Transformation Essences E-Book

Transforming You and Your Home

Created by Marie Diamond

www.MarieDiamond.com

Written by Marie Diamond and Annette Rugolo

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Marie Diamond is a globally renowned Transformational Leader, Speaker and Author—featured in the worldwide phenomenon “The Secret” and several other motivational documentaries and in TV shows in several continents. She uses her extraordinary knowledge of Energy, Quantum physics, the Law of Attraction, and ancient Wisdom like Meditation, Feng Shui and Dowsing to support individuals, organizations and corporations to transform their success, financial situation, relationships, motivation and inspiration.

Her clients include billionaires, multi millionaires, A-list celebrities in film and music (like Steven Spielberg, Rolling Stones, Paula Abdul, Dan Acroyd) top selling writers (like Rhonda Byrne, Jack Canfield, Bob Proctor, John Gray, Marianne Williamson), top athletes and sportsmen in Basket, Soccer, Golf, leaders from Fortune 500 companies (like BPAmoco, Exxon Mobil), top global MLM companies (like Lyoness, WorldVentures, Nikken, Herbalife) and governmental leaders and organizations (like in Belgium, Kazakhstan, Russia, Iceland, USA, Canada, Mexico).

She is a founding member of the only Global Transformational Leadership council, bringing the top 100 Transformational Trainers, Speakers and Authors together for the last 10 years. She also founded and presides the European Chapter called ATL Europe. She is known for her passion to help create Transformational leaders around the world and is the Executive mentor and Energy Advisor for them. The internationally acclaimed author, teacher, consultant, and motivational speaker brings her wisdom and counsel to a wide audience through her seminars, personal
appearances on TV and radio, Tele-classes, coaching, (E) books, online courses and home study courses and other products.

Born in Belgium, and after living in California in the United States, she is now residing at the French Riviera near Monaco. She travels extensively between several continents to connect with her students and clients in more than 200 countries. Marie Diamond was a successful corporate lawyer in Europe before shifting her focus to the Personal development and the Human Potential movement. Also her safety management skills (Belgian degree of Safety and Well Being) are sought by multinational corporations like BP-Amoco, Exxon-Mobil, and Total Fina, whose productivity and safety records improved dramatically after implementing her recommendations.

She has established a world-class reputation for transforming businesses and entrepreneurs, their branding and marketing with her unique expertise and skills. She will share how you can employ Energy and Feng Shui principles to establish the perfect vibrational pitch that will draw in your ideal client or customer. Marie Diamond consulted with her Energetic Branding Top managers, CEO’s, Politicians, Celebrities, Authors, Speakers, and Sportsmen to expand their branding and their message in the Global Market Place.

To learn more about Marie Diamond and her Diamond Energy Systems, visit:

www.MarieDiamond.com

LinkedIn: MarieDiamond

Facebook:

https://www.facebook.com/mariediamond

amondfans/

Twitter: MarieDiamond888
About Annette Rugolo

Annette Rugolo is an international speaker, teacher and consultant for clients and students in North America, Europe, Australia and Asia.

Annette started teaching transformational seminars in 1999 and began her teaching career with Marie Diamond Global in 2002 and currently teaches the Inner Diamond Meditation and Diamond Dowsing Methods. She is currently a Master Instructor for Marie Diamond Global and has personally trained students in over 20 countries.

Annette held the position of Vice President of Marie Diamond Global from 2007-2012. Annette’s business relationship with Marie Diamond Global continues as the North American Coordinator for the Diamond Dowsing Teachers and as the exclusive licensed proprietor of Marie Diamond Dowsing and Marie Diamond Essences websites.

Annette’s experience in the business community includes almost 20 years of holding management positions in several industries.

Annette is CEO and President of her own company, Conscious Life Resources, created to bring conscious resources to help mothers and grandmothers understand and support their children at a soul level. Her e-book, 8 Practical Steps to Conscious Mothering, was created to this end.

