



HOW TO USE YOUR COLOUR MIRRORS OIL & ESSENCE SAMPLES

A Simple Guide to Instinctive Choice

Keeping it Simple.....

Each of the beautiful bottles in the range has its own message, its own 'note' or vibration, its own name and number, its own scent, its own healing properties, its own colour combinations, and more. As you look at them, you will find some that call you, drawing you in. Each time you select a bottle it can show you and I clearly and with great precision who you really are, offering insight and guidance for your life. Your individual response to each bottle reveals issues, blocks, past life patterning, hidden aspects of your psyche and much more to me and I use that to facilitate to you a better understanding of your 'self'.

Perhaps most potent of all, they can show the truth of the light you really are. Each colour choice you make mirrors both your conscious and subconscious mindsets. They will shine back to you the potential you hold, reminding you of your talents, gifts, personal power, and the real you. They will also reflect specific patterns of behaviour that could be sub-consciously sabotaging aspects of your life. Working with me, you are assisted to shift old, outdated beliefs, patterns or habits which no longer serve you in the Now. I use them as an entry point to wellness, to enable and guide me to craft an effective healing program for you.

How to Use Samples: I strongly encourage you to use your instinct when it comes to engaging with your samples. If you have more than one, the right one will call you. Trust the process. All the bottles carry a unique healing vibration which interacts with your energy field. As you connect with, hold or bathe in the coloured oils and essences you allow their energy signature to interact with your own, bringing about changes – sometimes subtle, sometimes profound.

Colour Mirrors OILS have a powerful impact if used on your skin, deeply reaching your body at a *cellular level*, imparting their messages, energy, and healing.

Some suggestions: Hold the bottle during meditation. Carry it with you like a lucky crystal. Keep in on your desk or in your eyeline as you work. Put it under your pillow while you sleep. Use as a body oil whenever you feel like it. Use it in a bath.

Colour Mirrors ESSENCES bring *instant support*, for whichever issue, challenge or question you are faced with in the moment. They also work by carrying their unique energy vibration into your body at a cellular level. I call them my quick fixes.

Some suggestions: Spritz around the house, in your car, even in the garden. Spritz into your aura and on to your hands, then rub your hands together and take a moment to really breathe the essence in deeply. Use in the air when having a bath with an oil, and/or spritz the top of the bath water.

BATHS!: If it suits you, notice what the oil does when you put it in the water before you get in. Does it dissolve, does it move to a certain point, does it stay in a circle etc. Notice what it does when you get in. Does it change, move, affect colour, affect temperature, anything, or nothing etc. Ideally, listen to a meditation and totally relax to let their magic take effect. See how you and your skin feel during and after. Use your Lighthouse Notepad to take some notes to bring to your next session. Enjoy!

Finally, the samples I provide are to help you continue your journey between sessions. I am the only practitioner who provides free samples - I believe it's important and a necessary part of your wellness journey. If you are given samples, they are with you for a reason, so engage with them, use them, experience them. **Please note:** Your samples are for **YOU** and only you. *What is right for you will not be right for anyone else, so refrain from playing with other people's energy!*

The most effective use for me, as a therapist who fundamentally focusses on identifying and treating the root cause of an individual's challenges, is how quickly the system can take me and my clients to the heart of the issue, how accurate they are and how gentle and non-invasive the process is. The outcomes are used to structure the most effective healing, counselling, support, treatment sessions and complementary programs for an individual to ensure a *successful* level of long-term recovery, wellness, life balance, happiness and ultimately **JOY, IN THE NOW.**

Love & Light, Jennifer