



Alaskan Flower Essence Project

Celebrating 25 Years of Service

Newsletter

Issue # 2

February 2008

Welcome to the second issue of our Newsletter! Our intention is to use this format to send you information that will increase your awareness and understanding of the Alaskan Essences. Each issue will include a feature article, testimonials, tips from practitioners, and information on our monthly online specials. We will also use the newsletter to announce new products, give you updates on course 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.

February Online Specials

To order click on the individual items listed below

Try some LOVE inspiring essences this month in celebration of our loved ones and ourselves.



These essences open our hearts to a greater experience of self-love and enrich our relationships with others by strengthening the qualities of loving kindness, compassion, and forgiveness.

Happy Valentines Day!

[Alpine Azalea](#)

[Bleeding Heart](#)

[Green Fairy Orchid](#)

[Emerald](#)

[Rose Quartz](#)

[Watermelon](#)

[Tourmaline](#)

1/4oz/7.5ml reg: 6.95

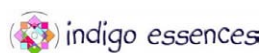
Special Price: \$5.20

1oz/30ml reg: 11.45

Special Price: \$8.60



Indigo Essence of the Month



Love

when you are so hurt and angry that you can't feel anything, just cold and stony inside, use this

essence of love to repair the damage.

This essence was made as a present of love for all the children in the world who need it. The Love Essence says, "Don't give up on love. No matter how hard things have been in your life - don't give up. Love is all around you. Love will find you - but you have to let it in."

[15ml / 1/2oz. tamper-evident amber dropper bottle.](#)

Love Room Spray contains Love essence, water, a little grain alcohol as preservative and a hint of organic fair traded essential oil of Turkish Rose.

Spray around your room, breathe in and FEEL loved!

[100 ml / 3.3 fl.oz PET recyclable, indestructible, pump action spray bottle.](#)

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-Practitioner's Corner-

This monthly feature is dedicated to providing answers to your essence related questions. 'Dear Jane' is one of several columns that will appear here in the months to come. If you have a question that you would like Jane to answer, please submit it to: newsletter@alaskanessences with 'Dear Jane' as the subject.

Dear Jane

Q. How do I choose essences for myself?

A. When we begin working with essences it may seem that we need them all. How do we narrow the selection process to address our needs?

Selecting essences for yourself begins with self reflection and a clear intention about what the essences are for. What is going on inside of you that you want support to change? Consider what emotional support you need, what the issue is that you want to shift, and what qualities within yourself you want to strengthen.

You may be addressing an immediate concern like needing to make a decision but find you are endlessly distracting yourself and avoiding the process. Or it might be a longer standing issue like being self critical and wanting to be more kind to yourself.

It is often helpful to write your intention down so you stay focused when selecting, and can refer back to your original intention as you experience the effects of the chosen essences.

Once you know what your intention is, there are numerous ways of choosing the essences. You can read through the book, catalog or web site and see which essences speak to you. Another approach is to use an intuitive method of selection such as kinesiology or a pendulum. These methods allow your sensory system to guide you to what is right for you at the moment.

As you get to know yourself and the essences over time, often a sense will come of "just knowing" what you need. We develop trust in ourselves when we select essences, take them and observe the results over time.

Start simply. Our combination formulas and sprays are artfully blended and address a variety of common needs that are easy to identify.

When creating your own blend chose one core theme or issue and build around that. In the example above of someone who wants to be more self loving, you might chose Alpine Azalea for unconditional self acceptance, Columbine for self appreciation, Rose Quartz for enhancing intimacy with yourself, Gold to enhance your experience of your preciousness, and Liard Hot Springs to wash away the old critical voices and start over with a stronger sense of self love.

Don't be afraid to approach your healing process like peeling layers of an onion by starting with just one essence that speaks to you, gently addressing one aspect of the issue at a time.

Qualified Flower Essence Practitioners are available in the event that you want more help with finding the essences that will support you to the deepest level of healing possible.

The good news about learning to select for yourself is that if you take the "wrong" essence nothing will happen. Be courageous, explore and enjoy these healing blessings from the heart of Nature!

Jane Bell

Jane Bell is a Flower Essence practitioner, teacher and researcher with over 24 years of experience, and is a co-producer of the Alaskan Flower Essences. She has a highly developed capacity for seeing into the heart of Nature and teaching others to open to the love, support and healing wisdom of the natural world. She is also a pioneer in the field of Energetic Architecture and has recently prepared essences in Bali. For more information, click [here](#) to go to Jane's new website.

2007 Best Selling Single Essences



1. [Northern Lights](#)
2. [Blue Elf Viola](#)
3. [Stone Circle](#)
4. [Black Tourmaline](#)
5. [Portage Glacier](#)
6. [Chalice Well](#)
7. [Gold](#)
8. [Tidal Forces](#)
9. [Bloodstone](#)
10. [Rose Quartz](#)

Customer Testimonial

Solas & Animal Care

Polly Lazon, Animal Healer
<http://www.pollylazon.com>

Solas was born feral. His decision to engage with humans resulted in a broken leg. I brought him into my home to recuperate from the surgery. Due to the location of the break a cast could not be utilized and a second surgery was required eight weeks after the first to remove the metal pin that had been placed in the broken bone.

To my knowledge Solas had no previous experience being in a human home. When I turned on the shower he would panic and hide under the claw foot, cast iron bathtub. This happened every morning, until I sprayed the room with *Animal Care*. On that day he stayed on the radiator while I showered.

Solas has left his bathroom temple of healing and now goes in and out of doors. The *Animal Care* formula helps him to stay true to his wildness while adjusting to having an indoor home as well.

Now Solas and his brothers who still live out of doors and retain their wildness receive *Animal Care* in their food. It helps them cope with the stress of urban living. Me too!

In the spring of 2005, Solas chose to return to his brothers and to living outside. One day he brought another feral cat to the pet door. "Mystery" cat has also benefitted from the *Animal Care* essence. After a year "mystery" cat asked me to stroke him, and then to roll a ball to him!

It was hard to leave my wild cat brothers behind when I relocated in Sep. 07. However, I'm still providing the custom blend that includes *Animal Care* to a former neighbor who took on my share of their feeding. They are the healthiest, sassiest, most playful wild cats.

If you have a personal story to share regarding the Alaskan Essences, please email it to: research@alaskanessences.com



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