



# Alaskan Flower Essence Project

Healing Essences from the Heart of Nature™

## Newsletter

Issue 15

April 2009

Welcome to the fifteenth issue of our online Newsletter! Our intention is to provide information to increase your awareness and understanding of the Alaskan Essences and how they apply to our lives and the world. Future issues may include feature articles, testimonials, tips from practitioners and information on our monthly online specials. We will also announce new products, give you updates on courses and lecture schedules, and during the summer update you on what is happening in the field. We hope you enjoy the newsletter and we welcome your feedback.

### APRIL

Online Specials  
These Specials  
are only valid  
for orders placed  
ONLINE.

To order, visit the  
**ONLINE STORE**

The following  
Essences are 25%  
off for the month of  
APRIL.

**Cattail Pollen**  
Flower Essence

**Go-Create**  
Combination Formula

**Paper Birch**  
Flower Essence

**Peridot**  
Gem Elixir

**Sticky Geranium**  
Flower Essence

**Tidal Forces**  
Environmental Essence



**ORDER HERE**

Click **HERE** to go  
directly to a page  
where you can share  
your experiences with  
the Alaskan Essences.

### Register NOW!

**2009 Practitioner  
Training Program**  
June 28 through  
July 4, 2009

The class is filling  
fast. Reserve your  
space now.

Click **HERE** for  
more information  
and to register.



### Alaskan Essences in your Neighborhood

Do you have a favorite  
local retail store,  
health food store or  
wellness center that  
you would like to see  
carry our products?

**Help us help you.**

Email us with the  
following details, and  
we will send you a  
product catalog with a  
customized letter you  
can present to the  
business owner, along  
with your personal  
endorsement of our  
products.

Business Name  
Contact Name  
Business Address  
Business Phone

**EMAIL HERE**

### WEBSITE links



[How to Use Our  
Essences](#)

[Find a Store](#)

[Online Store](#)

[International  
Distributors](#)

[2009 Practitioner  
Training Program](#)

[Research Programs](#)

[Steve Johnson's 2009  
Teaching Schedule](#)

[Submit Research  
Stories](#)

[Contact Us](#)

[Practitioner Referral](#)

### Animal Care Rescue Spray

Combination Formula



[Alpine Azalea](#)

[Black Tourmaline](#)

[Chiming Bells](#)

[Cotton Grass](#)

[Horsetail](#)

[Jadeite Jade](#)

[Lady's Slipper](#)

Animal Care is  
primarily intended for  
use in animal rescue  
work, although it can  
be given to any animal  
in need. It will be  
most valuable when it  
is integrated into the  
initial care provided  
any animal who arrives  
at an animal shelter,  
treatment center,  
veterinarian clinic, or  
sanctuary. This  
formula is also a must  
when adopting a  
"rescue" animal.

To order  
Animal Care

Click **HERE**, or  
visit the

**ONLINE STORE**

### -Practitioner's Corner-

This monthly feature is dedicated to articles and stories  
written by Flower Essence professionals. If you have a  
question for one of our Flower Essence professionals  
that you would like to see featured in a future online  
newsletter, please email

[newsletter@alaskanessences.com](mailto:newsletter@alaskanessences.com)

### Treating Animals with Essences

by Judy Aizuss, MS

Treating animals with  
essences is one of my  
greatest joys. Each of the  
following animals had  
imbalances that I was able to  
correct with flower essences.

As different as they are from  
one another, they all had one  
thing in common. Each animal  
had one or more traumas in their life that had not been  
resolved. With the clearing of these past traumas, these  
animals were restored to balance and wellness.

Scotty, a young, happy cat, occasionally urinated  
on the carpet.

Inky, a full-grown cat, regularly urinated everywhere except  
his litter box.

Joey, a Brittany Spaniel, despite being well fed and cared for,  
was losing so much weight that his veterinarian feared for  
his life.

