



Alaskan Flower Essence Project

Celebrating 25 Years of Service

Newsletter

Issue #6

July 2008

Welcome to the sixth 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 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.

JULY Online Specials

These Specials are only valid for orders placed ONLINE. To order, click on the individual products below, or visit the [ONLINE STORE](#)

How are we using our own personal energy resources?

The following essences are **25% off** this month to support the process of creating and maintaining a more efficient personal energy system:

Carnelian

Gem Elixir

Labradorite

Research Gem Elixir



Lady's Slipper

Flower Essence

Northern Coral Root

Research Flower Essence

Opal

Gem Elixir

Topaz

Gem Elixir



COMBINATIONS for KIDS

Featured Indigo Essence of the Month

The Works

When you don't know what's wrong, *The Works* will help you to feel strong.

The Works is for the child who feels lost, who keeps saying "what am I doing here, I want to go home". *The Works* wants you to know that you are much loved and all the help you need is waiting for you - you just have to ask.

The Works can be used in an emergency, like a rescue remedy, it will help to balance and stabilize the energy body and will show you which essences are needed next.

The Works can be particularly useful for the older teenager who feels like flipping out and even doing damage to him/her self or others.

The Works contains essences from the following minerals: azurite, calcite, charoite, chrysocolla-gem-silica, fluorite, hematite, isis, kyanite, hiddenite kunzite, lepidolite, pyrite, selenite, sugulite and no 8 from the New Energy Series.

15ml / 1/2oz, tamper evident amber dropper bottle

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

100ml / 3.3 fl. oz. PET recyclable, indestructible, pump action spray bottle

ORDER HERE

Announcing our monthly drawing WINNER:

Jane McMaster

Congratulations!

Enjoy the Sacred Space Sprays. We appreciate the wonderful stories and look forward to receiving many more.

Alaskan Essences Website Links

[How to Use Our Essences](#)

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[Steve Johnson's Teaching Schedule](#)

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Alaskan Essences 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

-Notes from the Field-

Preparing the Twinflower Essence

by Steve Johnson

Earlier this summer I had the opportunity to once again prepare the essence of Twinflower. I traveled to the birch and aspen covered mountains north of Fairbanks, Alaska, where I have often seen and photographed this beautiful flower. My timing was fortunate; I found it growing in profusion, as you can see from the picture below.

In my previous work with Twinflower, I learned that it promotes balance in communication, and can help us listen to and speak with others from a place of inner calm and focused neutrality. In this meeting, I was able to deepen my understanding of how this essence works.



I could feel a strong emanation of calm and joy coming from these delicate flowers, the joy of being present. We can't communicate very well, with ourselves or with anyone else, when we are not present. There needs to be a grounded point of focus for the connections to be made. So this essence works to establish grounded and shared points of focus for communication between people and levels of consciousness. This flower also brings a very sweet and benevolent spiritual energy into the heart. This enables these shared points of focus to include the heart and its connection to the Earth.

The practice of heart-centered neutrality allows a communication link to be set up regardless of what is challenging the process in the moment. When we are faced with conflict and we know that some sort of communication needs to happen to resolve it, our focus often goes 'out' rather than 'in' because we simply don't want to deal with the conflict. Twinflower helps us establish and maintain the link by finding places of neutrality with regard to the conflict and then communicating from there. As I sat with the essence, Twinflower reminded me that neutrality equals a state of being where we are present in joy with whatever is. Neutrality is not a void or a lifeless place - joy is the default energy that fills it.

Towards the end of the preparation I opened myself to allow the essence to work its way down through my energy field. During this process, I was asked to allow neutrality to come to those areas where I was holding tension that was keeping me from being fully in the moment. Each time I was able to relax to a deeper place of being present in my body, I would get a wave of the wonderful scent of Twinflower!



I realized that if I gave this tension a voice it would be saying, "can we go now?" I saw there is a part of me that is attached to being in motion, to going to the next place, regardless of where it is. I understood in that moment that there is no place to go that is better than this place-- everywhere is equal in that we can be anywhere in a present moment filled with joy.

