet.”

Kirsten Los Angeles. CA

Peaceful Sleep

Being very familiar with flower essences, I decided to order some Shell Essences and give them a try; always happy to try something new.

As I am a somewhat restless sleeper, waking up many times during the night, I decided to give ‘Peaceful Sleep’ a try. Well, how amazing is this stuff!

For me, one drop under the tongue at bedtime gives me a sound night’s sleep. I have to say, no flower essence has done this for me so dramatically.

Glyn NSW

Turbinaria (Coral 15)

“Turbinaria is an essence I have handy for two of my children who have had difficulty sleeping in the past. Although we have a good night-time routine for our children, my teenage son had difficulty falling asleep. With Nancy’s recommendation of Turbinaria before bed he was soon able to doze off peacefully. My three year old son used to wake constantly during the night with nightmares. After giving him Turbinaria before bed we found he, too, slept peacefully and stopped waking. Occasionally if he is restless Turbinaria helps him to settle himself back to sleep.”

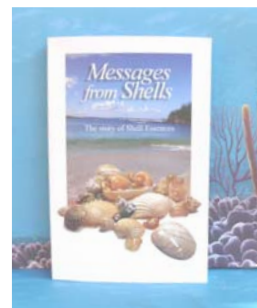
Danielle Silva Sydney.



The Shell Essence Book - Messages from Shells

We have had wonderful feed back from those who have purchased Messages from Shells. It seems everyone loves it and some people have even bought extra copies for friends.

It would make a great Christmas present for anyone interested in essences and especially the Shells.



"I first met Nancy Parker in June 2003 after enquiring about a Shell Essences practitioner Course advertised in the ATMS Journal; I was fascinated as I had not heard of the Shell Essences prior to this. I answered Nancy's ad and asked if she could come to Canberra and run a course. Needless to say I got the numbers for the class and Nancy came to Canberra. Thus began my love affair with the Shell Essences and the rest is history.

During that first conversation I asked Nancy if there was a book on Shell Essences I could purchase to learn more about the Shells while waiting for the course (yes, I can be a little impatient at times)

She gave details about the little booklet with the Healing Cards and explained she was writing a book, but it was still in the pipe line.



Shell Essence Workshops

"I have been using Shell Essences for myself and my family for many years. The biggest change I have noticed within myself is a lessening of fear and excessive worry, to being more patient and resourceful during difficult times. I have also just finished participating in the Shell and Coral Essence workshops this year, which were amazing. Learning about the Shells and Corals has been so interesting and has given me a better understanding of how they help. I also met new people who share similar interests."

Danielle Silva NSW.

I would like to thank all the beautiful people who have attended workshops this year; I have so enjoyed teaching these workshops, and have also learnt so much from each of you. I am deeply grateful to participants who share their own expertise and experience, and to those who wish to share the healing of the Shells. Special thanks to the coordinators who organize workshops and venues and also to those who are drawn to teaching the Shell and Coral Essences – grateful thanks from Nancy and the Shells.

Well, well; we have come to the end of the pipe line and here is Nancy's book, I loved it as soon as I saw it, and of course had to have one. From the stunning cover to the last page it is beautifully presented and fashioned with love. It is bursting with information and yet small enough to go everywhere with me. Thank you to Nancy and Shell Essences." Pam Geering NSW

Pam is teaching a Shell Essence Workshop on the NSW Sth. Coast early next year. Details will be on our web site.

"I have just started reading the story of Shell Essences 'Messages from Shells' by Nancy Parker. It has been an easy book to read, full of colourful stories which I can easily visualize, and valuable information about the essences. What an enjoyable and insightful book." Danielle Silva Sydney

Hello from far North Queensland

Over the last couple of months there have been Practitioner and 'Solutions' workshops conducted in the rural township of Mareeba on the Atherton Tablelands. Our teacher, Nyree, in co-operation with the Essences and Energies create a most captivating, uplifting and entertaining class. We were all inspired and empowered to make a difference (for the better) for ourselves, others, and Earth.

Thank you Shells and Corals. How beautiful it is to experience the fuelling of the spark within; the clearing of the layers so that we may again shine. Linda Gordonvale. QLD



Healing Touch Hand Cleanser

"From the first time I washed my hands with the new hand Wash I was amazed by the change. My hands have felt 'energetically' smoother, smaller, silkier, finer, 'refined' – if I can say that I have continued to experimentally touch my hands since, as it is such a profound difference: I keep checking to see if it has really happened! This is wonderful, however I was unprepared for the 'healing' that occurred simultaneously.

