



How to take the essences & FAQ's

Taking the essences when required

Use the essences when you feel like you need support, protection, guidance or cleansing from the trees. If you are having a challenging day or feel emotional- take the essence, sit down and take some deep breaths. Call the tree in your mind and then relax for for a few minutes. If you need more help take the drops and listen to the [Sacred Tree Icaro CD](#).

Take three drops of the essence when required and repeat as often as needed. This can be done by placing the drops directly on the tongue or by adding the drops to a glass of water and drinking it.

Using the Essences longer term

Taking them on a longer-term basis is recommended for profound learning and energetic transformation. It is recommended that you take the essence for a minimum of two weeks or for best results for a month. Take three drops of the essence four times a day. For the best results and outcome it is advised that you follow the advanced shamanic course.

Highly recommended - Advanced Shamanic treatment

To work with the plants in a traditional shamanic way, for the first week of taking them refrain from using: sugar, alcohol, coffee, pork, recreational drugs and as little pharmaceutical medication as possible (if you have been prescribed medication by a doctor this needs to be taken as normal). In addition, no sex or sex related activities, including kissing. After the first seven days all activities can be resumed as normal, but you continue to take the essence. Take as above. 30 days treatment for best results.

Children

Please contact me for further guidance.

Pets

Please contact me for further guidance.

Using the essences within your spiritual practice

Staying connected

For people who have been down to the Amazon and worked with the plants and tree spirits directly, you can use the essences to continue your journey of purification and learning. Helping you to stay connected to the trees and your medicine path.

Ceremonies

Invite the tree spirits to your ceremony, call upon their protection, healing and divine knowledge to guide and aid you through your shamanic ceremony.

Drumming journeys

Drumming journeys allow you to enter an altered state of consciousness. Whilst in trance you can directly connect to the healing trees, plugging into their energy and experiencing firsthand that particular trees consciousness and teaching.

Visualisation journeys

Focus your third eye, meditate, connect to the tree spirits and allow them to reveal themselves to you.

Meditation

Connect to the energy of the trees during your mediation and allow for new ideas, awareness, insights and revelations come to you.

Yoga and energetic movement work

Yoga promotes the elimination of toxins and trapped emotions/energies in the body. The essences can aid this process by using the channels of elimination that are opened up through the practice; to release 'crossed' or unwanted energies from the body and mind, promoting the restoration of energetic balance and wellbeing.

Sacred Tree Icaro CD

The [CD](#) can be listened to at any time, but it can be especially beneficial when you need to relax, unwind, and let your problems be carried away by the spirits. Get into a comfortable position, take a few deep breaths and then gently focus your attention on the icaros.

Healing others

The essences can be used to enhance and compliment other types of healing work. They can be used to assist in therapies and energetic work. If you are an essence practitioner/ therapist/healer and you are interested in incorporating the essences into your current practice, contact us for a discount.

FAQ's

When is the best time to do the advanced shamanic treatment?

There is no better or worse time to learn from the spirits and have your energy realigned. However, doing the advanced treatment may be especially beneficial when you are going through times of stress, doubt, confusion, mental turbulence, when you are at a crossroads, when your energy needs cleansing, or when you have energetic blocks that need to be moved and that you want to build a deeper connection with the nature spirits and its medicine.

If I do the advanced shamanic treatment, how long should I wait before starting another essence?

It is recommended that you wait for at least a week until you begin the next treatment.

What happens if I don't follow the advanced shamanic treatment restrictions?

These restrictions are based on traditional methods of working with the medicinal plants. Following the restrictions ensures the best possible results from taking the essences. It creates the optimal environment in the body for your energy to be worked on. By following these rules, you will be creating an altered energetic state that will create space for the spirits to do their work. The spirits will also work to release a build-up of the very substances that you are abstaining from. If you have made the decision to do the advanced treatment then stick to it. Following all the restrictions shows respect towards the spirits and demonstrates your level of commitment.

Why can't I have sex or even kiss when I am doing the advanced shamanic treatment?

When two people engage in any sex-related activity, there is an exchange of energy. While the spirits are working on your energy, it is best that there are no outside energies coming into the mix. The spirits will be straightening out all your energetic centers, including your sexual energy center, which is why masturbation is also not recommended. It is ok to kiss people on the cheek. This restriction is followed for just the first week of taking the essence.

