

During several personal Shamanic journeys, I envisioned myself dressed in a sweeping cape, standing tall on a craggy, windblown cliff and gazing at the mighty ocean. I had no idea where this was but I knew I had to go there. In 2013, my dreams became reality when I traveled to Ireland's Cliffs of Moher. During this remarkable journey, I harvested the Essences that became the Ireland Set, which all have the common theme of helping us to step into our Higher Being.

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.



Jen Frey

Certified Flower Essence &  
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Brigid's  
Way

Leading the Plant-a-tary evolution.

## The Ireland 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: \$90 for set; \$12 each (plus shipping)  
To order, visit: [www.brigidsway.com](http://www.brigidsway.com)



## The Ireland 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 mostly on the Burren in County Clare, Ireland (a rocky landscape renowned for its remarkable assemblage of Plants and Animals), 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 grain Jameson Irish Whiskey.

*This set contains ½-ounce stock bottles of the following ten Essences. These Essences can assist you in releasing burdens, wounds and limiting beliefs, and moving more fully into your evolution.*



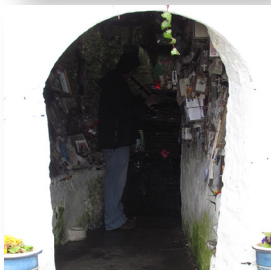
**Anemone/Faerie Woods:**  
**I EMBRACE MY PLAYFUL NATURE**  
 Helps connect you with the Faerie World and the mystery of Nature, giving a sense of light-heartedness and playfulness.



**Ash:**  
**I AM SOVEREIGN**  
 Allows you to recognize yourself as a royal, Divine Being. Helps the Heart (4th) and 2nd chakra.



**Bluebells:**  
**I STAND IN MY TRUTH**  
 Broadens your perspective, enabling you to stand tall and speak your truth and “gnowing”, thereby increasing your sense of self-empowerment.



**Brigid's Well / Liscanoor:**  
**I AM HEALTHY**  
 The pure energy of Brigid seeks the core of an issue wanting to be healed. Helps with both Ancestral and Karmic healing, and bathes the aura with green healing light.



**Common Primrose:**  
**I STEP FULLY INTO MY BEING**  
 Helps you see the goal through the winds of change. Removes blockages and limiting beliefs, allowing you to step more fully into Being. Fills the aura with golden light. Strengthens the 2nd and 3rd chakras.



**Daisy:**  
**I FORGIVE AND ACCEPT FORGIVENESS**  
 Helps to release grudges by recognizing and healing hurt and grief. Enables you to regain innocence and lightness, which aids in spiritual evolution.



**Early Purple Orchid:**  
**I SAVOR THE BEAUTY OF LIFE**  
 Helps you acknowledge and overcome hidden fears, and heal the underlying issues. Encourages you to embrace the beauty and sensuality of life, and overcome shyness.



**Gorse:**  
**I AM WILD**  
 The calling card of the wild, it opens your Heart to Nature and helps you become your untamed self, recognizing the beauty in all things—including thorns and shadow. Emboldens the 3rd chakra.



**Male Fern:**  
**I AM THE PHOENIX RISING**  
 Heals the wounds of patriarchy and religion. Through Phoenix energy, helps you find nourishment and strength among the ruins by connecting to ancient Sacred wisdom.



**Queen Maeve:**  
**I AM THE DIVINE FEMININE**  
 Empowers and connects you to the Divine Feminine, both in the greater world and within. Increases fierceness and resiliency. Strengthens the feminine force within both males and females.