Her company is located in Minneapolis, Minnesota, USA.
With Marie Diamond as her mentor, she has studied the transformation methods taught in her programs since 2002 and has mastered many aspects of the Universal transformational principles. The company of Annette Rugolo is the Global distributor of the Marie Diamond Transformation Essences and she is certified as Master Teacher of the Transformation Essences.

For more about Annette, visit:

Website:  www.AnnetteRugolo.com

Facebook:  https://Facebook.com/annetterugolo88

Linkedin:  https://.linkedin.com/in/consciousliferesources/

Twitter:  https://twitter.com/AnnetteRugolo/
          https://twitter.com/DiamondDowsing
About Marie Diamond Transformation Essences

The Marie Diamond Essences will transform your vibration, the vibration of your home and office and the people living and working in them. These Essences are created by a process of meditation and frequency activations. Marie Diamond has been using Essences in her Transformational work for the last 25 years and has created many lines of Essences.

Marie Diamond Essences go through a very specific and intense process that activates each essence with a quantum frequency. Using each of the Marie Diamond Energy Systems (Diamond Feng Shui, Diamond Dowsing, Inner Diamond) they are activated in an energetically pure space fully connected to the Quantum field.
Each Essence is activated with a specific vibration that will help you connect with a specific quality. Qualities such as Unconditional Love, Wisdom, Clarity, and Focus each hold a certain vibration. When using these Essences in your aura field and your environment, you will enhance these qualities in your life.
How to Use the Transformation Essences

There are many ways to use the essences. They can be used individually or in combination.

The best way to begin is to look through the list below and decide which quality or qualities you would like more of in your life and choose the Essence that is activated with those qualities.

They can also be used in combination to enhance your Success, Health, Relationships and Spiritual Growth. There are 3 Essences that support each of these areas. Choose one area that you feel most in need of transforming and use the essences to enhance this particular area of your life.

For instance, if you feel you need more Success, use the essences Power/Empowerment, Joy/Celebration, Abundance/Magnificence to enhance every aspect of your Success. Each of these essences will support your success in some way.

To create a stronger connection with the universe, find your Personal Energy Number, based on your birthday, by visiting www.MarieDiamond.com
Different ways of using the Transformation Essences

- Always use one spray to activate. The Essence will continue to work for 9 days and 9 nights.

- Use on pillows and breathe in the vibration while you sleep

- Place in your indoor fountains, air dispensers or diffusers

- Spray in your aura field to activate your energy

- Give to plants and flowers

- Place on your hands when doing healing work

- Place the bottle on pictures of people you would love to help transform their lives. You can even use a card with their name on it.

- Place the bottle or spray in the area that corresponds with the compass direction connected with the color. See below

- Spray Essence to enhance and activates the Quantum Color entering at a specific time of day. See below

- Spray Essence to enhance and activates the color that connects with monthly Quantum Color. See below

- Carry with you in your purse or pocket to have it in your aura field as you leave home

- Use one of the Essences as needed to enhance your meditations

- Spray over your bed or the bed of your child before sleep

- Activate your Vision Board with the Success Transformation Essences Power/Empowerment, Abundance/Magnificence or Clarity/Focus.
- Activate your gifts with an essence such as Unconditional Love (Rose) or Celebration (Orange), or another essence that you wish the recipient to receive.

- Use an appropriate essence to activate a room prior to meetings or gatherings.

- Spray on level of the Heart to expand the heart chakra.

- As indicated by your Health advisor

**Important:** Please keep Essences out of direct sunlight and extreme heat. Best when stored in temperatures between 50 and 75 degrees Fahrenheit. (10-24 degrees Celsius)
# Quantum Colors Connected with the Hours of the Day

