

The South American land of the majestic Andes and wild Amazon has held an allure for many people over the millennia. I experienced a life-altering journey to Ecuador in 2014, which resulted in the release of Brigid's Way Essences including the Ecuador Essence Set. Three years later, I returned to this magical Land. My previous experience with the Plants and Nature Spirits of Ecuador opened new doors, allowing me to deepen my connection with these Sacred Beings and giving me new access to the wisdom of the Unseen. Many of the Plants that I fell in love with were now ready to co-create Essences and others introduced themselves to me in profound ways. Together, they combined to create this second set of Ecuador Essences.

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

Author of *Communicating with Plants:  
Heart-Based Practices for Connecting with  
Plant Spirits*

Certified Flower Essence & Plant Spirit  
Healing Practitioner

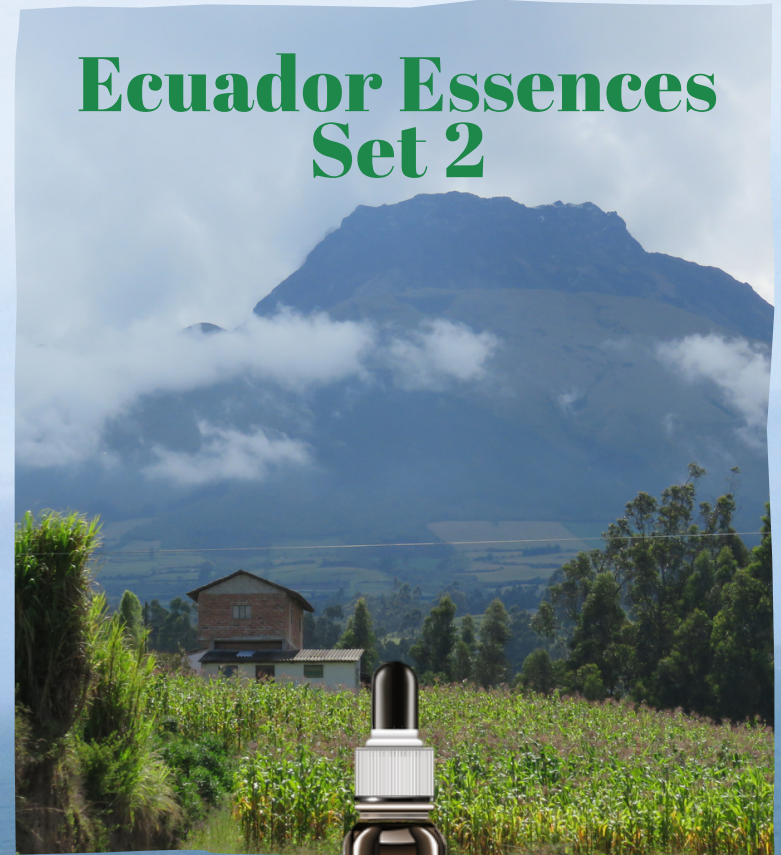
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Leading the Plant-a-tary evolution.

## Ecuador Essences Set 2





## 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)



## Ecuador Essences Set 2

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 accessing wisdom of our Guides, aligning with Peace and joy, healing trauma, and deepening your connection with the Natural World. They are wonderful for journeying.*



**Angel's Trumpe (orange):  
I EMBRACE MY GIFTS**

Angel's Trumpet (Brugmansia) is a shamanic Plant. Helps us tap into the wisdom of the dreamtime. Brugmansia helps to clear patterns. Helps people accept their power, especially those who are afraid of it or think they used it to harm in previous life.



**Anthurium:  
I CONNECT WITH ANCIENT  
WISDOM**

Anthurium provides access to ancient wisdom including the wisdom of the Elemental world inside our Earth. Helps protect and shield, knowing when to shine and when to be invisible.



**Calliandra trinerva:  
I FOCUS ON MY HEART'S DESIRES**

Calliandra allows you to focus on your Heart's desires while tuning out the distractions. Fills with peace and cleans your aura, reminding of your Divine Soul Path. Can allow access to other dimensions. Enhances 1st eye and crown chakra while remaining grounded.



