

PERELANDRA ESSENCES



MACHAELE SMALL WRIGHT

THE PERELANDRA ESSENCES
are oral solutions taken to balance and
stabilize the body's electric system and its circuits.
They also are taken for maintaining the overall
strength and balance in the electric system.



When using this
product in PIC, follow
PIC instructions only.

CROSS-CONTAMINATION: If you need more than one Essence, open each bottle one at a time, take a drop of that Essence, put the dropper back into the bottle and close the bottle. Don't try to form an assembly line by opening all the needed bottles at one time in an attempt to administer each drop more quickly. With this setup it is too easy to put a dropper in the wrong bottle. Working with each bottle one at a time ensures that you are not making a dropper/bottle mistake. If you manage to cross-contaminate or even suspect you've cross-contaminated, you'll need to throw out the bottles in question and order replacements.

STORAGE: To avoid the rubber taste they can get over time, store the bottles upright to keep the Essence from coming in contact with the rubber dropper bulb.

TEMPERATURE CONTROL: The distilled white vinegar preservative will freeze if left in frigid temperatures. If frozen, the Essences will lose their efficacy and should be replaced.

Copyright © 2011, 2015 Machaelle Small Wright. All rights reserved.
Reprinted from *The Perelandra Essences* by Machaelle Small Wright

No part of this booklet may be reproduced in any form without written permission from the publisher. This booklet is manufactured in the United States of America.

THE PERELANDRA ESSENCES

The Perelandra Essences are water-based solutions holding electrical patterns derived from the different kingdoms and elements of nature. Each electrical Essence pattern balances, stabilizes and strengthens the body's electric circuits in two ways: (1) They address weakened or damaged circuits in targeted areas of the body. (2) They also provide the needed balancing for specific mechanical functions and properties that are contained in and are part of biological electric circuits no matter where the circuits are located in the body.

And why, you ask, do we need to focus so much attention on the body's electric system? Surely something this massive and complex ought to be able to take care of itself? Well, we focus on our electric system because *the underlying foundation for the body's healing process is its electric system*. The healing process is activated and driven by the electric system. If circuits are damaged, the healing process foundation weakens and the process itself is compromised and weakened. If damaged circuits are repaired, the healing-process foundation strengthens and the body's healing process becomes fully functional.

There are five different sets of Perelandra Essences that work in combination with one another and cover the full range of what's needed to balance and stabilize an electric system: Rose, Garden, Rose II, Soul Ray and Nature Program. Each set is produced from electrical patterns derived from the Perelandra garden and the nature kingdoms that are part of Perelandra's seventy-seven acres. The electrical patterns contained in each bottle are set in a water-base solution that is preserved with brandy or white vinegar for safety and longevity. The pattern held in each bottle addresses different circuitry in your electric system. The Essences are bottled in *concentrate form* in pharmaceutical dropper bottles that make it easy for you to place one drop of a needed Essence on your tongue or several drops of the Essence in a glass of water to be sipped throughout the day. Because they are used one drop at a time and because they are well-preserved, each bottle has an indefinite shelf life. You'll be keeping and using these sets for many years.

Working with Essences as described here is a starting point. To work with Essences with greater understanding, precision and ease, you will need the book, *The Perelandra Essences*. See our web site: www.perelandra-ltd.com

A Brief Description of the Five Perelandra Essence Sets



THE ROSE ESSENCES (SET 1) are a set of eight Essences that function with one another to address the electric circuits that support us as we proceed through our normal evolutionary process. As we move forward and address new situations, learning curves, challenges and ideas, there are mechanisms within us that

are set in motion to facilitate our periods of growth. The Perelandra Rose Essences balance and strengthen the circuits that support us and our process mechanisms.

THE PERELANDRA GARDEN ESSENCES are a set of eighteen Essences that balance and restore the electric circuits that are needed to address physical, emotional, mental and soul issues that we face in our day-to-day life in today's world.



THE ROSE ESSENCES II are eight Essences that address the electric system's support during a deep expansion experience. Here, one is not simply processing ordinary, everyday changes and challenges. When faced with this kind of expansion, we are required to function in new ways, and with patterns and rhythms yet to be experienced. The Rose Essences II set addresses that phenomenon by balancing and stabilizing the electric system and its circuits that support all deep-expansion activity.



THE NATURE PROGRAM ESSENCES are a set of nine Essences that address and reestablish an electric system's balance in two ways:



- (1) They strengthen the system in relation to the body's important microbial populations.
- (2) Sobopla, Moon and Bowl Essences address the electric system's and body's balance in light of its relationship to the larger environmental picture.