## Connected with your personal Time Zone

<table>
<thead>
<tr>
<th>Time</th>
<th>Color</th>
<th>Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midnight till 1 am</td>
<td>Royal Blue</td>
<td>Power</td>
</tr>
<tr>
<td>1 am till 2 am</td>
<td>Cobalt Blue</td>
<td>Empowerment</td>
</tr>
<tr>
<td>2 am till 3 am</td>
<td>Aqua Blue</td>
<td>Clarity</td>
</tr>
<tr>
<td>3 am till 4 am</td>
<td>Yellow</td>
<td>Wisdom</td>
</tr>
<tr>
<td>4 am till 5 am</td>
<td>Saffron Yellow</td>
<td>Compassion</td>
</tr>
<tr>
<td>5 am till 6 am</td>
<td>Magenta</td>
<td>Peace</td>
</tr>
<tr>
<td>6 am till 7 am</td>
<td>Emerald Green</td>
<td>Healing</td>
</tr>
<tr>
<td>7 am till 8 am</td>
<td>Citrus Green</td>
<td>Honesty</td>
</tr>
<tr>
<td>8 am till 9 am</td>
<td>Iris Blue</td>
<td>Focus</td>
</tr>
<tr>
<td>9 am till 10 am</td>
<td>Violet</td>
<td>Forgiveness</td>
</tr>
<tr>
<td>10 am till 11 am</td>
<td>Lilac</td>
<td>Release</td>
</tr>
<tr>
<td>11 am till 12 Noon</td>
<td>Gold</td>
<td>Abundance</td>
</tr>
<tr>
<td>Noon till 1 pm</td>
<td>Ruby Red</td>
<td>Balance</td>
</tr>
<tr>
<td>1 pm till 2 pm</td>
<td>Cherry Red</td>
<td>Passion</td>
</tr>
<tr>
<td>2 pm till 3 pm</td>
<td>Orange</td>
<td>Celebration</td>
</tr>
<tr>
<td>3 pm till 4 pm</td>
<td>Rose</td>
<td>Love</td>
</tr>
<tr>
<td>4 pm till 5 pm</td>
<td>Pink</td>
<td>Tenderness</td>
</tr>
<tr>
<td>5 pm till 6 pm</td>
<td>Fuchsia</td>
<td>Collaboration</td>
</tr>
<tr>
<td>6 pm till 7 pm</td>
<td>White</td>
<td>Purity</td>
</tr>
<tr>
<td>7 pm till 8 pm</td>
<td>Ivory White</td>
<td>Transparency</td>
</tr>
<tr>
<td>8 pm till 9 pm</td>
<td>Peach</td>
<td>Joy</td>
</tr>
<tr>
<td>Time</td>
<td>Stone</td>
<td>Gemstone</td>
</tr>
<tr>
<td>----------------------</td>
<td>---------</td>
<td>------------------</td>
</tr>
<tr>
<td>9 pm till 10 pm</td>
<td>Opal</td>
<td>Transformation</td>
</tr>
<tr>
<td>10 pm till 11 pm</td>
<td>Diamond</td>
<td>Faith</td>
</tr>
<tr>
<td>11 pm till 12 pm midnight</td>
<td>Silver</td>
<td>Magnificence</td>
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# Quantum Colors Connected with the Months of the Year

