



How to use the Quintessence

The Ascension Coach

BE THE LIGHT

- Place 3 drops of the quintessence on your left wrist. Press both wrists together and then take your arms up so your hands are above your head. Feel the pulsation in your wrists and give the energies away to the world.
- At this point you may like to engage further with the Ascended Master by calling out their name 3 times (otherwise silently do so if you like).
- If you're not feeling the pulsation in your wrists, wiggle your fingers whilst your hands are still up above your head as this will help your senses to feel the pulsation. Trust it will come and it will. Keep at it as the connection here certainly helps for better engagement with the experience. It will come over time if it doesn't happen automatically.
- Imagine the energies through the fingers coming back to your own field, invoking the highest qualities of the quintessence.
- Then imagining that you have a large set of angel wings attached to your shoulder blades, spine and arms becoming your wings of the astral field, bring your hands over the crown chakra slightly crossing over the wrists.
- Then take the arms out to the side and then bring the hands in again crossing the wrists over the 3rd eye staying here for a moment all the while keeping the thought of your wings are moving you through this process.
- Repeat taking the arms/wings out to the side and bring the wrists over the throat chakra. Stay here for a breath or two.
- Repeat for the heart chakra. You may want to cross the hands over the heart like your giving yourself a gentle hug. Stay here for few breaths and breathe in the divine elixir.
- Then more quickly repeat for the solar plexus, sacral chakra and base chakra all the way to the ground
- Then once you are there, imagine giving the energies to Mother Earth for a few moments visualising the energies going through the floor and penetrating deep within the layers of the Earth.
- Then roll the hands over each other inwards towards the body as you come up all the way to over your head and giving the energies away to the world again.
- Finally, bring your hands to prayer pose with your thumbs on your bridge of your nose and 3rd eye and your wrists near your nostrils and breathe in 3 times imagining this quintessence being completely absorbed by you into your own temple.
- That's it! You'll get your own rhythm going. The whole process could take anywhere from a couple of minutes to 5-10 minutes. Up to you.
- Use daily in the morning and throughout the day as you feel necessary. The quintessences are very helpful before contemplation, meditation or prayer to take you to that still place where you can connect with the Source.
- As a very quick alternative to connect with the power of the quintessence when not able to 'spread your wings' you could just apply to the wrists and take in 3 breaths taking your hands up in prayer pose instead.