

Resonate Essences

The RESONATE ESSENCES are an uplifting range of colour, light & sound frequency essences, resonating with a powerful mental & emotional state of being. Each essence has differing supporting elements that assist in releasing blocks or negative emotional aspects that may be holding you back from experiencing that emotional state of being, as well as aspects to infuse the positive qualities. The essences move you from where you currently are to where you would rather be by assisting you to change your state & raise your vibration.

Resonate Essences Sprays range has been created to infuse your senses & energetic field with the colour, light & sound vibrations combined with essential oils to support vibrational change. Use them to create an uplifting feeling by spraying your body, above & around your head in your auric field, or in a room to shift & change the energy. As you spray, remember to connect with the affirmation written on the bottle & set your intention to hold the vibration. Enjoy!

Equilibrium stocks the Resonate Sprays in store. Below are the descriptions of these sprays. For more details on the Essences themselves please go to resonateessences.com

BLISS SPRAY

Infuses an uplifting expansive feeling, whilst clearing your energy body & auric field of lower vibrational energy. A great way to lift your spirit & start your day.

Choose this: to feel lighter, brighter & uplifted at any time.

Infuses: space & personal energy clearer, feeling of bliss & exhilaration, gives a higher perspective to view situations.

Defuses: disconnected feeling, frustration at repeating patterns, feeling burdened by carrying a weight of responsibility for self & others.

HARMONY SPRAY

Increases the sense of harmony, peace & co-operation in a room. Great for clearing a space where there have been recent arguments or rooms where children often get into conflict whilst playing together.

Choose this: if there's a lack of harmony or cooperation reflected in the people or spaces around you, or if you're feeling strong internal conflict around a decision, a situation, a person or event. Helps to bring all parts of self into balance & alignment.

Infuses: harmony, sense of cooperation, working together as a team.

Defuses: the need to always be right, the need to make others feel wrong, feelings of conflict in a room or between members of a group eg siblings, friends or colleagues.

DEEP SLEEP SPRAY

An infusion of essential oils & Deep Sleep essence to support deep rejuvenating sleep & the ability to awaken refreshed each day.

Choose this: if you have challenges falling asleep quickly or staying asleep during the night. Can be further supported by using in combination with the Deep Sleep essence & always ensure you have visited your health professional to rule out any underlying medical conditions impacting sleep.

Infuses: deep peace & relaxation to assist the mind to let go & the body to rejuvenate & heal deeply.

Defuses: mental blocks & overstimulation preventing deep relaxing sleep.

OPTIMISM SPRAY

Increases the feeling of lightness & expansion that can flow into your life. Brings a feeling of drawing the sunshine into your being...a feeling of happiness & brightness that radiates from within you out to the world.

Choose this: if you're feeling like life is pulling you down, everything around you is dark & heavy & nothing seems to be shifting it. Opens your filters of perception to see the glass as half full instead of half empty...instant mood booster.

Infuses: optimism, joy, boundless potential, everything is possible, feeling of things will always be fine at the end of the day.

Defuses: negativity, heavy moods & energy, a feeling of being in a dark place with the focus & weight of the world coming in on you, desire to withdraw from life into a dark cave-like state, feeling detached & withdrawn.

CONNECT SPRAY

Increases our ability to Connect deeply & intimately with ourselves...with the Divine Feminine & Divine Masculine parts within our own being...the internal aspect of God & Goddess. As we open our sacral chakras & allow the flow of kundalini energy to rise up through our spine to our heart chakra, we can open the heart & unite these aspects of our own masculine & feminine natures... and in doing so allow another to share this intimate connection with us.

Choose this: If you are experiencing blocks in attracting the kind of partner you would want for yourself, there may be an imbalance in your own masculine & feminine aspects that needs to connect & come to a state of harmony. Use this spray to attract the optimal relationship connection for you, expressed through shared union with another. Also great for physical intimacy issues for men or women feeling blocked in expressing their sexuality with a partner.

Infuses: balancing & uniting of Masculine & Feminine energies, opening of sacral & heart chakras, allowing kundalini to flow through the spine with greater ease, assist us to magnetize the optimal partner for ourselves.

Defuses: blocks to intimacy, heart walls, tendency for sexual connection without heart chakra being open, sexual dysfunction of an energetic cause.

OPTIMISM SPRAY 4 KIDS

Infuses the feeling of lightness, brightness & happiness into our children & their environment.

Choose this: if your child always focuses on what's wrong instead of what's right, tendency to be whingy or complaining, negative or pessimistic outlook.

Infuses: happiness, optimism, joy, playfulness, fun in life, feeling of all 'good things are possible for me'.

Defuses: whinging, complaining, focus on what's wrong, glass always half empty, inability to enjoy activities.

