

# **2020 SPE Candlelight Essencing Inter-Soul Constellation Sessions Session #5 – 8/7/20**

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## **Materials List**

**Each participant will be creating a cosmic transmitter/receiver made from rocks or crystals.**

The complete blueprint for this transmitter/receiver was sent to all of you previously along with video links in which I describe its construction and operation.

If you were not able to purchase all the transmitter/receiver stones shown in the blueprint, you can still participate by using whatever stones you have to construct as close a facsimile of that transmitter/receiver.

If you are using an alternative set-up, you will receive and transmit a weaker signal. However, even the reduced signal may be sufficient to achieve connection to the inter-soul constellation and experience its healing force.

The rocks that comprise your cosmic transmitter/receiver will be used in all the weekly, Candlelight Essencing cosmic light projections.

## **Candlelight Essencing Session #5 – 8/7/20**

**Session #4 Theme: Soular Hero's Journey**

**Read the excerpt on the next page.**

This Candlelight Essencing session is tailored to will help the participants to turn their focus back to their own hero's journey. This will provide support for successful navigation on an inner self level this dark period in our history, so it does not inhibit the progress of one's soular hero's journey.

Right now the outer has been drawn into a whirlpool, not only of a highly virulent and contagious virus, but deadly ignorance and willful divisiveness. The tendency in times such as these, is to forsake one's inner directional process toward wholeness of being.

One of the great benefits for active participants in the SEBT and the Candlelight Essencing sessions is that the essential oils and gemstone essences blends and cosmic light projections have enabled them to maintain forward movement toward becoming what Dr. Carl Rogers referred to as a "fully functioning person" – a person whose inner domain and external life are fully integrated.

Joseph Campbell's ideas on how to achieve wholeness of being are described in *The Hero with a Thousand Faces*. His seminal theory grew out of his observation of the common journey of the archetypal hero featured in a wide spectrum of ancient myths from many different cultures.

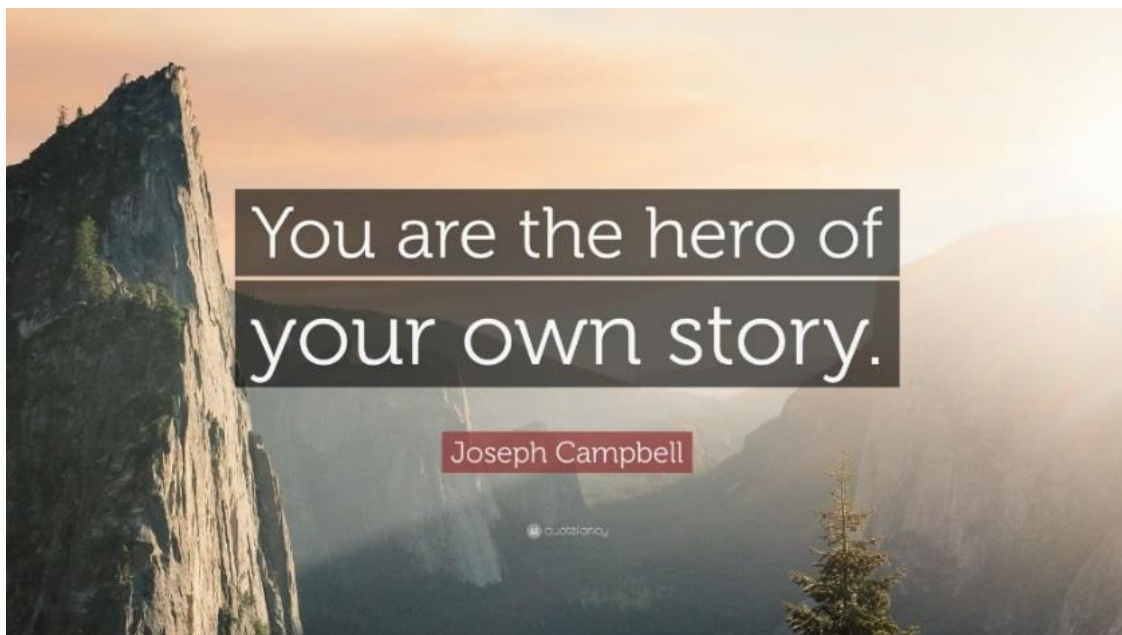
Campbell's most important and enduring point about this monomyth (i.e., the common template within ancient myths that involve a hero who proceeds on an adventure, then in a crisis wins a decisive victory, and, as a result of all this, comes home transformed) is not the scholarly detail regarding the mechanics of the mythical hero's journey, but rather the purpose these hero-myths served in ancient cultures.

Campbell writes: **"It has always been the prime function of mythology and rite to supply the symbols that carry the human spirit forward, in counteraction to those that tend to tie it back. In fact, it may very well be that the very high incidence of neurotic behavior among ourselves follows the decline among us of such effective spiritual aid."**

The hero's journey has three basic phases: **"a separation from the world, a penetration to some source of [inner] power, and a life-enhancing return."**

## Contemplation Starting Point

The hero's journey of any spiritually sensitive person who is driven towards actualization of his or her real self follows this same pattern. Campbell states: "the hero is symbolical of that divine creative and redemptive image which is hidden within us all, only waiting to be known and rendered into life... The adventure of the hero represents the moment in his life when he achieved illumination – the nuclear moment when, while still alive, he found and opened the road to the light beyond the dark walls of our living death."



