

Creation Fertility :

March 24th Spring Equinox and New Moon

Guidance using [Creation Fertility Toolkit](#)



So – it appears we are in the thick of the coronavirus. Hospitals are overloaded with patients and all “non essential” operations and procedures have been postponed. With this in mind we have to consider reproductive and fertility procedures as well – because these too are being delayed.

The [HFEA](#) issued an “open letter” on 23rd March 2020 to all fertility patients stating

“We are closely monitoring this and have been guided by the medical and scientific experts in the UK fertility sector ([the British Fertility Society and the Association of Reproductive and Clinical Scientists](#)) on the advice we should give to fertility clinics. Their advice is that clinics should plan to stop treatments over the next three weeks, allowing patients to complete any cycle they have started. We have written to all UK licensed clinics to tell them that we expect them to follow this guidance”.

Personally, my last face to face clinic was Friday 13th March and I am presently only running my on line consultations and therapies for the time being. (nutritional therapy, health screening/hair analysis, fertility consulting; spiritual healing and intuitive guidance)

It seems strange during Springtime, traditionally a time for fertility, growth and renewal to be “going within”. And it is with this energy in my mind I drew the new moon #fertilityinspiration guidance cards today.

I drew 2 cards this month:

Let us 1st consider card 26 New Moon. As soon as I saw this card I resonated with it. Not simply because it is a new moon today but with the deity associated with it - Durga. Perfect for this moment. Durga is a wonderful Hindu warrior goddess and perfect energy to call upon during this time. I feel that she particularly offers protection and courage this month.

Durga – Hindu goddess of blood flow and a warrior goddess. Durga symbolizes positive feminine energy of power and brings courage, determination and protection. It is believed that she is the combined form of **Kali** (who I consider adolescent primal Shakti energy who has found her voice; shouts it out but without much thought! Kali is very raw energy/freedom); the Goddess **Lakshmi** – (love, beauty, kindness and compassion) and finally **Saraswati** (goddess of knowledge, music, art, wisdom, learning).

Durga’s name means fort or “place that is protected”.

When you look at her you see she is depicted as a warrior woman with 8 arms and riding a lion. Her arms carry weapons/mudras which represent her attributes (and ability to multi-task). She holds no fear.

- Sudarshan chakra (**spinning disc** around the index finger) – In mythology, the spinning disc is described as the most powerful weapon of the cosmos and symbolizes dharma; aka as duty or righteousness.
- **Conch** symbolizes happiness and the vibration “OM”.
- **Sword** symbolizes eradication of vices and knowledge. It is time for discernment.
- **Bow and arrow** symbolizes values. She reminds us when we face difficulties we must walk our talk.
- **Lotus Flower** symbolizes working towards success with detachment.
- The **club** is the symbol of Hanuman symbolising devotion and surrender. Whatever we do in life we do with love and trust in the outcome.
- Her **Trident/Trishul** symbolizes courage to help us face challenges in our life.
- Her **mudra** hand position enables forgiveness to ourselves and others.

Durga rides a **lion** but is sometimes shown riding a tiger. The lion is a symbol of courage; protection and animalistic tendencies (anger, arrogance, selfishness, greed, ego, selfish desires, jealousy, desire to harm others etc.) Her riding it reminds us to control these qualities, so that we are not controlled by them. When you see her riding a tiger it symbolizes unlimited power and protection.

We will also be connecting with essential oil blends later so you may be interested to know that these essential oils are associated with Durga : **bergamot** (in [creation essence](#)), **vervain**, **clary sage**, **sandalwood**, **spikenard or cypress**; **lotus flower**



The 2nd card I pulled is card 36. [Shiva Lingams](#). These stones are considered Holy. They are said to have one of the highest frequency vibrations rates of all stones and crystals. They are associated with Lord Shiva and whilst some theories **trace the lingam back to the ancient fertility cults it is a mistake to think of the Shiva lingam in purely sexual terms; The Sanskrit word *lingam* means ‘sign’ or ‘symbol’. So the literal meaning of *Shiva lingam* is ‘Shiva’s sign’.** It is the

symbolic form of the god Lord Shiva, the divinity without form, the source of the universe, the infinite into which everything merges at the end of time. There are various theories and forms about shiva lingams which represent a pillar of light, creating (bottom part), preservation of creation (middle) and destruction/absorption the top part. The shape of the stones are also believed to represent male energy (knowledge) whilst the markings represent female energy (wisdom). Combined they merge to complete equality and balance. Personally, I feel drawing this card today is asking us to be aware of the fragility of consciousness and our life as we know it. The shiva lingams are offering us a way to stay grounded and balanced right now both emotionally and physically. To draw equality into both yin and yang energy - to merge science with nature; courage with kindness and wisdom with knowledge to pull through this challenging time. That everything has a cycle and is transient.