CREATION SPRAY

Increases our ability to connect deeply with our Soul's longings & desires for us in this life...and from this space, to open our heart & mind to work together with Divine Source as we co-create our dreams.

Choose this: when you're birthing your Soul's mission or purpose on the earth. This may be in the form of: new work or a specific project, a new state of being within you or the conception & nurturing of a new life to birth through you.

Infuses: alignment with your Soul's purpose & desires, creation & co-creation abilities to manifest, birth & nurture new projects, ideas, work...or a new life. Great to use in Pre- Conception care in preparation for conceiving a child.

Defuses: feeling of lack of clarity, not knowing purpose, blocks to conceiving & manifesting, infertility issues of an energetic cause.

PROSPERITY SPRAY

Increases our ability to feel & live a prosperous life. Prosperity is not just about financial flow & abundance... it's the ability to truly enjoy every moment, embracing all the richness it holds. This includes an ever increasing level of emotional well-being flowing from increasing states of health & happiness...of joy, love & laughter.

Choose this: If you're feel trapped in a pattern of financial lack & limitation that is holding you back from feeling the joy & wealth of emotional experience available in each moment.

Infuses: Prosperity & abundance, an increased ability to enjoy all the good things in life, including exponentially increasing levels of physical & emotional well-being.

Defuses: patterns of focus on negativity, lack & scarcity, feeling blocked & locked into a repeating pattern of struggle, inability to deeply enjoy your life.

SUCCESS SPRAY

Increases vibrations of Success to activate & flow through all parts of you.

Choose this: When you've been focused on achieving your goals & dreams, but somehow the actions & results needed to make your goals a reality are not reaching your targets.

Infuses: Success in all areas of life...thoughts, words, emotions, beliefs, actions & the results showing up in your life.

Defuses: a sense of failure, giving up before you even try, patterns of not backing your passions with following through with necessary actions to give you the results.

DIVINE GRACE SPRAY

Assists us at times of transformation in our lives. It is an energetic support tool to release old personal & ancestral patterns holding us in a perception of 'life as a struggle'.

Choose this: when nothing you do seems to bring in change, patterns just run over & over.

Infuses: the vibrations of Divine Grace to lift us out of old energetic patterning, allowing us to see all the freedom of possibility open to us all.

Defuses: feelings of life is a struggle, the hardship just to survive, feeling isolated & disconnected from our Higher Selves, old ancestral patterns activated in our lives.

BEING ONENESS SPRAY

Opens our heart & minds to connect with the eternal aspect of ourselves & to all through the web of life. It helps us to integrate the many parts & aspects within our Beings in a nurturing, healing & supportive way.

Choose this: for integration of self & connection with Life.

Infuses: an internal sense of peace & harmony, a deeper love & connection to the eternal spirit found in all living things: plants, animals, humanity, life, that which connects us all to mother earth.

Defuses: feelings of inner turmoil, separation from the earth & humanity, internal conflict coming from splintered aspects & parts of our psyche.

ANGELIC SUPPORT SPRAY

An uplifting inspirational scent that helps raise your vibration to connect with the Angelic Realms & with the Angels that have journeyed with you in this life from the moment you were born.

Choose this: to increase your vibrations to a higher frequency & facilitate communication with the Angelic Realms.

Infuses: the feeling of being connected to your Angels, and the ability to communicate with them, invoking their powers to serve & protect you on your journey through life.

Defuses: feeling vibrationally low & heavy, unable to reach the frequency needed to hear, see, sense & feel your Angels, feeling abandoned by Spirit & alone in this life.

RE-BALANCE SPRAY

An energizing, enlivening spray to bring your physical body & energy field into a greater state of balance or Re-Balance with the world around you.

Choose this: when you're feeling out of alignment with the world around you, particularly as the energy is shifting on the planet. This spray is harmonized with the new Masculine & Feminine (Twinflame) energies & the greater sense of balance & cooperation that is flowing through the earth & her people.

Infuses: a burst of energy that assists us to Re-Balance all the ways our consciousness flows into the world around us, via our loved ones, family, friends, work, finances, health, environment, bringing harmony & unified purpose to all areas of life & our goals.

Defuses: old patterns of male & female imbalance & power struggles, imbalances in our energy fields we've carried through life from other times that are now ready to be released, stuck emotions & vibrations.

BELIEVE SPRAY

Assists us to shift limiting beliefs we hold about ourself & the way life appears for us, opening ways to co-create the life of our dreams with the Divine. It uplifts the Soul & connects us to the magic & power of manifestation that flows through all of life.

Choose this: when you feel ready to bring more magic into your life & release all the limiting beliefs you have held on tightly to as truths, choose this to change what you believe is possible in this life... make the magic happen!

