

# Alaskan Flower Essence Project



Fairy Slipper

Healing Essences from the  
Heart of Nature®

2012 Catalog

# Introduction

by Steve Johnson



**About Us**—In 1983 I ran a fire station in a remote village on the northern shore of Lake Minchumina, Alaska. Located in the geographical center of the state, this lake sits like a jewel in the crown of the Alaska Range, with an imposing view of Denali, the tallest mountain on the North American continent. It was here in this pristine wildflower paradise that I began preparing the Alaskan Flower Essences.

I started the **Alaskan Flower Essence Project** in 1984 to coordinate the preparation and research of new flower essences from the extensive ecological regions of Alaska. That summer I also pioneered the concept of co-creating essences directly from the environment with the preparation of Solstice Storm.

Shabd-sangeet Khalsa joined the project in the fall of 1984 as a cofounder and botanical consultant. During the next seven years she pioneered over 40 of the essences now featured in our repertory. In 1985 Janice Schofield, a well-known herbalist and author, contributed a series of flower essences from areas of south central Alaska.

My job as a fire fighter continued for another eight summers, providing me with many opportunities to prepare essences in other remote areas of the state. In 1991 I retired and moved the business to Homer, a coastal town in southern Alaska. There I was joined in my essence work by Jane Bell, a flower therapist and educator. Our work expanded in 1992 when Jane and I co-created the 48 Alaskan Gem Elixirs.

# Introduction

**About Alaska**—The vibrational purity of the Alaskan environment is what led me to begin preparing essences here. Alaska is one of the few places on our planet where the environment is much as it was thousands of years ago. Less than 725,000 people live in an area one fifth the size of the continental United States, and over half of these dwell in the three largest cities. The plant and elemental kingdoms here are still intact, healthy and exuberant because much of the state has never been impacted by human activity.

All of the life-forms that exist here have had to develop special adaptations to insure their survival in an extreme climate characterized by constant change. As we begin a new century and a new millennium, the qualities that enable us to thrive in an environment of continual transformation are becoming increasingly relevant. These qualities are embodied by the Alaskan essences. Through the study and use of these essences, we can awaken and master them in ourselves.

## A Three-Part System of Healing

The **Alaskan Flower Essence Project** is the only essence company in the world that has developed a system of vibrational remedies based on the co-creative relationship that exists between the plant, mineral and elemental kingdoms. This threefold system is based on the special qualities of healing energy that each kingdom has to offer, and on the synergy that is created when essences from these three kingdoms are used together. Here is a brief introduction to the three types of essences that make up our system:

**Flower Essences**—The plant kingdom occupies the central role in this relationship, bringing the gift of spiritual consciousness to the Earth. Essences made from flowers awaken positive qualities of consciousness within, enabling us to open to and complete our life lessons with increased awareness and understanding.

**Gem Elixirs**—The mineral kingdom helps us fully anchor and embody changes in consciousness that are catalyzed by the use of flower essences. Just as the rocks and soil of this planet provide structure and stability for the growth of the plant kingdom, gem elixirs stabilize and restructure our energy systems so that our physical bodies can maintain balance as our consciousness grows and expands.

**Environmental Essences**—The gift of the elemental kingdom is energy for change. The environment, through the elements of air, earth, fire and water, supplies vital nourishment for all living things. Essences made from the environment provide the potent qualities of energy we need to create and sustain change at the core level of our beings.

# Flower Essences and Healing

Flowers are the crowning achievement of the plant kingdom, divine expressions of creativity made manifest through heavenly scents and stunning displays of color. This divine creativity is also present on a subtle vibrational level, where each flower embodies a life-affirming pattern of conscious energy.

Flower essences are a transference of these positive patterns of energy into a liquid medium. This is accomplished by placing healthy flowers that are at the peak of their blossoming cycle into a bowl of pure water, which is left to potentize in the sun. The resulting infusion is then preserved and diluted for internal and external use.

The action of flower essences is to catalyze growth in consciousness. They do this by helping us identify emotional and mental qualities within that need to be awakened or strengthened, and by helping us transform old ways of thinking, doing and being that are no longer contributing to our highest good.

Flower essences are unique in that they are a source of intelligent healing energy that is available to both educate and empower the person taking them. They may be readily introduced into any health care program, do not interfere with other forms of treatment, such as homeopathic remedies or prescription drugs, and may be safely used by people of all ages. Flower essences can also be a gift of healing to members of the animal and plant kingdoms.

## The Alaskan Flower Essences

The 72 flower essences contained in our **Flower Essence Practitioner Kit** are featured on the next 14 pages of the catalog. The development of this kit spanned eight years of field work and required thousands of miles of travel throughout the Alaskan wilderness.

These essences represent the primary plant energies occurring in the main bioregions of the state. A bioregion is a geographical area in which the boundaries are determined by nature—by the flora and fauna that live and grow there, and by the climate and landforms that occur there. The largest bioregion represented in this kit is the vast interior of Alaska. This area lies between the sweeping expanse of the Brooks Range to the north and the majestic Alaska Range to the south. Plants from this bioregion form the vegetative core of the northern or boreal forests of the planet, and the essences prepared from them help us transform our core life patterns—those habits of behavior that have the most dominant impact in our lives.

The information for each flower essence in our **Practitioner Kit** is presented in a format that includes **Indications**, or the states of being which indicate a need for a particular essence, and **Healing Qualities**, which summarize what each essence offers in terms of energy, support and awareness.

# Flower Essence Practitioner Kit

## **Alder** *Alnus crispa*

**Indications:** having difficulty seeing the deeper meaning in life's lessons; unable to see what we sense to be true; taking life at surface value.

**Healing Qualities:** promotes clarity of perception on all levels; helps us integrate seeing with knowing so that we can recognize our highest truth in each life experience.

## **Alpine Azalea** *Loiseleuria procumbens*

**Indications:** self doubt; low self-esteem; withholding love and compassion from ourselves; unable to love or accept certain parts of ourselves.

**Healing Qualities:** helps us achieve unconditional self-acceptance through the release of self-doubt; opens our hearts to the spirit of love; teaches us compassion through understanding.

## **Balsam Poplar** *Populus balsamifera*

**Indications:** inconsistent emotional and sexual response, often resulting from shock and trauma or a lack of grounding.

**Healing Qualities:** for the release of physical and emotional tension associated with sexual trauma; balances the circulation of life force energy in the body; helps to ground and synchronize our sexual energy with planetary cycles and rhythms.

## **Black Spruce** *Picea mariana*

**Indications:** contracted view of life; tendency to forget information learned from past experiences; out of touch with the wisdom of the soul family.

**Healing Qualities:** promotes the integration of information from past lessons and experiences into present time awareness; helps us access eternal and archetypal wisdom from the collective consciousness of the Earth.

## **Bladderwort** *Utricularia vulgaris*

**Indications:** caught up in illusion; unable to make decisions that support our highest good; often deceived or taken advantage of; lack of discernment.

**Healing Qualities:** helps us shatter illusion through clear inner knowing; promotes discernment when faced with dishonesty in others; strengthens our ability to perceive the truth regardless of the confusion that surrounds it.



# Flower Essence Practitioner Kit

## **Blue Elf Viola** *Viola sp.*

**Indications:** unable to express anger in a clear and nonviolent way; difficulty resolving conflict, especially in group situations.

**Healing Qualities:** dissipates the protective energy that has been built up around our anger, rage and frustration; helps us understand the issues at the root of these emotions so they can be expressed in a clear and heart-centered way.

## **Blueberry Pollen** *Vaccinium uliginosum*

**Indications:** lack of belief in our ability to manifest abundance; low prosperity consciousness; difficulty receiving from others and from the Earth.

**Healing Qualities:** helps us expand on all levels to accommodate abundance; facilitates the release of mental and emotional attachments that limit our ability to manifest higher purpose in physical form.