When I was a 9 year old child I was trapped in a tree house and forced to participate in a sexual incident that I did not wish. Since that time I have had an immense aversion to touching a vast many things – (bizarre that I am now a massage therapist) I cannot wash up without gloves; I don't like gross, slimy, lumpy etc textures... but even greater than that was my aversion to touching raw meat. You can imagine my surprise when within just two days of using the Hand Wash I found myself accidentally holding a piece of raw meat to turn it over and slice it. Not only was I able to hold it, there was none of the physical revulsion

responses that I have experienced for 40 years if I inadvertently touched gross... mud, slime, moss, moldy. I was even able to pick up and put back into my dog's mouth, the heartworm tablet he kept spitting out five times! That particular job normally involves me wrapping it in a huge wad of grated cheese, and me holding it tentatively by one edge, praying that he would take it in one go!

This may not seem like a big thing to anyone else, but weeks later I find that I am still awed by this. If there is something that I have to do and my mind goes to 'gross' first, I have to work a little harder with my mind, but the freedom, the healing, the feeling in my hands is truly remarkable. Thank You."

Chery NSW



Chery will be teaching a Shell Essence Workshop at Bateman's Bay in mid-November. Details on Shell Essence Web site.



Callala Bay, Tiger Cowrie, & Rainbow Delight.

"I just thought I would let you know what a great success I have had recently helping a very young girl who has been traumatized and terrorized by spirits. I belong to a group here who help people with spiritual issues and 'spooks' and there are increasingly more and more of us who are discovering each other, and also discovering that the children born today are much more open to the Light than previous generations and hence are susceptible to 'spooks'

(I am unrepentantly irreverent as ever)!

Having helped this particular 10 year old girl in the last month or so (August) as she was again being 'visited' and afraid, I had held back from suggesting Shell Essences to see how she went, but as the parents were being forced to medicate her (unwillingly). I mixed up a mixture of Callala Bay, Tiger Cowrie and Rainbow delight and gave this to the little girl.

She took some drops immediately and straight away felt better.

I went with my team yesterday to her local school because it was felt that there were entities there (which there were) and we did a clearing. I took some Harmony Mist with me and sprayed several areas and each of us as well.

Whilst there the child's mother told me that her daughter is taking the drops and comes to her mum for her doses each day, and has not been visited or terrorized since taking the drops, and is once again the happy smiling little girl.

Although I don't recommend this mixture as a 'formula ghost buster' for everyone, in this case it worked perfectly, and the little one continues to be symptom free. (October)

Robyn NSW





Rainbow Delight and Murex

I'd like to share what has just happened to me. I had a bad respiratory infection about a year ago, and while the antibiotics had brought it under control, I had to get up every morning and vomit up mucus caused by post-nasal drip. This left me very shaky and unable to eat. Well, yesterday I took some drops of Rainbow Delight, and was somehow inspired to look out the Murex I bought some time ago when having stress problems at work. I made up a Murex Dosage and took that too. This morning, for the

first time in over a year I didn't have to vomit up mucus and I could eat a solid breakfast.

Also, just recently I've felt guided to resume casting a Reiki Light Circle around the house every morning. I think the Shell Essences and the Reiki are working together for me – and my household.

Kate Sydney



Genius Pack

I am a mature age student doing a Uni degree. I used to get a fairly average mark for my assignments, but after using the Genius pack I notice I get the work done more quickly. Instead of taking 2-3 weeks to produce an assignment, it is now taking only about a week to research, write and type up my uni assignments – including a 10000 word assignment for which I was delighted to get 24/25 marks. Basically, thoughts come into my mind quickly, and there's now no mental sluggishness; things are a lot clearer, there's no haze.

Lora QLD

Wonder Cowrie

I am currently living apart from my family most of the time due to my work situation. I have felt very isolated and separated from them and have craved constant contact and worried that 'out of sight, out of mind'. Since childhood I have had issues with separation. Since taking Wonder Cowrie I no longer worry about the loss of contact; I can put the issue in the back of my mind and it no longer dominates my thoughts. What a relief – for us all.

John Sydney

Wooden Boxes

We are often asked if wooden boxes for the essences will be available again. Although wooden boxes are difficult to post and to carry around, they are great to have in your clinic.

