

During an excursion to the breathtaking island of Kauai, I was drawn into a Love affair with the exquisite beauty of Mother Nature: mountain spires, colorful sands, cascading waterfalls, lush flora and succulent fruits.

Beyond the island's sensual beauty, the landscape itself is a powerful magnifier of energy. The Plants absorb this intensified energy to their fullest potential. For this reason, the Plants and Places that eventually became the Kauai Essences focalize Light and raise the vibratory rate. They help us re-member who we are: sensual Beings filled with Love!

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 &
Plant Spirit Healing Practitioner

Herbalist

US Distributor of the
Music of the Plants device

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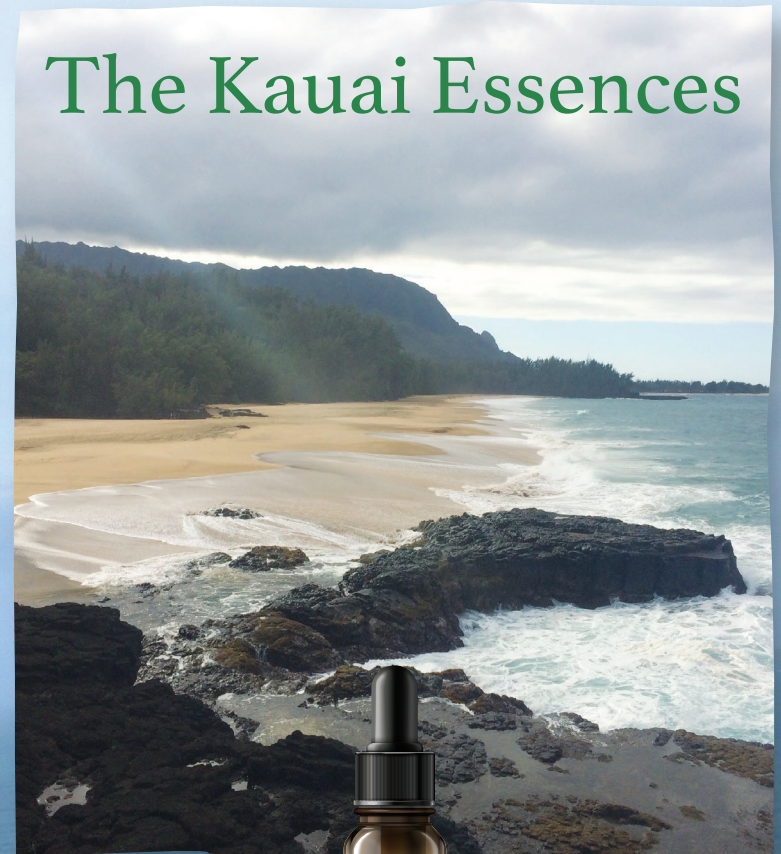
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Brigid's
Way

Leading the Plant-a-tary evolution.

The Kauai 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 Troy

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



The Kauai 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 enchanting and energetically potent island of Kauai, Hawaii, 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 support you in healing both Ancestral and Karmic lines, living a Heart-centered life and ultimately realizing yourself as a Sacred Human Being.



African Tulip Tree:

I ACCEPT KARMIC FREEDOM

Releases karmic shackles and fills you with Light. Helpful in clearing karmic ties that affect your sexual relations and creativity (connected to the 2nd chakra). Assists in finding and recovering beauty in the dark.



Albizia Tree:

I EMBRACE CHILDLIKE WONDER

Helps you regain playfulness and childlike innocence while remaining grounded. This Essence is wonderful for Dreamwork.



Balanced Beach:

I AM PRESENT AND PEACEFUL

This Environmental Essence is harvested from a beach of black lava and white coral. It balances Fire and Water, and lends courage to face and move beyond fears. For those who are always doing, it allows you to sit and “be.” Brings Peace to the Heart, increases one’s Light and vibratory rate, and relaxes the body.



Rudraksha:

I AM GUIDED THROUGH MY HEART

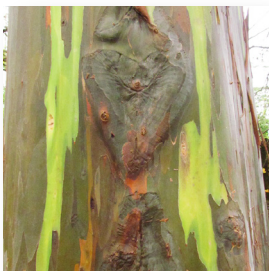
Lends peace and clarity, and enables you to feel held and safe. This Essence is a guide for Humanity, connecting the First Eye (6th) and Heart (4th) chakras and helping us all live Heart-centered lives. It grounds clairvoyance through the Heart, and is an excellent journey Essence for when you are feeling overwhelmed and uncertain. Created in the Sacred Forest of Kauai.