Customer Testimonial

Easy Learning

Jane McMaster Auckland New Zealand



Thank you very much for the *Easy Learning* combination formula, which I got from Noel, your distributor here in NZ. I have used it in my classroom of five and six year olds with wonderful results. I put a few drops in a cup of water in the room and have noticed improvements in reading, writing and behavior. Several children who were stuck at one level of learning suddenly made big steps forward. They also became enthusiastic and interested in developing their own skills.

One boy who has been violent and intimidating and who has not understand cause and effect, has started to take responsibility for his own behavior. He is now more able to listen to what I have been teaching him and apply it independently. I am very grateful to have this essence. It has also helped me to absorb new ideas and to read teaching material with more focus and clarity. God bless you and your work.

Enter a Drawing to WIN four of our Combination Formulas

- Easy Learning - 1oz
- Fireweed Combo - 1oz
- Go-Create - 1oz
- Soul Support - 1oz

See details at the bottom of this newsletter.



To receive our online NEWSLETTER click on the sunflower image

Monthly Essence Profile

Northern Coral Root

Research Flower Essence

Steve Johnson



Northern Coral Root (*Corallorhiza trifida*) is an interesting looking orchid with slender, slightly green, leafless stems rise from the forest floor bearing 6-12 flowers that are each less than 1 cm across. The blooms are yellow/ white with the typical orchid "lip" which is also white with red/purple spots.

This orchid is classified as a saprophyte, which are neither parasitic nor capable of photosynthesis, but instead take their nutrients from dead organic matter on the forest floor. They do this by taking up the by-products left by fungi and other organisms that break down rotting plants and wood in the soil. As with most saprophytes, Northern Coral Root grows in a close symbiotic relationship with the soil fungi in its area and cannot be cultivated. (This coral root orchid does have some chlorophyll in its stems, including it to supplement its diet with the sun's energy.)

Northern Coral Root is one of the first orchids of the season, blooming in early June in shaded woods and meadows in the southern and central parts of Alaska. This plant's unique symbiotic relationship with the soil from which it grows illustrates a special kind of partnership with the Earth. Instead of depleting new resources from far away, as humans do, this plant lives from what is available in its immediate surroundings, using what other plants have left as sustenance.

In these times, when the Earth's resources are being depleted at an alarming rate, I believe this flower will help people become more aware of how they interact with the Earth and learn to do it in ways that are more respectful and less consumptive. It will do this by helping us to align our hearts, spirits and physical bodies with where we are in the moment. It is this alignment that allows us to receive the sustenance that is available right under our feet. This essence also reminds us that as long as we maintain a co-creative connection with the Earth, it will be possible to receive the nourishment we need wherever we are.

Northern Coral Root is also about transforming and transmuting the old into the new. On the physical level, this plant lives by converting "dead" organic matter into nutrition. Similarly, its essence can be used to transform old, toxic energy patterns back into Light. At this time on our planet there is an abundance of toxic energy, including the debris of our collective learning experiences and healing processes. Whether this energy is manifest on the physical, etheric, emotional, or mental level, its presence clouds our perceptions and impedes our collective progress towards living happy and fulfilling lives.

As we release and recycle our own toxic thoughts and emotions, we increase our alignment with the nurturing energies of the Earth and the inspirational forces of Spirit, and the quality of our life improves. This orchid challenges us to let go of our attachments to having our needs met in a certain way, especially if that way is contributing to the ongoing depletion of the Earth's resources. It challenges us to look for new ways of connecting with the energy and substance that is available and come up with more creative ways of using and recycling it.

This essence can also be used by those doing Space Clearing, especially those working with land, to transform toxic emotions, thoughts, and energies stuck in the energetic matrix of the property back into Light.

Enter a DRAWING to win four 1oz Combination Formulas!

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

- 1oz Easy Learning - Combination Formula
- 1oz Fireweed Combo - Combination Formula
- 1oz Go-Create - Combination Formula
- 1oz Soul Support - Combination Formula

* Entry Deadline, July 31, 2008 * Drawing held August 1st, 2008
* Winner will be announced in the August 2008 Online Newsletter
* Story may be used in an upcoming issue of our Online Newsletter

Send your story to: research@alaskanessences.com

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

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