



*Perelandra*  
*Essences*



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## WHAT PERELANDRA ESSENCES ARE AND HOW THEY WORK

THE HUMAN BODY HAS WITHIN and surrounding it an electrical network. When we experience health, this electrical network is balanced and fully connected. When something in our life or environment threatens that balance, the electrical system responds by either short-circuiting or overloading. That imbalance in the electrical system immediately impacts the central nervous system. The body then goes into high gear in an effort to correct the imbalance. If our body does not succeed, we physically manifest the imbalance. We get a cold or a headache or our allergy pops up again or another migraine belts us. Or we get back pain or our neck goes out. Or we become seriously ill.

Perelandra Essences work directly with both the electrical and the central nervous systems. By taking the correct essences, we immediately balance the electrical system, stabilize the nervous system and stop the domino effect that leads to illness.

If we don't take the essences and wind up getting sick, we can still take the essence(s) that will then stabilize and balance the electrical and nervous systems while the body gets on with the business of fighting off the problem. By assisting this process, Perelandra Essences drastically reduce our recovery time. In short, by using the essences, we are not asking our body to pull double duty—work to heal us systemically and rebalance our electrical and central nervous systems.

The Perelandra Essences themselves are liquid, pattern-infused solutions, each containing a specific electrical imprint that responds in a balancing, repairing and rebuilding manner to imbalances in humans. These patterns are released to and infused in a water solution. The solution, stabilized and preserved in brandy alcohol (or white distilled vinegar), is a Perelandra Essence. Taken orally, it releases the balancing pattern to the individual.

The Perelandra Essences definitions are derived from attunement with nature, plus the results of research with the essences themselves.

## HOW TO USE PERELANDRA ESSENCES

PERHAPS THE EASIEST WAY to use the Perelandra Essences is to open the box, look at each bottle and pull out the ones that intuitively attract your attention. That is as valid as any other method.

However, I recommend using kinesiology or muscle testing (see p. 7). Kinesiology gives direct feedback on what is needed rather than relying on an intellectual assessment.

Each set works effectively when tested alone and with other essences sets.



### *Perelandra Rose Essences*

The Perelandra Rose Essences (set I) are a set of eight flower essences. Their electrical patterns are derived from roses growing in the Perelandra garden, these eight essences function with one another to support and balance an individual as he moves forward in day-to-day evolutionary process. As we move forward in daily process, there are mechanisms within us that are set in motion to facilitate our periods of growth. The Perelandra Rose Essences help stabilize and balance us and our process mechanisms.

**GRUSS AN AACHEN:** Stability. Balances and stabilizes the body/soul unit on all PEMS levels (physical, emotional, mental, spiritual) as it moves forward in its evolutionary process.

**PEACE:** Courage. Opens the individual to the inner dynamic of courage that is aligned to universal courage.

**ECLIPSE:** Acceptance and insight. Enhances the individual's appreciation of his own inner knowing. Supports the mechanism that allows the body to receive the soul's input and insight.

**ORANGE RUFFLES:** Receptivity. Stabilizes the individual during the expansion of his sensory system.

**AMBASSADOR:** Pattern. Aids the individual in seeing the relationship of the part to the whole, in perceiving his pattern and purpose.

**NYMPHENBURG:** Strength. Supports and holds the strength created by the balance of the body/soul fusion and facilitates the ability to regain that balance.

**WHITE LIGHTNIN':** Synchronized movement. Stabilizes the inner timing of all PEMS levels moving in concert and enhances the body/soul fusion.

ROYAL HIGHNESS: Final stabilization. The mop-up essence that helps to insulate, protect and stabilize the individual and to stabilize the shift during its final stages while the individual is vulnerable.



### *Perelandra Garden Essences*

This set of 18 essences is made from flower petals of vegetables, herbs and flowers grown in the Perelandra garden. Their balancing and restorative patterns address physical, emotional, mental and spiritual issues that we face in today's world.

BROCCOLI: For the power balance that must be maintained when one perceives himself to be under siege from outside. Stabilizes the body/soul unit so the person won't close down, detach and scatter.

