



Alaskan Flower Essence Project

Healing Essences from the Heart of Nature™

Newsletter

Issue 17

August 2009

Welcome to the seventeenth 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.

AUGUST

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

To order, visit the
ONLINE STORE

Summertime and warmer temperatures mean more outdoor activities, and more pressure placed on our bodies to perform. The following essences assist in the release of tension, provide protection and can all become a part of our daily routine by adding them to sunscreens, moisturizers or the bath. They are all 25% off for the month of

AUGUST.

Amber
Research Gem Elixir

Dandelion
Flower Essence

Flourite
Gem Elixir

Potato
Research Flower Essence



Self Heal
Research Flower Essence

Smoky Quartz
Gem Elixir

ORDER HERE

Frankincense Hydrosol

Boswellia thurifera



This wonderful hydrosol comes from John Steele of Lifestree Aromatics. The following description is taken from John's words:

"This Frankincense hydrosol is custom made in the country of Oman. It has an extraordinary aroma and taste. When sprayed the scent is sweeter and warmer than the steam-distilled oil.

"The first effect is of energetic expansion. Taking a drop or two undiluted gives the distinct sensation that the energy body is expanding, rapidly, from the solar plexus. Try it before meditation, in ritual work, or in any form of energy healing.

"The oil is known to deepen and expand breathing and open airways, and the hydrosol seems to retain that property. In 'aromapuncture' treatments, one drop of frankincense on the lung points elicited a deep breathing that manifested an altered state almost on contact.

"Typically, Frankincense is fantastic on the skin. Mist over the face and leave it to air dry and your skin will have a noticeably finer texture almost immediately."

This hydrosol is very powerful! When it is indicated in a space clearing, use no more than five sprays for an entire room. Spray once in each corner and once in the middle of the room. The effect is gradual, very expansive, and at the same time very grounding.

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

WEBSITE LINKS

[How to Use Our Essences](#)

[Find a Store](#)

[Online Store](#)

[International Distributors](#)

[Research Programs](#)

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

[Contact Us](#)

[Practitioner Referral](#)

[Submit a Story](#)

[Submit a Story](#)

CUSTOM KITS

Choose any 12 or 24 regularly priced essences of one size from our entire inventory in any combination of single flower, gem and environmental essences (no combination formulas) and receive them at a discounted price in a convenient kit box.

12ct. 1/4oz **\$75.00**
(you save \$8.40)

24ct 1/4oz **\$150.00**
(you save \$16.80)

12ct 1oz **\$120.00**
(you save \$17.40)

ORDER HERE

-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: Ask_a_Practitioner

Reflexology and the Alaskan Essences

By Elizabeth Willoughby

I have been practicing Reflexology since 1987. I received my certification in the Bach Flower Essences in 1997 and that same year I met Steve Johnson at the Healing with Flowers Conference in Rowe, Mass.



Before I give a reflexology treatment, I begin by soaking my client's feet in a warm footbath. I put seven drops of African Wild Sage essential oil with a cup of organic whole milk into the footbath. The sage oil attaches to the fat globules of the milk, helping it to be dispersed in the water and absorbed into the feet. This process helps to clear stagnant energy in the feet by increasing blood and chi flow. I also use three drops each of two gem elixirs: *Black Tourmaline* cleanses the feet of toxic compounds and energies, and *Malachite* grounds my client and aligns the chakra energy by harmonizing body, mind and spirit. As the feet soak, I talk to my client and massage their feet. My work is half done with the foot soak!

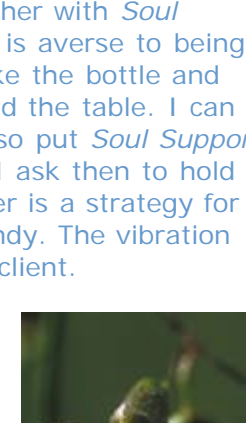
House calls are a challenge sometimes. I take the combination formula *Guardian* internally just before and after I do one. If I am doing a house call and I cannot soak the feet, I spray *Purification* on the feet and between the toes, then use a baby wipe to clean the feet. The *Purification Spray* helps toxic substances and energies begin to be released from the feet. The spray also clears the environment in which I am working. I spray the palms of my hands before and after the session to clear unwanted thoughts and energies from myself and spirit. If I am working with someone whose feet are particularly 'dirty', I do a second spraying with White Sage Hydrosol, then wipe the feet off again.



