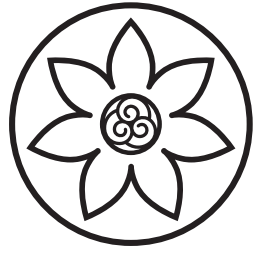


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# *Elixirs for Life*

JOURNAL OF SPIRITUAL HERBOLOGY  
AND SELF-CARE



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Elixirs for Life  
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105 1170 Kensington Crescent NW Calgary, AB T2N1X6  
www.elixirsforlife.ca  
403-452-6639

Written by Kandis Twa  
Graphic Design and layout MINIM Design Inc.  
Original Artwork MINIM Design Inc.  
Photography Stacey Deering @stacey.deering

Heartfelt thanks  
Jim Malcolm www.pureleadership.net  
Mandi Mack www.mandimack.com

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# NOTES ABOUT SPIRITUAL HERBALISM AND SELF-CARE

**D**id you know that in all of existence there is only one you? What are the chances that on a planet of seven billion people and an infinite universe that you're here, right now with the opportunity to be YOU?

The fact that you're alive in this moment matters—it matters a great deal and your precious existence on this Earth is not by accident or without consequence. The opportunity to be YOU is a miracle!

None of this means we don't live without stress, and this last year maybe more than ever. The stresses of life range from the mundane to the monumental. Am I serving my highest purpose? Did I put the garbage out? Do you think the cat looks happy? What is my highest purpose?

For every problem in life a solution is always presented. For every question, an answer rises up. The key is to know YOUR answers, YOUR solutions. Your inner self—your higher guidance knows your greatest answers and solutions. That's why we want to help you take care of this amazing part of you, improve your soul communication, and help you nurture your greatest relationship—the one you have with yourself. This is self-care.

How do you practice self-care? This part of you, like the muscles in your body needs attention, exercise, and nutrition in order to be all that it can be. Our elixirs are designed to nourish the greater parts of you, so you can find your solutions, hear your answers, and renew all aspects of your life.

It used to be that for a person to know and replenish their soul and life's essence they'd hike to the top of an isolated mountain top, survive on a few grains of rice while completely dedicating themselves to meditation and prayer. No thank you!

Going on retreats, spending time in nature, going on holidays, learning how to meditate, spending time with dear friends and family are all amazing, and SO important to taking care of your whole self, but let's be honest it can be difficult sometimes. Time is tight, money might be tight, or maybe your family doesn't get along. Still there are solutions.

Solutions are everywhere—in fact they grow (literally) all around you. The plant kingdom is our greatest source and resource of spiritual renewal. Each plant has a unique voice and message your soul can hear. . Your spirit understands this message because like recognizes like and in this way plant become medicine for the soul.

We bottle that love and support into every elixir. These elixirs are your spiritual support system, encouraging and reconnecting you to you. Because everything doesn't need to be hard, because your soul doesn't live on a mountain top—it lives in you every day and in everything you do! So let's meet there—in REAL LIFE with REAL PRODUCTS that are going to help you in REAL WAYS.

Enjoy!

Xo

Kandis, Elixirs for Life

# SIX SIGNS YOUR ENERGY IS BEING DRAINED AND FOUR EASY WAYS TO RECHARGE

**T**his is your friendly reminder to check-in and take care of your energy. How do you do that? Why is it important?

Think of your energy as existing in two reservoirs—one is your light force energy, and the other is your life force energy.

Your Light Force energy is your ability to attract what you want into your life because it builds up your magnetic field. It's the field around you that strengthens your immune system and harmonizes and balances your chakras. It is your ability to heal, to learn and to be present. This energy—known to some as your electromagnetic field, or your auric field—is the energy that you use up almost on a daily basis. The majority of your light force energy gets used up dealing with other people, their thoughts, feelings and actions. It doesn't matter if you're dealing with people in person, or virtually, you can use up a lot of light force energy especially in times when emotions are running high.

Here are the signs that your tank is running low and how to fill it back up again.

Warning signs that your Light Force energy is very low are:

## 1. YOU GET SICK

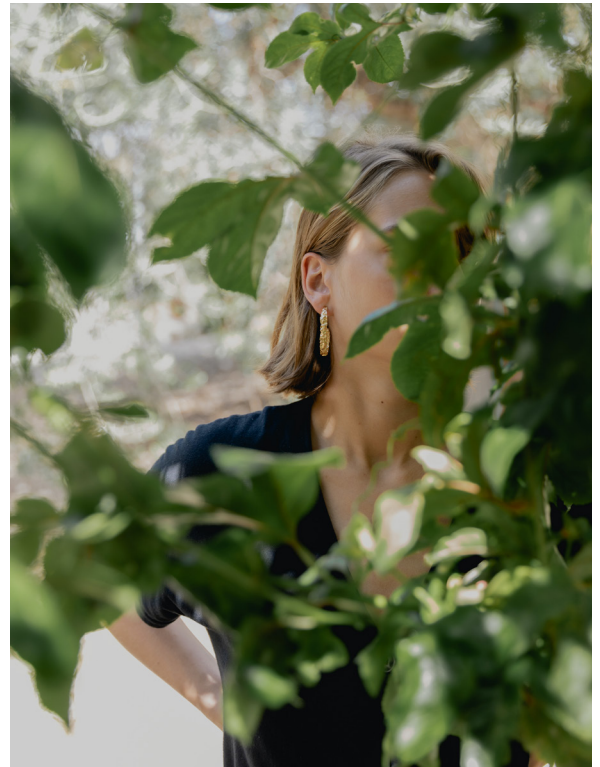
Your doctor can't figure out why because nothing is showing up in the tests, yet you just aren't feeling well.

## 2. YOU FEEL TIRED AND "DRAINED"

At the end of each day you are exhausted, no matter what you do you don't seem to have enough energy for your day.

## 3. YOU CAN'T SLEEP

Even though you are very tired, you just can't get a good night's sleep. You keep waking up throughout the night, and when you get up in the morning you don't feel rested.



