

THERESE CONWAY • CANYON SOUND ESSENCES

170 First Street
Gananoque, Ontario
K7G 2J1

613.331.4770
canyonsound@gmail.com
canyonsound.com

2022 Autumn Equinox Essence Update

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Message of this essence: *Take time to be with your innocent self, the one who knows who you are and why you are here... even though your life may feel dramatic, dense, tangled, or a fog of confusion. I recommend inviting your innocence to come to the surface every morning and every evening. Just invite her in and sit with her for a few minutes.*

** Key essence in combination*

*15 x **Smokebush** (15—breaking chains binding you to false stories; laughter and lightness are antidotes)
4th Chakra, Studio Set*

Solitary creativity. Remember those imaginary friends we had as children? We played with them not in our minds, but in our hearts. Creativity requires long stretches of solitude, but it need not be lonely.

17 x **Stargazer Lily (17—essential ingredient to healthy organic growth is love)
7th Chakra, Market Set*

Purpose. Your life is not an accident, and you are not infirm. Like an arrow homing in on a target, Stargazer Lily helps you to remain clear and direct as you remember who you are and what you want to accomplish.

*11 x **Bladder Essence** (11—say yes to concordance, no to argument; ingredients of miracles are present)
Yang Essence, Water Element
Cedar, Asparagus, Cedar Bark, Mica*

Delicate fingers. The hands of a playing child are vibrant, curious, and innocent. Without fear of being overpowered or the desire to wield power over anyone or anything, a child is free to explore the wonders of the world. In this receptive exploration, the fingers absorb information rather than grasp for it.