

INTRODUCING THE MOTHER & BABY RANGE FROM PURELY ESSENCES

By Shelley Sishton and Debbie Sellwood

As producers, therapists and users of flower essences, we share a common intention to enable the highest possible state, either physically, mentally, emotionally or spiritually, we can for ourselves and for others. In facilitating this we not only advance the awareness of those concerned but are instrumental in accelerating the consciousness of humanity.

The beauty of essences is that they can support those new souls just starting life on earth or even better before they arrive here, whilst still in the womb. Focusing on this stage of life, the **mother & baby** range from **purely essences** does exactly this.

Shelley Sishton and Debbie Sellwood were guided to create this range in order to assist not only those children being born now (and in the future) but also most importantly, their families too. By welcoming and supporting new souls just entering earthly life we ease their adjustment to our world and make it easier for them to manifest their gifts and do the job they have come to do. Indeed there are many evolved children incarnating now with highly advanced attributes but despite possessing great powers, their vulnerability means they need protection and guidance of the highest calibre. They are our future; they have come with an important task to bring forth the next step in human evolution.

The best possible scenario for these sensitive children is that they are raised in a nurturing environment by parents or guardians who are spiritually aware. **mother & baby** essences assist not only new arrivals to earth but those that guide and raise them.

Recent years have seen a great fragmentation in family life, conversely impacting society and changing the 'traditional' model of family support, which can create very challenging circumstances for some new souls to fulfil their life purpose. **mother & baby** essences address this by caring not only for new baby but Mum, Dad, guardians and siblings too; thereby helping to create a supportive, more fully enlightened unit that enables children to grow up secure with who they are and comfortable enough to express their truth and destiny with grace.

The range of nine essences was created with pure intention, light and love, around a magnificent natural pond filled with water lilies in full bloom; these essences have a strong connection with the element of water. As the moment drew near for the essences to be born, the pond was blessed and ceremoniously decorated with a medicine wheel under the guidance of resident nature spirits.

The energies within each essence are given in detail on the **mother & baby** website: www.purelyessences.com, together with in-depth descriptions of each one. Here is a brief introduction to the range:

Conception and Prenatal **pregnancy partner**

Clears cluttered emotional energies from the womb to create a joyful and sacred space for conception and for baby to grow within. Uniting mum and baby in pure love, this essence prepares both for birth and beyond.

Childbirth **birthing buddy**

Offering an invitation to relax into the innate wisdom of her body during birth, this essence supports a mother through what can be an intense physical and emotional experience. Rather than trying to control the process, this essence encourages mother - and baby - to ease into the journey.

Postnatal **nursing mother**

Assisting *all* mothers, not just those who wish to breast feed. This essence inspires a relaxed yet confident approach to feeding, whether naturally or by bottle, and helps mothers to feel more calm and self-assured about handling their baby, strengthening the bond between them. Offering insight into the deeper nature of her personal needs for a mother to recognise when to be more open to receiving help at a time when her energies are directed towards family needs.

soothe Baby Blues

The period following birth can be a vulnerable time. This essence restores emotional balance and encourages self nurturing. Revitalises mum or dad to manage daily demands and family life without feeling overwhelmed.

Parenting **hello Dad**

The impact that a new baby can have on dad is not always understood or discussed – it is worth remembering that this is often a major life change for a man as well as for a woman. **hello dad** helps make the transition to fatherhood (from pre-conception through pregnancy onwards) and to embrace the role in new ways with an open heart and mind, leaving pre-conditioned expectations behind.

mum's Everywhere

To help mum – at any time of life - to honour herself and to balance her own time and space with the needs of her family. It helps her maintain a healthy

balance of giving and receiving, bringing new perspectives on old ways of responding to life situations.

Baby and children

welcome baby

Available as a spritz or bath drops, this essence embraces a light and playful link between heaven and earth. It offers a sense of peace and reassurance, inviting baby to feel welcome and much loved here on earth.

Sibling Support

As well as great excitement, many children experience feelings of jealousy and even rejection at the arrival of a new younger sibling. This essence helps siblings feel safe and still loved, encouraging them to feel comfortable, balanced and integrated within the new family set up.

To accompany all stages of conception, pregnancy, birth and beyond

safe place

This spritz offers a sense of peace and tranquillity – a safe place in which to draw breath, reconnect with your peaceful centre and move forward feeling grounded and secure once again. For all the family to use when feeling pushed or stressed, and especially to enhance a feeling of calm in the birthing room.

If you have any questions about the range, or for more information, contact Shelley and Debbie on 01892 724 244, or email through the website: www.purelyessences.com