## 4. YOU EXPERIENCE MENTAL CONFUSION

Mental confusion is like being in a fog. For example, you walk into a room and then can't remember why you went in there. Or you forget what you were saying halfway through saying it.

## 5. YOUR MONEY GOES AWAY

You may make plenty of money, but it is gone as soon as it hits your bank account. No matter how much you make, it doesn't seem like enough. It feels like the money is just slipping through your fingers.





## 2. SPEND TIME NEAR WATER

Water that is at least four feet wide and five feet deep contains a natural vortex. A vortex is bringing in energy from the cosmos which then radiates out to you. This energy replenishes your light force energy. If you can't get to a natural body of water, a bath will do wonders! I think it was Sylvia Plath that said "There must be quite a few things that a hot bath won't cure, but I don't know many of them."

## 3. BREATHING EXERCISES

Breath work is an incredible way to rebuild your light force energy and electromagnetic field! There are plenty of wonderful free resources available that teach breathing exercises. The best breathing exercise I've found comes from Dr. Andrew Weil. It's called the 4-7-8 breath (the yoga, or relaxation breath).

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.
- Now inhale again and repeat the cycle three more times for a total of four breaths.

You can find more instructions on Dr. Weil's website [www.drweil.com](http://www.drweil.com)

## 4. LIGHT A HAPPY COMMUNION CANDLE

We made this candle specifically to help build up your light force energy and help you feel less drained at the end of the day. The plant that really helps with that is orris root. It helps to fortify your field over time, which means that you hold onto your energy more easily. The energy of this plant builds up in you over time, so that even when you're not around your candle it can still be helpful!

## 6. YOU FEEL "STUCK"

You are unsure about what to do or what decision to make. No matter what you do you feel like you aren't making any progress.

If your Light Force energy is low for long periods of time, depression can set in. Four ways that you can recharge your Light Force Energy:

### 1. SLEEP, MEDITATE, OR SHOWER IN A COMPLETELY DARK ROOM

Your body is photosensitive and when you are in complete darkness your body can then absorb what is called cosmic light energy. This energy will replenish your light Force energy however most of us sleep in rooms with some kind of ambient.

# ARE YOU OD'ING ON LAVENDER OIL?

## *The Top Three Myths About Using Essential Oils*

**E**ssential oils are having a moment. And they should be! They are the super-concentrated superheroes of botanical extracts.

And like all superheroes they've made a big impact. Essential oils have played their part in anointing kings and queens, get mentioned in the bible, gave birth to the world of perfume, and created the foundation of traditional plant-based medicines around the world.

But like with so many things we (eager bunnies) can get a little carried away with our enthusiasm for a good thing. So here are my top three myths about using essential oils.

### **MYTH #1 MORE IS BETTER.**

When it comes to essential oils, I really want you to remind you that less is often better. Imagine this; you just received five dozen roses. Nice, right! You can picture how big that bouquet would look, how heavy it would feel, and how amazing it would smell! Now multiply that image in your mind by five. *Now* you have the number of roses in ONE single drop of rose essential oil! You can see what I mean about essential oils being super-concentrated plant chemistry and energy!

Ok, now imagine those five dozen roses are filling your kitchen. That might feel a bit overwhelming, right? Well, it's the exact same thing when you're using large quantities of essential oils in your body, or in your environment. It can just be too much plant chemistry for your body to process. So please remember, a little goes a long, long, long, way! The only exception I've seen that seems to defy this principle is lavender (you can breathe a big sigh of relief now!). It seems that our bodies can do pretty well with larger quantities of lavender. So go ahead, be liberal with the lavender\*!

\* My only note of caution with lavender is to stick to external application, and be sure that you aren't using a cultivar species of lavender called lavadin (you can tell if it's a cultivar because it will have an 'x' between the genus and species name in the latin binomial e.g. *lavendula x intermedia*). These cultivar, or hybrid species can be super irritating to your lovely skin. (See myth #2).

### **MYTH #2: IF IT'S ORGANIC THEN IT'S GOOD FOR ME**

You're on the right path with this one. Yes, organic plants, make organic essential oils (usually) and that's a good thing, but that doesn't always mean it's good for you. Here's a couple of examples:

**Hybrid lavenders:** These guys can be grown in pristine organic conditions, and make a beautiful USDA certified organic oil, but they can still cause you to be itchy as all get-out if you put



it on your skin because its plant chemistry contains more camphor than other non-hybridized species. I've had clients that swear they are allergic to lavender, but it turns out they are just sensitive to lavadins.

**Citrus (including bergamot):** Nearly all the citrus oils cause your skin super-sensitive to the sun. I know, they smell amazing, and it's very tempting to put them directly on your skin, but please remember these oils are concentrated plant power (yes, I'm saying it again cause it's important and I want you to remember it). So, please be kind to your miraculous body and be very sparing if you use these on your skin.

Also, check your natural skin care and bath products for citrus oils. They're popular additives to many products because of their beautiful scent, anti-oxidant capacity and vitamin c content, but be aware that you're not using them immediately before heading out into the sun.

### **MYTH #3 ESSENTIAL OILS ARE ONLY FOR THE AIR**

Spritzing, diffusing or misting essential oils into the air is certainly one way to use them. But did you know that is only one of over 25 different ways you can use plant extracts? And get this: diffusion is the ideal method for less than 5% of the 1600+ plant species that we researched at Elixirs for Life! We use nearly all 25 methods in the plant preparations for our products—depending on what's ideal for the plant and its communication with your body.

Another rose example to make the point: I think it's a crime to put rose oil in a diffuser! One, because it's crazy-expensive. And two, you'll have a way more profound experience with that rose oil if you actually put it on your skin. Try it for yourself. Take just one drop place it in the palm of your hand, rub your hands together, then rub the back of your neck, your heart and solar plexus. Notice how you feel. Now, try just one drop of oil in your diffuser. Not the same, right?!