Mr. B, a mixed-breed dog, growled and snapped at anyone  
except his owner, and was extremely sensitive to being  
touched anywhere on his body.

Luna, a mixed breed dog, exhibited extreme shyness,  
including hiding behind and clinging to her owner, fearing  
everyone else, retreating and hiding from sound and  
stimulation.

Gito, a full-grown cat, was diagnosed as having a virus that  
was gradually strangling her to death.



There are many essence formulas available to treat fear,  
paranoia, hypersensitivity, aggression, anger and shyness. If  
you see an animal displaying these behaviors, or an animal  
suffering from an odd illness that isn't responding to  
treatments, chances are the animal has a history of injury,  
abuse, or neglect. If you treat the animal with these  
formulas, without understanding and addressing the  
underlying trauma that caused the problem in the first place,  
desired and lasting changes are not likely to occur.

Fortunately, there are a variety of Alaskan Essences that  
treat and clear the effects of trauma being held in the body.  
They include:

*Cotton Grass*: understanding core  
issues that led to accident or injury;  
the release of physical, emotional, and  
mental trauma associated with it.

*Northern Lady's Slipper*: healing of  
core traumas and wounds held very  
deeply in the body; allows our beings  
to be touched and healed by infinite  
gentleness.

*River Beauty*: emotional recovery,  
reorientation and regeneration; helps  
us start over after emotionally  
devastating experiences.

*Tundra Twayblade*: allows unconditional love to areas of the  
body that are in need of healing; clearing of trauma held at  
the cellular level of the body.

*White Fireweed*: calms the emotional body after a traumatic  
or shocking experience; releases the imprint of painful  
emotional experiences from the cellular memory so that  
rejuvenation can begin.



From other essence producers I use Arnica (FES), Oak and  
Red Hot Poker (South African), and Cowkicks (Living  
Essences of Australia). All of these particular essences are  
not interchangeable; each has specific and unique healing  
qualities.

In order to know which essences to use and when to use  
them, I combine several tools and techniques.

I gather as much information as I can about the animal.  
Where has the animal been? How has he/she been treated,  
now and in the past? I look for history of neglect, poor  
nutrition, abandonment, frequent moves, physical and  
emotional abuse, accidents and injuries. I also gather  
information about the animal's unique personality.

With a variety of trauma essences on hand, I  
become very familiar with each essence description and  
notice their differences. For example, *White Fireweed* is  
excellent for old shock and trauma, especially old emotional  
abuse that still affects the animal's current emotional state  
and behaviors. By contrast, *River Beauty* has more to do  
with intense loss that the animal consciously remembers and  
can't release. *Cotton Grass* and FES Arnica both relate to  
accidents and physical injuries. I consider *Cotton Grass* when  
I have an animal that is suffering from the prolonged effects  
of an injury. I use Arnica when the injury is no longer  
present, but the animal is still affected by it.

For example, the young cat, Scotty, had been hit by a car  
and required surgery around his bladder. Outwardly he  
appeared to have healed, but the healing process had not  
completed itself. The single essence, Arnica, cured Scotty of  
his occasional urinating accidents.

*Northern Lady's Slipper* is commonly indicated for cats like  
Inky, who had early infancy or pre-birth issues. Inky, it turns  
out, was found at about 3 days old, clinging to a cactus in  
the middle of an empty lot and starving.

I use different methods of attuning to  
animals. Sometimes I use the services  
of an animal communicator. This can  
yield very helpful information. However,  
most animal communicators won't be  
able to tell you if there is a repressed or  
unconscious trauma, or if the animal is  
confused or covering the truth. I have  
found that developing a way to  
energetically attune to the animal, then  
matching the energy with an essence  
has greatly boosted my accuracy. I also  
use muscle testing, but I wouldn't rely  
on it as my only tool. Finally, I consciously connect with a  
source of spiritual guidance. This is a relationship that has  
taken a great deal of time and commitment to develop to its  
present level, but it is a road well worth traveling, not only  
for the animals, but for my own personal development.

