



# Alaskan Flower Essence Project

Celebrating 25 Years of Service

## Newsletter

Issue #5

June 2008

Welcome to the fifth 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.

### JUNE

#### Online Specials

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

The solstice in June represents a key moment in the yearly cycle of light on our planet. For those living in Alaska, it is a time of great expansion and a lot of activity!

To celebrate the solstice and to support you in keeping your relationship to the Light in balance, we offer these essences at a **25%** discount:

[Enchanter's Nightshade](#)

Research Flower Essence

[Grass of Parnasses](#)

Flower Essence

[Orange Calcite](#)

Gem Elixir

[Solstice Sun](#)

Environmental Essence



[Spectrolite](#)

Gem Elixir

[Sunflower](#)

Flower Essence

1/4oz/7.5ml reg: 6.95

Special Price: \$5.20

1oz/30ml reg: 11.45

Special price: \$8.60

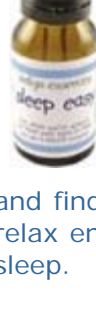
[Click Here for Product Descriptions](#)

### COMBINATIONS

#### for KIDS

Featured Indigo  
Essence of the Month

#### sleep easy



*Sleep Easy* helps the child who feels very spooked at night; often these children are very sensitive to energies and find it hard to relax enough to go to sleep.

*Sleep Easy* contains essences from the following minerals: chrysocolla-gem-silica, fluorite, hematite, isis, kyanite, and sugillite, combination essence: love, no's 1, 2, 4, 6 & 8 from the New Energy Series and In the Lift from the Chrystal series.

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

*Sleep Easy Room Spray* contains Sleep Easy essence, water, a hint of organic fair traded essential oil of Lavender and a little grain alcohol as preservative.

Spray around your room, breathe in and FEEL sleepy.

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

[ORDER HERE](#)

Announcing our monthly drawing WINNER:

**Crystal-Suz Jack**

Congratulations!

Enjoy the Essences. We appreciate the wonderful stories and look forward to receiving many more!

[Alaskan Essences Website Links](#)

[How to Use Our Essences](#)

[Find a Store](#)

[Online Store](#)

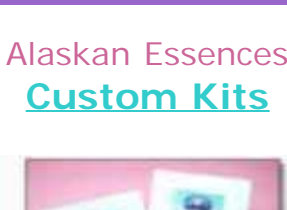
[Steve Johnson's Teaching Schedule](#)

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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 \$170.00**

(you save \$17.40)

[ORDER HERE](#)

### -Practitioner's Corner-

This monthly feature is dedicated to providing answers to your essence questions. If you have a question for one of our Flower Essence professionals, please email [newsletter@alaskanessences.com](mailto:newsletter@alaskanessences.com).

#### Using the Sacred Space Sprays

By Judy Goldberg, MA, NCC  
Flower Essence Therapist

The Sacred Space Sprays were designed for Space Clearing; you can use them alone or together to create a safe, energized, and clean space that can help you get through any kind of situation.

When I do a Space Clearing I always start with *Purification*, spraying it evenly around the room. If I feel some real stagnant energy or I know that the client is stuck or has had a very stressful day, I will go back over a specific area.

When I work with clients I always use *Purification* between sessions to clear their energy and my energy. I work in a hospital and when I come home I have a ritual. I'll wash my hands and then spray *Purification* around my body, especially on my hands and the bottoms of my feet. This grounds me, clears away the day and the issues of others, but most of all helps me separate my work life from my personal life. I always suggest a ritual of this sort to others especially if they are working in a toxic environment.

*Guardian* can be used during the Space Clearing process to strengthen boundaries and protection. I spray it around the room and concentrate on a specific location if I feel a heaviness, tightness or anxiety coming from the person occupying the space.

Very often people don't realize that others are invading their space, or they don't know how to tell the invading energy to go away. *Guardian* will do that for you. I always spray it around doorways and personal spaces in an office or office cubicles. For example, I had a meeting with my boss and he knew I had these sprays and asked me about them. I had *Guardian* with me and I sprayed a bit around his office, particularly his conference table and doorway, and he sprayed himself. We continued our meeting, then all of a sudden his boss came to his door, interrupted us, asked a question and left, and then another staff member did the same. He looked at me and said, "Did you see that? They never came in the room. They always just walk right in no matter what I'm doing". Needless to say he was convinced, and now uses the sprays in his office and has introduced them to other staff in meetings by telling them this story.

*Guardian* is perfect for therapists who need extra protection. Just spray your aura before you work with your client, with clear intention of keeping safe and secure boundaries for both of you.

*Guardian* is also perfect for family gatherings. It helps you not get swallowed up in your 'family's stuff'. You can use it before you go into any sort of stressful situation: funerals, social events, workshops, or anytime you are concerned that you might take on other people's energy. When I use *Guardian* in situations like these, I'm calmer and can communicate more effectively.

*Calling All Angels* is my all-time favorite spray. In a Space Clearing I use *Calling All Angels* to seal in the process, to bring in the angelic realm and to confirm the intention.