Do you have any burning questions about essential oils? Or do you ever get confused or stumped about how to use up those little bottles of essential oil that you have lying around the house? Find out more at [elixirsforlife.ca](http://elixirsforlife.ca)



# WHAT TO DO WHEN THE SPIRITUAL JOURNEY FEELS LIKE A DRAG

I've read the fine print and it turns out that the spiritual journey, or even just everyday life for that matter, isn't all dancing deer and butterflies. Shocking, right?

If you are alive and breathing today then you are on a spiritual journey because, as I'm sure you've heard, you are a spiritual being having a physical experience. We're all in this together!

When the journey gets hard, and you know it will, here are three things to remember:

## 1. Everyone has a right to their own journey.

In other words, you must allow others to make their own decisions without the reflective need to interfere, rescue or advise. As a recovering rescuer I know how hard this can be. Of course, if someone's life is at risk, or your health and well-being are concerned then that's an entirely different situation. But if you find yourself worrying about your friend's husband that you don't like, her lunch choices, nail colour or taste in shoes, remember: it's not your journey. Remembering this has the added bonus of taking the pressure off you to ensure the happiness of everyone around you. (Spoiler: it not possible)

## 2. Whatever challenge, decision or problem you are facing your answers are as close as your next breath.

Take a moment and listen to that tiny small voice inside that is always guiding you. You are connected to it through your breath. That voice is your intuition and when you listen you'll find your answers. Your intuition never nags, runs you down, or tries to convince you. It simple comes in a with some gentle guidance and then becomes silent. That nattering voice? Not your intuition and higher guidance.



## 3. God/The Universe doesn't create junk.

That includes you. You are a perfect soul having a human experience, which means there will inevitably be ups and downs. Or as my favourite Jeff Bridges character The Dude says about life, "Strikes and gutters, man. Strikes and gutters". Just remember: your existence is on this planet is not an accident; you are here on purpose and for purpose, and that this too shall pass.



# HEALING YOUR EMOTIONAL NINJAS & WHY EVERYONE'S IN GRIEF RIGHT NOW

## *An Interview with Mandi Mack*

KT: *"Let's talk about grief! What sparked my interest in having a conversation with you was a video you put out during the pandemic. You said, 'if you haven't done any grief work, it might be coming up for you now'. I wanted to talk to you because I've learned that grief isn't just about what we experience when somebody close to us dies. We can have grief over a loss of any kind, so it's a timely topic!"*

MM: *"That's exactly it. The etymology of the word grief is about sorrow, or 'of burden'. It doesn't specifically say it's about death. My shamanic training brought me into a different intimacy around what grief could be, and I've found grief around a whole lot of things I didn't expect!"*

*Grief is a process that happens whenever change occurs in life. It's obvious to recognize around death, but anytime change occurs there's likely to be some form of grief that comes up."*

*"The classic example that most people can relate to is a break-up. A break-up is a grief process where you let go of the life you had with that person. Grief opens a space between where your hopes and ideas about your future has to change."*

KT: *"So how do you know you're grieving? What do you suggest people look out for to indicate grief is coming up? How do you identify it?"*

MM: *"The first thing is to be aware of unfamiliar emotions. If you feel those coming up ask yourself, has there been any change in my life?"*

KT: *"With covid everything's changed!"*

MM: *"100%. And on totally different levels for everyone. A big part of this is being aware of what could potentially be a loss. Even if you haven't lost someone close to you, many of us have lost jobs, we are no longer around people, our routine has changed, our sense of community has changed; these are all massive changes*



*that've happened. It's guaranteed there is going to be loss and change of some kind, whether that's on the micro, or macro-level."*

*"I also recommend that people look out for what I call the 'emotional ninjas'. It is this idea that when we don't process emotions, we store those feelings in our body. Unprocessed emotions start building up and pretty soon you can stub your toe and can't stop crying. Or somebody cuts you off in traffic and you lose your mind in a way that you would never expect. These moments are an opportunity for emotions to start to come forward. So if you are suddenly having these explosive emotional ninjas come out of nowhere that's usually a good sign that grief is coming up."*

*"Another fascinating clue about grief is that often lung issues will surface. In Traditional Chinese Medicine the lungs are attuned to grief and sadness. I had my own experience of this. I developed chronic bronchitis, and I went to see a TCM practitioner. He asked me when it started, and explained how the lungs are connected to grief."*

*"Initially I wasn't buying the connection, but was open to exploring the idea. We backtracked the timeline and I realized the bronchitis started after a break-up in my life. It hadn't been a hard break-up, I was pretty content to leave and ready for a new phase of my life, but I was open to seeing the connection to what my lungs were showing me."*

*"What came up was the realization that during that relationship I had abandoned myself. I had stepped away from some of my core beliefs and I had compromised myself. As soon as I hit that nugget*

*of realization, I experienced the ugly cry! Despite the years that had passed those feelings were still there, and I could feel the anchor between the physical body and the emotional expression of the experience come loose. From that point forward I never experienced bronchitis again!"*

*"The other thing to pay attention to is how well you're sleeping. Sleeping can be affected really quickly when we're processing grief. I often see this amongst people in my practice who are experiencing 'the 3 a.m. wake-ups'. In the Chinese tradition 3 a.m. is the time linked to the lungs, so it's a common pattern for people going through grief to waking up during this time."*

*KT: "It seems we often build-up these micro-griefs, don't process them, and then we have other micro-griefs build-up until they become a massive expression of grief?"*

*MM: "Yes, and it can be huge! Yoga therapy teaches the multiple loss theory. It's a concept that recognizes we all experience many different periods of grief, but we can only grieve to the extent that we have the capacity, ability, and time at that point in our lives to grieve."*

*"Often with micro-grief we don't recognize it as grief, and don't give ourselves time to process this change."*

*"For example, I lost a dog a few years ago. Recently a friend lost their dog, and I was just gutted by it! It opened a door for some of the grief that I hadn't initially been able to fully process. As you grow and*



*develop new skill sets, or form a new community around you, your capacity to grieve may expand, and that's a good thing!"*

