

What's in your ASK?

We've brought together beautiful and powerful vibrational essences from across our Soul Harmonics range to meet the challenges of the incoming new earth. We've been given two new products for these times, including Reboot, for when you need to get up and going again. To this we've added one high potency combination remedy for shock, fright, anxiety and high energy situations.

Balance

To bring balance to the whole system, mental, emotional, physical, spiritual. Use if you feel wobbly or off-balance, use after a healing or an attunement.

Through integrating the heart and the mind we have the opportunity to balance our self, our life, and our relationships. Balance enables us to face situations in our life which we know need to be resolved, whether within ourselves or with others. This Soul Harmonic brings the grounding and serenity we need to walk our path without the wobbles we can experience. By changing the inner dynamic, it helps us understand, connect and find balance with compassion and kindness to our self and to others.

Integration

Helps to integrate and process the work or the lessons you've done or are doing, with understanding, insight and grace.

Integration is how we fit the new energy we've manifested into our life, to transform ourselves. We align ourselves and our energy in a way that allows us to hold that energy and move forwards on our path. Without being aligned nothing works or flows. We struggle with existing as spiritual beings on a physical planet and in a physical body. Integrating these two seemingly polar energies is now possible and practical, enabling us to experience balance, without feeling we are living between worlds or energies.

Without integration and alignment our intentions manifest whatever is energetically near to us in a random way, but not necessarily what we desire to attract. There is clarity and understanding as we integrate and align.

Intuition

We all want and need to connect with our intuition, with our higher self and we want to receive guidance from the higher realms. If we're under stress we might need a little extra help.

While some people are naturally intuitive, it's a skill we can all improve on and build through various practices and the use of intention. With regular practice, your intuition will become louder and clearer and you'll be more confident in what comes up.

We all know that swooping feeling in the tummy when maybe something's not right, that 'gut feeling', and then there's that soaring sensation in the heart centre/chest when things are rightly aligned for us. Sometimes we might go to a tool such as a pendulum to confirm our intuitive feelings or we might access energetic tools like muscle testing or harmonic resonance testing.

These tools may work well for us and we may use them with confidence most of the time, however, if we're under stress or we have a particularly big decision to make, we might need a little extra help to find our way and give us the confidence to continue on with our journey, regardless of our innate abilities.

Reboot

When you feel you need a bit of a Spiritual Rescue, our Soul Harmonics Reboot essence is designed to get you up and going again.

Maybe you've run out of energy, or perhaps you've lost your inspiration or your insight. You just want to lie down and sleep or turn your back on life and scroll on your phone.

While we've selected vibrational essences to cover all of the above and probably a lot more, some of the inclusions also cover ascension and cellular fatigue, which can be part of this picture and which can hit us at any time.

Or maybe you're working hard to understand what's downloading, and then struggling to integrate the big changes that are happening and can't move forward.

The energy of Soul Harmonics Reboot feels a bit like when your phone or computer plays up or hangs and you just need to "turn it off and turn it on again!"

This essence can be used in a similar way to any variety of Rescue Remedy, but the inclusions are a much higher vibration and more targeted.

Or use when you're not sure what to use, when you can't think what to do next or you're feeling really stuck!

Release

When you need to soften and surrender or let something go or pass through in order to move forward.

We have already released our burdens, we just don't recognise it! We are living in old patterns and memories, in an old illusion. We are holding on to guilt and shame and what we call our karma, our inheritance, our "stuff" from past lifetimes, because it is comfortable and familiar and easy! But surely it would be easier for us to let go of this self-imposed burden, this heavy weight; to allow ourselves to be free, to stand tall and to step out into our light. We cannot truly be masters until we accept we are done here! The labour is over, the birth into new life has begun.

Resilience

To get you there and get you through, with strength, courage and fortitude.

The Covid years changed our lives. Our freedoms were removed. Our beliefs challenged. We had to make big decisions, but opportunities also dropped into our laps.

With all this change comes a sense of floating, of lack of base, uncertainty, weakness, fragility...

You name it, we've probably all experienced it through these times.

Resilience helps us to stand firm, to ground ourselves, accept what we cannot control and brings courage, strength and resilience to move forward into a new future, into the light.

Grounding

Helps settle down that speedy, floaty, unfocussed, out-of-your-body and out-of-your-base feeling! Useful before (and after) any event where you know you can become ungrounded from excitement or just through the high vibe energies.

Protection

Supports and holds you and your energy during challenging times. Helps maintain the auric field, creates effective boundaries for the real world, strengthens connection with Source.

Space Clearing

Useful if you are struggling with negative energies, feeling exhausted after interactions with others energies at work, home or while at play. Great if you know you need to cleanse your space either at home or when you travel and stay in hotels or other accommodation.

To create a room spray out of any of the above see **“How to use your ASK”** over.

AAA 10M (Triple A)

A powerful high potency blend of traditional homeopathics to provide support if you’ve had a shock or fright or you are standing in fear or anxiety, perhaps because the energies have rocked you to the core.

Use for anxiety generally, maybe before an event.

Especially useful after an event which has pushed you out of your body and you know you are processing this energy as trauma.

Please note this remedy is not available in the store in this potency. We have only made it available for the ASK.

Elements of Health, Shearwater, Tasmania

How to use your ASK

The vibrational essences in the Ascension Survival Kit can be selected intuitively.

You may just read the label or hold the bottle and resonate with what you need.

We would suggest to go dose by dose because sometimes you really do only need one or two doses to balance an overstimulated or unaligned system, or to find the insight and inspiration you need.

Remember, with these high energies you can overdo things so use your inner wisdom and common sense as to how often and how frequently you may require.

This is very much about "less is more".

Create a room spray or liquid essence (for oral use)

To make a room spray: Fill an empty spray bottle with bottled water and maybe your favourite essential oils. Pop in one pilule, shake/stir vigorously before use and you have your room spray. You can even buy rose water or orange water from the supermarket for a simple but beautiful spray.

To make a liquid essence (for oral use): Put 1 pilule of your chosen essence in a water bottle or glass, shake/stir vigorously and you have a water dose - a perfect way if you need several doses. Shake/stir before each additional dose to maintain the frequency.

To energize a water filter or jug: add one pilule of your chosen essence before you add the water to the vessel, so the dynamic action of the inflowing water builds the vibration.

Remember to ask permission of the group - either personally or their higher selves.

When dispensing your pilules, for best outcomes tip them into the lid of the vial, then into the mouth or vessel and not into your hand.

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SOUL  harmonics

Ascension Survival Kit

your essential tools for support

The Soul Harmonics manifested themselves in 2003 and have been in use ever since, both in the Elements of Health clinic and through our online store.

In 2016, with the changing energy of our world and the increasing number of seekers and light workers engaging purposefully with their life paths, the time felt right to fine tune, re-energise and rename these amazing tools for transformation.

Then in 2025, with the huge energies of change we were all experiencing, the opening of galactic portals, downloads to the planetary grid and energy updates to our light bodies, we knew a tool kit for these times was called for.

Enter the Ascension Survival Kit (ASK) - “ask and you shall receive”. ASK downloaded as a fully formed pack for spiritual seekers!

Downloaded from Source as a complete kit of essential tools for spiritual support, we think you’ll agree there’s something for everything, and if not, it’s probably available in our store.

Stay safe, stay grounded and enjoy the ride!

Melanie & Dean

lovingly heartcrafted by

www.elementsofhealth.com.au