



FROM THE FORMLESS TO THE FORMED AND BACK :

"TRANSLUCENCE" ESSENCES

By Hazel Rouse

When I last wrote about my essences in 2001 (*Silver Seagull Essences, in touch winter 2001/2*), it was just after I had made the five Inner Sense Essences and was experimenting with their uses. Since then more essences have arrived and the original essences have grown up and become Song of the Sky, which uses essence healing energy in different ways, such as with poetry. However, the Inner Sense Essences have been quietly evolving as a system in their own right, which I call "**Translucence**".

These essences were originally made to help "retune" the different back-brain frequencies which manifested in basic personality types, or help those affected by difficult frequencies to strengthen their own tuning. They helped with relationships between those of a different brain frequency. They are linked with our different sense-perceptions, each essence relating to one of the five physical senses of hearing, seeing, feeling, tasting and smelling (Silent Sound, Square Garden, Paghams/Wave, Pugin/Towers and Godshill/Light Stream essences). They are about evolving out our "old" brain patterns which were somehow linked with how senses were used to access and cope with the world around.

I am speaking here about frequency. If we start with the premise that everything is energy which vibrates at various frequencies you can see the possibilities of tuning into and out of those frequencies, strengthening helpful ones and so on. Vibrational essences appear to do this. They do not work directly on the physical, but on the underlying energy systems.

The Inner Sense essences are used for children, and adults, who may be displaying certain difficult behaviour patterns (which I feel is related to the "patterns" or shapes of their brain frequency), either because they were born with that patterning or because they are affected by frequencies in the outside world. The more obvious is the frequency which seems to cause "electromagnetic stress". An

essence can help tune a child, or anyone, out of this waveband, so it does not cause disturbance any more. This helps remove the by-product of fear and dissolve negative thoughtforms surrounding the whole issue.

These five essences are also about coming from the formless into the formed, in stages. That is, from the non-physical into physicality. They follow the Buddhist thinking of the five stages of development from the non-separate being to the fully-formed self. The first stage is the beginning of individuality and separate existence from unity with the divine, and the start of awareness of subject and object. The second is an instinctive reaction to surroundings. The third is the stage of perception and automatic response to stimulus. The fourth stage is concept, building of intellect and personality. The fifth is fully formed consciousness, where the personality is in a world of its own, fully coping with the world but at the furthest point from unity with the divine self.

The process of taking on form by an embryo in the womb, and the development of a child both before and after birth entails these stages. I feel that this is linked to the acquisition of the five senses, which materialise from their inner form, manifesting from the unmanifest. The unmanifest is the "inner sense" equivalent of the manifested outer. If for some reason there is an energy disturbance, a manifested sense may not become fully rounded, and may need help in unfolding, like a stuck bud. (This is different from the development of the childhood reflexes, which can be worked with separately with essences).

A person may grow up with their outer senses not completely manifested. Even though they may be coping in the physical world, there may be a missing patterning causing problems. Somehow the brain patterns misfire or they are adversely affected by external energies, causing a range of issues such as anxiety, depression, "switch-off", aggression, not wanting to be in the world, not "all there". How many of us are aware of children (and adults) who are not all there? What about the phrase "being brought to your senses"? And a good way of bringing someone back into their body after a shock is to make them consciously use each of their five senses in turn.

I feel that there are many reasons why so many children today are not finding it easy in the world. They may be coming in with more

highly-evolved brains so are reacting to unrecognised patterns, they may be using their senses differently from how they originally evolved, or they may not have fully manifested certain senses so their coping mechanisms are impaired.

Looking again at the essences from a spiritual perspective, we are evolving to become less dense vibrationally, and this at some point starts the process of realisation that we are not separate but part of a much greater whole. We may have difficulty with "being in the world" because our own vibrations are getting lighter than our surrounding externals. We have begun the process of returning to the formless, while staying in the formed. We need to stay fully present and coping with the world, while becoming more in touch with the "unworldly". We dissolve the sense of "self" but also need to keep ourselves on the ground.

When we die, Buddhist teaching again is that the ego-centred being goes back to the formless through the five stages. Whatever belief system, I feel that the body needs to be released in stages, with each sense returning to its unmanifest state in turn.

So we are looking essentially at conscious spiritual birthing and spiritual dying as well as attaining a constantly raised awareness state while fully functioning in the world. I feel we need help if we are to reach the stage of development where we can easily do this. Our job may be to help birthing processes ("spiritual midwifery"), to work with children or to assist someone to die.

If the processes of becoming formed, staying in form while connecting to the formless and of returning to the formless, are gone through with attentive awareness, then we are using the light to become or return to light. That is why I call the five essences referred to here **"Translucence"**. We transit by stages from the light through the light, and through the light back to the light. It is what I feel is meant by "en-light-enment".

If any of this speaks to your experience of yourself or others then maybe essences can be of help. These essences can be used sequentially to help with different stages or for particular issues and as a mix to strengthen energy systems.

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If you'd like more information I can be contacted on 02392 353454 or hazel@silverseagull.co.uk, or I'd be happy to talk to you at the Keele Conference in September. For information on essences generally see www.bfvea.com and www.bafep.com.