*"Often people will have a what seems like a minor incident set off a whole cascade of grief, and as they transition through changes in life, moments of loss or disappointment may open a doorway to unprocessed grief."*

KT: *"Can grief also happen if you are transitioning to something happy? Like getting married, having a new baby, landing your dream job? Is there grief associated with that kind of change too?"*

MM: *"Absolutely! That's actually one of the biggest surprises I've found in life, which is any time I transition in life, even if it's a happiness transition, the grief process shows up! I see it as honouring life changing—what life was, and what it's changing into."*

KT: *"Ah! Change is hard. Why is it so hard?!"*

MM: *"Change is so hard! Happiness transitions can absolutely bring about a grief process, and there can be multiple nuances. Look at marriage for example. You're transitioning, you're happy and excited, but your life as a single person is over. Micro-grief is likely going to come up. The prize is if you can learn to be with that grief, you can have completion with the old and move joyfully, and wholeheartedly into the new."*

KT: *"Alright, so we all need a little support from time to time to get through these things! From the perspective of Ayurvedic medicine and your shamanic background, what assistance can the plant world have to offer us?"*

MM: *They are an incredible support! Through my training I follow an animistic path, which means recognizing everything holds a soul and spirit including plants. Plants are an incredible source of wisdom, which are purely supportive because of their unique connection to the earth. My belief and part of why I started my line of Vedic Smudge Sprays is because there are specific roles, and wisdom provided by plants which are supportive of emotional processing, or cutting energetic ties.*

*I like the idea of finding wisdom and hacks that support us in everyday life, and the plant world as so much to offer in that capacity!*

KT: *"Sometimes I feel like we are simply finding practical modern ways to use thousand-year-old plant wisdom!"*

MM: *Absolutely! And don't forget the download of consciousness that can come with plant interactions can be an incredible experience in terms of navigating emotions, and processing energies. It can feel like a warm hug within you. I like the idea that with plants we can bring them in as allies in*

*the form of smudges, blends, or teas, Each have a strength to provide comfort and support in really powerful ways."*

KT: *"It's incredible to experience how we are designed to be in communication with each other."*

MM: *"There's amazing interactivity between you and the energy field of a plant."*

*"I remember one of my teachers mentioning how interesting it is to notice which yards dandelions like to grow in. With the understanding of how beneficial dandelions can be for the liver and the emotions around the liver, now when you meet people with dandelions in their yard you can understand how that medicine came to them!"*

*"I recently read a study comparing plants growing in identical conditions with the exception that they different people taking care of them. When they later examined the constituent chemicals from the plants they discovered they differed based on the person taking care of them. You really can't deny that there is something going on within the relational field between a person and a plant!"*





KT: *"I love that the science is now catching up to being able to help us understand in a really empirical way the intuitive wisdom that's been around for so long. Also, I think this is why having a garden is so wonderful and good for you! Even if you just have one little pot!"*

MM: *"Yes, nurturing a little plant baby is so good for you!"*

KT: *"If people feel they have some stuff to work through whether it is grief, or just some crusty feelings, how do you suggest they go about developing a good support network of practitioners that can help?"*

MM: *"We all need a team, and different people have specific gifts, strengths and training that they pull from in order to offer assistance. One of the important thing I recommend to people when you're considering seeing a new practitioner is to do an initial interview to see if you like them. It's basic, but you want to get a feel during the first session or conversation that you could easily work with this person. If you are going to work with a practitioner and you don't feel comfortable with them, that's not something for you to work through to then see the practitioner! That's just more work!"*

*"We all have different ways of processing. Some people want to talk about it, some people want to feel it, some people just want to energetically feel it and let it go. It's not always about cognitively processing everything."*

*"For instance my jaw was recently aching and I thought maybe I had a cavity. I felt called to see a reiki practitioner before going to my dentist. I lay down on the reiki practitioner's table, and tears started to fall out of my eyes—I didn't cry, I didn't sob—I just had tears falling. When I got up from the table, I went to see the dentist and he said, 'Everything looks fine. I can't test for anything else because you don't have any pain anymore'. That was great! There was a release that happened that I didn't have to identify, and I felt better!"*

*"So absolutely, be conscious of grief and aware of your emotions, but remember there are lots of ways we can start to process and heal."*

KT: *"I'm learning that we can't avoid grief. It happens in big ways, like when we lose a loved one, but it also happens on the micro-level, what you call micro-griefs, any time something in life changes."*

MM: *"Yes, grief is one of those universal experiences of life. In North America we don't really talk much about grief, especially around death, we tell people to take a week off, good luck, figure it out. When I've experienced the death of a loved one, often in those first seven days, I'm in a phase of numbness. I don't have any emotion. You can see how easily that ends in a spiral pattern of unprocessed grief. Grief that now starts to come up unexpectedly*



*around an anniversary, or a smell, or you hear a song. If we aren't connected to our own process or emotions, now we're suddenly feeling grumpy before realizing what's been triggered."*

*"It can be a hard process to navigate, especially when we don't have a bigger conversation around grief and death, to then start the smaller conversations around micro, or day to day griefs like a loss of identity because you're no longer at work, or some other life situation has changed."*

KT: *"It feels easier to identify with being sad about something in life rather than to recognize it as grief. Do you think there's an aspect of shame around grief?"*

MM: *"Well, I think that by saying sad we simplify it. It's an emotion to be sad, but grief is a lot more complex, and there are a lot of layers to grief, so it can be overwhelming just to think about it or process."*

KT: *"I had a teacher once that told me, ultimately what brings you out of grief is your spirit. You can't think your way through it. You can't reason your way through it. There is no set process or timeline for feeling better, but your spirit will see you through it."*

MM: *"I agree 100%. It's not something that follows a checklist and a protocol because we go through so many different emotions with grief. If you can give yourself the space, and gather the resources to be with grief, it will teach you. It's a guide that will look differently with each grief and for each person. Through the intimate experience of getting to know your spirit, different things will come up, and different practices will be helpful."*

