

## THERESE CONWAY • CANYON SOUND ESSENCES

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### **Lung Essence**

*Yin Essence, Metal Element*

*Wild Rose, Queen Anne's Lace, Malachite*

Expansion. Your experiences and desires constantly circulate through your body, encouraging you to reflect on them and grow. What constricts this flow? Shame, judgment and a fear of change. Often, when you think that people and the world around you are telling you that you are on the wrong track, they are actually challenging you to stand up for yourself and state your intentions with confidence and pride.

### **Large Intestine Essence**

*Yang Essence, Metal Element*

*Birch bark, Red Cedar bark, Blue Lace Agate*

Recreation. We take vacations to relax and recharge our batteries. If we take toddlers along with us on a challenging mountain hike or our heat-hating mother-in-law to Florida in July, we probably will not have a relaxing or rejuvenating experience. The Large Intestine essence puts us back together when we have lost sight of what we need and when we need to get it.

### ***From Canyon Sound Essence Guide:***

***Metal:*** *Joining in the web of life; breathing with the world; ruthlessly letting go of what doesn't belong, knowing that nothing is ever lost.*