

# Essence

Summer 2016

## **Honouring the Child within**

*Karen Reid*

## **A Bit of Bach Botany: Buds**

*Jan Stewart*

## **Meet the Member**

*Lucy Hunter*

## **New States of Cosmic Mind**

*Helen Ward*

## **The Smiles of Flowers**

*Lila Devi*

## **Journeying with Essences**

*Julie Bowman*

## **Maintaining Personal Energy Integrity**

*Sue Lilly*

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