KT: *"Are there any practices, or ceremonies you recommend to help move through the grief process?"*



MM: *Absolutely, the first simple one is the crying ritual! Number one is give yourself permission to cry.*

KT: *“Or not!”*

MM: *“Exactly, don’t judge yourself if you can’t cry! 100% it’s totally fine! There are so many things going on that shame is the worst thing that you can do, so be exactly where you are, and don’t feel like you need to explain it. Allow yourself to be. Now, if you do feel some sadness bubbling up and you’re noticing that you’re tamping it down, and you need to cry, I recommend listen to some sad songs, or sad movies. They can help to break the surface of the emotions, which is cool because often we need to be given permission to cry. I also recommend shower crying, and car crying! Its great because when you’re alone in your car, you’re in this safe contained space and so you can just go ahead and have a good ugly cry. Now, if its really intense, please pull over if you’re driving—make sure you’re staying safe!”*

*“Another practice I recommend is to set up a little altar in a corner of your home. It’s a specific place in your home that you set up to grieve. This gives you permission and more importantly, a container for grief. To create your own, find a piece of black cloth, a bowl, and two white candles, which you’ll set up in a specific space in your home. Add salt and water to the bowl. The salt serves to cut energetic cords and absorbs any emotions you want to let go. Lighting the candles brings in the transmuting energy of element of fire.”*

*“I recommend giving yourself a set period of time to sit with this altar. I suggest seven minutes. There’s some interesting research that says we can only feel one emotion for seven minutes, so if you really focus on just that one emotion, without getting distracted by other feelings that might be coming up, you can track that feeling through your body and allow it to move quickly through you. When you have an altar, you have a space where you can go for seven minutes a day and just sit. It’s interesting because often we really just need that permission as a first step, so when we set-up something intentional we have permission and a container that can be really healing.”*

KT: *“So really with any type of transition or change in life is when you want to be able to use these tools to take care of yourself.”*

MM: *“Absolutely.”*

KT: *“It feels like emotional resiliency is a big part of what helps us move through grief? How can we cultivate more emotional resilience?”*

MM: *“When we talk about emotional resilience, I automatically start thinking about the nervous system. The first step is to regulate the nervous system. We have so many things that put us in a hyper-*

*stimulated state, so that we don’t even feel safe to be with our emotions. How do we land safety within the body and what does that look like?”*

*“One of the first ways we learn how to become regulated when we’re young is through our parents. It’s the idea that we co-regulate; when we come into contact with someone who has a regulated nervous system it will give us the energetic ability to come into balance too. What I’ve seen in my practice is that we are so accustomed to being in an aroused state that we don’t even know that we are impacting those around us.”*

*“Breathing exercises can be really wonderful for helping to calm the nervous system. I have a one particular technique that I coach clients through and it’s called a vagus nerve breath. The idea is that it mimics a calming breath after a flight or fight response. You can imagine that if we were back in our cavewoman days, and were running away from a sabre tooth tiger your breath would be quick and shallow in your chest. When we get away from the tiger, the first thing we would do is take a nice deep belly breath to help calm down the nervous system. Inside your you have a nerve, called the vagus nerve, that goes thorough the diaphragm in the belly. When you expand and contract that nerve we are stimulating that vagus nerve to let it know we are safe, and we can relax. Here’s how it works: breathe really deeply into your belly, then exhale out of your mouth. When you try this breath, there’s great potential for the nervous system to start relaxing, and you can begin to land safety in your body, which is a great starting place for emotional resiliency.*

*When you know that you can come back to that place, you have the confidence to dive in a little bit more into the process you’re going through; maybe put your toe into the water of the sadness you’re experiencing knowing that you have this breathe that can bring you back to a place of calm.”*

Mandi Mack offers Eastern therapy, Traditional Thai massage, Ayurveda Treatments, Thai Cupping, Gua shaw, Shamanism, Chakra balancing and Massage. You can find her at [www.mandimack.com](http://www.mandimack.com) And check out her beautiful line of handcrafted Vedic Smudge Sprays, for creating and simplifying your personal ceremonies and connective practices. [www.vedic-smudge.myshopify.com](http://www.vedic-smudge.myshopify.com)

# EASING GRIEF—THREE PLANTS THAT CAN HELP YOU GET THROUGH IT

**G**rief touches us all. It's simply part of the human experience. I don't know why this is the case, and I won't tell you that there's a higher purpose to it, or even worse 'that everything happens for a reason' because that feels too difficult to hear. My only observation is that it happens and usually it feels hard a.f.

I wanted to share what I've learned about how plants can help us through these times. This isn't about avoiding grief, or finding a shortcut through it—I'm not sure that's possible, but instead letting the gentle and loving voices of your soul shepherd you through it with some help from our buddies in the plant world.

The energetic messaging of certain plants connect you directly to your soul's communication, and to the higher aspects of yourself that remind us of soothing eternal truths, which are a guiding light through some of life's most challenging times.

You don't need to buy these plants, or physically even have them around. Most are tricky to get, and even if you did have them there are complicated and specific processes for actually using them physically.

Instead, I've given you their codes, which are the energetic vibrational frequency of the plant's spiritual message. Your spirit understands this message because you are also made out of energetic vibrations. You can say the code like a mantra, or try repeating it silently to yourself to see how it makes you feel.

Each “-” represents a pause. A “,” represents a shorter pause. The pace you recite the numbers is up to you. I say each number at about the same pace I would walk down the street—reciting each number every time I take a step.

My sister used to say these numerical codes when she was ski touring. Saying each number silently to herself as she moved each ski, one in front of the other. She said it became like a moving meditation.



So, here's a small offering of three plants, and their codes, along with a bit of information about each one (and of course, a big helping of love) in the hopes that it'll help if you're going through the yucky, mucky, gut-wrenching wringer of grief.

## HEARBREAK

### Japanese Cypress

This is very good for a broken heart. When someone has been through great sadness, loss and even rejection it can be so very painful. It helps to mend a broken heart.

