

The South American land of the majestic Andes and wild Amazon has held an allure for many people over the millennia. During a life-altering, two-week journey to Ecuador, I joyfully took part in ceremony, communed with Nature and experienced deep healing. What a privilege to work with so many powerful Master Plants, which people go to great lengths to experience! The Plants and Places included in the Ecuador Set insisted that their Essences be made and shared with others; this prompted me to make Brigid's Way's Essences available to everyone, not just clients.

Brigid's Way offers various opportunities to enter into a sacred reciprocity with Nature so we can all live, love and evolve to our fullest potential. The founder, Jen Frey, provides consultations, healing ceremonies, classes and more. She is a certified Flower Essence and Plant Spirit Healing practitioner.



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Brigid's  
Way

Leading the Plant-a-tary evolution.



## The Ecuador Essences





## About Brigid's Way's Essences

More than ever before, Plants and Essences are guiding humanity through great change, healing our wounds and helping us embrace our wholeness. Using what we call Whole Plant Therapy, Brigid's Way works with the consciousness and Spirit of the Plant, which creates a powerful energy transference that compounds its healing benefit. The Essences' Light, Love and Intelligence seeks out root cause, which is far deeper than a treatment of symptoms.



The story of my life has been intertwined with the Plant World since my grandparents instilled in me a deep love and wonder for Nature as a little girl. When I founded Brigid's Way in 2010, it was a culmination of the lifelong inspiration I've gained through communing with the Plant World and working directly with the Guiding Force of Love.

Brigid's Way gives me ongoing opportunities to help beautiful human beings of all ages—from young children to older adults—both locally and at a distance. Love is at the center of everything I do, and I honor the highest good of All in accordance with free will.

Thank you for your interest in Brigid's Way!

*Jan Frey*



# How To Use The Essences

The Essences can be taken straight by the drop or diluted by adding 3 drops to a ½-ounce dosage bottle filled with 7 parts pure spring water and 3 parts good quality brandy.

*Brigid's Way makes no claims that these Essences can treat any emotional or physical illness. These Essences should not be used as a substitute for professional medical evaluation and care.*

Pricing: \$140 for set; \$12 each (plus shipping)

To order, go to: [www.brigidsway.com](http://www.brigidsway.com)



## The Ecuador Essences

Brigid's Way Essences capture the unique energetic imprint and healing gifts of Plants, Gems, Flowers, Nature Spirits, and Sacred Places and Events from around the world. These Essences can help us embrace our True Essential Nature, thereby supporting our individual and collective awakening.

Originating from Ecuador, the land of the majestic Andes and wild Amazon rainforest, these Essences are made by Nature and lovingly prepared by the Heart and hands of Jen Frey, founder of Brigid's Way. The Essences are preserved with fine brandy.

*This set contains ½-ounce stock bottles of the following 16 Essences. These Essences can assist you in seeing your beauty, healing wounds, removing blockages, and connecting with both Nature and your truest inner nature.*

*They are wonderful for journeying.*



### Achiote:

#### I AM WHOLE

This Essence taps into the Hidden Wild Wise One to help you overcome deep wounding. Helps you gain strength, self-confidence and wholeness. Good for recovering from abuse and eating disorders; improves body image. A great protective Essence.



### Amazon Pugyo:

#### I EMBRACE MY WILD NATURE

Assists in breaking through and releasing what may be holding you back from your True Essential Nature. Calls forth the playful inner child. Helps connect you with Wild Nature and the Wild within, and heals separation complex.



### Grandmother Ayahuasca:

#### I AM DIVINITY

This Master Plant aligns you with Nature, the Divine, the All, the Great Oneness, and reminds us of our Oneness. Elicits the Divine experience and opens the heart to the sensuality of Life. Directs the healing process. This is a great Shamanic journey Essence.



### Tiputini Pugyo:

#### I AM PURE, CLEAR WATER

This Essence was made during a powerful ceremony of opening the Tiputini Pugyo. (A pugyo is a special energy center where Water Spirits live.) Helps connect the Waters of the World and allows Water to remember her Original Essence. It reminds us of what it is to be Water, pure and true. Opens and clears the pugyos, including those of the body.



### Yellow Orchid:

#### I RISE ABOVE ANGER.

Helps you to rise above anger (your own and others') and into your Higher Self. An evolutionary aide and ambassador, it helps us to Be all that we can Be.