CAULIFLOWER: Stabilizes and balances the child during the birth process. Also, stabilizes the body/soul balance in adults.

CELERY: Restores balance in the immune system when it is being overworked or stressed, and during long-term viral or bacterial infections.

CHIVES: Re-establishes the power one has when the internal male/female dynamics are balanced, and the person is functioning in a state of awareness within this balance.

COMFREY: Repairs higher vibrational soul damage that has occurred in the present or a past lifetime.

CORN: Stabilization during universal/spiritual expansion. Assists translation of experience into useful, pertinent understanding and action.

CUCUMBER: Rebalancing during depression. Vital re-attachment to life.

DILL: Assists individual in reclaiming power balance one has released to others. Releases victimization.

NASTURTIUM: Restores vital physical life energy during times of intense mental-level focus.

OKRA: Returns ability to see the positive in one's life and environment.

SALVIA: Restores emotional stability during times of extreme stress.

SNAP PEA: Rebalances child or adult after a nightmare. Assists in ability to translate daily experience into positive, understandable process.

SUMMER SQUASH: Restores courage to the person who experiences fear and resistance when faced with daily routine. Releases shyness and phobia issues.

SWEET BELL PEPPER: Restores inner peace, clarity and calm when faced with stressful times. Stabilizes body/soul balance during times of stress.

**TOMATO:** Cleansing. Assists the body in shattering and throwing off that which is causing infection or disease.

**YELLOW YARROW:** Supplies emotional protection during vulnerable times. Its support softens resistance and assists the integration process.

**ZINNIA:** Reconnects one to the child within. Restores playfulness, laughter, joy and a sense of healthy priorities.

**ZUCCHINI:** Helps restore physical strength during convalescence.



## *Perelandra Rose Essences II*

Rose Essences II are made from roses growing in the Perelandra garden and address the specific balancing and stabilizing needs of the body's electrical system that are connected with our central nervous system (CNS). They also address the electrical system's support of the functions within the CNS that are activated and/or impacted during a deep expansion experience. Here, one is not simply processing ordinary, everyday occurrences. Rather, one is faced with an experience that is new and challenging to the present balance and functioning of the body. When faced with this kind of expansion, the CNS is required to function in new ways, and with patterns and rhythms yet to be experienced. Rose Essences II address that phenomenon by balancing and stabilizing this system's functions during deep expansion. We wish we could list specific experiences that would identify deep expansion situations for you, but a deep expansion for some is an everyday life process for others.

**BLAZE IMPROVED CLIMBING ROSE:** Softens and relaxes first the central nervous system and then the body as a whole, thus allowing the input from an expansion experience to be appropriately sorted, shifted and integrated within the body.

**MAYBELLE STEARNS:** Stabilizes and supports the sacrum during an expansion experience.

**MR. LINCOLN:** Balances and stabilizes the cerebrospinal fluid (CSF) pulse while it alters its rhythm and patterning to accommodate the expansion.

**SONIA:** Stabilizes and supports the CSF pulse after it has completed its shift to accommodate the expansion.

**CHICAGO PEACE:** Stabilizes movement of and interaction among the cranial bones, CSF and sacrum during an expansion experience.

**BETTY PRIOR:** Stabilizes and balances the rhythm of expansion and contraction of the cranial bones during the expansion.

TIFFANY: Stabilizes the cranials as they shift their alignment to accommodate the input and impulses of expansion.

OREGOLD: Stabilizes and balances the cranials, central nervous system, CSF and sacrum after an expansion process is complete.



### *Perelandra Nature Program Essences*

The Nature Program Essences address and reestablish a body's balance in two ways:

1. They strengthen the body so that its systems can address a viral, fungal or bacterial imbalance and they help reestablish the proper microbial balance within the body.
2. The Sobopla, Moon and Bowl essences address the body's balance in light of its relationship to the larger picture.

The Nature Program Essences are groundbreaking in that the elements that are used as the foundation for the creation of the new balancing patterns for the Nature Program Essences literally span the globe.

V-1, OR F-1, OR B-1: Restore the body's environment to balance when its imbalance is creating a corresponding viral, fungal or bacterial imbalance. They also restore the body's environment to balance once a corresponding viral, fungal or bacterial imbalance is present and impacting the body.