THE SOUL RAY ESSENCES have been developed to balance and stabilize the body's electric system and circuits that are connected with and support an individual's soul-level activity. They also address the circuits that support an individual's development towards conscious awareness of this activity, as well as the circuits that support the integration of the soul-level activity with the physical, emotions and mental levels. Without balanced electrical support, the electric circuits can become overloaded and overwhelmed. This will result in discomfort, disorientation, pain and disorder on the physical, emotions and mental levels. What I have found surprising about the Soul Ray Essences is how often they are needed. 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 on any PEMS* levels.



* PEMS = *Physical, Emotions, Mental, Soul*



THE PERELANDRA KINESIOLOGY TESTING TECHNIQUE — “PKTT”: Our Electric System’s GPS

SO HERE WE ARE, faced with multilevel, interconnected and intertwined electrical wiring, and the key to restoring and maintaining our well-being lies in the balance and strength of all these different circuits. When we are faced with a difficult situation, we have to be able to identify quickly which circuits are in need of balancing and stabilizing. To do this, we need a way to access our electric system for testing. Well, we’re in luck. Not only do we have a quick, convenient, effective, accurate and low-cost tool for testing electric circuits, this tool also happens to be compatible with our electric system and the Perelandra Essences, as well. It’s called “The Perelandra Kinesiology Testing Technique” or PKTT. (We say “pick it” for short.).

PKTT is simple to learn and to do. Anybody can do it because it uses your electric system and your muscles. If you are alive, you already have these two things. You don’t have to purchase any gizmos to do PKTT. Unfortunately people refuse to believe that anything can be so simple. So they create a mental block — only “sensitive types” can do this, or only women can do this. It’s not true. PKTT happens to be one of those simple things in life just waiting around to be learned and used by everyone.

PKTT 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 (finger #4). *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 temporarily created and closed a new electric circuit in your hand that is external and easily accessible for testing.

Before going on, look at the position you have just formed with your hand. If your thumb is touching the tip of your index or finger #1, laugh at yourself for not being able to follow directions, and change the

position so you touch the tip of the thumb with the tip of the little finger (finger #4). Most likely this will not feel comfortable to you. That is because you normally don't put your fingers in this position and they might feel a little stiff. If this feels awkward, you've got the first step of the test position! In time, the hand and circuit fingers will adjust to being put in this position and they will feel more comfortable.

Circuit fingers can touch tip to tip (*Fig. A*), finger pad to finger pad (*Fig. B*), or thumb resting on top of the little finger's nail (*Fig. C*). I rest my thumb on top of my little finger. I suggest this position for anyone with long nails. You need not impale yourselves for this.

When you have the circuit fingers in position, they form a circle. If you straighten fingers 1, 2 and 3 a bit, you'll get them out of the way and you'll see the circle.

2. THE TEST FINGERS AND TESTING POSITION. To test the new circuit (the means by which you will apply pressure), place the test fingers, thumb and index finger (finger #1) of your other hand (*Fig. D*), 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 (*Fig. E*). 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.



Fig. A: Circuit Fingers: tip to tip.



Fig. B: Circuit Fingers: pad to pad.



Fig. C: Circuit Fingers: thumb on little finger.



Fig. D: The test fingers.



Fig. E: The testing position.



*Fig. E: The testing position:
Left-handed.*



*Fig. F: Positive response with the
circuit fingers still closed.*



*Fig. F: Another view of
the positive response.*



*Fig. F: A third view of the
positive response.*

3. POSITIVE RESPONSE. Keeping this position, ask yourself a simple question in which you already know the answer to be “yes.” (Ex: “Is my name _____?” Insert your real 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 (*Fig. F*). 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.*

If you have ever been kinesiology tested by a physician using the conventional steps, the PKTT circuit position 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. After you ask the yes/no question and you press your circuit fingers tip-to-tip, that is equal to the physician 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 physician pressing down on your arm.

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

IMPORTANT: 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 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. What can be a little tricky with PKTT is learning to *equalize* the pressure between all four fingers and these questions are your tool for calibrating that pressure for feeling the strong positive. You are asking yourself a question that has a positive answer. (Ex: “Is my name _____?” Insert your real name.) The obvious answer to this question is yes. A positive, even in the form of a correct answer to a question, will not have an adverse or weakening impact on electric circuits, and the related muscles to those circuits will remain strong. If your circuit fingers are separating when you know you should be getting a positive response, you are applying too much pressure with your test fingers. Or you are not putting enough pressure into holding your circuit fingers together. You need to keep asking the question and playing with the testing until you feel pressure in *all four fingers* and the pressure in your test 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 and connected. When this happens, you now have a clear positive PKTT response.