## **Bog Blueberry** *Vaccinium uliginosum*

**Indications:** conditional acceptance of abundance; attachment to the form in which anything manifests in our lives.

**Healing Qualities:** for neutralizing the beliefs that limit the experience of abundance on all levels; encourages us to open to the abundance that is offered with acceptance and gratitude.

## **Bog Rosemary** *Andromeda polifolia*

**Indications:** lacking trust; immobilized by a fear of the unknown; inability to take risks in order to grow or heal.

**Healing Qualities:** promotes the release of fear and resistance held deep in the heart; strengthens trust in Divine healing and support.

## **Bunchberry** *Cornus canadensis*

**Indications:** lack of mental focus; easily distracted by or caught up in the emotional turmoil of others; sense of not having enough time to complete tasks.

**Healing Qualities:** promotes coherent thinking; helps us become aware of and then release our attachment to distraction; promotes mental steadfastness, focus, and emotional clarity in demanding situations.

## **Cassandra** *Chamaedaphne calyculata*

**Indications:** anxiousness; difficulty shifting our attention to an inner focus; unable to relax into deeper levels of meditation.

**Healing Qualities:** calming; encourages stillness of mind; enables us to perceive life from a quiet inner perspective.

# Flower Essence Practitioner Kit

## **Cattail Pollen** *Typha latifolia*

**Indications:** weakened by connections and involvements which no longer serve one's highest truth; difficulty standing up for oneself; feeling unsupported by others.

**Healing Qualities:** helps one connect with the personal truth that illuminates one's chosen life path, and with the inner strength to act in alignment with this truth.



## **Chiming Bells** *Mertensia paniculata*

**Indications:** depressed; despondent; disheartened; no joy in our day-to-day existence; feeling a lack of physical support and stability.

**Healing Qualities:** encourages the experience of joy, peace and stability at the physical level of our beings; helps us open our hearts to the loving energy of the Divine Mother.

## **Columbine** *Aquilegia formosa*

**Indications:** weak sense of self; judging our appearance in comparison to others; unable to appreciate our own unique or distinctive beauty.

**Healing Qualities:** helps us appreciate our own unique and personal beauty, regardless of

how it differs from others; strengthens our sense of self and the ability to project ourselves out into the world for others to see.

## **Comandra** *Geocaulon lividum*

**Indications:** visionary abilities either undeveloped or ungrounded and therefore of no practical use; perceptual focus limited to the gross, material aspects of the physical world.

**Healing Qualities:** helps us develop our potential to see the physical world from a higher perspective; brings support for maintaining the necessary perspective on both the seen and unseen worlds as we move through the current dimensional shift; opens the heart to be a bridge between the third and fourth dimensions.

## **Cotton Grass** *Eriophorum sp.*

**Indications:** shock and trauma resulting from an accident or injury of any kind; fixating on our discomfort rather than on our healing process; unable to completely heal an old injury because of a lack of awareness of what led to its creation.

**Healing Qualities:** helps us come to an understanding of the core issues that led to an accident or injury so that we can release the physical, emotional and mental trauma associated with it.

# Flower Essence Practitioner Kit

## **Cow Parsnip** *Heracleum lanatum*

**Indications:** ungrounded; feeling cut off from our roots; unsure of our inner direction; difficulty connecting with or adapting to new surroundings after a move.

**Healing Qualities:** promotes inner strength; assists with the process of adapting to a new environment; encourages peace of mind and contentment with present circumstances, even during times of intense transition and change.

## **Dandelion** *Taraxacum officinale*

**Indications:** lack of awareness of the deeper mental attitudes that lead to chronic muscular tension; difficulty releasing emotional energy stored in the body.

**Healing Qualities:** promotes awareness and release of emotional tension held in muscle tissue; increases body-mind communication so we are better able to identify the underlying issues and attitudes that lead to the creation and holding of tension in our bodies.

## **Fireweed** *Epilobium angustifolium*

**Indications:** shock and trauma; energy stagnation on any level; feeling burned out; weak connection to the Earth; attempting to carry the past into the future.

**Healing Qualities:** heals shock and trauma; strengthens our grounding connection to the Earth; helps us break up and move out old energy patterns that are being held in the body and initiate new cycles of revitalization and renewal.

## **Forget-Me-Not** *Myosotis alpestris*

**Indications:** feeling separate; difficulty connecting to the spiritual dimension; deeper connections with others blocked by subconscious fears; feeling guilty about past actions.

**Healing Qualities:** facilitates the release of fear, guilt and pain held in the subconscious; enables us to regain respect and compassion for ourselves and for others.

## **Foxglove** *Digitalis purpurea*

**Indications:** fear of the unknown; lack of perspective on how to deal with a challenging situation; unable to see the lessons or issues at the heart of our conflicts and difficulties.

**Healing Qualities:** stimulates the release of fear and emotional tension from the heart; enables our perceptions to expand to connect with the truth of the situation.



# Flower Essence Practitioner Kit

## **Golden Corydalis** *Corydalis aurea*

**Indications:** cannot get all of one's talents and skills to work together in a focused way; overwhelmed by new experiences; cannot make sense of how one's life fits together.

**Healing Qualities:** supports the reintegration of identity after an experience of deep transformation; helps one establish and maintain a link with the higher self that facilitates the integration of life experiences according to the needs of the soul.



Grass of Parnassus

## **Grass of Parnassus** *Parnassia palustris*

**Indications:** difficulty maintaining the integrity of one's energy field in toxic or crowded environments; subtle bodies need to be cleansed and reenergized.

**Healing Qualities:** showers all levels of the energy system with the cleansing and nourishing benefits of Light; helps one bring past experiences to completion on all levels.

## **Green Bells of Ireland** *Molucella laevis*

**Indications:** ungrounded; lacking a conscious heart connection to the natural world; unaware of the light and intelligence present in nature.

**Healing Qualities:** opens our awareness to the co-creative consciousness that is present in nature; helps the newly born greet the Earth; strengthens the energetic connection between the physical body and the Earth.

## **Green Bog Orchid** *Platanthera obtusata*

**Indications:** sensitivity to the self and others blocked by pain and fear held deep in the heart; lack of trust in one's deeper motivations; difficulty communicating from the heart.

**Healing Qualities:** stimulates the gentle release of pain and fear from deep levels of the heart; expands awareness of one's inner nature; supports the development of a deeper heart connection with others and with all of the kingdoms of nature.

## **Green Fairy Orchid** *Hammarbya paludosa*

**Indications:** core imbalance between the masculine and feminine aspects of self; difficulty resolving conflicts within the heart; maintaining separation through defensiveness.

**Healing Qualities:** helps us create a level of honesty in the heart where nothing is hidden from the self; expands the heart so that it may contain the fullness of the inner male and inner female.

# Flower Essence Practitioner Kit

## **Grove Sandwort** *Moehringia lateriflora*

**Indications:** feeling a lack of physical and emotional nurturing; weak bonding connections between mother and child; feeling unsupported by the Earth.

**Healing Qualities:** helps us establish clear energetic connections with the Earth; supports a nurturing relationship between the Earth and all living beings; strengthens physical and emotional bonds between mothers and children.

## **Hairy Butterwort** *Pinguicula villosa*

**Indications:** unable to acknowledge or trust in higher guidance and support, especially when confronted with a challenging situation or life lesson; lack of awareness of the core issues that need to be addressed in order to resolve a situation.

**Healing Qualities:** helps us consciously access the support and guidance we need in order to move through transition, conflict, or difficulty with ease, grace and deep understanding, and without the creation of crisis or illness.

## **Harebell** *Campanula lasiocarpa*

**Indications:** heart fatigue; feeling unloved and cut off from Source; looking for love outside of oneself; hesitant to open one's heart to others.

**Healing Qualities:** restores heart integrity; helps us go within to open and align our hearts with all sources of Love in a safe and non-vulnerable way.

## **Horsetail** *Equisetum arvense*

**Indications:** distorted communication with any or all levels of one's consciousness; difficulty communicating with the higher selves of others, including animals.