Snake Plant:

I AM IGNITED

Used for protection and clearing, this Essence helps the Kundalini energy rise, while clearing and igniting the chakras. It has a special affinity for the channel between 2nd and 6th chakras, and strengthens this connection. It helps you see the bigger picture, increase flexibility, navigate difficult situations and blend in, when necessary.



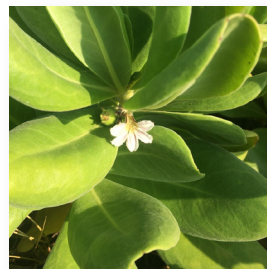
Rainbow Eucalyptus:
I RECEIVE COSMIC WISDOM
Adds sparks and action to Dreams, helping them come into fruition. This Essence is connected to the Cosmos, and acts as an antenna to bring Cosmic wisdom into your Heart, while opening the Heart and grounding you so that you're receptive to this wisdom.



Red Ti:
I HEAR NATURE'S VOICE
This Essence connects you to the Plant and Elemental Worlds. By aligning the Human World with the Nature Spirit World, it acts as a translator to ease communication and help Humans receive messages from the Plants, Elementals and Nature Spirits. It protects you while doing deep work.



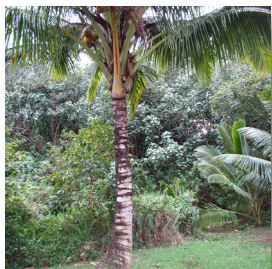
Be Still Tree:
I AM ALIGNED WITH MY SOUL PATH
This Essence fills you with great Peace and Presence, softens the edges, dissolves separation and connects you with the Flow of the Universe. It sheds debris, increases your vibrancy and fills you with golden Light, thereby aligning you with your soul path and Unity Consciousness. Also assists with both Karmic and Ancestral healing.



Beach Naupaka:
I TRANSMUTE HEARTBREAK INTO LOVE
Helps to release suppressed heartbreak and opens the Heart to Love. Aids in seeing the transformation of pain into beauty, like a caterpillar into a butterfly. Enables you to take flight and go beyond heartache.



Chinese Hibiscus:
I AM BOLD AND SENSUAL
Increases your sensuality and connects you with your innate sexual being. This Essence is especially helpful for men who are timid about their sexuality or sensuality. Helps to clear blockages and heal wounds that keep you from experiencing your true sexual nature. It also brings forth playfulness and fluidity.



Coconut:
I AM SAFE

This protective Essence helps you feel “held” in a nest of safety. It reweaves the aura, clears what no longer serves you, seals holes and adds protection from intrusive and negative energies. It supports you in standing tall in the core of your Beingness.



Noni:
I EMBODY COMPASSION

Increases compassion and helps you to become a Being of compassion in an Earth-centered, grounded and embodied form. This Essence is connected to Ancient Star wisdom.



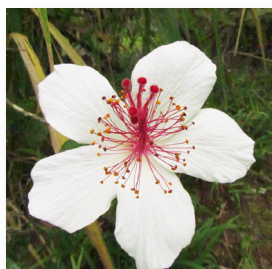
Frangipani:
I MOVE GRACEFULLY THROUGH TIME

Bathes you in Grace, Beauty, Love and Sensuality, and helps to strengthen these aspects of yourself. Allows you to move through time with a protective invisibility, allowing your energy to blend with your surroundings.



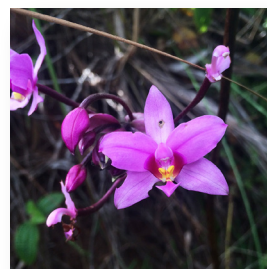
Norfolk Pine:
I ACCEPT HEART EXPANSION

Opens the channel between the 3rd and 4th chakras. Helps the Heart to expand and fills the aura with Love. It also promotes connection and unity with the Plant World.



Kokio Keokeo:
I AM A LIGHT BEING

Clears out energy blockages (especially emotional) and allows the body to fill with Light. Acts as an antenna attracting what the Soul needs to Lighten. It connects you to your sensuality and sexuality, and increases fluidity, flexibility and playfulness.



Philippine Ground Orchid:
I SEE BEAUTY IN THE SHADOW

Brings Light and beauty to the shadows. Helps you to face and overcome fears, transforming them into great lessons and teachers. Assists in going into dark places by illuminating the shadows.