V-2, OR F-2, OR B-2: Restore a state of appropriate balance within the living viral, fungal or bacterial organisms so that they may once again relate to and interact with their larger host organism (body) in an appropriately balanced and environmentally sound manner.

SOBOPLA: (So-bo'-pla) This essence balances and stabilizes the dynamic triangle that is created by the relationship and interaction between the soul, its physical body and the planet upon which the body resides. As a result, the soul, body and planet become one, strong, fully functioning triangular unit. Sobopla also balances and stabilizes the physical seating of the body/soul unit to the planet.

MOON: Balances, stabilizes and, as a result, strengthens the connections and links between specific elements within each living organism on this planet and the corresponding elements that are part of the Moon.

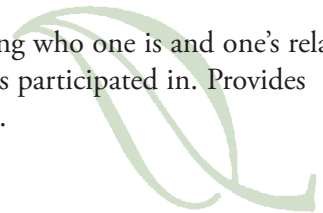
BOWL: Links humans and all other living organisms to the heart and soul impulses of the planet. Also synchronizes the human/living organism with the heart and soul impulses of the planet and the universe, thus supporting the evolutionary process of the human/living organism moving in tandem with the universe into the Aquarian era.



## *Perelandra Soul Ray Essences*

The Soul Ray Essences have been developed to balance and stabilize the body as a person develops and expands his consciousness to include the different levels his soul is experiencing. Without this support, the body's systems can become overloaded and overwhelmed. This will result in discomfort, disorientation, pain and disorder. What is surprising about the Soul Ray Essences is how many times they are needed for common illness and injury (simple and severe), and for mental and emotional issues. We may not understand just why we need these essences but, after using them for a short time, we will definitely understand how much they help us recover our balance when we experience problems.

- #1: Balances and stabilizes the full body as it identifies, processes and integrates its ability to function in a broader, more expanded range.
- #2: Balances the sensory system of each level the individual is opening to, stabilizes the system within those levels and supports the full, expanded system as it functions as a unit.
- #3: Balances and stabilizes the interplay and interrelationship among the various pertinent levels of the central nervous system.
- #4: Restores the balance and stability of the electrical system on each level that the individual is opening to. Addresses the electrical system on each of those levels as an independently functioning system.
- #5: Balances and stabilizes the interplay and interaction between the various pertinent levels of the electrical system.
- #6: Supports, balances and stabilizes the interplay and interrelationship among the pertinent levels of the brain. As a result, this essence facilitates the useful sharing of experiences and information among the appropriate levels of the brain, as well as the corresponding physical body changes that must take place for support.
- #7: Balances and stabilizes the refracted soul heart links and, as a result, solidifies the sense of home base.
- #8: Provides the support needed for understanding who one is and one's relationship to the many different levels and activities participated in. Provides the internal support for maintaining that balance.



# KINESIOLOGY

Kinesiology is so simple it's downright embarrassing! No trick, no mystical magic. It's a technique that is available to us all and can be learned in five minutes flat. Once learned, it's just a matter of trusting what you've learned—and practice.

The kinesiology technique (popularly known as “muscle testing”) is a method to get directly in touch with the physical body's electrical system, which corresponds to the nervous system. The technique itself is based on a very simple principle: What enhances our body, mind and soul makes us strong. Together our body, mind and soul create a wholistic environment which, when balanced, is strong and solid. If something enters into that environment which challenges the balance, the entire environment is weakened. The state of strength or weakness is registered in the electrical system, and through kinesiology combined with asking simple yes/no questions, we can discover just what state we're in.

## *Self-Testing Steps*

1. THE CIRCUIT FINGERS. If you are right-handed: Place your left hand palm up. Connect the tip of your left thumb with the tip of the left little finger. (Not your index finger. I'm talking about your thumb and little finger.) If you are left-handed: Place your right hand palm up. Connect the tip of your right thumb with the tip of your right little finger. By connecting your thumb and little finger, you have just closed a major electrical circuit in your hand, and it is this circuit you will use for testing.