4. NEGATIVE RESPONSE. Once you have a good sense of the positive response, ask yourself a question that has a negative answer. (Ex: “Is my name _____?” Insert a completely bogus name and not a nickname or a name you wish you had.) 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 electric circuit will break, and the circuit fingers will weaken and separate. Because the electric circuit is broken, the muscles in the circuit fingers do not have the strength to hold the fingers together. In a positive state the electric circuit holds, and the muscles have the strength to keep the two fingers together.

DIFFERENT SEPARATION STYLES. How much your circuit fingers separate depends on personal style. Some people’s fingers separate a



*Fig. G: Negative response:
A lot of separation.*



*Fig. H: Negative response:
A little separation.*



*Fig. I: Negative response:
Medium separation.*



*Fig. J: Forearms resting in a
person's lap while testing.*

lot — like two or three inches (*Fig. G*). Other's barely separate (*Fig. H*). Mine separate about a quarter of an inch (*Fig. H*). Some people's fingers won't separate at all, but they definitely feel the fingers weaken when pressure is applied during a "no" or incorrect answer. Some say all they feel is a little "pop" when the circuit breaks. Let your personal style develop naturally.

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

TO CALIBRATE AND EQUALIZE THE PRESSURE used by the circuit fingers and the testing fingers for negative responses, play with questions that have obvious negative answers. Continue adjusting the pressure between your circuit and test fingers until you get a clear negative response.

When you're feeling a solid separation, return to positive questions. Once again, get a good feeling for the strength between your circuit fingers when the electric circuit is in a positive state. Then ask a negative question and feel the weakness when the circuit breaks and is in a negative state. Practice your testing by alternating the questions. It's perfectly fine to keep asking the same question with the known negative answer over and over. You don't have to give yourself a headache trying to come up with

different questions. Your electric system isn't grading you on creativity. The same is true when testing the positive response. Just use the same question with the known positive answer.

In the beginning, you may feel only a slight difference between the two. With practice, that difference will become more pronounced. For now, it is just a matter of trusting what you have learned and what you feel — and practicing.

THE BASIC ESSENCE TEST

HERE'S WHERE IT ALL COMES TOGETHER: Your electric system, PKTT and the Perelandra Essences.

The Basic Essence Test focuses on your electric system and its circuits as one large, complex, multicircuited, intricately interconnected unit. It checks the system for any weakened circuits that are impeding how the system is functioning as a coordinated unit and identifies the Essences that are needed to rebalance those circuits, thus strengthening the electric system as a unit.

The process for finding the Essences that are needed is based on a simple electric-system concept. If I place anything within three feet of my body, my electric system immediately identifies the thing and knows if its inclusion strengthens or weakens my system. If I place an Essence bottle in my lap, it is sitting well within that three-foot range. Even though the Essence pattern is contained in a closed bottle, it is still part of that bottle as a unit. The electric system isn't responding to an empty bottle. It is "reading" a dropper bottle plus its contents.

If the Essence pattern in the bottle doesn't stabilize or strengthen the system, it is seen as unhelpful and superfluous. The electric system, including the closed circuit you created with your two circuit fingers, temporarily weakens and you will test negative for that bottle. Once you remove the bottle from your lap and outside the three-foot range you will remove its weakening effect and your electric system will immediately return to its original state. This is similar to the concept that kicks into action when you make a mistake and take an Essence that isn't needed: The electric system rejects the pattern (it's superfluous and doesn't provide any help) and removes it from the system.

If the system has a weakness that this Essence would help, the proximity of the pattern that's contained in the bottle literally and temporarily strengthens the system, including the closed circuit you've created with your fingers, and you will test positive for that bottle. Once you remove the bottle outside the three-foot space, your system will adjust back to its original state. You need to take a drop of an Essence orally for it to actually balance the circuits and have a lasting effect.

TO SUMMARIZE: If an Essence tests positive (your circuit fingers remain connected), that's a yes and you need it. If an Essence tests negative (your circuit fingers separate), that's a no and you don't need it.

The Simplified Basic Essence Test

Steps for Daily Testing

PREPARE FOR TESTING: Drink some water. Go to the bathroom, if needed. Find a quiet spot and sit comfortably. Place the boxes of Essences and the other supplies within easy reach.

1. State your intent to do a Basic Essence Test:

I want to do a Basic Essence Test.



2. Place each box of Essences, one at a time, in your lap (*Fig. A*). 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, move the box off to one side and test each bottle from that box individually by placing the bottle in your lap to determine which ones are needed (*Fig. B*).

Ask:

Do I need _____ Essence? (Test.)



3. Check your results by placing in your lap just the bottles that tested positive (*Fig. C*). Ask:

Are these the only Essences I need? (Test.)