So we are investigating having some boxes made in Bali for us. They will be solid wood, so a little heavier and slightly higher than the previous boxes, however they will have 'Shell Essences' and a shell carved on the lid. I expect they will be very well made and look rather spectacular. Not sure of the price yet, but maybe about \$40 a box.

If you interested in a box or two please let us know. As before, each box will hold 25 essences.

Web Site

Our web site is soon to be updated – starting with a new, up to date shopping cart. The old shopping cart doesn't contain the new products and is a bit of a 'clunker' although still secure. In the meantime you will need to order new products in the comments section until the new cart is up and running – and I can't wait!!!

Also, if you have ordered through the web site and haven't received your product within a few days, please let us know.

We mail out every day and are proud of our efficient service, so need to know if there's a glitch.





Hello from Global Essences



Well, pat yourself on the back, yes we have made it through a very challenging year!

Saturn moved into Libra at the end of October and as Libra is a Saturn -friendly sign; it all bodes for better, easier times generally. Saturn the harbinger of karmic lessons amongst other challenges means it shifts its glare to how we deal with communications of all kinds. Heading now into the final part of the year it will be helpful to work at improving our communications written and verbal and express this clearly in all our relationships. This is an opportunity to improve ourselves, with Saturn a bit of effort makes life easier, but never completely easy.

I guess we all have to “finish off” our year, get the big picture handled, thank the people who have supported us and inspired us and knuckle down (that’s Saturn speak) to have a really, really enjoyable Christmas party season and enjoy the big Day, well days, well it’s really about a week of celebrating, eating and relaxation isn’t it? We all deserve it!!!

Here’s some extra Shell Essences to handle the “Stages of Christmas”:

1. When not ready for it, dragging the year behind us...A 3-week dose of I Release, or No-More-Grief (dispel feelings of ‘I thought it would turn out differently’), or Essenshell Forgiveness or I Hope (if we are feeling a bit fragile).
2. Overwhelm...Even one dose of Heaven Sent can move us forward, or Essenshell Calm Serenity (allay panic and soothe) or, a mist of Essenshell Flame on Forehead and chest to be present and powerful.
3. Vitality, going the distance, a dose of Essenshell Boost and Bliss for Feet (a regular foot spray for happy feet) and some Just Me to move off other tired energies. Hydration Mist at anytime though the summer stress.
4. Getting into the party mood, try the Happiness Pack- Chocolate Cowrie, I Am & Little Whelks pack; or I’m OK (positive upbeat confident energy, or use SE Shampoo & conditioner to wash the day away for a fresh start, then use the Body/ Face scrub to feel special. Don’t forget the Sensuality Pack if you’re looking for some romantic moments!!!
5. Acknowledging and thanking – Give some great SE gifts, SE Healing Card packs and the lovely gift cards, perhaps?
6. Writing the Xmas messages / Planning the food and holidays – can’t recommend the Genius Pack enough containing Coral 1, I Remember and Ear Shell (for focus). Activate hand centers with a bit of SE Hand Balm, to help expression.
7. For Family cordiality and XMAS Day – spray rooms with Essenshell Harmony Mist, perhaps doctor the punch with a little Rainbow Delight or Essenshell Loving Relationships...whatever you feel!!!
8. Time for me – Just Me mist and meditate, do a Shell Essence Card healings to clear any of the muck that comes up. Essenshell Woman if you have over given of yourself or don’t want to treat yourself!
9. Recovering in general - Essenshell Weight Balance for getting back to balance, I Breathe with Ease for being in your own rhythm or Beyond Time for a rejuvenating, youthful start to the year.

Thank you all for your support and patronage and inspiring stories; it has been a gift in itself, chatting with you, reading and hearing about your life journeys.

With love and blessings for all the “stages of Christmas” for yourselves and your families.

Gabrielle and Mark from Global Essences.





**Christmas blessings from
the Shell Essence Team.**

**We wish you a joyful
Christmas and a relaxing
and fun-filled holiday.**

Karen, Nancy, Gail & Lea

**Please check Website for next workshop dates:
www.ShellEssences.com.au.**

Newsletter by email

If you would like your newsletters emailed instead of snail mail, please let us know – and don't forget to give us your new email address when you change it; we get a lot of returns from each emailing. If you are one of those people who prefer the paper copies because you like to keep them, that's fine; we are happy to continue this service.

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