The vibration of the Japanese cypress allows an individual to remember that this too shall pass. There will be brighter days, this wound will heal. It reminds them of the sweet, tenderness of love.

It helps someone to hold onto the sweet tenderness of love because it speaks from their soul into their consciousness, reminding them always that there will be better days, there will be grander times and greater love. It helps an individual to see the gift of this loss when they cannot initially see it. The code is: 11-11-14-14

## GREAT LOSE

### Ice Cream Bean

This is for anyone that has lost someone or something very close to them. This could be the loss of a beloved pet, a family member or friend, or even your home.

It helps to bring you back into a sense that life is worth living. The understanding that even though this person or animal isn't with you anymore, it doesn't mean that life ends. It reaches into the greater truth of your soul and spirit which says, 'Life really does go on. It will change but it doesn't mean that it ends.' It reminds you of this truth at such a deep level, and can flood into your emotions, helping you to understand the grace of their journey instead of it being an ending where you feel very lonely or even guilty about their loss. The code is: 4-5-67-21-28

## SUDDEN LOSS

### Cape Snowbush

These are the losses in life that kind of paralyze you at first. They are very sudden and permanent loss—you didn't get to see the person to say goodbye.

It is interesting because hundreds of years ago this particular flower was dried and put into the little pouches for

people that we're making great voyages across the oceans—soldiers, slaves, prisoners, sailors, emigrants. Perhaps they would be returning, but likely they would not ever return home again. They would tuck this flower into their clothes, knowing their family member had done the same to say, 'I'm gone, but don't forget about me. We are still connected. I am still your family, and I still love you even though you may never see me again.' It sends love across the airwaves. The code is 38-23-17-66.

\*\*As with all of the information I share, this is simply for your own general information. Grief is a hard thing, and please understand I am not a grief counsellor or therapist. There are many wonderful health care professionals who are qualified to help. If you feel you are struggling with grief, please reach out to them—you deserve the best professional help available.



# GINGER JUICE

## *An Old Remedy To Keep You Feeling Well*

I simply call this drink 'ginger juice'. But it occurs to me that I'm a bad custodian of this recipe because I don't remember it's proper name. In my house it's just simply ginger juice, although that's not accurate (it's not a juice), nor is it very descriptive (there's more to it than simply ginger), but I'll stick with it. Ginger juice.

This isn't my recipe either. Like fire cider and chicken soup, it's just one of those remedies that have been around for a long, long time. Ginger juice is an old Ayurvedic remedy used as a tonic. Tonics are used traditionally for helping your system whenever you're 'feeling off'—you know, that vague but completely relatable feeling that we all experience from time to time. This recipe is super simple (you probably already have all of the ingredients on hand) but there is **one simple trick to preparing the ginger for this drink that makes all the difference—make a ginger infusion first**. It's an extra step, but so worthwhile for making this drink even more soothing for your system. The ginger infusion will last for ages in your fridge (such are the amazing preservative properties of ginger) and having it on hand makes it super simple to put this drink together when you need it.

### GINGER INFUSION

#### Ingredients:

- 3-4 inch piece of fresh ginger
- water

To prepare the ginger infusion, first scrape off all of the skin from the ginger. I like to do this with a edge of a spoon to peel and scrape off the thin ginger skin. Its much easier than using a knife, and I feel like I waste less of the golden fleshy part of the ginger, which you're after. The skin of the ginger has certain compounds in it that can be upsetting for sensitive stomachs, so it makes all the difference to take this extra step to remove it. Next, slice the naked ginger into thin slices and pop into a pot of gently simmering water. The amount of water here is not so important, but you want about 4 cups (maybe a bit more depending on the



size of your pot). The idea is to simmer the water down to about half, then add more water to the same level you started with, letting it reduce by about half again. Strain off the ginger, and save the ginger infusion in mason jar in the fridge.

#### Ingredients:

- 2 Tbsp. ginger infusion
- ½ lemon
- 1 Tbsp. honey
- 1 pinch cayenne pepper

Mix all of the ingredients together in a mug and add hot water (just off the boil). Stir to combine. Enjoy!



# HOME IS THE NEW EVERYTHING

*How to Set-Up Sacred Space for Work, Sleep and Relaxation*

**C**an we talk about the work-from-home situation right now? Let's be real, this is an everything-from-home situation right now, which makes it challenging to carve out intentional spaces at home. Everyone is home, everyone has a different schedule, needs etc. If you're like me, you're going to need some of your own space right now, whether it's physically, mentally or emotionally to stay balanced and happy!

Here are my top tips for setting an intentional vibe in three different spaces in your home so that you can be productive, relaxed and centred.

## **WORK SPACE**

Here's what's working (and not working) for me in my new work-from-home space:

1. This sounds obvious, but assign a dedicated space for work. That means no working from the couch (I've tried it, I don't recommend it. Highly probability of day-wasted on Netflix and Downton Abbey re-runs...)
2. Your new desk is the perfect spot for a citrine crystal. Citrine balances out electromagnetic stress and stimulates mental focus and endurance. Even just a small piece makes a difference. Think of citrine as your new executive assistant, helping you get through the day (also, there aren't that many people to talk to, so a new crystal buddy can be delightful





3. If you're feeling really distracted or easily sidetracked (yes, that's me with my hand raised talking to my citrine) this can be the result of our first three chakras being out of balance. The first three chakras are the most connected to day-to-day life and often need a bit of attention to get cleaned out and reactivated. There are some wonderful chakra clearing guided meditations on YouTube if you need a starter.

4. Use our Mastermind Sacred Room spray for mental clarity. I spray it on my new "office" chair to keep me grounded and focused (yes—I'm using a lot). And it maintains creative, productive and focused energy in our home office, which I really appreciate because—IG, Netflix, IG, random google searches, IG, Harry & Meghan...