Infuses: positive belief in ourself & acceptance of the magnificence that each of us truly is, increasing ability to connect with the magic that flows through life, increasing ability to manifest & co-create with the Divine in alignment with our Higher Self.

Defuses: negative & limiting beliefs, limitations & rules picked up from genetic patterns, generationally from our peers, or from collective consciousness that are keeping us small & insignificant. Patterns of self doubt, insecurity, giving up without giving it a shot or the feeling that life works out for others but just not for me.

PRESENT TIME SPRAY

Clears our aura & energy body of the codes, cordings & old patterns that we are connected to from our past experiences. It assists you to call back the energy that you have left behind, in other places, times, people or dimensions that drain your system of the restorative & rejuvenating benefits of aligning all your energy to the present moment.

Choose this: when you feel like your energy is still anchored in your past & history serving the needs of others you have invested in, instead of yourself. Choose this to call back all your energy to restore, repair & revitalise your energy system & serve the highest good for you.

Infuses: more of your Being's energy as it is called back to return from the events, people & times where you have left it behind, using this resource to restore your systems & revitalize you in alignment with your goals.

Defuses: old codes, cordings, patterns & imprints of the past...wherever they may have come from... releasing all that is no longer aligned with love, joy & peace for you in this present moment.

MANIFEST MIRACLE SPRAY

The heavenly scents of this room & auric spray uplift the Soul to embrace the flow of miracles into your life.

Choose this: when you are wanting some support to manifest a miracle in your life or to have fresh eyes in viewing the abundance of blessings & miracles already here.

Infuses: support from your energetic hierarchy to manifest that which your heart & Soul desires to receive as a miracle in this moment.

Defuses: feelings of being powerless to manifest, to attract or create the blessing & miracles that are a birth right for us all.

CRYSTAL CLEAR SPRAY

When you're feeling in need of an energetic Spring Clean, allow the uplifting aromas & vibrations of Crystal Clear to cleanse your aura & let the light back in.

Choose this: when you're feeling vibrationally flat or low, contaminated with negative thoughts & feelings generated within yourself or picked up from others or

your environment.

Infuses: crystal clear, sparkling diamond, illuminated, light, glowing, reflective.

Defuses: contaminated, dirty, blocked, polluted, stagnant, dull, hidden, buried.

Scents: overflowing with sweet Spring flowers, uplifting, expansive & joyous.

MAGNETIC SPRAY

Our bodies contain a magnetic field that influences all we make contact with. Our own magnetism can be used to increase our chi or energy, maintain our internal balance & draw to us those things we are aligned with & desire. Just like physical magnets, we can have a polarity that attracts or repels. As our world becomes more polluted with electro-magnetic frequencies (EMF) from wifi, mobile phones & other technology driven devices, our own magnetic fields can become damaged or weakened, impacting on our well being & magnetic power.

Choose this: if you feel your magnetic power is being drained by interference patterns coming from the modern technological world such as your mobile phone, computer, hand held devices (eg ipod, game consoles, tablets) or if you just feel tired & lacking energy when working at your computer, talking on your mobile phone or in areas of high EMF exposure. Protect & repair your own magnetic flows.

Infuses: magnetic, energy fields, charged energy, natural polarity, stable fields.

Defuses: drained, tattered fields, EMF sensitivity, weakened charge, ineffective.

Scents: warm, grounding & nurturing with heart warning cacao & vanilla.

RADIANCE SPRAY

Our true beauty shines within us, radiating the light & love of our Soul through all parts of our Being. When our eyes sparkle with this light, our body can glow with our own Radiance.

Choose this: if you're feeling minimized & unable to be noticed, others look straight through you without seeing YOU. Radiance connects us with the beauty our Soul holds & gives us permission to let our inner beauty shine out in all directions. We are all beautiful & unique Beings, own your beauty.

Infuses: beauty, luminous, gorgeous, radiance, light filled, shining spirit in eyes.

Defuses: dull, ugly, dim, lack-lustre, muted, turned down, devalued, minimized.

Scents: beautiful, inspiring, sweet & sensual.

SERENITY SPRAY

Pristine natural environments, such as glacial waters, windswept forests, mountain peaks & inky black waters contain a healing power that soothes & calms our inflamed Inner Beings. When we open to this Serenity, we can soak in this tranquility.

Choose this: when you feel irritated, annoyed & inflamed by the situations, people & environments around you. Great to use before bed or for meditation to open into the peace & Serenity.

Infuses: tranquility, serenity, inner peace, stillness, calm, soothed, glacial.

Defuses: inflamed, irritated, fiery, reactive, internal heat, emotionally raw.

Scents: fresh minty scents mingled with mountain & forest aromas.