**Healing Qualities:** connectedness; opens and expands channels of communication between the conscious, subconscious and super conscious levels of our beings; improves inter-species communication.

## **Icelandic Poppy** *Papaver nudicaule*

**Indications:** weak sense of spiritual identity; survival, sexual and spiritual aspects of life not integrated; lack of spiritual energy in lower chakras.

**Healing Qualities:** supports the gentle unfolding of spiritual receptivity; strengthens our capacity to integrate and radiate spiritual energy into all aspects of our lives.



Icelandic Poppy

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## **Jacob's Ladder** *Polemonium pulcherrimum*

**Indications:** unclear about intention or motivation; lacking trust in the spiritual world; attempting to mentally control life in order to fulfill needs and desires.

**Healing Qualities:** aligns intention and motivation with the wisdom of the Higher Self; helps us let go of the urge to figure things out so that we can open to receive what is available in each moment.

## **Labrador Tea** *Ledum palustre*

**Indications:** addictions; attempting to balance one extreme with another; extreme imbalance in any area of life; difficulty coming back to center after a traumatic or unsettling experience.

**Healing Qualities:** centers energy—in the body—in the moment; relieves stress associated with the experience of extremes; helps us continually learn a new perspective of balance.

## **Lace Flower** *Tiarella trifoliata*

**Indications:** lack of awareness, acceptance or appreciation of our own natural beauty and intrinsic value; feeling insignificant; unsure of how our personal or professional contributions fit into the whole.

**Healing Qualities:** strengthens self-acceptance and our sense of self-worth; promotes the realization of how each person's unique contribution enriches the whole.

## **Ladies' Tresses** *Spiranthes romanzoffiana*

**Indications:** lack of awareness of the connection between our life lessons and our life purpose; difficulty reconnecting with the body after a serious injury or traumatic experience.

**Healing Qualities:** promotes deep internal realignment with life purpose through the release of trauma held at the cellular level; helps us reconnect energetically with parts of the body that have been injured or traumatized.

## **Lady's Slipper** *Cypripedium guttatum*

**Indications:** lack of sensitivity to the flow of energy in and around the body; resistance to receiving healing energy from others.

**Healing Qualities:** regulates circulation in all of the major energy pathways; increases awareness of the flow of subtle energy in and around the body; helps us receive, focus and direct healing energy for ourselves and others.



# Flower Essence Practitioner Kit

## **Lamb's Quarters** *Chenopodium album*

**Indications:** perspective limited to what we can understand with the mind; lacking balance and harmony between the mind and the heart, the rational and the intuitive.

**Healing Qualities:** heals separation between the heart and the mind; encourages the flowering of a softer and more heart centered mental perspective.

## **Monkshood** *Aconitum delphinifolium*

**Indications:** difficulty being in close physical contact with others; confused sense of spiritual identity; fearful of contacting the shadow self.

**Healing Qualities:** provides protection and support for getting in touch with the deepest levels of the inner self; strengthens our ability to interact with others by fostering a clear recognition of our own Divine identity.

## **Moschatel** *Adoxa moschatelina*

**Indications:** overly intellectual focus on life; believing that everything must come through struggle; creating without joy.

**Healing Qualities:** teaches us how to accomplish more by grounding our mental focus into the Earth; helps us learn how to co-create with nature through celebration and play.

## **Mountain Wormwood** *Artemisia tilesii*

**Indications:** unresolved anger and resentment; cannot easily forgive the self or others for past actions regardless of the intent behind them.

**Healing Qualities:** stimulates the release of resentment and the healing of old wounds; supports us in surrendering unforgiving areas within ourselves and in our relationships with others.

## **Northern Lady's Slipper** *Cypripedium passerinum*

**Indications:** weak body/soul connection; traumatic birth experience; pain and trauma held very deeply in the body.

**Healing Qualities:** nurturing energy for the healing of core traumas and wounds that have strongly impacted the physical and energetic structures of the body; helps us allow our bodies to be touched and healed by infinite gentleness.

## **Northern Twayblade** *Listera borealis*

**Indications:** resistance to opening to the subtle levels of our own consciousness; unable to integrate our spiritual wisdom and Divine nature with our most basic needs.

**Healing Qualities:** helps us ground our sensitivity to the subtle realms more fully into our physical body and life experience; helps us enlighten our most basic needs, instincts and mundane realities with the finest aspects of our spiritual wisdom.

# Flower Essence Practitioner Kit

## **One-Sided Wintergreen** *Pyrola secunda*

**Indications:** dysfunctional energy boundaries; strongly influenced by other people's energy; unaware of how one's energy and actions affect others.

**Healing Qualities:** helps sensitive people become aware of how they impact and are impacted by others; teaches us how to work in close proximity with others without losing our center; helps us create functional energy boundaries based on a clear awareness of our own sensitivities.

## **Opium Poppy** *Papaver commutatum*

**Indications:** deep exhaustion; unable to find balance between activity and rest; unaware of past accomplishments; difficulty understanding and integrating lessons and experiences.

**Healing Qualities:** for finding a balance between doing and being; helps us integrate previous experiences so we may live more fully in the present.



## **Paper Birch** *Betula papyrifera*

**Indications:** confusion or disorientation about the direction life should take; unable to connect with deeper levels of insight regarding life purpose.

**Healing Qualities:** encourages a gentle unveiling of the true and essential self that is present within; helps us gain a clearer perspective of our life purpose and how to live it.

## **Pineapple Weed** *Matricaria matricarioides*

**Indications:** lack of harmony with our physical environment; unaware of the support and nurturing that is available from nature; weak nurturing bond between mother and child.

**Healing Qualities:** helps us maintain a calm awareness of ourselves and our surroundings so that we can remain free from injury and risk; promotes harmony between mothers and children, and between humans and the Earth.

## **Prickly Wild Rose** *Rosa acicularis*

**Indications:** lacking trust and faith; feeling hopeless; apathetic and disinterested in life; unable to keep the heart open when involved in adverse circumstances.

**Healing Qualities:** helps us remain openhearted when we are faced with conflict and struggle; builds trust; encourages openness and a courageous interest in life.

# Flower Essence Practitioner Kit

## River Beauty *Epilobium latifolium*

**Indications:** emotional devastation; overwhelmed by grief, sadness, or an intense sense of loss; shock and trauma from emotional or sexual abuse.

**Healing Qualities:** an essence of emotional recovery, reorientation and regeneration; helps us start over after emotionally devastating experiences; empowers us to use adverse circumstances as opportunities for cleansing and growth.

## Round-Leaved Sundew *Drosera rotundifolia*

**Indications:** attachment to the known; fearful of the unknown; would rather struggle than change; over-identification with the ego; lack of communication between the lower and higher selves.

**Healing Qualities:** for surrendering attachment to the known and letting go of resistance to the unknown; helps us bring the strength of the ego into alignment with Divine Will.

## Shooting Star *Dodecatheon frigidum*

**Indications:** sense of not belonging on the Earth; homesickness for a place that cannot be identified; unable to consciously understand why one is here.

**Healing Qualities:** strengthens one's connection to inner spiritual guidance; brings a deeper understanding of cosmic origins and earthly purpose.

## Single Delight *Moneses uniflora*

**Indications:** feeling isolated and alone, especially during a dark or depressing time; cloudy inner vision; unable to sense or feel the connection with soul family.

**Healing Qualities:** for those suffering from feelings of isolation; helps us open to and link energetically with other members of our soul family.

## Sitka Burnet *Sanguisorba stipulata*

**Indications:** feelings of internal discord from unknown origins; unable to locate the source of one's problems in life; difficulty understanding the lessons contained within one's learning experiences.

**Healing Qualities:** for healing the past on all levels; helps one identify issues that are contributing to internal conflict; works with an individual to bring forth the full potential for healing that lies within a given process.



