

Alaskan Flower Essence Project

Celebrating 25 Years of Service

Newsletter

Issue #4

May 2008

Welcome to the fourth 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.

MAY Online Specials

These Specials are only valid for orders placed ONLINE.

To order click on the individual products below, or visit the [ONLINE STORE](#)

[Balsam Poplar](#)
Flower Essence

[Bog](#)
Environmental Essence

[Grove Sandwort](#)
Flower Essence

[Ladies Mantle](#)
Flower Essence

[Moschatel](#)
Flower Essence



[Peridot](#)
Gem Elixir

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](#)

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](#)

Combinations for Kids

Featured Indigo Essence of the Month

plurk

Plurk for when you're feeling bored or snowed under with homework, Plurk will help you lighten up and play and work. Plurk is for the child who gets stressed about having to do too much, and puts pressure on themselves to succeed. Plurk wants you to know that life is fun. Don't take things too seriously and don't believe anyone who tries to tell you otherwise.

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

Plurk Room Spray contains Plurk essence, water, a hint of organic fair traded essential oil of Green Mandarin and a little grain alcohol as preservative.

Especially good to spray around your office, then breathe in and FEEL lighter.

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

Announcing our monthly drawing WINNER:

Hannah McQuilkan/Jones

Congratulations!

Enjoy the products. We appreciate all 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](#)

[Research Programs](#)

[Contact Us](#)

-Practitioner's Corner-

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

Dear Jane,

Q. How can I use Essences other than from a dosage bottle?

A. Essences can be used in wildly creative ways. Here are some suggestions to encourage you to experiment:

Internally:

¥ Add to herbal tinctures to augment the benefits. Ex: if you are taking a tincture to help you sleep, add Dandelion to help your muscles relax or Aquamarine to calm your mind.

¥ Combination formulas such as Soul Support or Guardian can be put in your water bottle daily for protection and support. This will not conflict with your personal formula that you take regularly during the day.

Externally:

¥ Baths, hot tubs and foot baths are blank canvases for infinite creativity. Ex: to feel deeply nourished try Emerald, Grove Sandwort and Chalice Well. An energizing bath might be Fireweed, Fire Opal, Opal and Solstice Sun.

¥ Massage oils, lotions, body creams, shampoo and facial products become enlivened when you add essences. Many ultra sensitive clients use Guardian in their shampoo and body lotions to add an extra layer of protection before starting their day. Fluorite, Dandelion and Smoky Quartz in massage oils help break up constrictions and release toxins.

¥ Columbine and Gold are wonderful in face creams to enhance self appreciation and self radiance which allows our natural beauty to shine.

¥ Essences on bandages and compresses can speed wound healing. Try Self Heal, Rhodolite Garnet, and Soul Support after surgery.

¥ SPRAYS!!! Enliven your environment and everything in it! Especially good in treatment rooms, hotels, rental cars, hospitals, and when traveling.

¥ Use Purification in your wash water for your laundry, car or home.

¥ Transform your environment by putting essences in house paint. When I painted my house I put several environmental essences in and the house came alive. A local school added Bunchberry when painting the library and the librarian said the kids were quiet and studying!!!

¥ Soul Support in vases of cut flowers makes them last much longer.

¥ Place a few drops of an essence on a crystal and it will broadcast the energies of the essences into your environment.

¥ Essences in a bowl of water or fountain can uplift, inspire, energize and nourish.

¥ Use on space clearing tools such as drums, rattles, feathers, chimes, crystal bowls and tuning forks.

¥ Have your acupuncturist put essences on meridian points or on the needles before inserting.

¥ I have put essences in "bubble stuff" for kids, especially if there is upset between siblings. As they play they heal!

¥ Guardian sprayed on clothes when you iron gives you a sense of protection and privacy.

¥ Try using Moschatel, Peridot, Grove Sandwort and Soul Support when transplanting in your garden. Mist over the new transplants, put drops in the watering can and sprayer for use in foliar feeding.

In food. A friend makes raw fudge and adds essences for various purposes.

¥ One musician friend puts a dab of essences on her harp strings to send the healing blessings.

¥ Drops of essences or bottles placed on a photo along with prayer can send much needed healing energy to someone you care about. Excellent support during birth, death and medical procedures for animals and humans.

¥ Send a vibrational message, spray correspondence such as invitations, birthday cards, love letters, promotional pieces and advertisements. I placed Star Sapphire on a notice requesting a rental and it came quickly.