### Palo Santo:

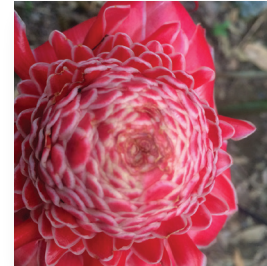
#### I RELEASE WHAT NO LONGER SERVES ME

Releases trapped or held emotions, beliefs and thought forms, allowing your inner Light to shine brighter and the soul to expand. Increases a sense of relaxation, calmness and centeredness. It's helpful for sensitive people who tend to attract others' energies and emotions, and "carry the weight of the world" on their shoulders. Expands the First Eye (6th) chakra.

### San Pedro:

#### I EMBRACE MY GIFTS AND POWERS

This Master Plant reminds you of your gifts, restores your power (including psychic power) and allows you to be transformed. Known as the Plant of Shamans, it aids in removing negative energies coming towards you. Made in the Full Moon, this Essence is a powerful dreaming and journeying essence. Strengthens the First Eye (6th) and Heart (4th) chakras.



### Beauty Plant:

#### I AM BEAUTY

Helps you to recognize your inner beauty, heal body image, and feel beautiful. Allows you to shine your Light and overcome fear of "shining too brightly." Enables you to be firmly in the present, as well as integrate lessons, so you can move beyond them and step into your life's work.



### Cacao:

#### I BALANCE MY MASCULINE AND FEMININE NATURE

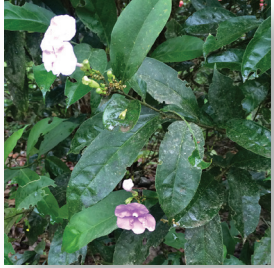
Releases and dissolves pains and wounds held in the body, particularly in the female breasts and male genitals. Helps to heal limiting beliefs around sex, and see the Divine aspect of Lovemaking. Facilitates ecstatic union of the masculine and feminine, as well as sensuality. Balances masculine and feminine energies.



### Calla Lily:

#### I FORGIVE AND ACCEPT FORGIVENESS

This Mother Mary Essence purifies and assists with Ascension. Removes guilt and "dirty" feelings, allowing you to experience the Sacredness of sex and your own sexuality. Brings Divine Energy to Earth and breaks through creative blocks.



**Chiriguayusa:**  
**MY HEART IS DIVINE HEART**

This Master Plant (linked with Ayahuasca) is an activator Essence that realigns your Heart with Divine Heart. Helps you merge with profound silence. A powerful Shamanic journeying Essence, it enlivens the Heart (4th) and First Eye (6th) chakras.



**Chonta:**  
**I AM CLEAR OF NEGATIVITY**

This “wood of the Shamans” provides protection while doing deep healing work. It removes darkness and negative energies, particularly those directed towards you. It strengthens the aura, increases the First Eye (6th) chakra, and allows the healer to see with Light while working in dark realms.



**Hila Tree:**  
**I AM THE FOREST**

This Essence from the Guardian Tree is the protector of the Forest. Helps to realign with the ancient memory of “Forest” energy. It encourages Trees and Forests to remember their wholeness, and clears trauma in individuals, as well as other Plants and Land. Good for anyone who works with Trees and healing the Earth, healers who take on clients’ traumas, and people who take on the weight of the world. Infuses you with deep reverence for the Earth and her Beings.



**Huayruro:**  
**I WORK WITH HOPE AND VISION**

This essence weaves a protective band around the body and aura, and is particularly helpful with warding off dark energies. Helps to heal the Earth by raising the vibratory rate. Great for Earth Warriors who need protection so they can give voice to the Planet’s need and continue their work from a place of hope, vision and connection to the higher vibrations. This Essence also connects you with Bird energy.



**Ishpingo:**  
**I TRUST MY INSTINCTS**

Emboldens your bodily instinct and “feeling it in your gut.” This is a doorway Tree, great for journeying and tapping the Root (1st), Crown (7th) and Heart (4th) chakras.



**Mountain/Eden:**  
**I AM CONNECTED TO SOURCE**

This environmental Essence is from a place high in the Andes Mountains that is like Eden. It lends a sense of peace and calm, and helps you to center and come into alignment. Helps you connect with Source and re-member your connection to All Beings.