## SLEEP SPACE

Maybe it was the most recent full moon, or lack of a normal schedule, but almost everyone I've talked to over the last couple of weeks has mentioned how hard it's been to get a good night's sleep. Same—I get it. Feels like now is probably a good time to check that the energy in your bedroom is set up for sleep and relaxation:

1. Make sure your room is dark when you're sleeping. I mean really dark. This is a game-changer people! The goal is that you wouldn't be able to see your hand in front of your face once you've turned off the lights. Darkness has an incredibly positive effect on our body's ability to relax and rejuvenate. There's also some interesting research showing how important darkness is for balancing hormones as well. Black-out curtains are the new bedroom must-haves.

2. Invest in a diffuser or humidifier. Both can be super helpful with creating a space that helps your body to relax. In terms of diffuser oils, there are lots of really wonderful blends that you can order online. When in doubt you can't go wrong with pure lavender oil for relaxation. Please just check that the oils you're buying are pure essential oils and do NOT contain fragrance oils which can irritate your system while you are trying to sleep. More on choosing essential oils wisely here

3. Try playing music with a frequency of 528 Hz. I started playing this music a few months ago, and I found it really helps me have deeper and more restful sleeps. Sound healers feel that 528 Hz is a special frequency that helps the body to repair and

replenish itself. You can find lots of 528 music online. I play it at a really low volume while I'm sleeping. I'll leave it to you to do more research about 528 Hz (cause it's a deep bunny hole of intrigue), but if you'd rather just try it, spotify is a good place to start.

4. Although I never knew how helpful it could be for sleep, our Soulful Smile Sacred Room Spray for emotional clarity has been a huge hit as a pillow spray. I've had lots of people tell me how much it helps them to fall back asleep if they wake up in the middle of the night. That makes sense (528 Hz is still a bit of a mystery to me, but this I understand!). Soulful Smile is designed for emotional clarity. Feelings are energy, and they need to settle in order for us to sleep. We can't block, repress, or run from our feelings, they need to be processed—in other words that energy needs to be allowed to pass through our bodies. Soulful Smile can assist that energy to move more harmoniously, so you fall back asleep.



## SACRED SPACE

I really believe that everyone needs some personal space, even if it's just a corner of a room that's your space of quietude, and retreat. If you meditate there, great. If you just have a nook for reading that counts too. Here are a few ways I've found to keep your sacred space feeling tranquil.

1. The set-up matters. Here's where you want to keep at least a few things that feel sacred or important to you. Some people call it setting up an altar, but whatever items you have that make you feel happy, introspective or inspired. Photos, feathers, books, prayer beads, whatever just gather them in one place. It's important that you pick a place and keep it there because you're creating matrix of energy around that space which helps you feel that sacred vibe when you're in it.
2. Smudge, smudge, smudge. You can use, sage, sweetgrass, palo santo, incense (my favourite is Nag Champa—you can find it online—praise be!), whatever feels good to you. Burning these resins and plants will literally shift and raise the energy of you and your space.
3. Spend time in the space you've created. It doesn't have to be long, but every minute you use your new space helps to anchor and ground the good vibes in your sacred space.
4. Our Liquid Smudge and Clear Connection Sacred Room Sprays are both made for anchoring sacred energy in your space no matter where you are so that setting up or amping-up the good vibes in your sacred space can be even easier.





# THE HIDDEN SPIRITUAL PROPERTIES OF YOUR FAVOURITE ESSENTIAL OILS

**A**t some point, when I wasn't paying attention plant chemistry became cool. You've noticed this too, right? If you've ordered a turmeric latte, considered a lavender sleep mask, or hunted for eucalyptus oil for your ceramic diffuser then welcome to the club!

As more and more research is being done to understand our plant buddies and how their chemistry affects our chemistry, there will be more unpronounceable herbs being added to your drinks for romantic sounding effects. I'm here for it, and I LOVE it. Call anytime to chat about adaptogenic ashwaganda.

The real miracle of plants though (aside from their fascinating molecules) are their spiritual, vibrational elements. Yes, there's more to plants than just their chemistry, and this is the bit that everyone wants to know more about; the 'hidden spiritual aspects of plants'. It's not so much that the information is secret, but instead it's treated as special—as a way of honouring the plants.

In that spirit I'm sharing the more about the spiritual properties of twelve of the most common plants you'll find in the essential oil biz. Because when you are amazed by these plants, you'll be amazed by all of life (including yours!).

**Peppermint:** is an amazing oil for opening your consciousness, connecting to a sense of well-being, safety and the discernment to be in the present moment.

**Lemon:** spiritually supports courage on all levels. It takes courage to know who you are and to step forth into the light of your being. When you stand in your light, there are no limitations in your life.

**Tea Tree:** Spiritually connects to strength and resiliency.

**Lavender:** Spiritually, the subtle energies of lavender are about bringing forth the truth of your own light. This breaks through the barriers of being burdened down by life.

**Eucalyptus:** There are many species of eucalyptus that are used for essential oils and each have specific spiritual properties and uses, but overall eucalyptus allows you to know what other people want. It builds the ability for understanding subconscious communication within yourself and others. Most parents are able to communicate with their children on this level. It's the instinct, intuition or knowingness that comes in to let you know what's going on with another person. Eucalyptus oil is often used to clear up the sinuses but it also clears the head. You feel much more awake after smelling eucalyptus oil because it is waking up the greater part of your mind that is communicates mostly on an intuitive level.

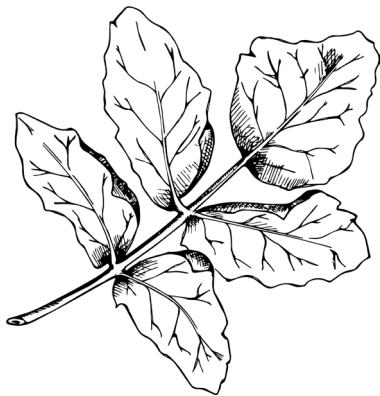
**Rose:** The spiritual properties of rose are vast depending on the species, but the most precious of rose found in an essential oil is rose otto. It takes sixty roses to create one drop of steam distilled essential oil! Spiritually to brings forward the memories of being connected to the totality of spirit.



