

THERESE CONWAY • CANYON SOUND ESSENCES

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2023 Spring Equinox Essence UPDATE

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How to take the essence: When you take this essence, ask your body, your mind, your soul, and Life all around you to help you to **be** the gift you were born as.

** Key essence in combinations*

21 x **White Lily** (21—collaborating as an expert; looking infinitely outward to participate in creation)
1st Chakra, Market Set

Lighthearted ruthlessness. When we feel that our soul and our body fit together like a hand in a glove, we don't need to defend our decisions. We just need to be ourselves. Then, without justifying ourselves, we can follow our desires with easy ruthlessness. White Lily is useful if our body and soul are just enough out of alignment that we feel the need to explain ourselves—when “because I feel like it,” would do just fine.

*14 x **Red Sedum** (14—protection of your original self so that stressors highlight, not diminish, your path)
6th Chakra, Studio Set

Broaden your horizons. Making a choice requires a consideration of all the facts. However, you cannot consider these facts if you cannot see them. Red Sedum helps you to widen your field of vision so you can see the whole picture. From this perspective, almost anything can look intriguing and full of possibilities.

13 x **Lung Essence** (13—death of an old lie; rebirth of your original self, enhanced by experience and truth)
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.

The lungs carry our spirit. With respiration, we breathe with the spirit of all living things on earth, communicating non-verbally but intimately about our life experiences. Through the breath, we fine-tune our position on the web of life. Trees act as our teachers in respiration.

Red Sedum: Keep looking at perplexing people and situations long enough to give your natural intelligence a chance to let you know how this situation will actually serve your ability to be you as gift.

White Lily: Use your powerful mind to **choose** to see yourself as an expert and to **act** that way, despite your misgivings about yourself.

Lung: Know that Life is helping you to shed the beliefs you have accumulated about yourself that keep you from being a powerful, collaborative member of the family of Life.