<table>
<thead>
<tr>
<th>Month</th>
<th>Color</th>
<th>Quality</th>
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</thead>
<tbody>
<tr>
<td>Month of January</td>
<td>Royal Blue</td>
<td>Power</td>
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<tr>
<td></td>
<td>Cobalt Blue</td>
<td>Empowerment</td>
</tr>
<tr>
<td>Month of February</td>
<td>Aqua Blue</td>
<td>Clarity</td>
</tr>
<tr>
<td></td>
<td>Yellow</td>
<td>Wisdom</td>
</tr>
<tr>
<td>Month of March</td>
<td>Saffron Yellow</td>
<td>Compassion</td>
</tr>
<tr>
<td></td>
<td>Magenta</td>
<td>Peace</td>
</tr>
<tr>
<td>Month of April</td>
<td>Emerald Green</td>
<td>Healing</td>
</tr>
<tr>
<td></td>
<td>Citrus Green</td>
<td>Honesty</td>
</tr>
<tr>
<td>Month of May</td>
<td>Iris Blue</td>
<td>Focus</td>
</tr>
<tr>
<td></td>
<td>Violet</td>
<td>Forgiveness</td>
</tr>
<tr>
<td>Month of June</td>
<td>Lilac</td>
<td>Release</td>
</tr>
<tr>
<td></td>
<td>Gold</td>
<td>Abundance</td>
</tr>
<tr>
<td>Month of July</td>
<td>Ruby Red</td>
<td>Peace</td>
</tr>
<tr>
<td></td>
<td>Cherry Red</td>
<td>Passion</td>
</tr>
<tr>
<td>Month of August</td>
<td>Orange</td>
<td>Celebration</td>
</tr>
<tr>
<td></td>
<td>Rose</td>
<td>Love</td>
</tr>
<tr>
<td>Month of September</td>
<td>Pink</td>
<td>Tenderness</td>
</tr>
<tr>
<td>-------------------------</td>
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<td>------------</td>
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<tr>
<td></td>
<td>Fuchsia</td>
<td>Collaboration</td>
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<tr>
<td>Month of October</td>
<td>White</td>
<td>Purity</td>
</tr>
<tr>
<td></td>
<td>Ivory White</td>
<td>Transparency</td>
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<tr>
<td>Month of November</td>
<td>Peach</td>
<td>Joy</td>
</tr>
<tr>
<td></td>
<td>Opal</td>
<td>Transformation</td>
</tr>
<tr>
<td>Month of December</td>
<td>Diamond</td>
<td>Faith</td>
</tr>
<tr>
<td></td>
<td>Silver</td>
<td>Magnificence</td>
</tr>
</tbody>
</table>
Transformation Essences for Success

Power & Empowerment

Abundance and Magnificence

Joy & Celebration
Power Essence

Power & Empowerment

‘I create Power in my Self and my Home
And I receive Empowerment from the world’

- Activates your Inner Power
- Gives you Confidence
- Creates Protection
- Provides courage and confidence to do things
- Reduces Procrastination
- You are able to give others confidence and courage
- Helps others to accept you as an authority
- Gives you confidence to express your power
- Supports public speaking and overcoming fear of speaking
- Use for children when they are in fear of others, when they are bullied or in fear of speaking in front of class.
Abundance Essence

Abundance & Magnificence

‘I create Abundance in my Self and my Home
And I receive Magnificence from the world’

- Activates Abundance
- Releases Limitations
- Magnifies Wealth
- Helps you to see the perfection in yourself and others
- Creates abundance in all areas of your life
- Opens up the flow of abundance and helps release blockages towards money
- Magnifies your inner light for other to see
- Magnifies what you already have and supports you to your next level
- Will help magnify your intentions of Abundance.
Joy Essence
Joy & Celebration

‘I create Joy in my Self and my Home
And I receive Celebration from the world’

- Activates Joy
- Releases Sadness
- Helps you regain joy when depressed or sad
- Helps you find humor in stressful situations
- Supports you in celebrating your accomplishments and achievements
- Brings more celebration to parties and gatherings
- Allows you to be more honored and celebrated
- Helps you to see and celebrate your own value
- Activate your success direction to bring more joy to your professional life.
Transformation Essences for Health

Healing & Honesty

Purity & Transparency

Forgiveness & Release
Healing Essence
Healing & Honesty

‘I create Healing in my Self and in my Home
And I receive Honesty from the world’

- Activates Healing
- Releases Emotional Pain
- Creates Honesty
- Releases shock during a health crisis
- Supports emotional, mental and spiritual healing
- Use this essence along with other health procedures
- Reveals underlying issues that could be causing health problems
- Helps reveal deep truths in yourself and situations
'I create Purity in my Self and in my Home
And I receive Transparency from the world'

- Activates Purity and creates Transparency
- Releases Abusive Patterns
- Supports you during the release of substance, alcohol, sexual or energetic abuse
- Helps release energetic attachments
- Creates the ability to see through emotional, mental or spiritual density. Helps with De-cluttering
- Supports the healing of the Inner Child
- Helps you become transparent and avoid game playing.
Forgiveness Essence
Forgiveness & Release

‘I create Forgiveness in my Self and my Home
And I receive Release from the world’