At the hospital where I run a Health & Wellness Center we use *Calling All Angels* to clear the treatment rooms before and after all our wellness activities, such as acupuncture, meditation, Reiki, and yoga classes. This helps create a peaceful, calming experience for all who come through the center. Many of my colleagues and staff at the hospital now use *Calling All Angels* in their own office spaces and treatment areas, especially the social workers and nurses.

Children LOVE *Calling All Angels*! My five-year-old niece was visiting one evening. She started to cry for her 'mommy'. I took out *Calling All Angels* and sprayed her and she started to giggle. I told her the angels were tickling her. She calmed down and a few hours later when she started to miss her mommy again she asked me for the 'Angel Spray' and gave me a big smile and hug.

*Calling All Angels* will also help you sleep. I have given this spray to new mothers to use for themselves and their babies to help with sleep, and to bring in angelic protection for their newborns. Some of the moms even used it in delivery room; they said it helped keep their husbands calm and focused.

*Calling All Angels* is an important spray to have if you are working with hospice or someone who is close to death. I worked with a client who was having trouble passing over. I prepared a dosage bottle (which included drops of Calling All Angels) to help the person transition and had the family use the *Calling All Angels* spray for themselves and their dying mother. The daughter reported that whenever she sprayed her mother, she would calm down and relax. This amazing spray helped this client through a smooth transition and her children felt at peace along with her.

*Lighten Up*, the newest Sacred Space Spray, does exactly what the name says: it LIGHTS UP the space and/or situation. In a Space Clearing, after using the other three sprays, I will go through and spray this into any area that still feels heavy or dark. This is especially good for New York City buildings. Most of them do not get a lot of light and that can be depressing.

A yoga teacher I know sprays her studio with *Purification* and *Lighten Up* before her classes. She says the energy in the room then helps the students not take themselves too seriously so they can have more fun doing yoga.

*Lighten Up* is also excellent for exhaustion and fatigue. Once again my boss is a perfect example. At a meeting he asked me if I had any sprays for exhaustion. I happened to have *Lighten Up* with me. He sprayed him self once, and I noticed him spraying himself throughout our meeting. I could see the transformation as he "lightened up" and became more energized and focused.

As you can see, the Sacred Space Sprays can be used for many different purposes, in many different places and situations. Use them, play with them and experiment. You will notice a big difference.

*Judy Goldberg is a Flower Essence Therapist practicing in New York City. As a certified counselor Judy uses Flower Essences to get to the core issues of clients and empowers them to connect with the essences. She is also Director of Initiative for Women with Disabilities Elly & Steve Hammerman Health and Wellness Services at NYU Hospital for Joint Diseases, a multidisciplinary health & wellness center for women with physical disabilities. The Alaskan Essences Sprays are used routinely at the Center as well as throughout the hospital. For consultations Judy can be reached at 917-414-5066 or alaskanyworkshop@gmail.com.*

### Monthly Essence Profile

#### Enchanter's Nightshade

Research Flower Essence  
Rose Specht

Enchanter's Nightshade (*Circaea alpina*) is a member of the Evening Primrose family (Onagraceae). The genus is named after the enchantress Circe from Greek mythology, who is reported to have used Enchanter's Nightshade in her magic.

Enchanter's Nightshade is a perennial plant with a wide distribution in wet woodlands of the northern hemisphere. The dwarf variety, *Circaea alpina*, ranges in height from 3-10 inches tall with pairs of opposing leaves balanced along the stem. It has a sprig of tiny white flowers, each about 1/8 inch across. Each flower has two petals, two stamens, two green sepals, and each petal has a deep cleft into two lobes. From numerology, the energy of "2" imparts balance, union, receptivity and yin energy.

It is very rare for us to make a flower essence at night. The Enchanter's Nightshade flowers were picked during a beautiful red and orange Alaskan sunset and the essence was finished with a glorious pink sunrise about 4 hours later. The gentle fire element in the sunset and sunrise was ideal for the infusion of this yin flower into water.

Enchanter's Nightshade enjoys the protection of the shadows, but it does venture out into the light. Flowers were picked from under Alders, and also out in an exposed garden. The leaves of the plants under the alders were open, relaxed, and the flowers a soft white in color. The leaves of the exposed plants were pinched-looking, and the flowers were a beautiful pinkish color, but looked sunburned.

This essence brings great peace. It tells us that to live in the light is to be too expanded. Its message is that light and dark are not separate, since one cannot exist without the other.

Enchanter's Nightshade essence brings balance between the polarities of light and shadow, and heals imbalances that are created by too much exposure to light, by helping us release the fears that keep us from feeling comfortable with our own 'shadow' selves. When we find peace in this place, we can begin to discover the magic of our true potential.

*Rose Specht is a certified AFEP Flower Essence Practitioner, has been the Production Manager for Alaskan Essences since 1997, and currently manages the AFEP Research Archives.*



#### Mac MAIL

Do you use the MAIL email program for Mac? If so, please click [HERE](#) to let us know. THANK YOU!

### Enter a DRAWING to win our Sacred Space Sprays!

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

2oz Calling All Angels - Sacred Space Spray  
2oz Guardian - Sacred Space Spray  
2oz Lighten Up - Sacred Space Spray  
2oz Purification - Sacred Space Spray

\* Entry Deadline, June 30, 2008 \* Drawing held July 1st, 2008  
\* Winner will be announced in the July 2008 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)

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