2. THE TEST FINGERS AND TESTING POSITION. To test the circuit (the means by which you will apply pressure), place the test fingers, thumb and index finger of your other hand inside the circle you have created by connecting your circuit thumb and little finger. The test fingers (thumb/index finger) should be right under the circuit fingers (thumb/little finger), touching them, with your test thumb resting against the underside of your circuit thumb and your test index finger resting against the underside of your circuit little finger. Don't try to make a circle with your test fingers. They are just placed inside the circuit fingers that do form a circle. It will look like you have two “sticks” inserted inside a circle.





3. POSITIVE RESPONSE. Keeping this position, ask yourself a simple question in which you already know the answer to be “yes.” (“Is my name \_\_\_\_\_?”) Once you’ve asked the question, press your circuit fingers together, keeping them in the circular position. Using the same amount of pressure, try to press apart or separate the circuit fingers with your test fingers. Press the lower thumb against the upper thumb, and the lower index finger against the upper little finger.

The action of your test fingers will look like scissors separating as you apply pressure to your circuit fingers. Your testing fingers, the fingers inserted in the circuit circle, will remain in position within the circle. All you are doing is using these two testing fingers to apply pressure to the outer two circuit fingers. Don’t try to pull your test fingers vertically up through your circuit fingers.

The circuit position described in step 1 corresponds to the position you take when you stick your arm out for the physician. The testing position in step 2 is in place of the physician or other convenient arm pumper. After you ask the yes/no question and you press your circuit fingers tip-to-tip, that is equal to the doctor saying, “Resist my pressure.” Your circuit fingers now correspond to your outstretched, stiffened arm. Trying to push apart those fingers with your testing fingers is equal to the doctor pressing down on your arm.

If the answer to the question is positive (if your name is what you think it is!), you will not be able to easily push apart the circuit fingers. The electrical circuit will hold, your muscles will maintain their strength, and your circuit fingers will not separate. You will feel the strength in that circuit.

**CALIBRATING THE FINGER PRESSURE:** Be sure the amount of pressure holding the circuit fingers together is equal to the amount of your testing fingers pressing against them. Also, do not use a pumping action (pressing against your circuit fingers several times in rapid succession) when applying pressure to your circuit fingers. Use an equal and continuous pressure.



Play with this a bit. Ask a few more yes/no questions that have positive answers. Now, I know it is going to seem that if you already know the answer to be “yes,” you are probably “throwing” the test. Well, you are. This is your tool for calibrating your fingers for feeling the strong positive. You are asking yourself a question that has a positive answer. If your circuit fingers are

separating, you are applying too much pressure with your testing fingers. Or you are not putting enough pressure into holding your circuit fingers together. You need to keep asking the question and play with the testing until you feel pressure in all four fingers and the pressure in your testing fingers is not separating your circuit fingers. You don't have to break or strain your fingers for this; just use enough pressure to make them feel alive, connected and alert. When this happens, now you have a clear positive kinesiology response.

4. **NEGATIVE RESPONSE.** Once you have a clear sense of the positive response, ask yourself a question that has a negative answer. Again press your circuit fingers together and, using equal pressure, press against the circuit fingers with the test fingers. This time, if the testing-fingers' pressure is equal to the circuit-fingers' pressure, the electrical circuit will break, and the circuit fingers will weaken and separate. Because the electrical circuit is broken, the muscles in the circuit fingers do not have the power to hold the fingers together. In a positive state the electrical circuit holds, and the muscles have the power to keep the two fingers together.



**DIFFERENT STYLES IN HOW THE FINGERS SEPARATE:** How much your circuit fingers separate depends on your personal style. Some people's fingers separate a lot. Other's barely separate at all. Mine separate about a quarter of an inch. Some people's fingers won't separate at all, but they'll definitely feel the fingers weaken when pressure is applied during a "no" answer. Let your personal style develop naturally.



**RESTING YOUR FOREARMS:** If you are having a little trouble feeling anything, do your testing with your forearms resting in your lap. This way you won't be using your muscles to hold your arms up while you're trying to test.