- Activates Forgiveness
- Clears Density
- Supports Release
- Helps release energetic density affecting you physically, emotionally, mentally or spiritually.
- Assists in releasing emotional, mental or spiritual connections to past people or events in your life
- Helps release anything that is no longer serving you
- Assists in the release of old grudges and hurts.
Transformation Essences for Relationships

Unconditional Love & Tenderness

Balance & Passion

Harmony & Collaboration
Love Essence

Unconditional Love & Tenderness

‘I create Love in my Self and my Home
And I receive Tenderness the world’

- Activates Unconditional Love
- Releases blocks to gratitude
- Creates Tenderness
- Opens you to receive Unconditional Love from those supporting you
- Attracts support into your life
- Supports you in feeling and expressing gratitude to yourself and others
- Helps release resistances that block you from moving forward
- Creates softness and an ability to see with your heart
Passion Essence

Balance & Passion

‘I create Balance in my Self and my Home
And I receive Passion from the world’

- Activates Balance
- Releases Extremism
- Creates Passion
- Assists in creating more balance on the physical, emotional and mental levels
- Helps you become aware of what is out of balance in your life
- Connects you with your inner passion in your daily life and in your professional experience
- Helps you balance work, play, family and friends
- Supports you in feeling and expressing passion
Collaboration Essence

Harmony & Collaboration

‘I create Peace in my Self and my Home
And I receive Collaboration from the world’

- Activates Peace within and around you
- Releases Disharmony
- Creates Collaboration
- Works well with calming emotions
- Great for reducing stress and tension
- Creates calmness and relaxation
- Great to use when having trouble going to sleep
- Calms an over active mind
- Use before family or business meetings to create collaboration
- Releases emotional drama
Transformation Essences
for Spiritual Growth

Wisdom & Compassion

Clarity and Focus

Transformation & Faith
Wisdom Essence
Wisdom & Compassion

‘I create Wisdom in my Self and my Home
And I receive compassion from the world’

- Activates Wisdom
- Releases Spiritual Blockages
- Creates Compassion
- Opens you to insights and inspiration
- Connects you with teachers and mentors
- Creates compassion and understanding for yourself and others
- Assists in the expression and sharing of your wisdom
- Helps you discern between wisdom and knowledge
Clarity Essence

Clarity & Focus

‘I create Clarity in my Self and my Home
And I receive Focus from the world’

- Activates Clarity in your life.
- Releases Confusion in your mind
- Creates Focus
- Provides a clearer direction when needed
- Use for more focus and concentration when creating a new project or company
- Great to use when working, studying, creating your goals and vision board
- Helpful when searching for outside of the box solutions
Transformation Essence

Transformation & Faith

‘I create Transformation in my Self and my Home
And I receive Faith from the world’
- Activates Transformation
- Releases Trauma
- Creates Faith
- Helps during times of intense transformation
- Helps release the energy of trauma or accidents
- Use when you have feelings of hopelessness or loss
- Helps move you through your ‘dark night of the Soul’
Light Rescue Essence

- The Rescue Essence is specially created to be used in a Spiritual or Life Crisis.
- Use in times of physical, emotional, mental or spiritual trauma or emergencies.
Tubes of Light Essence

- Creates Protection
- Attracts Support
- Clears Density
- Enhances Manifestation

The Tubes of Light Essence can be used instead of the Tubes of Light Meditation on occasions when you need extra protection and support.

It is great to use for children before heading out the door to school or other activities.
FULL TRANSFORMATION ESSENCES SET
Marie Diamond Transformation Essences
Personal Survey

What Transformation Essence is Right for You?

Read the survey and circle the yes or no with pencil.

We would suggest starting with the Transformation Essence when you have more than 5 Yes answers. When you have several Transformation Essences that have equal amount of Yes answers, start with the one where you have the most Yes answers.

We would suggest taking no more than 3 Transformation Essences at the same time.

When you feel that many Transformation Essences may be useful, we would suggest starting with the Light Rescue Essence, as you are probably in a crisis. You can retake this survey again when you feel you need to switch to another Transformation Essence.
ARE YOU EXPERIENCING....?