How are we going to focus our energy over this moon cycle? Well, I am suggesting you consider this focus and, if it resonates then use the Durga visualisation I am offering and/or the shiva lingams to help you right now. Don't worry through – I have a few more “western” ideas to help you as well (more about this below)

“This virus is inviting us to meet the dark night of each of our souls but at the same time offering us the space and stillness to work through the fear and take much needed time to re-connect with ourselves. We are being reminded daily of the sheer power of nature (i.e. the ability for nature to destroy and create) and to honour and respect it (something many of us have forgotten). We are tasked with accepting ‘self responsibility’ not only for ourselves but for our nation, communities’ loved ones (albeit from a distance) and our life as we know it. This moon cycle invites us all to build new and better foundations together. It is time to adapt to a simpler lifestyle and respect all p particularly those who are placing themselves in a very vulnerable position and working to help us remain healthy; have food and thrive. As my colleague Clare Montanaro says “ It is the start of the manifestation of the new age” .

Boosting immunity and natural remedies for support

4 thieves oil

This is a super strong and traditional essential oil blend. It is important to dilute it before using (see dilution ideas below) and ensure you do not use near furniture and soft furnishings as it may affect it.

To make 5ml of 4 thieves oil

35 drops clove essential oil

30 drops lemon essential oil

15 drops cinnamon bark essential oil

13 drops eucalyptus essential oil

7 drops rosemary essential oil.

Add 6 drops of the blend to 50 ml water or 6- 12 drops to 100 ml water if using as a spray (depending on the strength you want)

To make a massage oil blend which you could also use as a body cream:

3 drops of 4 thieves oil 10 ml (1/3 fl.oz.) of carrier oil

4-5 drops of 4 thieves oil to 15 ml (1/2 fl.oz.) of carrier oil

6 drops of 4 thieves oil to 20 ml (2/3 fl.oz.) of carrier oil

15 drops of 4 thieves oil to 50 ml (1 2/3 fl.oz.) of carrier oil

30 drops of 4 thieves oil to 100 ml (3 2/5 fl.oz.) of carrier oil

For babies up to the age of twelve months, the appropriate dilutions are:

Babies (0–2 months): 1 drop to 15 ml (1/2 fl.oz.) carrier oil

Babies (2–12 months): 1 drop to 10 ml (1/3 fl.oz.) carrier oil.

Gargle: 1 drop 4 thieves oil with 1 teaspoon sea salt to a glass of warm water. Gargle for a few minutes before spitting out.

Teeth pulling. 1 drop of 4 thieves oil to a teaspoon of coconut oil/butter. Swish around in mouth for as long as possible before gagging and then spit out.

Body cream protection: I add 2-3 drops into a squidge (which is about a 10 p size) of Spagyric cream and then I massage into the soles and top of my feet daily. I feel this supports my whole immune system because I am a reflexologist and believe that our whole body and organs are presented in the feet. I complete the ritual by cupping my hands near to my face and inhaling the aroma from the cream in – deeply and fully. Inhale. Exhale. Repeat 3 times. For me, this acts not only to open the lungs and sinuses but symbolically I feel as if I am protecting my aura and also linking crown and ground. I doubt you have

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March 24th 2020

any of my spagyric remedy cream but you can use your normal non toxic body creams or coconut butter or massage oil – it will do the same job!

Protecting your aura – Cleansing spray

60 ml gin/vodka

40 ml water

7 drops lemon essential oil

7 drops eucalyptus essential oil

5 drops sage essential oil

3 drops clove essential oil

3 drops thyme essential oil

3 drops salo pento essential oils

Add all together in a vaporiser spray bottle and spray around your aura and also the room to clear contaminated areas. Please ensure you do not spray over furniture as it may affect it.

Hand sanitising gel

60 ml aloe vera gel

15ml rubbing alcohol

10 drops tea tree essential oil

10 drops eucalyptus

2 drops lemon or lemongrass or sage essential oil

Mix the rubbing alcohol and aloe vera gel together. Add essential oils until thoroughly mixed. Use as you would a normal hand gel.

Clove and cinnamon essential oil are amazing antibacterial and antiviral oils. Mix 6 drops of each in 100 ml of water and clean floors and bathroom surfaces.