I am happy to report Inky now uses his litter box. Gito's  
illness was stopped in its tracks. Joey has gained weight and  
is a very healthy spaniel. Both Luna and Mr. B have become  
friendly, outgoing social butterflies. Very satisfying work,  
indeed!

The emotional lives of animals are every bit as complex and  
varied as humans. As with humans, treatment occurs over a  
course of time and can include several different formulas as  
the healing progresses. There is no one essence, or even  
one essence formula that will fit all of them. However, if you  
familiarize yourself with the trauma essences, and take the  
time to develop your intuitive skills by connecting with  
guidance, learning to muscle test or use a pendulum to  
sense subtle energies, it will take you a long way to being  
able to help our animal friends in some truly amazing ways.

**Judy Aizuss, M.S., has been a Flower Essence Practitioner for over 25  
years. Judy is a licensed counselor who uses over 900 essences from  
companies around the world to help both animals and people move  
forward with greater balance, health and grace. For more information  
about her work with animals visit:**

**[Essential Healing For Pets](#) or [Essential Healing by Judy](#)**

**For information about Judy's work with people, please visit:**

**[Essential Healing](#)**

**Email Judy: [judy@essentialhealingbyjudy.com](mailto:judy@essentialhealingbyjudy.com)**

### Customer Testimonial



### Animal Care

Kirk Norby Corvallis MT

In 2005, my family and I moved from  
our secluded cabin in the woods to a  
home in an open, agricultural area. Part  
of the family included our dog, Raven,  
also our four outside cats--Diamond,  
Thunder, Manitou and Cuddles. Knowing  
that the move could be stressful for our  
four-legged friends and knowing that

animals are often aware of our emotional states, we started  
using Animal Care drops in their water or two before  
the final move was to take place.

On the day of the move, we used Animal Care spray in the  
travel kennels and vehicles that were to transport our furry  
family members. Aside from occasional loud meowing, the  
drive went well.

At our new home, Raven's routine and environment didn't  
change much, except that she now had a fenced yard when  
she was outside. Considering that two of the cats had  
histories of running away when moved to an unfamiliar  
environment, we decided to keep all of them indoors for a  
week to let them know this was now home. During that  
time, in addition to adding Animal Care drops to their water,  
we used the spray in the areas they frequented and on their  
beds a couple times a day. We also sprayed Animal Care on  
our hands before petting the cats and Raven.

The transition from woods to fields happened easily and  
quickly. After a week or so, we started letting the cats  
outside for increasing periods of time until they were outside  
all of the time. Everyone stayed with us and continues to be  
with us today, happy and healthy.

### Enter a DRAWING to win these Alaskan Essences!

Submit a story about your personal experience with the Alaskan Essences.  
Your name will be entered in a drawing for the following products.

Cattail Pollen - 1/4 oz Flower Essence

Go Create - 1/4 oz Combination Formula

Paper Birch - 1/4 oz Flower Essence

Peridot - 1/4 oz Gem Elixir

Sticky Geranium - 1/4 oz Flower Essence

Tidal Forces - 1/4 oz Environmental Essence

\* Entry Deadline, May 15th, 2009

\* Drawing held, May 12th, 2009

\* Winner will be announced in the May 2009 Online Newsletter

\* Story may be used in an upcoming issue of our Online Newsletter

Send your story to: [research@alaskanessences.com](mailto:research@alaskanessences.com)

Alaskan Essences, Inc.  
2365 Red Crow Rd • PO Box 1090 • Victor MT 59875  
[www.alaskanessences.com](http://www.alaskanessences.com) • [newsletter@alaskanessences.com](mailto:newsletter@alaskanessences.com) • 800-545-9309

This email was sent to [marnie@alaskanessences.com](mailto:marnie@alaskanessences.com). To ensure that you continue receiving our emails, please  
add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using TrueRemove®.

Got this as a forward? [Sign up](#) to receive our future emails.