**Neroli:** On a spiritual level, neroli is precious because it sings to the song of your soul. It gives the message that you're alive and here "on purpose". Your existence is not a mistake. It reminds your emotional body that your thoughts and feelings are important. It helps you to navigate the world without being overwhelmed by other people's thoughts or feelings.

**Frankincense:** The spiritual properties of frankincense are very powerful. You open up to divine communication, you open up to divine opportunities, and you see your miracles. Painful things cannot penetrate your field of energy. It allows you to be calm, centred and grounded at all times, which brings you into the present moment and the Divine power within you.

**Jasmine:** Spiritually it has countless benefits to the mind, emotions, and spirit for its unique ability to expand consciousness, and connection to your own spirit.



# WHAT WILL YOU CREATE TODAY?

## *How to Stay in the Fun and Out of the Funk*

**W**hen I started Elixirs for Life years ago it was so exciting. Everything was shiny and full of potential. Starting out everything felt like so much fun. I didn't put too much pressure on myself because I didn't really have too many expectations. I just LOVED learning about plants, sharing information and making new formulas was literally playtime in the kitchen.

Soon, we were busy, becoming successful—so, naturally I panicked. Now, that we're 'a real business' I felt like I had to be more professional. Although I had no idea what that meant I still became overwhelmed trying to do everything perfectly and professionally. Has this ever happened to you? Starting something new (an adventure, job, new home, new relationship) feels so easy, but soon you find yourself bogged down in all the things that. Aren't. Going. Exactly. The. Way. You. Want.

There were days where I found myself taking it all too seriously, getting bogged down in the details; all of which, to be honest completely sucks the fun and joy out of what we're doing. Oh, and then I'd top it all off by making myself feel guilty for feeling badly (it's the script that goes like; 'I don't have the right to feel grumpy when I get to do my dream job). Guilt on top of grumpiness is a bad combo—not recommend.

I've seen this exact thing happen to young artists, designers, photographers; people that started out loving what they were doing, but soon stopped having fun. I knew it could happen to creative people, but for some reason I didn't think it applied to entrepreneurs. Then the lightbulb went off. Being an entrepreneur IS a creative expression. Just like being an artist, becoming a parent, or taking on a new role in life; all of those endeavours are a creative expression. And nothing, I mean NOTHING takes the fun out of creativity like being too serious. Too serious about revenue, too serious about marketing, too serious about emails (ugh!). All of that just kills creativity instantly. So the question for me was, how do I stay in the fun, creative flow without getting too serious. And you know what? I had the answer! It had been sitting in a cupboard for years.

But I didn't use it.

Why, oh why must I learn the hard way sometimes? I guess it's so that I can share my foibles with you :)

When I started my research into the spiritual and energetic properties of plants I become aware of a lovely little tree called coralwood. On the energetic and spiritual level coralwood is all about playfulness and spontaneity. The best way to describe its energy is that it's like cotton candy. It light, sweet, and feels a bit...risky? Risky in a way that you think twice before eating cotton candy, like 'I wonder what that much sugar is going to do to my body?' :) Turns out, its nothing like a four-year old on a sugar rush! Instead it allows you to come into lightheartedness; shifting into experiencing the learning and expansiveness of your creation, so you can feel the joy of it.

So, here I was in this puzzle; I'm aware that I'm being too serious, I knew that I needed some support, had some coralwood essence tucked away, but I was NOT interested in it! You know why? Because I was worried it was going to make me irresponsible





Somehow I had this weird belief that you can't be creative AND responsible. Ha! Let me tell you, plead with you in fact, to say that's not true. I've learned that's a misunderstanding that will make you grumpy, stressed-out, or resentful. Creativity is natural! It's meant to flow through all of us without a filter of false expectations. This world needs creativity! It needs that special, unique and beautiful expression of you! Whatever your creative expression is, it must come through without being chipped away at by false judgements, expectations, or criticisms.

Have you ever been to a home that was so heart-filling because it was just such a pure expression of that person's/ family's soul? I have. It's inspiring. Not because of the cost of the furniture, or the name on the art, but because it's a fulfilled expression and reflection of who they really are—and it's beautiful. You can also call this authenticity. When someone or something is truly authentic it touches us in a way that inspires, and awakens our own authentic expressions. The world will always crave more of this! So what gets in our way of authentic expressions of creativity? Lots of stuff. Probably a multitude of false beliefs, misunderstandings that undermine self-esteem, unrealistic expectations, and likely ego. It's a long list. But the golden goal is your authentic creative expression.

So, back to coralwood.

I got the essence out, (I was still scared of it) and I used it anyway. Everyday for thirty days, I would rub a little on the bottom of my feet, and the palms of my hands. Nothing really happened at first. A few more days, still nothing. After about 24-25 days I felt a shift. You know the kind of shift that feels more like a realization? And you're like "Oh, why couldn't I see that before! Being overly responsible is not a good thing! It makes me too serious and grumpy. That wasn't so scary. I wish I'd done this sooner." That was it. Shift happens :)

I know some of you can relate to this, maybe you're even going through it yourself. But you may not have a bottle of coralwood lying around. I have good news! Every plant has a unique vibrational frequency. You can access/replicate the frequency of that plant with a code. The code for coralwood is 65-7-85-7-21.

Here's how you use it. Say each number slowly out loud (sixty-five, seven, eighty-five, seven, twenty one). At about the same pace you'd say a mantra. Say it three times, and take a deep breath. Notice how you feel. Do you feel different? Lighter? Try again tomorrow. Notice what you notice. Try it for thirty days. Notice what you notice.

Please remember, your creative expression is a gift to the world. It does NOT matter whether you're creating art, a meal, raising a child, training a dog, or growing corn. When you create or care for something with a joy-filled heart we ALL benefit. What matters is that you do the thing. Whatever that thing is—do it!





*“Every plant has a voice your soul can hear”  
- Kandis Twa*