**THE NEED TO SWITCH HANDS:** If you are having trouble feeling the electrical circuit in the circuit fingers, try switching hands—the circuit fingers become the test fingers and vice versa. Most people who are right-handed have this particular electrical circuitry in their left hand. Left-handers generally have the circuitry in their right hand. But sometimes a right-hander has the circuitry in the right hand and a left-hander has it in the left hand.

# TESTING THE PERELANDRA ESSENCES

## *Basic Essence Test*

1. State your intent to do a basic essence test.

2. Place each box of essences, one at a time, in your lap. Ask:

“Do I need any essences from this box?” Test.

If you get a negative, you don't have to test the bottles from that box because none are needed.

If you test positive, test each bottle from that box individually by placing the bottle in your lap to determine which ones are needed. Ask:

“Do I need \_\_\_\_ essence?” Test.

HINT: Test the bottles in the dram box of essences one row at a time.

3. Place in your lap just the bottles that tested positive. Ask:

“Are these the only essences I need?” Test.

If the response is positive, go to step 4. (If only one essence tested positive for you, skip step 4 and go to step 5.)

If you get a negative, retest the other essences. A negative means you missed an essence and need to find what was missed. After retesting, ask the question once more.

“Are these the only essences I need?” Test.

If the response is still negative, keep testing the essences until you get a positive response to the question. This will verify that you have all the essences you need.

4. If you have more than one essence, check them as a combination by placing all of them in your lap and asking:

“Is this the combination I need?” Test.

If you get a negative even though the essences tested positive when tested individually, you may need to adjust the combination. This means that when the individual essences that tested positive were put together, a combination was created that made one or more of those essences unnecessary. The whole (the combination) was stronger and more effective than the sum of its parts. Just test each of the combination bottles separately by asking:

“Do I remove this bottle from the combination?” Test.

Whatever tests positive gets removed. Put the remaining combination bottles in your lap and ask:

“Is this combination now correct?” Test.

You should get a positive. If you don't, test the original combination again, and keep working at it until the combination tests positive as a unit.

5. Take these essences orally, one drop each (being careful not to let the essence dropper come into contact with anything). To better understand your process, it is helpful to read the definitions for the essences that you need.

NOTE: If you are doing the basic essence test daily, you do not need to test for dosage. If an essence is needed again the next day, it will test positive in the next day's testing. If you are not doing a basic test daily and test for dosage, do another basic test after you have completed the dosage in case new essences are needed.

### *Testing for Dosage*

1. Hold in your lap all the bottles that tested positive as a unit.
2. Ask if you need the essence(s) more than one time. If negative, that means you have already completed the dosage (in the above step 5).
3. If positive, find out how many days you should take them and how many times per day. Do a sequential test. With the needed essence(s) in your lap, ask yourself:

“Do I need these one day?” Test.

“2 days?” Test.

“3 days?” Test.

Do a count until you get a negative response. If you need to take the essences for 3 days, you will test positive when you ask, “1 day?,” “2 days?,” “3 days?” When you ask, “4 days?” you will test negative. That will tell you that you will be assisted and strengthened by taking the essences for 3 days, not 4 days.

### *Daily Dosage*

Using the same format, ask if you should take the essences:

“1 time daily?” Test.

“2 times daily?” Test.

And so on, until you get a negative. Your last positive response will tell you how many times per day the essences are needed.

Generally, essences are to be administered first thing in the morning and/or last thing in the evening and/or in the mid-afternoon. If you wish to be more precise, test to see if it is best to administer them in the morning, afternoon or evening, or any combination of the three.

## *Making a Solution Bottle*

Make a solution bottle if the solution is to be taken more than a couple of days or if you need to take it several times throughout the day and must carry the solution around. Add 5 drops of each essence needed to the 1/2-oz. bottle. (Or if you wish to economize on the number of drops you use, you may test for how many drops of each essence that tested positive are to be added to your 1/2-oz. solution. You will find that your solution will require fewer than 5 drops for some of the needed essences and you will save on the number of drops used for those essences.) Then add a teaspoon of brandy or distilled white vinegar if you need to preserve the solution, and fill with spring or untreated water. If this is unavailable, tap water will do. You can also refrigerate the solution, thus eliminating the need for preserving it in brandy or vinegar. Take one dropperful (about 10 drops) for each dosage.

