



Starlight Essence July 2016

85 Lotus

Lotus aligns you with your own starlight and helps you to bring your own divine light and guidance into your life. Lotus brings healing, transformation and liberation. It raises your vibration and penetrates all of your energy bodies aligning them with the divine light and your own heaven.

Daily application in July:

1. Hold the essence in your astral body in front of your base chakra (with about 2-3 cm in distance to your body). Lead the essence clockwise around your body, on the level of the base chakra. Do the same for the other chakras up to the lotus chakra.
2. Apply one drop on each chakra (from lotus chakra to the base chakra).
3. Apply one drop on your left and right knee, on the back of your throat chakra and take one drop under the tongue.
4. Hold the essence in your emotional body in front of your base chakra (with about 30-40 cm in distance to your body). Lead the essence clockwise around your body, on the level of the base chakra. Do the same for the other chakras up to the lotus chakra.
5. Drop one drop with your arm stretched out in front of you, to your right, behind you and to your left. Then stand in the energy field that builds up through the essence.