

THERESE CONWAY • CANYON SOUND ESSENCES

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2023 Summer Solstice Essence

Wednesday, June 21; 10:58 a.m.

Dosage: 2 drops, 2x/day. Open your arms wide to the intelligence of Nature all around you. Orient yourself to the workings of Life as you take a few drops of the essence.

* *Key essence in combination*

17 x **Mock Orange** (17—essential ingredient to healthy organic growth is love)
3rd Chakra, Market Set

Persistence and timing. Only you know when the time is right to act. You may be afraid to wait; you may be afraid to move. When you are in sync with your internal rhythms, you will move in rational, timely and sometimes surprising ways. Mock Orange helps you to keep step with yourself as you follow your internal clock.

6 x **Conception Vessel** (6—rest into the all-encompassing magnificence of belonging to all of Life)
Yin Essence
White Clematis, Jade

Remembering joy in the body. Sometimes we forget what a pleasure it is to be in a body on this earth. Traveling up and down the front of our bodies is our central meridian. The train running on this track contains all of our plans and dreams for this life. When we are disconnected from ourselves and have trouble staying in the present, an afternoon of train watching will do us good.

*29 x **Herb Robert** (29—the ability to be empty, when needed, to receive from the Divine)
7th Chakra Essence, Foundation Set

Abandonment. What a relief it is to drop your guard and abandon yourself to the integrity of your soul. Herb Robert helps you to stand just as you are in any given moment and experience total freedom, safety and support. When you can live in such a liberated way, you will never feel abandoned by the people or the world around you.