If you wish to make a solution in a glass, add 9 drops of each needed essence concentrate to 4 ounces of water. Add 3 teaspoons of brandy or distilled white vinegar if you want to preserve this solution. Refrigerate it if no preservative is added. Drink one good sip for each dosage needed.

## *Testing Results*

It's not unusual to test positive for a lot (even all) of the essences for as long as the first three months after you begin using them. After three months, the number of essences needed will drop off and level out. Your body is taking advantage of having the essences offered and is correcting imbalances in the electrical system—some that may have developed into symptoms and some that you may not even be aware of.

I recommend that for the first three months you do a basic essence test daily, and don't test for dosage. Set aside fifteen minutes or so each day for the testing. Take one drop of each essence that tests positive.

After you get through the initial three month period, there are going to be times when you need few or no essences, and times when you may need a large number of essences just because what you are dealing with is complex and difficult.





## ADDITIONAL HELP GETTING STARTED

If you're having trouble learning kinesiology or essences testing and you want more help: You're in luck. Call our Question Line (see below) and we'll be glad to talk you through the difficulties you are having.

Also, I give an excellent demonstration (if I don't mind saying so myself) of how to do kinesiology in the DVD, *The Human Electrical System and Flower Essences*. This workshop would serve you in two areas:

- I demonstrate kinesiology and talk about pitfalls to watch out for, and
- I talk about the body's electrical system, the Perelandra Essences, and how to test the essences.

It's an easy, quick, visual way to learn a number of things that are important for using essences. Besides, I give pretty "spanky" workshops that are fun and this workshop is no exception.

## ADVANCED ESSENCES USE

Working with flower essences as described here is a good starting point. If you'd like to work with the essences with greater understanding, precision and ease, we recommend the book, *Flower Essences: Reordering Our Understanding and Approach to Illness and Health* by Machaelle Small Wright.

## QUESTION HOT LINE

1-540-937-3679

If you have questions about how to use our products and processes, our Question Hot Line is for you. To assist as many customers as possible, we need to limit the calls to ten minutes. Please prepare your questions before calling. Call or check our web site for current times that this line is open.

You can also send us an email: [question@perelandra-ltd.com](mailto:question@perelandra-ltd.com).

## HELPFUL TIPS

**AIRPORT TRAVEL:** If you need to check your essences through airport x-ray, it is best to do the simple *Flower Essences Restabilizing Process* afterwards to restore them to full potency. These instructions are available on our web site.

**CONTAMINATION:** An essence can be contaminated by another substance or essence (e.g., you put the dropper from one essence into the wrong bottle). If this happens, you will need to replace the essence.

Also, be mindful of bacterial or other similar contamination problems (such as touching the dropper to your tooth and putting it back into the bottle without washing it). In these situations, the essences have been severely compromised, and you need to replace them.

**STORAGE:** We recommend storing your sets of essences with the bottles standing upright. This keeps the essence from coming in contact with the rubber dropper bulb and eliminates the rubber taste they can get over time.

**TEMPERATURE CONTROL:** The distilled white vinegar preservative will freeze if left long enough in frigid temperatures. If frozen, they lose 20% of their efficacy and should be replaced.

### What's the Difference Between Essences and Other Perelandra Products in a Bottle?

*Perelandra Essences:* Oral solutions that balance, stabilize and repair specific electrical circuits in the human body. When the circuits are compromised, stressed or broken, this leads to illness. The Perelandra Essences are used as needed for specific issues.

*Essence of Perelandra:* Provides a unique balance that adds a foundation of strength, stability and support for humans, animals, environments and projects.

*Perelandra MBP Balancing Solutions:* A daily "tonic" that adds balance and strength to your specific body systems—cardiovascular system, immune system, digestive system, endocrine system, etc.

*ETS Plus for Humans:* The perfect emergency trauma solution for any sudden or long-term trauma, or even daily stress. Also available: ETS Plus for Animals, ETS Plus for Plants, ETS Plus for Soil-less Gardens and ETS Plus for Soil.



U.S. & Canada Order Line: 1-800-960-8806  
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