# Flower Essence Practitioner Kit

## Sitka Spruce Pollen *Picea sitchensis*

**Indications:** lack of humility in one's relationship to the Earth; imbalance between the masculine and feminine expressions of power within an individual; reluctance to express or exercise one's power for fear of hurting someone.

**Healing Qualities:** balances the masculine and feminine expressions of power within an individual; supports right action in the present moment.

## Soapberry *Sheperdia canadensis*

**Indications:** fear of the power of nature; fear of our own power; using power in irresponsible, inappropriate, or unbalanced ways.

**Healing Qualities:** stimulates the release of tension from the heart associated with a fear of nature; helps us move through fear inducing situations with an open heart; supports us in channeling the expression of power through our hearts.

## Sphagnum Moss *Sphagnum sp.*

**Indications:** overly critical and judgmental of our healing journey; obsessing about the day-to-day details of our healing processes; unable to see the positive side of transformational experiences.

**Healing Qualities:** helps us release the need for harsh judgment or criticism of our healing processes; enables us to create a space of unconditional acceptance in our hearts so that core issues can be brought there for healing.



## Spiraea *Spiraea beauverdiana*

**Indications:** feeling unsupported by life; placing limitations on how support will be allowed into our lives; attachment to the way things are, even if they are not to our liking.

**Healing Qualities:** encourages unconditional acceptance of support from all sources; teaches us how to nurture and be nurtured by life through openness and gratitude.

## Sticky Geranium *Geranium erianthum*

**Indications:** feeling unfocused, lethargic, or indecisive; resistance to moving on to the next level or stage of an experience; lacking energy to reach our goals; attached to our current levels of consciousness and identity.

**Healing Qualities:** for getting unstuck; supports decisive and focused action; helps us move beyond previous stages of growth and self identity.

# Flower Essence Practitioner Kit

## **Sunflower** *Helianthus annuala*

**Indications:** unbalanced expression of masculine energy in men or women; weak or dysfunctional relationship to the father, or to one's own identity as a father.

**Healing Qualities:** strengthens one's radiant expression of self; encourages a balanced expression of masculine energy in men and women; promotes a functional relationship with authority.

## **Sweetgale** *Myrica gale*

**Indications:** emotional energies blocked in lower chakras; emotional communication with others is defensive, lacking clarity and characterized by conflict, blame, and/or the assignment of guilt.

**Healing Qualities:** helps us identify and release deep emotional pain and tension that undermines the quality of our communication and interactions with others, especially in male/female relationships.

## **Sweetgrass** *Hierochloe odorata*

**Indications:** energy blockages in the etheric body; low energy flow during the day; difficulty bringing a healing process to final completion; disharmonious energies needing to be released from the home or work environment.

**Healing Qualities:** cleanses and rejuvenates the etheric body; brings lessons and experiences to completion on the physical level; releases disharmonious energies from the environment by constantly attracting benevolent blessings from Source.

## **Tamarack** *Larix laricina*

**Indications:** no confidence in our unique skills and potentials; weak sense of self-identity; lacking awareness of what we are really capable of.

**Healing Qualities:** promotes self-confidence by helping us reach a deeper understanding of our unique strengths and abilities; encourages the conscious development of one's individuality.

## **Tundra Rose** *Potentilla fruticosa*

**Indications:** hopelessness; lack of inspiration and motivation; overwhelmed by the responsibilities one has taken on.

**Healing Qualities:** restores hope, courage and inspiration to those who have much to offer but are close to giving up; strengthens the ability to bring a more robust expression of joy and enthusiasm to the fulfillment of one's responsibilities.



# Flower Essence Practitioner Kit

## **Tundra Twayblade** *Listera cordata*

**Indications:** deep pain and anguish resulting from wounds suffered in the past; heart closed in an attempt to avoid feeling the pain that is held there.

**Healing Qualities:** opens the heart to allow unconditional love complete access to areas of the body that are in need of healing; supports the clearing of trauma held at the cellular level of one's body.



## **Twinflower** *Linnaea borealis*

**Indications:** defensive or reactive communication; unable to clearly communicate from different aspects of the self; having difficulty understanding what others are saying.

**Healing Qualities:** promotes balance in communication; helps one learn to listen and speak to others from a place of inner calm and focused neutrality.

## **White Fireweed** *Epilobium angustifolium*

**Indications:** deep emotional shock and trauma; profound alienation from the body after an experience of sexual or emotional abuse.

**Healing Qualities:** calms the emotional body after a shocking experience; clears emotionally painful experiences from the cellular memory and helps us release our identification with these experiences so that rejuvenation and renewal can begin.

## **White Spruce** *Picea glauca*

**Indications:** information overload; feeling disintegrated; unable to apply knowledge to life's challenges; difficulty integrating how one feels with how one thinks.

**Healing Qualities:** grounds spiritual wisdom into the body; helps one bring logic, intuition and emotion together into unified action in the present moment.

## **White Violet** *Viola renifolia*

**Indications:** uncomfortable in closed spaces and constrained environments; fearful of losing one's identity in a group; unable to embody one's sensitivity in a comfortable way.

**Healing Qualities:** builds trust in the protection of the Higher Self and benevolent spiritual forces; helps those who are highly sensitive or acutely aware of their surroundings maintain a strong sense of self regardless of the dynamics of their environment.

# Flower Essence Practitioner Kit

## **Wild Iris** *Iris setosa*

**Indications:** lack of belief in our own capacity to create; blocking creative expression because of an unwillingness to share it with others; feeling disconnected from the source of our creativity.

**Healing Qualities:** opens awareness of our inherent creative potential; helps us recognize the beautiful expression of Divine creativity that we are; encourages us to share our inner beauty and creative energy freely with others.

## **Wild Rhubarb** *Polygonum alaskanum*

**Indications:** mental resistance and inflexibility; mind influenced by the ego; communication between the heart and mind blocked or undeveloped.

**Healing Qualities:** promotes mental flexibility; brings the mind into alignment with Divine Will through the heart; encourages a relaxation of inappropriate mental control; balances the rational and the intuitive.

## **Willow** *Salix bebbiana*

**Indications:** resistance to taking responsibility for our actions or for the life we have created; unaware of how our thoughts create reality.

**Healing Qualities:** stimulates mental receptivity, flexibility and resilience; helps us remove our resistance to consciously creating our lives.

## **Yarrow** *Achillea borealis*

**Indications:** oversensitive to the environment; looking for protection from outside rather than from within the self; integrity of the aura has been compromised by injury or trauma in this or another lifetime.

**Healing Qualities:** seals energy breaks in the aura; strengthens the overall integrity of the energy field; helps us know and be the source of our own protection.

## **Yellow Dryas** *Dryas drummondii*

**Indications:** feeling estranged from one's soul family; unable to sense the connective thread that links one's experiences into a coherent and understandable whole.

**Healing Qualities:** support for those who are exploring the edge of the known; helps one maintain an energetic connection to one's soul family during dynamic cycles of growth and change.



# Alaskan Gem Elixirs

The **Alaskan Gem Elixir Kit** was co-created by Jane Bell and Steve Johnson in the summer of 1992. Our intention was to prepare a collection of elixirs that would blend the support of the mineral kingdom with the strength and purity of the Alaskan environment.

Historically speaking, much of the information that exists on the healing qualities of gemstones has been derived from their physical signatures. These include the crystal system or family that a particular stone belongs to, its color, hardness, chemical composition, and the geologic process by which it was formed.

During the co-creation and research of the Alaskan gem elixirs these sources of information have been taken into account, but our primary focus has been on the subtle invisible geometry or healing pattern of the stone, which is held at the devic level of the mineral kingdom, and on the elemental forces that were called into service during the preparation process.

Each Alaskan gem elixir was prepared in a pristine wilderness setting that was chosen for the particular elemental qualities it embodied, qualities that would most effectively anchor the healing pattern of the stone into the water. For example, a few of these elixirs were prepared next to a glacier, some on the shore of one of the largest lakes in the state, located 150 miles from the nearest road, and several in a high meadow filled with wild flowers and surrounded by peaks of the Alaska Range, including Denali, the tallest mountain in North America.