¥ Animals appreciate being petted with flower essences on your hands! Who wouldn't?

¥ Events: Make a special formula for birthdays - a flower, gem and environmental that represent the lessons and gifts for the coming year.

¥ Test yourself for essences when there are time changes, seasonal shifts, during expansion experiences and transitions of all sorts.

Please write if you have other unique applications and uses. Let's keep adding to this list as we discover together the power and potential of vibrational healing.

Blessings, Jane

Visit this link on our website for 'back to basics' instruction on: [How to Use Our Essences](#).

Jane Bell is a Flower Essence practitioner, teacher and researcher with over 24 years of experience, and is co-producer of the Alaskan 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.

Jane is also a pioneer in the field of Energetic Architecture and has recently prepared essences in Bali. Click [here](#) to go to Jane's website and to find out more about these upcoming classes:

¥ Flower Essence Practitioner Training, June 22-29, Vermont

Customer Testimonial

Black Tourmaline / Master Quartz

Allison Amick

As soon as I saw the photo of the Black Tourmaline/Master Quartz essence last summer I knew I had to have some. I instantly fell in love with its clarity.

Shortly after I received the essence I was doing some long-distance space clearing work for a client who needed chaotic energy cleared out of her house, barn and land. As I did an attunement with the land I was told that the Black Tourmaline/Master Quartz essence would hold an energetic bubble over the land for 48 hours while the energies were re-patterned.

In my mind's eye I could see an energetic bubble that allowed the light to come through but would prevent additional chaotic energy to be added to the mix during the clearing process. The energy felt very powerful and I knew that that essence was holding the space for the changes to occur. After 48 hours I tuned back into the land and I was thrilled by the difference the essence had made. I spoke to the client who said that everyone (animals and people) were much calmer, and an ex-lover who had been hanging around watching her house had stopped hanging around.

I now use this essence whenever I am working with a difficult situation that requires stability and strength in my boundaries or the boundaries for the land, structure, or person I am working with.

I have also worked with the Black Tourmaline/Master Quartz to aid in detoxifying. Whenever I get sick I look for help from this essence to help me release whatever needs to be released. I have also used this essence in combination with a detoxifying footbath and was amazed at what occurred after we added the essence to the water. It was obvious to the person administering the footbath and to me that this essence stepped up the detoxification process to a whole other level. She said she'd never seen anything like it.

I love this essence!

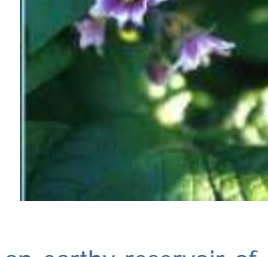
Allison Amick is a flower essence practitioner working with those who are ready to create transformation and change in their lives. 650-544-7328, email: essences@transformationfromwithin.com

Please email your personal stories about the Alaskan Essences to: research@alaskanessences.com between now and May 31st to be entered in our next monthly drawing for some great products. See below for details.



Monthly Essence Profile

Potato - Research Flower Essence



Potato plants are native to Peru and Chile but have found homes in many places around the world. It is the fourth largest food crop on Earth after rice, wheat and corn. Alaskan potatoes thrive in an environment free from the diseases and pests that plague these crops in many other locations. Our essence is made from the Purple Peruvian Potato.

The Potato plant is able to turn sunshine into an earthy reservoir of nourishment and moisture. Potato's storage capacity is part of its signature as a plant, as well as its ability to draw out that which is not desired. If you add too much salt to the soup, add some potato.

Potato essence also holds this ability to draw out and nourish. It allows nourishing light to reach into the depths of our being to draw out the unprocessed experience and suppressed emotion that has been held in the body at the cellular level.

Use Potato essence for issues of aging, impatience, emotional release, frailty, hardness, holding back, immobility, inadequacy, resistance, and rigidity. It imbues the qualities of ease, empowerment, flexibility, fortitude, letting go, liberation, recovery, renewal, release, resilience, and self acceptance. It is a great essence to add to massage oil, a bath, or colonic irrigation water, and it is perfect for the body's thawing out process in springtime.

Enter a DRAWING to win our Monthly Specials!

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

- 1/4 oz Balsam Poplar Flower Essence
- 1/4 oz Bog Environmental Essence
- 1/4 oz Grove Sandwort Flower Essence
- 1/4 oz Ladies Mantle Flower Essence
- 1/4 oz Moschatel Flower Essence
- 1/4 oz Peridot Gem Elixir

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

Send your story to: research@alaskanessences.com

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