

ALBA LIGHT ELIXIRS



The Alba collection of environmental earth elixirs was created in the winter of 2010, in the Scottish highlands, during the 10 days following the winter solstice/full moon/lunar eclipse.

Alba is the Scottish Gaelic name for Scotland. It is the former kingdom of the Picts, a society who lived in eastern and northern Scotland in the first millennium of the Common Era. Early Pictish spirituality was similar to Celtic polytheism, believing in many deities and worshipping the forces of nature.

Samples were collected at Loch Ness and Findhorn, plus several churches, castles, palaces, forts, beaches and burial grounds around the Highlands and Moray County.

The Lunar eclipse of December 2010 was about letting go of past mental and emotional attachments, so we can begin to move forward and fulfill our spiritual purpose with clarity, purpose and resolve, and move into a nurturing relationship with Mother Earth.

Solstices will intensify and heighten the power of an eclipse. Solstice teaches us that light is born out of darkness. Every ending gives rise to a new beginning. At this solstice, the veil is lifted and we are initiated into higher levels of our being, so we can manifest our dreams into physical form.

<p>ALIGNMENT (Clava Cairn)</p> 	<p>Streamlining your energy field to come into alignment in preparation for the coming changes.</p>	<p>1. I release extraneous energy that keeps me from being in alignment for the future.</p>
<p>JOY (Fairy circle at Clava Cairn)</p> 	<p>Embracing child-like wonder and dancing in the moonlight.</p>	<p>1. I release my adult inhibitions and recapture a child-like wonder for all the world's great mysteries and blessings.</p>
<p>AGAPE</p> 	<p>Selfless, unconditional, altruistic love.</p>	<p>1. I open to unconditional love. 2. I give and receive love unselfishly.</p>