

In 2017 I was invited on an excursion to the tantalizing island of Vieques, Puerto Rico. The purpose was to explore Pleasure, with a capital P, and ki's role in healing. I swam in the warm crystal clear Caribbean Sea, communed with Plants of Pleasure, and frolicked with the Liquid Light of the bioluminescent dinoflagellates. I moved in and out of Bliss as I engaged with the sensuality of Nature. Though I also discovered that we can have fears and beliefs that block us from experiencing Pleasure and our sensuality. These Essences help to reclaim our innate relationship with Pleasure. The paradise of Vieques is a paradox, having endured the conquistadors, bomb testing of the US Navy, and intense hurricanes, it is an example of resiliency and the determination to honor the Beauty and joy of life.

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, HEARTransformation Apprenticeship, classes and more.



Jen Frey

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Leading the Plant-a-tary evolution.





## 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!

*Jen 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)



## Vieques 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 the luminescent jewel of Vieques, a small Caribbean Island that is part of Puerto Rico, 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 13 Essences.  
These Essences can assist you in reclaiming your innate relationship with  
Pleasure, releasing blockages and limitations, deepening your connection  
with Nature, and moving into the flow of the Universe.*



**Almond:**  
**I RELEASE INTO BLISS**

Supports the release of tension and blockages, opens the Heart eliciting peace, helps to embody Bliss from a grounded state, realigns with pleasure and sensuality, allowing the body to be nourished



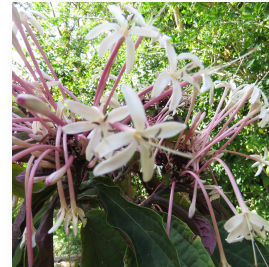
**Sea Grape:**  
**II RELAX WITH EASE**

Calming, helps to find peace; for those who are tense around pleasure or have fears around relaxing; for workaholics and overachievers, helps to relax and open; helping to find peace and pleasure in challenging circumstances; restores boundaries



**Calabash::**  
**I FLOW WITH EASE**

Aligns with abundance, reminding that the nature of the Universe is abundance, we are surrounded by all that we need, helps to move into the flow, embracing the ease of life, encourages to embrace your weirdness and idiosyncrasies as these add to your beauty, Finding beauty in all shapes and sizes.



**Star Burst:**  
**II EMBRACE MY FULL SELF**

Brings into conscious awareness wounds, fears, beliefs, and moments of conflict which interfere with experience of pleasure so that they may be cleared and shifted; helps to set safe boundaries; supports speaking up for oneself; gives courage to shine and share full self with the world; Dance and movement can enhance this Essence



**Philodendron:**  
**I TRUST I AM SAFE**

Increases adaptability, helps to take advantage of a situation to find what is needed, recognizing the gifts and abundance in all even traumatic experiences, helps to relax and release worry knowing that one is always safe and protected no matter what, increases trust in the universe



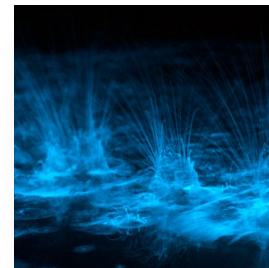
**Rubber Tree:**  
**I RELAX INTO PLEASURE**

Allows to relax into pleasure without pressure; encourages connection with one's body; for caretakers and overachievers helps to calm, feel held, and discover what raises their vibration; helps to move into the flow of time, increasing patience; supports flexibility



**Ceiba:**  
**I AM SAFE TO OPEN HEART WIDE**

Mayan Tree of Life, opens the Heart wide, protects and holds in Love, awakens sensuality, reminding that sensuality and pleasure are vital to our wellbeing, connects with Ancestors, brings back into the Oneness, helps to connect to other dimensions and cosmic wisdom, supports resiliency, helps to know who you are and hold onto your Truth especially in the face of adversity, supports flexibility and inclusivity. A great journeying and dreaming Essence.



**Ensparkalation:**  
**I AM LIGHT**

Spirit Essence made with bioluminescent dinoflagellates in Bio Bay, Vieques (Puerto Rico). Ensparkalation fills with and increases one's Light, strengthens your connection to Light. This is a wonderful journey essence that can take you into your evolution as well as help bring back gifts and understanding from other lives. Also helps with deep healing. Helps one lighten.



**Flor de Maga:  
MY HOPE IS COURAGEOUS**

Helps to rise above injustice, giving courage to carry on, finding the gift in conflict or difficult situations, supports connection within relationships especially after a rupture, gives hope, supports the Heart, helping to manifest Heart's desires



**Heavenly Scented Plant:  
I AM OPEN TO DIVINE BLISS**

Helps release limiting beliefs that block from experiencing pleasure, facilitates alignment with the Oneness, helps draw to you what you need, connects the 2nd and crown chakras, aligning with Divine bliss, remembering the sacredness of pleasure



**Kalanchoe:  
MY HEART SMILES**

Connects with Oneness, aligns with Peace and Bliss, helps to find the humor in life, for those who take life too seriously, finding the beauty within and without, awakening sensuality, see how life is sensual, discovering the inner smile of your Heart



**Mango:  
I AM PLEASURE**

Fills with abundant pleasure, awakens to innate sensuality; for those who due to trauma and beliefs have blocked themselves from pleasure; supports 2nd chakra; helps to rise above to see the Beauty of Life and fill with Love



**Papaya:  
I DELIGHT IN MY BODY**

Helps to heal and overcome body image issues and shame, helps overcome the conditioning that devalues our bodies, reminds that our bodies are Divine instruments even in their pain and illnesses, helps clear blockages to self-Love, healing can be delicious and enjoyable, recognizing the power in soft and gentle