### Gemstone Essences needed

*Amethyst*  
*Carnelian*  
*Inca Agate*  
*Tiger Eye*

### Essential Oils needed

**Amethyst corresponding oils:** Lavender (primary oil); secondary oils: balsam fir; champaca; greenheart wood; monarda; palmarosa; tuberose; violet leaf

**Carnelian corresponding oils:** Tagetes (primary oil); secondary oils geranium; lemon verbena; myrrh; rosewood; spikenard

**Inca Agate corresponding oils:** Hinoki (main oil); secondary oils: cedarwood; cypress; gandhi root; helichrysum; pemou; sage; yarrow

**Tiger Eye corresponding oils:** Valerian (main oil); secondary oils: bergamot; blue mountain sage; cardamom; catnip; clary sage; frankincense; greenheart wood; neroli; helichrysum; nagarmotha; sage; white cloud (kunzea)

**Note:** You can use as few as one or as many as 3 of the corresponding oils according to how you are guided by feeling and spirit. The more oils that you use, the more dynamic the essential oil energy field that you will be generating.

### Glass Bowl

Clear glass bowl (perhaps 8" across the top) that has not previously been used for food or other purposes. You may have to purchase one and dedicate it to healing with gemstone essences and essential oils.

### Sea Salt

You can use any unrefined sea salt that can be found online or at a health food store. *If you want to add another energetic dynamic to the cosmic light projection - use **Himalayan Pink Salt**.*

### Procedure:

**First, review the Candlelight Essencing Recording Links so that you refamiliarize yourself with the entire process.**

**Note:** Set up your Candlelight Essencing transmitter/receiver the day before the projection. ***Place the Power Core Bowl and then add the gemstone essences and essential oils about 1 hour before you activate your transmitter receiver.***

**1) One hour before the projection begins, add 4 drops each of: ***Amethyst, Carnelian, Inca Agate and Tiger Eye*** gemstone essences to *Power Core Bowl*, which has already been placed inside the Inner Stone Circle. Stir in with fresh twig or toothpick. Do not use metal or plastic.**

**2) Next, mix the essential oils selected for each of the gemstones with ¼ to ½ tsp. of unrefined sea salt. Add this mixture to the *Power Core Bowl*.**

**If you intend to use more than one oil that corresponds with a specific gemstone, the total number of drops used must come to no more than 4 drops of oils for that correspondence.**

Sample selections and drop-counts: **Amethyst** – 2 drops Lavender + 2 drops Palmarosa = 4 drops total for amethyst corresponding oils added to the bowl.

**The total number of drops of essential oils added to the bowl = no more than 16 drops.** *In other words, the drop counts you choose for each of the oils you selected, that cover all 4 gemstone essences used, should total no more than 16 drops.*

**12 is the minimum number of essential oil drops in total added to the bowl.**

**Thus, the Candlelight Essencing essential oil total drop count range for each weekly session = 12 to 16 drops.**

**3) Add 2 drops of each of the 4 gemstone essences to 3 oz. of pure water. Sip and hold in mouth for 30 seconds before swallowing.**

**4) Next, mix 1 drop of each of the oils selected with 9 times as many drops of unrefined jojoba or coconut oil** (or some other carrier oil if you prefer).

*In other words, if you added 6 different oils to the Power Core Bowl, mix a total of 6 drops of essential oils with 54 drops of carrier oil. Follow with **1 minute of vigorous swirling of this mixture** to prepare a **1X dilution**.*

Then, **mix 20 drops of this 1X dilution with 180 drops of carrier oil**, followed once again by **1 minute of vigorous swirling to prepare a 2X dilution**.

**Massage this 2X dilution into the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> chakras + the kidney/adrenal region of the back + the tops of the feet and all around the ankles.**

Time your administration of gemstone essences, and essential oil, blends to occur just prior to the activation of transmitter/receiver.

**After you have administered your gemstone essences and oils, read the highlighted contemplation starting point above by Joseph Campbell and observe the picture below it. These are provided to help connect you to the concept of Soular Hero's Journey. This will guide your intent throughout the Candlelight Essencing session.**

**6) Activate your Transmitter/Receiver as instructed.**

**7) Every hour after that for the 4 hours of your session, stir the Power Core Bowl with a green twig or toothpick and adjust your stones and mirrors as you are guided by feeling and spirit.**

**8) I will be activating my central transmitter/receiver at precisely 5 p.m. Pacific Time. I will keep it activated for 4 hours until 9 p.m. Pacific Time.**

**For the best effect, you will need to overlap your transmission/reception with mine for a minimum of 1 hour. This will give most of you a chance to connect into the active feed that I will be projecting.**

***If you miss that time range, you will still be able to receive some of the energy we generate, if you engage no more than 3 hours after the official session has ended.***

***After your session has ended, remove the Power Core Bowl from within the stone circle. Rinse it counterclockwise (clockwise in Australia) under cold water until the energy has cleared.***

***\*If you are so guided by feeling and spirit, you can continue to use the same combination of gemstone essences and the same blend of oils (perhaps on an every other day basis) you used during the session over the course of the next 2 weeks, until the next Candlelight Essencing session.***