## Gem Elixir Application & Use

Gem elixirs are liquid preparations that contain the potentized healing vibrations of a particular gem or mineral. Their primary action is to stabilize and balance the energy field. This includes the subtle bodies which make up the aura, and the chakras, or main energy centers of the body.

Gem elixirs work by catalyzing the release of stress and tension that has been allowed to build up in the energetic structures of the body. As this dissonant energy is released, these structures are able to come back into alignment, and the body is able to regain its natural balance, stability and resistance to stress.

Gem elixirs help us access the healing support of the mineral kingdom in a very efficient way through their ease and flexibility of application. They may be used both internally and externally, by themselves, or in combination with other vibrational remedies.

They are particularly effective when used concurrently with flower essences, as they help to physically stabilize and anchor the shifts in consciousness that are catalyzed by the transformational energies of the flowers.

# Gem Elixir Kit

**Aquamarine**—brings a calm, quiet clarity to an overactive mental body; increases the ability to achieve a neutral, serene state of mind; helps create a mental oasis of cool, clear receptivity.

**Aventurine**—strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina and perseverance; good for spiritual trailblazers and pioneers.

**Azurite**—grounding communication; opens and strengthens the connection between the feminine Earth forces and the 5th chakra; helps us communicate with vitality, authenticity and gentleness.

**Black Tourmaline**—helps us exchange old unwanted energies being held in the body for fresh, clean, neutral energy; a precision tool for the release of toxic energy from the mind, emotions and physical body.



**Bloodstone**—strengthens one's connection to the Earth; brings a stronger flow of Earth energy into the 1st and 2nd chakras; stimulates the release of emotional energies that have been stuck in the lower chakras; rebalances these energy centers after trauma or emotional upset.

**Brazilian Amethyst**—transmutes energy from lower to higher vibratory rates; helps to lift energy from an overly material state; helps one sense and experience one's unique spiritual identity.

**Brazilian Quartz**—the essence of cleansing white light; energizes and synchronizes the auric field, the subtle bodies and the physical body with the Earth's natural vibration.

**Carnelian**—increases the etheric body's ability to access pranic energy; energizes and clears the nadirs, (the energetic interface between the etheric body and the meridians), allowing a greater flow of energy to the meridians.

**Chrysocolla**—opens, softens and expands the inner dimensions of the heart chakra; helps us release tension and armor around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow.

# Gem Elixir Kit

**Chrysoprase**—brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the Earth; helps us accept the Earth as our home.

**Citrine**—harmonizes the mental body with higher spiritual laws; increases access to Divine intelligence; amplifies qualities of concentration, centering and rational mind.

**Covellite**—brings strength, clarity and definition to the auric field; acts as a protective filter that encourages us to relax energetically, thereby enhancing our natural ability to receive love and support from the environment.

**Diamond**—brings clarity to the 6th chakra; harmonizes Divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with Divine purpose.

**Emerald**—a universal heart cleanser and balancer; helps us contact the energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to a greater experience of love in the physical body.

**Fluorite**—the “break up” elixir; increases the circulation of energy in the physical body by breaking up blockages in the etheric body.

**Fluorite Combo**—synchronizes movement between the etheric and physical bodies; fine tunes our focus so that we can move through an issue or healing process with precision and balance.

**Gold**—helps us access and express the highest aspects of our personal identity; brings strength and balance to the 3rd chakra; helps us tap into our inner truth, joy and wisdom as a source of creative power.

**Green Jasper**—reconnects body rhythms with the Earth’s rhythms when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

**Hematite**—strengthens energetic boundaries in the emotional body; promotes emotional independence rather than codependency; helps us maintain a state of compassionate detachment while witnessing intense emotions in others; helps us contain our own emotions in a responsible way.



Green Jasper

# Gem Elixir Kit

**Herkimer Diamond**—a highly developed transmitter of white light; promotes clarity of vision; stimulates healing on all levels; facilitates clarity during the dream state; brings balance and focus to the 6th chakra.

**Jadeite Jade**—a vibration of peace, balance and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

**Kunzite**—opens the heart to an awareness of one’s angelic presence; helps one experience the spiritual love of the angelic kingdom and integrate it into the physical body.

**Lapis Lazuli**—opens and clears channels of communication in the 5th chakra; amplifies the ability to hear information from physical and nonphysical sources; clears confusion between hearing and knowing.

**Malachite**—grounding; helps align and harmonize the physical, emotional, mental and spiritual levels of being; supports the unity of one’s being in all circumstances.

**Moldavite**—connectedness; an energetic window into universal perspective; helps us stay present in the moment while accessing what we need to express our earthly potential.

**Montana Rhodochrosite**—brings strength and solidity to the 4th chakra; clears confusion and chaos from the heart; clarifies intent and promotes courageous, heart centered action.

**Moonstone**—cleanses and circulates energy in the emotional body; increases feminine energy aspects of receptivity and intuition in women and men; balances and focuses the psychic forces during menses.

**Opal**—rejuvenates spent emotional and mental forces and counteracts the depletion of color frequencies in the aura; feeds the etheric and subtle bodies with a full spectrum of luminous colors; replenishes our creative energies.

**Orange Calcite**—dispels darkness and grief; amplifies the body’s ability to assimilate light at the cellular level; uplifting, energizing and warming.

**Pearl**—promotes the release of layers of irritation in the mental and emotional bodies which are seen in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one’s illness into awareness and acceptance.

# Gem Elixir Kit

**Peridot**—the stone of new beginnings; stabilizes the subtle bodies during the incubation period of new ideas and creative projects; helps us initiate new cycles of learning and experience.

**Pyrite**—helps us build an energetic foundation in life based on our highest personal truth; strengthens sense of self, especially with regard to group dynamics and peer pressure; helps us solidify and honor our true values.

**Rhodochrosite**—increases energy, balance and stability in the heart chakra and in the physical body; brings a balance of nurturing Earth energy to the heart chakra after an experience of healing and transformation.



**Rhodolite Garnet**—increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by accidents and surgery.

**Rose Quartz**—opens, softens and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so an individual is able to maintain intimacy with oneself and others.

**Ruby**—energizes and balances the 1st chakra and supports the ability to ground spiritual energy into the physical body; works with the lower chakras to awaken higher impersonal love.

**Rutilated Quartz**—promotes precision alignment with higher sources of energy and inspiration; helps us physically anchor the ability to access, synthesize and communicate information from other dimensions.

**Sapphire**—strengthens devotion and commitment to Divine purpose; promotes loyalty and responsibility to one's true work on the planet; helps us connect to the energetic support we need to do what we came here to do.

**Sapphire/Ruby**—for balancing spirituality with physical ability; enables us to gently integrate higher purpose into physical reality and receive physical nurturing through the fulfillment of Divine responsibilities.

# Gem Elixir Kit

**Scepter Amethyst**—opens and prepares the 7th chakra to receive energy from the higher chakras; helps us activate our highest potential through the embodiment of a new core of spiritual identity, authority and leadership.

**Smoky Quartz**—grounding and calming; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional and mental bodies; synchronizes body energy with Earth energy.

**Spectrolite**—bathes and nourishes the entire energy system with full spectrum light; renews and refreshes our perspective; helps us again see the magnificent in the mundane, and the Divine in the ordinary.

**Star Sapphire**—promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections that promote the realization of our life goals.

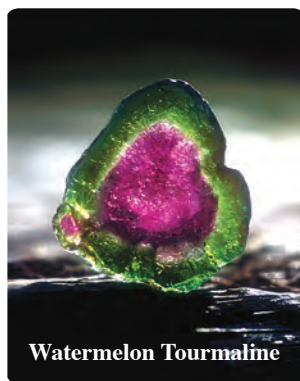
**Sugilite**—brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of the spiritual realm.