Why can't I eat pork during the advanced shamanic treatment?

Pork has a very dense energy. During the course, an environment is created in the body to allow the release of unwanted energies. The energetic density of pork can hinder this process. This restriction is followed just for the first week of taking the essence.

Why can't I drink alcohol or use drugs while on the shamanic course?

As your energy is being worked on, it is recommended that these substances' energies are not thrown into the mix. Adding these substances will reverse the effects of the essences. This restriction is just followed for the first week of taking the essence but would be better if continued for longer.

Why can't I have sugar during the advanced shamanic treatment?

Sugar weakens your energetic body, leaving you less capable of dealing with emotional and energetic change. Refraining from sugar consumption allows the build up of this substance to be released from the body and creates a cleaner environment for the spirits to do their work. Also traditionally this is a rule that is always followed when working with the plants in this way.

When you say "no sugar," on the shamanic treatment, what foods do you mean exactly?

Anything that tastes sweet, the obvious things like chocolate, cookies, ice-cream, cakes, soft drinks and adding sugar to your food and drinks. This includes: sugar-free gum, stevia, honey and sweeteners. Many processed foods contain small amounts of sugar, which is ok but where you can please try and minimise this and eat fresh food. One piece of fruit per day is acceptable. These restrictions are followed for the first week of treatment.

Why can't I have coffee on the shamanic treatment and can I have tea instead?

Coffee stimulates fear energy and causes anxiety. Refraining from drinking coffee will allow the spirits to work optimally without the interference of these energies and will allow these built-up substances to be released from the energetic body. Tea works differently in the energetic body and has a lesser stimulant effect; however, it is recommended that you not exceed 2 cups of caffeinated tea per day. (this includes green tea) If however you can completely go without caffeine even better. You may drink as much herbal tea as you desire. These restrictions are followed for the first week of treatment.

Can I mix the essences?

Yes, you can mix the essences. However, it is recommended that you start off using the essences individually so that you can understand how each essence works for you and you can build an individual connection to each tree. More is not always necessarily more.

How many essences can I use at the same time?

It is recommended that you mix no more than 3 essences together. Take one drop of each essence 4 times a day.

Can the essences negatively affect me?

Everyone is configured differently energetically. This means that your experiences with the essences are going to be personal. A wide range of effects may take place. Sometimes it may be possible to feel that the very problem that you want to fix becomes worse. This is because the spirits bring the energies that need to be released to the surface, so you may feel them as they are leaving your consciousness. This is only temporary, and once the energies have been realigned, you will feel better. Only positive transformation can come about by taking the essences. Some people may feel very calm and peaceful after taking the essences. Some people may feel like the essences are not doing anything at all. In this case, trust that they are working. It may be that your energy is denser so you are unable to feel them working, or that you have not developed a psychic awareness of how energy moves yet. It is quite common to have mood swings in the first week whilst you are following all the restrictions.

I don't like the taste of the alcohol in the essences. Is there another way that I can take them?

You can put the drops into a glass of pure water and drink it. Do not mix them with other liquids or substances.

Can I really take the essences as often as I need to?

Yes, you can't overdose on taking the essences. However, follow the suggested directions of taking three drops at a time and then repeat as often as needed.

I want to learn from the spirits, but I don't want to have my energy realigned. Can I do this?

No, the spirits teach you through the process of having your energy realigned.

Do I have to follow the restrictions when taking the essences on an as-needed basis, instead of doing the treatment?

No, the restrictions are only applied when following the shamanic advanced treatment.

How long does one bottle of essence last for?

There is roughly enough to last for 5 weeks if taken as listed. There is enough to do a 30 days advanced treatment with some left over to be used as and when needed which is how I would recommend using them.

Is there any particular way the essence should be stored?

Yes, keep away from direct sunlight.

Is doing an advanced shamanic treatment the same as doing a dieta in the jungle?

I have introduced a way for people to be able to safely work with the plants who are unable to make it down to the jungle. The treatment has been adapted for people to be able to use at home, carrying on their daily routines and take it unsupervised. Doing a dieta in the jungle is more intense, the plant mixture strength is different, there are more restrictions and should not be done without supervision.

Enjoy the essences!!

With love

Mimi