**Vilca:  
I AWAKEN TO REMEMBER**

Vilca removes armoring. Helps one stand strong in their power, able to see clearly and receive clearly, be clear of interference. Vilca is a shamanic Plant helping us to awaken and unite the "powers" of before to create a new Earth, helping us to evolve.



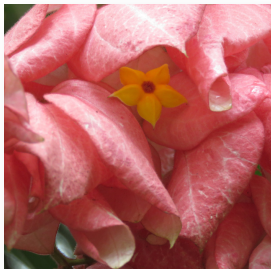
**White Lily:  
I RECEIVE EASILY**

Helps one to receive with ease and clarity, clearing the clutter so able to hear the message. Filled with peace, joy, and playfulness.



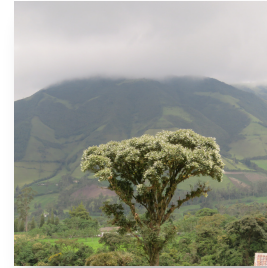
**Pumamaqui:**  
**I SEE CLEARLY**

Helps to see the whole situation. A wonderful shamanic Essence. Allows practitioners to track their client or the source of the issues and see through the Dark. Shifts the energy of dis-ease. Pumamaqui is a shape shifter.



**Starflower:**  
**I REMEMBER MY TRUE SELF**

Helps a person recover/remember their True self. Clearing fears, jealousies, lower vibrations so that they may step into their full potential. Particularly helpful for overcoming shyness and helping one to Shine.



**Cedro:**  
**I AWAKEN TO MY POTENTIAL**

Cedro is the Dreaming Tree. Helps you center and align with your Soul path, your Heart's desire. A great Essence for journeying, Cedro is able to take you wherever you want to go and help you obtain the information that your Heart is looking for. Fills with deep Love and connection and helps you awaken to the potential.



**Coffee:**  
**I HAVE CLARITY OF THOUGHT**

Coffee is good for clarity of thought and is helpful when making a decision concerning a trauma. Coffee helps one breathe in the breath of life.



**Copal:**  
**I AM CLEAR**

Copal clears the energy body of what no longer serves, especially intrusive energies. Provides protection. Enhances dreams. Helps connect with the Angelic realm and raises ones vibration to that of blissful peace, relaxing the body and mind and opening the Heart.



**Heliconia:**  
**I AM ALIGNED WITH THE BIRD NATION**

Helps connect with Bird energy. Fills with joy and happiness increases perception, providing a bird's eye view. Good for those who want to increase their skills with animal communication.



**Passionflower:**  
**I EMBRACE MY UNIQUENESS**

Passionflower acts as an antenna for the Cosmos. Relaxes Heart so you can receive messages. Also relaxes one into the energy of sensuality and pleasure. Helps one to celebrate their uniqueness and radiate that forth.



**Jacaranda:**  
**I VISION PEACE**

Jacaranda assists the pineal gland, helping to bring vision and peace of other worlds to Earth. Raising the vibration. Opens one to more energy and information. Helps one to see a problem or situation through a different frame, focusing on a peaceful solution.



**Peace of the Angels Orchid:**  
**I FLOW WITH PEACE**

Peace of the Angels Orchid fills one with Peace and acts as an attractor bringing what is in your highest good. Helps to put one in the flow, connected to all, moving easily through life. Helps to access the wisdom and energy of the Angelic realm.



**Maraca Calabash:**  
**I RELEASE PAIN**

Maraca clears the pains that we hold, releasing sadness and grief. Helps dreams come into reality. Connection with the Ancestors.



**Poinciana:**  
**I AM UNABASHEDLY SEXY**

Helps reclaim and reconnect with sexuality/sensual self. Helps to clear trauma and recover from abuse. Brings passion into life. Clears energies from the Hara and connects this chakra with the Root chakra, helping one to feel safe in your sexuality.