- Feelings of vulnerability
  - YES
  - NO

- Over sensitivity to people
  - YES
  - NO

- Negative thoughts and/or emotions
  - YES
  - NO

- Feelings of not being protected
  - YES
  - NO

- Violence and conflict in your life
  - YES
  - NO

- Lack of power and confidence
  - YES
  - NO

- Lack of confidence to follow your dreams
  - YES
  - NO

- Inability to empower others
  - YES
  - NO

When you have more than 5 Yes answers, start with the POWER ESSENCE.

Click here for purchase
ARE YOU EXPERIENCING....?  

- Feelings of ongoing sadness  
  YES  NO

- Feelings of ongoing depression  
  YES  NO

- Difficulty in enjoying your life  
  YES  NO

- Self-pity and playing a victim  
  YES  NO

- Not receiving enough recognition  
  YES  NO

- Not expressing enough your appreciation  
  YES  NO

- Difficulty in expressing gratitude  
  YES  NO

- Difficult in sharing joy with others  
  YES  NO

When you have more than 5 Yes answers here,  
start with the JOY ESSENCE  
Click here for purchase
**ARE YOU EXPERIENCING.... ?**

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty in manifesting abundance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unable to materialize the best results</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inability to create excellence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of creating enough cash flow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty to go to the next level of wealth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty in attracting investors</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty in connecting with abundant people</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of accepting your brilliant skills and talents</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*When you have more than 5 Yes answers here, start with the ABUNDANCE ESSENCE*

*Click here for purchase*
ARE YOU EXPERIENCING.... ?

- Difficulty in finding the right health solutions  YES  NO
- Resistance to releasing emotional pain  YES  NO
- Feelings of dishonesty  YES  NO
- Lack of support for your healing  YES  NO
- Not finding the right Healing modality  YES  NO
- Not finding the right Healer  YES  NO
- Your Healing to be slow  YES  NO
- Lack of insights why you are sick  YES  NO

When you have more than 5 Yes answers here, start with the HEALING ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.... ?

- Chaotic in your physical environment  YES   NO
- Difficult to release abusive situations  YES   NO
- Lack of insights in abusive relationships  YES   NO
- Painful childhood memories  YES   NO
- Violating set boundaries in you or with others  YES   NO
- Difficulty to stop using abusive substances  YES   NO
- Lack of organizing your office or environment  YES   NO
- Energetic attachments of others  YES   NO

When you have more than 5 Yes answers here, start with the PURITY ESSENCE

Click here for purchase
ARE YOU EXPERIENCING…. ?

- Difficult time forgiving yourself  YES  NO
- Difficulty in releasing past experiences  YES  NO
- Staying guilty of what happened in the past  YES  NO
- Having a hard time in forgiving others  YES  NO
- Staying focused on the past  YES  NO
- You like Living in your memories  YES  NO
- Density in your aura field or environment  YES  NO
- Hard time to let go of memorabilia  YES  NO

**When you have more than 5 Yes answers here, start with the FORGIVENESS ESSENCE**

*Click here for purchase*
ARE YOU EXPERIENCING.... ?

- Loneliness and lack of friends       YES     NO
- Lack of expression your love towards your family    YES     NO
- Lack of support from your family and colleagues       YES     NO
- Difficulty in expressing appreciation and tenderness    YES     NO
- Difficulty in receiving love and tenderness       YES     NO
- Blockages in attracting Romance       YES     NO
- Blockages in networking with others       YES     NO
- Blockages in loving collaboration with others       YES     NO

When you have more than 5 Yes answers here, start with the LOVE ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.....?

- You are unable to make balanced decisions   YES  NO
- You are torn between two solutions or two people   YES  NO
- Conflicts in your home or work place   YES  NO
- Lack of balance in your life   YES  NO
- Not knowing what to do to get more balance   YES  NO
- Being constant bored in your life   YES  NO
- Lack of passion in your romantic life   YES  NO
- Lack of passion in your job   YES  NO

When you have more than 5 Yes answers here, start with the PASSION ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.... ?

