

Ian White's book "White Light Essences" takes you on a magical journey to some of the world's most sacred sites where you will experience the making of these vibrational Essences. These breath-taking panoramas have been exquisitely captured in the colour photographs which accompany the text. The book will lead you through each essence's unique spiritual and soul-healing qualities which can be utilised in both personal and practitioner application.

This book covers each of the 7 Essences in turn, and how to administer the Essences.