**Tiger's Eye**—self-empowerment; strengthens the energetic boundary between our true nature and our emotional experiences; helps us maintain a strong sense of self-identity when dealing with powerful emotions such as anger, fear and jealousy.

**Topaz**—clears energy blockages in the solar plexus; helps us tap into appropriate sources of universal energy; strengthens the ability to act decisively from a clear sense of personal identity.

**Turquoise**—attunes the energy field to the ancient wisdom and sacredness inherent in all of life; cleanses and deepens our connection to the soul of the Earth; helps us live a life of simplicity with gratitude and reverence for All.

**Watermelon Tourmaline**—balances the universal polarities of yin and yang; helps us establish equality between the magnetic and dynamic (giving and receiving) qualities of love; brings the green, physical, Earth frequency into harmony with the pink, spiritual, angelic qualities of love.



Watermelon Tourmaline

# Alaskan Environmental Essences

The preparation of an environmental essence begins with our intention to enter into a co-creative healing agreement with specific elemental qualities in the environment. We then extend an attunement from our hearts to the devic and elemental beings that represent these qualities.

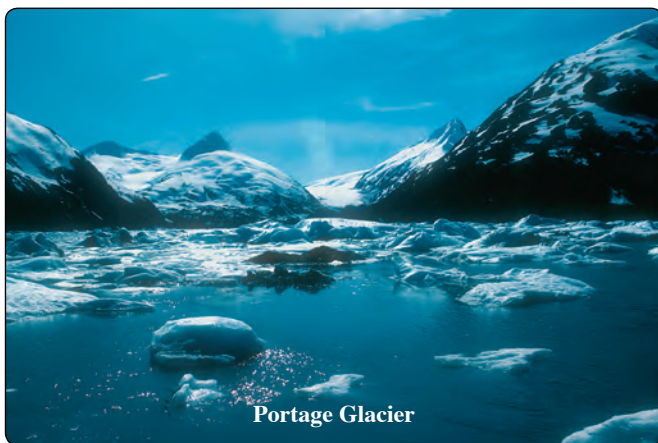
Through this attunement we communicate our love and blessings, and ask that the energies we have identified be transferred into the bowl of water that we have prepared. We accept the essence gratefully as the environment responds.

Environmental essences stimulate and support change and transformation at the core levels of our beings. They are catalytic in their actions and are often indicated when a strong, cleansing energy is needed to awaken or bring vitality to someone who is not responding to other therapies or healing modalities.

These essences also provide a strong base of support for our work with flower essences, bringing life force to the healing processes catalyzed by the flowers, and helping us create a clear and balanced inner environment which can support positive change and growth.

The internal and external use of environmental essences is especially pertinent to those living in urban environments where the natural elemental forces have been weakened or dissipated altogether. They can also provide balance and stability in emergency situations such as natural disasters where the environment itself is in transition.

**Note:** Due to the unique circumstances surrounding the preparation of several of our environmental essences, we will not attempt to remake them. This means when the existing supplies of mother tincture are depleted, these essences will no longer be available and will be replaced by others. In light of this, these essences are classified as *Limited Editions*.



Portage Glacier

# Environmental Essence Kit

**Chalice Well**—This essence was made in the Chalice Well Gardens of Glastonbury, England, with water from the Chalice Well. It connects us to the profoundly personal and eternal support that is constantly available from the angelic, elemental, plant and mineral kingdoms. It reminds us that we are not alone—we are part of the entire web of life and All That Is, and we can draw upon this matrix of support whenever we are struggling and needing help to take the next step on our life's path.

**Full Moon Reflection**—This essence was made on a cold, clear, full moon night, in a canyon overlooking Kachemak Bay in Homer, Alaska. An essence of reflected light—the sun's light reflected by the full moon off the water of the bay and into the snow filled canyon. This essence penetrates deep into the subconscious to bring forth that which lies unresolved beneath the surface. It offers us an opportunity to let our shadow-self be illuminated by the light of our conscious awareness.

**Glacier River**—An essence of solarized water prepared below the terminus of the Gulkana glacier in the central Alaska range. This water emerges from the base of the glacier carrying suspended particles of ground-up rock, evidence of mountains eroded by the constant pressure and movement of glacial ice. This essence embodies the process of perpetual release from form. It helps us release patterns of feeling, thinking and doing that have become rigid and unyielding.

**Greenland Icecap**—An essence of solarized glacier water prepared on the Greenland ice sheet over an area where two of the Earth's continental plates come together. The Greenland Icecap essence contains the intense energy of convergence, the energy of the natural movement of the Earth's crust translated upwards through thousands of feet of ice. This essence helps us remain flexible and feel supported as we move through deep inner change. *Limited Edition*

**Liard Hot Springs**—This essence was prepared from mineral hot springs water on a clear cold day at Liard Hot Springs in northern B.C., Canada. An essence of cleansing, re-creation and renewal, that brings us back in touch with the innocent truth of who we really are—spiritual beings who have come to this Earth to learn.

**Northern Lights**—Made on a windy subzero arctic night under a swirling green display of Northern Lights, this essence gives us the opportunity to liberate our earthbound perspective and join in a dance with the source of our creation. It's healing focus is to cleanse and prepare the heart for the creation of a new matrix of connection with others based on Universal Love.

# Environmental Essence Kit

**Polar Ice**—This essence was prepared on the Arctic Ocean ice pack near the North Pole. An essence of transition and the completion of cycles; for achieving a more patient understanding of the subtleties of time; helps us stay present in a place of pure waiting, with no anticipation of what is to come. *Limited Edition*

**Portage Glacier**—This essence was prepared on the banks of Portage Lake near the terminus of Portage Glacier in south central Alaska. A powerful and catalytic energy that helps us release what is unnecessary and inappropriate in our lives from the mental, emotional, etheric, and physical bodies. Helps revitalize and balance the entire energy system.

**Rock Spring**—this essence was prepared from a spring high in the Talkeetna Mountains of south central Alaska. Water from this spring emerges from the center of a sheer rock face and cascades down to a pool at its base. Rock Spring is an essence of hope and miracles. It embodies the constant proof that nothing is impossible. It is an essence that can help us find our way through seemingly insurmountable obstacles with infinite patience and never ending trust.

**Solstice Sun**—This essence was prepared on the ‘night’ of June 21/22, as the midnight sun danced along the peaks of the Brooks Range in the northern interior of Alaska. Solstice Sun catalyzes one’s ability to access and circulate a stronger current of light energy throughout the physical body. It opens the heart and the energy pathways of the body in preparation for a peak experience, and helps a person integrate such an experience after it has taken place.

**Stone Circle**—this essence was prepared in a naturally occurring circle of stones in the Talkeetna Mountains of Alaska. Stone Circle introduces a highly protective energy into the aura that invites us to relax, rest, and replenish our vital forces. This essence is especially helpful for those doing energy balancing work with people and spaces, as it will enable them to maintain their openness and sensitivity without absorbing or ‘taking on’ any of the energies they are being asked to clear.

**Tidal Forces**—This essence was prepared with fresh and sea water on Kachemak Bay during a full 24 hour, 22 foot tidal cycle. An essence of rhythm and balance, of loss and gain, of adapting ourselves to the swiftly changing currents of life. Helps us release the old and receive the new with constant and unyielding fluidity. Soothes and balances overly emotional, fiery states of being; washes away mental resistance to change and helps us accept what is in the present moment. *Limited Edition*

# Alaskan Combination Formulas & Sprays

The Alaskan Combination Formulas are unique blends of our flower, gem and environmental essences. They possess a special co-creative synergy that is only possible when healing energies from the flower, mineral and elemental kingdoms are combined through focused intention. These formulas were born out of many years of our research and observation, and feedback received from clients and therapists around the world.

**Note:** Eight of our twelve combination formulas have been made into sprays. Four of these: Calling All Angels, Guardian, Lighten Up, and Purification have been designated as Sacred Space Sprays. For additional information on how to use these sprays for Space Clearing, please see our web site.