- Not recovering from an emotional or mental shock  YES  NO
- Having chaotic emotions  YES  NO
- Ongoing stress and tensions  YES  NO
- Trouble going to sleep  YES  NO
- Hard time to calm an overactive mind  YES  NO
- Disharmony in your family or work situation  YES  NO
- Lack of collaboration and teamwork at home or office  YES  NO
- Hard Time to attract the right team to support you  YES  NO

When you have more than 5 Yes answers here, start with the COLLABORATION ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.... ?

- Lack of inspiration in your life                        YES  NO
- You are unable to find time to meditate or pray        YES  NO
- People not listening to your wisdom                    YES  NO
- Constant asking others for advice and not yourself    YES  NO
- Unable to attract the right teachers and mentors       YES  NO
- Self judgment or judgment of others                    YES  NO
- Not listening enough to your intuition                 YES  NO
- Not being compassionate enough                         YES  NO

When you have more than 5 Yes answers here,
start with the WISDOM ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.... ?

- Confusion in your thoughts       YES  NO
- Lack of clear direction for your life       YES  NO
- Ongoing Miscommunication with others       YES  NO
- Unable to express your needs and desires       YES  NO
- Lack of focus and concentration       YES  NO
- Difficulty in finishing projects       YES  NO
- Difficulty in studying       YES  NO
- Difficult to stay focused in the NOW       YES  NO

When you have more than 5 Yes answers here, start with the CLARITY ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.... ?

- Intense times of transformation
  YES  NO
- An urgent need for solutions
  YES  NO
- A period of being accident prone
  YES  NO
- Living with people around you in crisis
  YES  NO
- Feelings of hopelessness or loss
  YES  NO
- Lack of faith in yourself or others
  YES  NO
- Lack of trust that God/The Universe supports you
  YES  NO

When you have more than 5 Yes answers here, start with the TRANSFORMATION ESSENCE

*Click here for purchase*
ARE YOU EXPERIENCING.... ?

- You could use all the Transformation Essences YES NO
- Living a spiritual crisis YES NO
- A crisis around your success, health or relationship YES NO
- Your personality dominating your Soul YES NO
- Living in a huge fear for the future YES NO
- Feeling completely lost on your journey YES NO
- Ready to give up your life YES NO
- Living in a dark night of the Soul YES NO

When you have more than 5 Yes answers here, start with the LIGHT RESCUE ESSENCE

Click here for purchase
ARE YOU EXPERIENCING.... ?

- Lack of Protection       YES    NO

- You need the extra booster for staying in the Light       YES    NO

- Your lack time to meditate in the morning       YES    NO

- You wish to keep your children protected       YES    NO

- Need some extra guidance during stress       YES    NO

- Having too much stress       YES    NO

When you have more than 5 Yes answers here, start with the TUBES OF LIGHT ESSENCE

Click here for purchase
DIFFERENT METHODS TO FIND THE RIGHT ESSENCE

Along with determining what you need from the above survey, you can also dowse or muscle test to see which Essence you need.

Dowsing

If you are dowsing with either your dowsing rods or pendulum, connect with one of the Essences by looking at the word, color or bottle and ask, “Will taking this Essence support me”; your dowsing rods or pendulum will respond ‘yes’ or ‘no’.

If you do not use dowsing rods or a pendulum, you can also muscle test yourself with this method:

Muscle Testing

Make a strong ring with your thumb and a finger of the non-dominant hand. Make another ring, interlocking with the first, with the thumb and a finger of the other hand, and then try to pull the second ring through the first at its weakest point, where the thumb and finger meet.

Alternatively, pinch the thumb and a finger of the second hand together as if forming a beak, and try to spread the thumb and finger of the first hand apart with them.

Ask the question again. If the thumb and finger do not come apart, it is a ‘yes’. If you are able to pull them apart, it is a ‘no’.

Following your Intuition

Using your intuition, you will feel drawn to a color or to the quality that the essence represents or with the bottles in front of you, be aware of which one you are drawn to.