If the response is positive, that's a "yes." Go to step 4. If only one Essence is needed, 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 to find what you missed and you get a positive response to the question. This will verify that you have all the needed Essences.

4. If you have more than one Essence, check them as a combination by placing all of them in your lap (*Fig. C*) and asking:

Is this the combination I need? (Test.)

If you get a negative but the Essences tested positive when tested individually, you need to adjust the combination.

There is no shortcut for checking a step 4 Essence combination. The bottles that test positive must be taken out of the box(es) and placed in your lap in order to test them properly as a combination.

Place each of the combination bottles separately in you lap (*Fig. D*) and ask:

Do I remove this bottle from the combination? (Test.)

Whatever tests positive gets removed. It 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 was stronger and more effective than the sum of its parts.

Put the remaining combination bottles in your lap (*Fig. E*) and ask:

Is this combination now correct? (Test.)

You should get a positive. If you don't, test the *original* combination again (the combination before you removed any bottles), and keep working at it until they test positive as a unit.

5. Take these Essences orally, one drop each (*Fig. F*). Record the Essences on the sheet of paper or on your Essence Record Chart.



What's the "Normal" Number of Essences That Can Test Positive in One Test?

You test positive for whatever you need. PKTT removes the guessing. So whatever Essences test positive, you take. That can be anywhere from one Essence to all fifty-one Essences. Whatever you test for is your "normal." If you test positive for one Essence today, that's today's "normal." If you test positive for twenty-five bottles tomorrow, that's tomorrow's "normal." You just need to take one drop of whichever Essences test positive each day. In the beginning your electric system can move through a rather complex initial balancing. So let your test results lead the way and don't draw any conclusions about the number of Essences that you need each day. Needing a single Essence doesn't mean you are any more or any less special than the person who needs all fifty-one Essences. Just don't read anything into this. Take the needed drops and allow yourself to move forward according to your unique needs.

Careful: Pay Attention to "Dropper Hygiene"!

- Rinse the dropper off with warm, soapy water before putting it back into the bottle if you accidentally touch the dropper with your mouth or tongue. This keeps your saliva from affecting the Essence pattern.
- Don't touch the glass part of the dropper while you're washing it. (Use clean latex or non-latex gloves.)
- Always hold an Essence dropper by the rubber bulb.
- If you have difficulty taking an Essence directly from the dropper without it hitting your mouth, put one drop of each needed Essence in a clean spoon. It doesn't matter if the spoon touches your mouth since you won't be trying to stuff it back in your Essence bottle.
- Wash the dropper anytime you drop it or touch your clothes with it or the dog licks it or . . .
- General rule: Don't put a dirty dropper back in the bottle!

The Beginner's Break: Daily Essence Testing

Steps 1 through 5 make up the first half of the Basic Essence Test. The full test includes testing for dosage which determines how many days and how many times a day you are to take the needed Essences. However, over the years I've recommended daily testing when getting started. Here's how it goes:

AFTER COMPLETING STEP 5 and taking each Essence that tested positive, record the results. Put your Essences away and get on with the rest of your day.

THE NEXT DAY, do another Basic Test, completing steps 1 through 5. Take those Essences, record the results, put the Essences away and get on with your day. Do this again the next day, and so on.

There are a number of advantages to daily testing:

- You work with a simplified Basic Essence Test while you go through your learning curve.
- You don't have to learn about dosages or how to make a solution bottle should you need a combination of Essences for more than one day. By testing daily, the combination you get today will show up in tomorrow's test, if needed again.
- With daily testing you start balancing your electric system right away and you support that progression on a daily basis. And should something happen in your life that challenges your electric system in a new way, it is quickly addressed in the daily testing. This allows your system to move through the early balancing and strengthening process more efficiently.
- By testing daily you give yourself the golden opportunity (as they say) to practice PKTT. I recommend daily testing for the first four to six months. It gets you through the initial balancing and strengthening your electric system has needed for a long time and it definitely gets you through that awkward early stage when learning PKTT.

ADDITIONAL HELP GETTING STARTED

If you're having trouble learning PKTT 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 PKTT in the DVD, The Human Electric System and the Perelandra Essences. This workshop would serve you in two areas:

- I demonstrate PKTT and talk about pitfalls to watch out for, and
- I talk about the body's electric 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.

NOTE: The PKTT section of our web site includes a short clip of a video demonstration.

QUESTION HOT LINE 1-540-937-3679

WEDNESDAYS, 10 AM TO 8 PM, EASTERN

If you have questions about using the Perelandra 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. Or you can email your questions to us: question@perelandra-ltd.com.



Perelandra, Ltd.

Order Lines: 1-800-960-8806 / 1-540-937-2153

<http://www.perelandra-ltd.com>