

## The Mary Magdalene Light Essences

# Ten FAQ on our Essence Vibrations

### 1) How do I use The Mary Magdalene Light Essence Vibrations?

Our essence vibrations are for oral intake and should not be confused with essential oils.

*Each bottle lasts for about a month and then continues to work for a further two weeks. In other words, within each little bottle lies six weeks of healing and personal evolution!*

#### ***For alcohol-based essences***

Take **three** tiny drops in a little water three times a day:

- 1- In the morning,
- 2- Middle of the day,
- 3- Right before you go to bed.

Finish your bottle to gain the full effects.

#### ***For alcohol-free essences***

Take **two** tiny drops in a little water three times a day:

- 1- In the morning,
- 2- Middle of the day,
- 3- Right before you go to bed.

Finish your bottle to gain the full effects.

### 2) What are the specifics of these essence vibrations?

Each 10 ml high-vibrational essence contains The Mary Magdalene Light, other healing frequencies from its origin, water and ca. 30% alcohol for preservation – unless you opted for the alcohol-free version.

- Our essences don't interfere with homeopathy or any other medication.
- Our essences are not a substitute for medical care and/or medication from a qualified health practitioner.
- Our essence vibrations do not contain any animal, plant, or mineral-derived ingredients.

### 3) How do Light Essences work?

Not to be compared with essential oils, The Mary Magdalene Light essences have no scent and are not for diffusion. The Mary Magdalene Light is pure consciousness and unconditional love and is infused with Universal Intelligence.

### **You are in charge of your healing process**

You take your essence drops with a little bit of water to deeply infuse your whole system with its benefits. The intake is easy and places the power over your healing process in your own hands. Each time you take your drops, you not only induce healing, but also set your intention to receive the support of The Mary Magdalene Light. Forgetting to take your essence, comes to forgetting to set your intention for receiving healing. If you want to stop your healing process, simply stop taking your drops.

### **4) Can I take multiple essences?**

Yes, in principle you can, but in the specific case of the eight Chakra Essences, we advise you not to. Each bottle of essence focuses on one chakra, so by taking multiple essences, you will be working on multiple chakras simultaneously. The disadvantage is that you cannot clearly differentiate which vibration does what. Secondly, our drops are powerful and one chakra cleansing process at a time is enough for an energy system to deal with.

If you feel called to do so, you can however take a *Mary's Light* essence (for any other goal you may have) together with a Chakra Essence. In this case you can take the drops of both essences together in some water.

### **5) Can I give these essences to babies and children?**

Our essence vibrations are not designed for babies and children. Babies and children are far more sensitive than adults are. Two or three drops a time is usually far too much for them. Please do not experiment with this. [Contact me](#) and I will be delighted to give you personalized advice.

### **6) Can I use coffee and mint with an essence?**

Yes. Our essences are not homeopathic remedies, they contain Light. You could even use the essence in addition to homeopathy, but we advise against it as you will no longer be able to distinguish what has which effect.

### **7) What if I forget to take the essence?**

Each time you take three drops, you not only induce healing, but also set your intention to receive the support of The Mary Magdalene Light. Forgetting to take your essence is the same as forgetting to set your intention for receiving healing. Taking extra drops the next time, doesn't help, or compensate. Commit and try to not forget to take your essence.

#### ***A few tips***

Some people find it difficult to remember to take their drops in the middle of the day. You could:

- ♥ Set the alarm on your phone
- ♥ Put three drops in a bottle of water and drink it all throughout the afternoon

## 8) What if I lose or break my bottle?

These things can happen although our bottles are strong and would only break if they fall at a certain angle. Breaking or losing your bottle can happen for several reasons:

- ♥ Sheer bad luck
- ♥ Self-sabotage
- ♥ You no longer need the vibration

Self-sabotage is the most common reason and happens mostly subconsciously. Ask yourself: *'Could it be that deep down inside I prefer to stay within my comfort zone?'* If the answer is yes, we invite you to obtain another bottle to overcome your self-sabotage.

## 9) Can an essence make my symptoms worse?

It is possible that once you start taking an essence, you feel various energetic sensations and a kind of tiredness. This indicates that a lot is happening energetically, like clearing out old energies.

*In exceptional situations, symptoms do not get better or even worsen, such as in the case of fears or anxiety. This reveals some underlying cause that needs to be looked at more closely. It is most likely that the Light in your essence is triggering a disruptive energy that doesn't belong to you. This doesn't mean that your essence is not doing its work. It is, by showing you what hinders you, and what you need help with.*

An energy that doesn't belong to you can cause all sorts of complaints, of which fears, anxiety and tiredness are the most common. Light Essences are not powerful enough to remove these forms of energies, but they can help to bring them to the surface so that we can take action to get rid of them.

If you recognise the situation above:

1. Please stop taking your essence for now
2. [Contact me](#) as soon as possible
3. I will help you get rid of the sabotaging energy

Taking healings and continuing with your essence will not solve your underlying problem but make it worse. Increasing the Light in your system will make the troublesome energy all the more restless, for it doesn't like the Light, it prefers the shadows. After all, the Light in your essence is what stirred it up and made it visible.

## 10) How long does an essence last?

Our essence vibrations contain Light from the Source and do not expire. Please note that when you touch the dropper of an alcohol-free bottle, you contaminate the contents with bacteria. Only if the liquid becomes cloudy, it is spoiled, and you will need to obtain a new bottle.

Wishing you magical transformations with your exclusive, high-vibrational essence vibrations.

We are always interested in receiving your feedback.

[Let's stay connected!](#)

With my heartfelt love,

*Harriët Kroon*

*Original Channel for The Mary Magdalene Light  
Principal Light Carrier of The Emerald Heart Light  
Founder of The Divine Plan Healing Academy*