



Alaskan Flower Essence Project

Healing Essences from the Heart of Nature™

Newsletter

Issue 12

January 2009

Welcome to the twelfth 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.

Our 25th Anniversary Sale ends at Midnight EST on Thursday January 15th

All Alaskan Essence products are 25% off during the sale

All Stock Bottles:
Combination Formulas, Flower, Gem, Environmental, and Research Essences

All Kits:
Flower, Gem, Environmental, and Custom Kits

All Sprays:
Sacred Space Sprays
Combination Sprays

All Glassware:
Dosage Bottles
Empty Spray Bottles

Click **HERE** for more details.

-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

My Life as a Flower Essence Practitioner
by Patricia Meyer



In the late 1960's, a homeopath friend of mine in South Africa introduced me to the Bach Flower Essences. As he presented me with two of Dr. Bach's original English booklets, he said, "Check these out. I think you would be good at it and you can't hurt anyone with flower essences." At the time, I was the 'essence' of insecurity.

Years later, while participating in the intensive training at the Flower Essence Society facility in California, Patricia Kaminski encouraged us newbies to bring who we are to the art and discouraged us from trying to be who and what we are not. This was excellent advice for me as I was beginning the journey to know and understand who I was.

A Bay Area metaphysical teacher once told me I had the gift of being child-like. He explained that I could see people, things and situations from the eyes of a child-with freshness, innocence, humor and joy. Memories of my own experiences and feelings as a child are still with me. I see in each fresh face the need to be loved, accepted, to achieve and be recognized, appreciated, valued, treasured, cared for and the desire for freedom to become self-actualized. I have become more aware of that part of myself and it helps me to understand why my ongoing work with children continues to flourish.

Each person has arrived in this world with a 'set-up' in order to experience and grow in ways he/she hasn't previously. Part of my 'set-up' is an inherent intuition and the gift of being firmly grounded, combined with a deep passion for this work. Essences frequently just pop into my head in many circumstances of my life.

My essence collection is made of complete sets from fifty-five different companies, including nearly sixty individual essences I have developed myself. Some may call me 'eclectic', but I see myself as an artist and this multi-interest creative aspect of my being flows through just about all I do.

My goal is to know all of the Alaskan Essences intimately. I work with the complete set of flowers, gems and environmental essences as well as all of the research essences. The week-long Practitioner Training workshop in Alaska in 1999 was a highlight for me. Being there amidst the midsummer hot pink splashes of the tall Fireweed and the brilliant lush greens, the spirit of the Alaskan environment was made tangible.

A favorite star of mine from the Alaskan Essences line is the flower essence *Single Delight*, a tiny 'frogs reading light' that sprouts up in small communities that dwell under taller trees and shrubs. While working for years in the emerging field of essences without connection with like-minded folk, I often felt isolated. *Single Delight* helped me to feel encouraged and a part of the greater essence community.



Another essence I find invaluable is *Spiraea*. I gave it to a young child in South Africa to support his transition to a substitute caregiver when his mother needed to return to work. Prior to using *Spiraea*, he was unable to accept a caregiver for even the few hours each day without great grief. *Spiraea* gently eased the challenging situation for both child and mother.

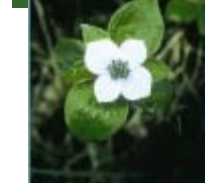
For children I frequently use the gem elixir of *Gold*. It brings a warm, loving lift to the spirit and assists when there are feelings of low self-worth. Further information I have read on *Gold* mentions it as a major alchemical healing elixir, important for neurological balancing and healing. I use *Star Ruby* frequently for grounding and focus, especially with children who are easily distracted.

I'd also like to mention my miraculous experiences with the *Animal Care* spray while I was assisting at a fundraiser in San Mateo for the local Humane Society. A woman came by with two boisterous hounds on leashes, which were just about tearing her in half! I left my booth and with her permission I sprayed *Animal Care* over both animals. The dogs stopped in their tracks, settled immediately and continued to walk sedately down the road on either side of her.

While this work clearly enriches others, it provides me with profound opportunities for personal growth and development. Each flower, gem and environmental essence comes to us with great gifts. Onward and upward!

PATRICIA MEYER is a certified Flower/Gem Essence consultant and teacher who has been working with essences for over 35 years. From Johannesburg, Patricia received her training from two of South Africa's most renowned homeopathic doctors. She subsequently studied with flower essence pioneers from around the world and is now considered to be one of the foremost practitioners in the United States. Patricia is also a Reiki Master and Certified Hypnotherapist. To learn more about Patricia visit: www.patsgarden.com

Customer Testimonials



Easy Learning
I teach philosophy and humanities at the college level. I had a very heavy class load with new course preparation requiring much new work and I had no time to waste. With the Easy Learning formula I found I was able to stay on track and I taught in a different way. I used more visuals and more diagrams. I was more to the point, more organized and more able to describe complex philosophical concepts in words that were succinct and clear. A.C.



Easy Learning
I knew we had a great formula for Easy Learning when we were brainstorming for the name of the formula. The group of us at Alaskan Essences took the Easy Learning formula. Within a day we had filled a page with two full columns of potential names. The flow of creativity and fun that we felt was definitely enhanced by the Easy Learning formula.

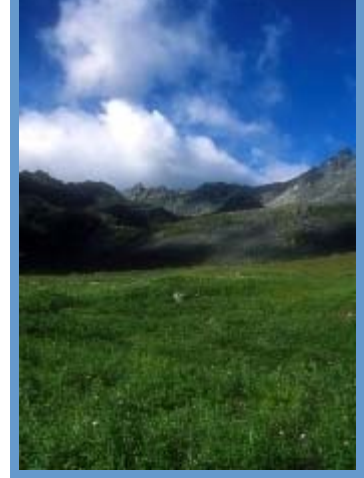
Rose Specht, production manager, Alaskan Essences

Top 10 Essences of 2008


- [Northern Lights](#)
(3 years in a row!)
- [Black Tourmaline/ Master Quartz](#)
- [Fire Opal](#)
- [Blue Elf Viola](#)
- [Black Tourmaline](#)
- [Gold](#)
- [Rose Quartz](#)
- [Chiming Bells](#)
- [Stone Circle](#)
- [Blueberry Pollen](#)

2009 Practitioner Training Program
June 28 through July 4, 2009

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



Alaskan Essences 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](#)

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

To sign up to receive our online NEWSLETTER click on the SUNFLOWER image below.



There will be a general price increase on all of the Alaskan Essences on 1/16/09

For more information visit the [Whats' New](#) page and the [Online Store](#) after January 15, 2009.