## Animal Care™

*Alpine Azalea • Black Tourmaline • Chiming Bells • Cotton Grass  
Horsetail • Jadeite Jade • Lady's Slipper*

**Animal Care** is a special blend of Alaskan flower and gem essences designed to assist in animal rescue work, although it can be given to any animal in need. It will be most valuable when it is integrated into the initial care provided for any animal who arrives at a shelter, veterinarian clinic or sanctuary.

Use **Animal Care** for domestic animals who:

- Live in large cities, are restricted from normal contact with nature, and are alone for much of the day.
- Have been voluntarily given up to an animal shelter because their owners can no longer care for them and are having difficulties re-homing.
- Have been abandoned and then rescued off of the street.
- Have lived in toxic or abusive environments.
- Are exhibiting self-aggressive behavior.

Use **Animal Care** for wild animals who:

- Are brought to a clinic because their habitats have been damaged or destroyed.
- Have lived in pet shops and subsequently in the homes of people.
- Are agitated, irritated, and exhibiting aggressive behavior.
- Must be kept in captivity in a shelter, sanctuary, or zoo, because their injuries cannot be fully healed, and need to be handled in order to receive treatment.

**Application:** For acute situations, dilute 2-4 drops in water and give orally. For chronic situations, add 2-4 drops to the watering container whenever it is refilled, for as long as needed. See page 51 for further instructions on using essences with animals.

# Alaskan Combination Formulas & Sprays

## Animal Care Spray™

Our **Animal Care Spray** contains a small amount of two high quality organic essential oils: Lemon Grass and Roman Chamomile. These oils enhance the calming effects of the formula and add their refreshing qualities to the spray.

Mist the **Animal Care Spray** around the animal, on its bedding, and in its immediate environment. It will be especially helpful when you are working with injured animals, those behaving aggressively, and animals that are having difficulty settling down for the night.

## Beyond Words™

*Azurite • Devil's Club • Lamb's Quarters • Lapis Lazuli  
Sweetgale • Twinflower • Yellow Violet*

**Beyond Words** enhances your ability to express yourself, both verbally and non-verbally, and assists in the exchange and flow of information and ideas from one person to another with the intention of shared understanding. It is especially helpful during crucial communication. Whether the goal is heart-to-heart sharing in relationships or inspired public speaking, this formula will improve your ability to think and articulate from both the mind and heart.

It will help you to:

- Communicate about your feelings and emotions without defensiveness.
- Clarify and organize your thoughts so they may be put into words that accurately convey your meaning.
- Amplify your ability to hear information from physical and non-physical sources, and clear confusion between what you hear and what you know.
- Listen with your heart, and speak your truth firmly and clearly from your heart.
- Ground your communication so you can speak with vitality and authenticity.
- Feel protected in the act of speaking, especially when there is a challenge or controversy around what needs to be said.
- Enhance your strength and self-confidence so you can naturally express yourself without limitation, compromise, or self-consciousness in all circumstances.

**Application:** **Beyond Words** can be taken internally whenever you need support for any kind of communication process. It can also be used to help you prepare for public speaking engagements or performances, teaching classes or workshops, job interviews, and to facilitate conflict resolution in groups.

# Alaskan Combination Formulas & Sprays

## Calling All Angels™

*Angelica • Chalice Well • Chiming Bells • Kunzite*

**Calling All Angels** is a combination formula that helps you contact the love, guidance and protection of the angelic realm. It brings a very soft, loving and serene energy into your heart, physical body and environment. Use it to:

- Strengthen the knowledge that you are guided, supported and protected by the angels.
- Come into a stronger awareness of your own angelic nature.
- Experience the love of the angelic kingdom in your physical body.
- Bring the essence of joy and peace back into your life.
- Make a stronger connection to the Divine feminine.
- Create a sacred and protected space for sleeping and dreaming.

**Application:** Take internally or add to the bath whenever you want to invoke the energy of the angels. Add to your body lotions and creams when you need some additional pampering, and to your massage oil for a heavenly bodywork session.

## Calling All Angels Spray™

Our **Calling All Angels Spray** contains four high quality essential oils: Bulgarian Red Rose Otto, Carnation, Alpine Lavender, and Pink Grapefruit. These joyful and calming oils promote the release of tension and help us open our hearts to the love and peace of the angels.

Use the **Calling All Angels Spray** when you want to attract the nurturing, uplifting and joyful qualities of the angelic kingdom. This spray brings a very sacred and peaceful energy into the space. Children love to spray their rooms before sleeping to create a feeling of protection and to insure a deep, restful slumber.

## Easy Learning™

*Blue Topaz • Bunchberry • Lapis Lazuli • Star Ruby  
Stinging Nettle • White Spruce*

The Easy Learning formula facilitates all aspects of the learning process for both children and adults. It has three main qualities. The first is to strengthen your focus and the ability to pay attention without being distracted by what is going on around you. The second is to increase your ability to process and integrate information, thereby increasing understanding and the logical application of knowledge.

# Alaskan Combination Formulas & Sprays

And finally, this formula works with the higher learning centers in the brain, and the 5th and 6th chakras, to improve your communication with Universal Mind and bring higher frequencies of thought into your learning processes.

The **Easy Learning** formula will be helpful for:

- Studying and preparing for tests and exams.
- Activating interest in new subjects and new ways of learning.
- Dissipating mental confusion and increasing clarity and alertness.
- Those who have a tendency to get overwhelmed and then shut down from too much input.
- Those who are easily distracted and find it difficult to concentrate.
- Children or adults who have been diagnosed with learning disabilities.
- Increasing the capacity to integrate intuitive thought processes into practical action and implementation.
- Increasing the retention of information from reading and listening to lectures.

**Application:** The **Easy Learning** formula can be taken internally whenever you need more support for any kind of learning process or experience.

## Easy Learning Spray™

Our new **Easy Learning Spray** contains the organic essential oils of Basil, Coriander, Fresh Ginger, Laurel, Lemon, Rosemary, and Spearmint. These bright and refreshing oils are well known for their ability to enhance memory and mental focus, relieve mental fatigue, and promote inspiration. Use the **Easy Learning Spray** when you need to refresh, clear, and focus the energy wherever learning is taking place, including dorm rooms, classrooms, pre-schools, artist and writing studios, and the study area in the home.

## Fireweed Combo™

*Dwarf Fireweed • Fireweed • River Beauty • White Fireweed*

**Fireweed Combo** supports the processes of transformation, transition and change. It can be used to prepare for a transformational experience of any kind, but it is especially useful when you are in the middle of an intense healing crisis and need extra support to get through it.

**Fireweed Combo** enables you to access the support you need to face your fears, let go of your resistance, and open to the process as it moves forward, through each stage, to it's completion.

# Alaskan Combination Formulas & Sprays

Using this formula will help you:

- Break up and move out old energy patterns that are being held at the cellular level of your physical body.
- Identify and release suppressed emotional energies that are attached to the patterns you are opening to change.
- Strengthen your grounding connection to the Earth, so your energy system will be more stable and better able to cope with change.
- Fine tune how you move through a healing process so you do not create additional difficulty or pain.
- Reconnect with the joy and happiness that is your birthright.
- Stay engaged with the transformative process until you have resolved all of the issues that are connected to it.

**Application:** The **Fireweed Combo** formula can be taken internally or added to your bath whenever you need additional support to make it through a difficult period of intense transformation or change.

## Go-Create™

*Blueberry Pollen • Gold • Rock Spring • Star Sapphire*

**Go-Create** is our new abundance formula. It will help you co-create what you want, need, and desire in your life with less resistance and more ease, efficiency and effectiveness.

This formula will help you clear limiting beliefs that you are holding from past experiences, enhance your ability to feel worthy to receive your heart's desire, and find the trust, faith, and gratitude that will empower you to hold a vibration that is in alignment with what you truly desire to create in your life.