Other traditional methods you may like to consider:

- **Garlic:** A natural antibiotic and antiviral you need 6-12 cloves per day. Peel and chew three cloves of garlic at a time – 2 to 4 times per day or try one of the other recipes below. Of course, you can just take a garlic supplement or add garlic to your recipes daily !
Garlic Syrup: Peel and chop 6-8 cloves of fresh garlic. Place in a jar and cover with 8 tablespoons of honey. Let it stand for several days and then strain. You can use this by the teaspoon (2 for children 4 for adults) to boost the immune system and treat infections.
Garlic or Onion Milk – Put onion or 3 cloves of garlic thinly sliced into a pan with 2 cups of milk. Simmer over a low heat for 20 minutes. Strain. (can be stored in fridge for up to a week) Dosage: 1 teaspoon up to 6 times per day)
- **Ginger root:** I love ginger root. I drink it every day 1st thing in the morning. I just grate it and add hot water. I love the deep warmth ginger gives me so use plenty of it but you may want to build it up slowly! Also scrape and then cut into matchsticks to add to stir-fries or add to fresh juices and smoothies. Ginger has anti-inflammatory, antibacterial, antiviral, and other healthful properties. In 2013, researchers (<https://www.ncbi.nlm.nih.gov/pubmed/23123794>) studied the effects of fresh

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March 24th 2020

and dried ginger on one respiratory virus in human cells. The results indicated that fresh ginger may help protect the respiratory system, while dried ginger did not have the same impact.

- **Lemons: An amazing anti-viral food and full of antioxidants.** place 3 sliced lemons (with peel) in 600 ml water and boil until water reduced by half. Add honey if necessary and/or ginger and drink daily. Add lemons to recipes daily.
- **Local honey** – 1 teaspoon of local honey mixed with a serving of plain yoghurt will not only provide a probiotic for digestive health but has anti-inflammatory, immune boosting properties. You can also add it to lemons, ginger and apple cider vinegar as tonics and support the immune system.
- **Onions** -The Amish whose traditions date back to the 16th century **place onions in their homes during winter flu season to absorb bacteria and mould.** The **onions need to be peeled** if left around the home as a **preventive measure against flu and viruses.** Many people **do this during flu season** and find that **no one gets sick**, whereas in previous years with no onions, they had several members of the family fall ill. If placed around the home for prevention, the onions should be **replaced every 3 months.**
Use peeled onions cut in half. Place in a bowl in the room of an ill person **to relieve their symptoms quickly and naturally.** It is said that **white onions** work better than red onions.

Recipes

If you listened/watched my new moon guidance for this month you know that I am offering support for the next moon cycle connecting with the warrior goddess "Durga" to help protect us and remain without fear. I have also promised to offer home remedies using essential oils and natural foods.

Here's Pantry recipe 1 - sorry forgot to take a photo of the cooked meal - scoffed it before I remembered!!!!

Baked mushrooms (serves 2) - 1 POT MEAL. This is so versatile as change to suit your cupboard. I have leftovers because I used 2 bags of precooked lentils so will be using it as a filler for my jacket potatoes tonight!

4 field mushrooms

Lemon olive oil

Chilli puree or tabasco. If you don't like heat then use paprika or something else - maybe even pesto?

squidge tomatoe puree

1-2 bags precooked lentils (I used one from Aldi but there are many different brands)

4 -6 spring onions chopped

teaspoon dried mixed herbs

salt and pepper

2 cloves crushed garlic

Salt and pepper

Squidge of tomato puree

Grated cheese to suit

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March 24th 2020

ladle of soup from lunch (mine was leek and potato but you could just add a few tomatoes chopped with some water if you have some of just some water)

medium sized oven dish

Warm oven to 180c

Clean and prepare mushrooms. Take stalks off and chop. I actually chopped my whole mushrooms into quarters and placed into the oven proof dish because I like my mushrooms cooked and find when they are whole they take a good 35-40 minutes to cook properly. Top with a little lemon oil and a squidge of chilli paste. Place in oven for 10-15 minutes to gently cook.

In the meantime add a teaspoon of oil to a pan and place the chopped spring onions, chopped mushroom stalks and crushed garlic into it. Warm and saute until soft - adding a little water is necessary. Now add the bag of mixed ready cooked lentils, ladle of water or homemade soup into the mixture plus teaspoon tomato puree and stir gently until mixed thoroughly. If you have some herbs this is a good time to add as well.

Bring part baked mushrooms out of oven. Add salt and black pepper. Top the lentil mixture over the mushrooms. Add grated cheese and return to the oven for about 15-20 minutes until the cheese has melted and mushrooms are cooked.

This as a one pot meal! Yum