At the office, I spray the reflexology room and table with White Sage Hydrosol. This is a space that has already been 'tuned', so it doesn't need extreme cleansing and balancing.

Occasionally a client will have an emotional catharsis during a treatment and I will spray him/her with *Soul Support*. If someone is averse to being sprayed, I simply take the bottle and walk clockwise around the table. I can feel the energy calm. If wanted, I will also put *Soul Support* drops in water for them to drink and/or I ask them to hold the bottle during the treatment. The latter is a strategy for clients who avoid consuming alcohol/brandy. The vibration of the product can heal and rebalance a client.

After a treatment, as I 'bring down the energy', I spray or walk the Sweetgrass Hydrosol around the table in a counter clockwise direction to close and seal the space surrounding the client. I feel that when someone leaves me, they are as protected, grounded and focused as they need to be.



It is said that one does healing work in order to heal oneself. This is true for me. My path as a healer has guided me through difficult times in my own life. *Northern Lady's Slipper* has been a friend to me by providing the support and love I need as I recognize and release the past.

For self-care I use the *Lady's Slipper* to accept the personal healing that is available to me while giving someone Reflexology. The gem elixirs *Carnelian* and *Malachite* are essential to me when I am seeing many clients in a row; they allow me to go further with the flow providing the support that I need. *Yarrow* and *Hematite* protect me from absorbing unwanted 'emotional baggage' from my clients.

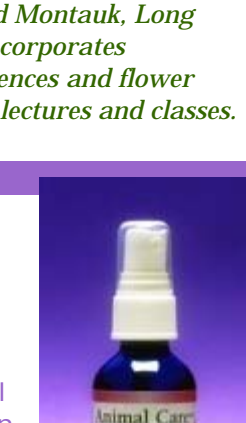
I practiced Reflexology for over ten years without using any essence products. Using the essences my treatments are now more powerful and guided. I love using the Alaskan Essences products to enhance the levels of healing that are offered in the vibrational forms.

Elizabeth Willoughby has been a certified Flower Essence Practitioner since 1997, and has been using flower essences since the 1980s. She is certified in Bach Flower Essence therapy and has studied with Ian White, of Australian Bush Flower Essences, Steve Johnson of the Alaskan Essences. Ms. Willoughby has taught numerous certification programs on Flower Essence Therapy in New York City. She has offices in New York City and Montauk, Long Island. Her business, 'Planetary Energetics', incorporates Therapeutic Reflexology, Mermaid Flower Essences and flower essence consultations. She is also available for lectures and classes.

Customer Testimonial

Animal Care, Angie

I am really grateful for the bottle of *Animal Care*. I have been working with three cats that have had different traumatic events in their lives and have been placed with me for re-homing. Until yesterday they had been aggressive when touched.



I sprayed *Animal Care* on a toy in two of the cats' temporary accommodations and noticed the cats were interested in the scent, and that one cat was actually sitting on the toy. I sprayed my hand and was able to stroke one of the cats several times. This cat had what I can only describe as a smile on her face.

I sprayed a snug cat bed with *Animal Care* and the third cat spent time rubbing her body on the areas sprayed, then allowed me to rub and came close and rolled over displaying passive play. In just two hours *Animal Care* has enabled three cats to experience more peace than they have known in some time. Thank you for three happier cats - hooray!

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Available **HERE** in 2 oz/60 ml and 4 oz/120 ml blue glass spray bottles

Alaskan Essences in your neighborhood?

Do you have a favorite retail store, health food or wellness center that you would like to see carry our products? Help us help you. Provide us with the following details:

Business Name

Contact Name

Business Address

Business Phone

We will send you a product catalog you can present to the business owner, along with your personal endorsement of our products. Many retail stores tell us they require their customers to request new products before they can commit to carrying a new line. Spread the good word! THANK YOU!!!!

Alaskan Essences, Inc.
2365 Red Crow Rd • PO Box 1090 • Victor MT 59875
www.alaskanessences.com • newsletter@alaskanessences.com • 800-545-9309

This email was sent to 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.

powered by **emma**