Use the **Go-Create** formula to:

- Heal ancestral patterns that are blocking your ability to receive.
- Open your awareness to the unlimited generosity of the Universe.
- Focus your intention and attention on what you want to manifest, rather than on what you perceive to be missing.
- Trust in your capacity to create.
- Tap into your inner truth, joy, and wisdom.
- Feel more empowered around the whole co-creative process.

**Application:** The **Go-Create** formula can be taken internally whenever you desire more support for consciously creating your life. It will be even more effective when used along with affirmation and abundance programs.

# Alaskan Combination Formulas & Sprays

## Guardian™

*Covellite • Devil's Club • Round-Leaf Orchid • Stone Circle  
White Violet • Yarrow*

**Guardian** helps you create a powerful force-field of protection in your aura. It invokes positive, harmonious energies that help you claim your energetic space, maintain your grounding, and feel the protection of strong, healthy boundaries.

This combination is helpful when you:

- Are over-reactive to influences in your environment.
- Are ambivalent about being present in your body and on the Earth, because you don't feel safe or protected.
- Have a tendency to absorb the thoughts and emotions of others.
- Work around computers and other electromagnetic equipment or in toxic environments.
- Are unable to embody your sensitivity in a practical and easy way because of a lack of functional boundaries.
- Have just moved into a new home and neighborhood and are having difficulty grounding into your new situation.
- Feel tired or run down and need to rest and nurture yourself, but can't seem to create the time or space to do it.
- Are having difficulty staying in your heart in times of discomfort and confusion.
- Are doing healing work that requires you to be in the working, living, or personal energy space of your clients.
- Want to become the source of your own protection.

**Application:** The **Guardian** formula can be taken internally whenever you feel the need for more protection. It can also be added to creams and lotions and applied to those areas of the body that need extra support.

## Guardian Spray™

Our **Guardian Spray** contains the essential oils of Himalayan Cedar, Lime, Litsea Cubeba, Melissa, and Tangerine. These oils enhance the protective and grounding qualities of the essences and add uplifting notes of joy and playfulness.

Use the **Guardian Spray** when you want to invoke the energies of calm, stability and security. Spray your aura and your immediate surroundings to feel strong and safe while maintaining your openness and sensitivity.

# Alaskan Combination Formulas & Sprays

## Lighten Up™

*Carnelian • Grass of Parnassus • Orange Calcite • Solstice Sun*

**Lighten Up** is a combination formula designed to increase your ability to embody light. Its overall effect is to uplift, energize, inspire and nourish.

This formula was designed specifically for people who suffer from light deprivation. This condition may be present because of where they live (extreme northern or southern latitudes or in a dark apartment), or because of the level of efficiency of their energy system (energy pathways blocked or undeveloped).

This formula is also helpful for those who are depressed, caught in negative patterns or situations, or feel cut off from their inner sources of light.

The ingredients in **Lighten Up** work on three main levels. The first is to open and cleanse the chakras so you can draw more light through channels already present in your energy system. The second is to cleanse and expand the energy pathways in your physical body. This includes amplifying your ability to assimilate light at the cellular level. The third is to strengthen your ability to integrate experience, thereby increasing the amount of energy that can flow into and through your life.

The **Lighten Up** formula will be helpful:

- When you are fatigued or feel a lack of energy on the physical level.
- For Seasonal Affective Disorder.
- In the classroom, when you are getting tired of receiving information.
- On plants, to give them extra light and energy during short winter days.
- With animals that are kept inside for long periods of time, especially during the winter months.

**Application:** The **Lighten Up** formula can be taken internally or added to your bath whenever you feel the need for more light and energy.

## Lighten Up Spray™

Our new **Lighten Up Spray** utilizes the refreshing, sparkling and uplifting properties of Blood Orange, Bulgarian Lavender, Combava Petitgrain, Lemon Myrtle, and Ylang Ylang essential oils.

Use the **Lighten Up Spray** when you want to bring more light and energy into your aura, especially during the long winter months and when you are tired and overwhelmed from too much work. Spray your surroundings when you want to enhance and increase the circulation of light and energy in your living and working environments.

# Alaskan Combination Formulas & Sprays

## Pregnancy Support™

*Balsam Poplar • Bog • Devil's Club • Diopside • Emerald  
Grove Sandwort • Ladies' Mantle • Northern Lady's Slipper*

This formula was inspired by the work and research of Cynthia Abu-Asseff, a flower essence therapist and mother living in Sao Paulo, Brazil.

Cynthia started using the Alaskan essences with mothers and babies at a center called Projeto Renascer in January of 1999. This center was started in 1991 by a service oriented spiritual group led by Cynthia's parents. In the years since its formation, the center has helped thousands of women.

The initial formula used at the center, and from which Pregnancy Support was developed, was created to nourish, protect, and facilitate the entire birth process, from conception onwards. Pregnancy Support can be used:

- To help a woman create and nurture a sacred space in her life and body for the growth and development of her baby.
- To assist both the mother and the indwelling soul in clearing any ambivalence they have about being on the Earth.
- To help mothers strengthen their connection with the Earth so they can provide nurturing energy for themselves and their families.
- To enable women who themselves suffered a traumatic birth to heal this trauma so they can offer a stronger body/soul connection to their babies.
- To help develop the energetic triad between the mother, father, and baby.

**Application: Pregnancy Support** can be used from the beginning of the pregnancy to the birth of the child. Apply topically by adding it to moisturizing creams or lotions that are used during the pregnancy, or take internally.

## Purification™

*Black Tourmaline • Fireweed • Portage Glacier • Sweetgrass*

**Purification** contains the four most powerful cleansing and releasing essences in our repertory. This formula is designed to purify your home and work environments and your personal energy field. It can be utilized to break up and cleanse stagnant patterns of energy on any level.

Use **Purification** when you need to:

- Release toxic energy from the mind, emotions and body.
- Release old ingrained habits that are no longer useful, necessary, or contributing to your well-being.
- Break up unhealthy patterns of energy in an environment where there has been addiction, depression, or abuse.

# Alaskan Combination Formulas & Sprays

- Revitalize, balance and stimulate the renewal of energy on all levels of your energy system.
- Create a pure and protected inner space when you find yourself in crowded or polluted surroundings.

**Application: Purification** can be taken internally whenever you need additional support during a fast or any cleansing or detoxifying process. Putting drops of **Purification** in an indoor fountain is a great way to constantly purify and revitalize a room. This formula can also be added to the laundry and wash water to elevate household chores to a sacred activity.

## Purification Spray™

The **Purification Spray** contains the essential oils of Black Spruce, Frankincense, Lavender Mailette, and Peppermint. These oils enhance the purifying function of the essences, and add clarifying, sanctifying, and refreshing qualities to the spray.

The **Purification Spray** evokes a feeling of cool winds blowing off glaciers. It carries an invigorating blast of ionic energy that washes away tiredness and brings a sense of vital aliveness. Use it to purify and recharge any environment where there is stagnant or “stuck” energy—the first step in the Space Clearing process.

## Soul Support™

*Cattail Pollen • Chalice Well • Cotton Grass • Fireweed • Labrador Tea  
Malachite • River Beauty • Ruby • White Fireweed*

**Soul Support** brings strength and stability during emergencies, stress, trauma and transformation, while providing support to rejuvenate and restore balance on all levels. This formula is known to be helpful in the following situations:

- Accidents involving injury, shock and trauma
- Emotional catharsis and violent outbursts
- Fear of flying
- Motion sickness
- Before, during and after visits to the dentist
- After a fight, argument, or disagreement
- After receiving “bad” news such as a death in the family
- Divorce, job changes and moving to a new place
- Post traumatic stress
- Before and immediately after surgery and during recovery
- For any transition, challenge, or initiation

# Alaskan Combination Formulas & Sprays

**Application:** In times of acute stress, take four drops directly from the stock bottle under the tongue, or put them in a glass of water and sip frequently. If the person needing **Soul Support** cannot drink, drops of the concentrate can be rubbed on their lips, temples, or on the pulse points of the body. Dosage bottles can be made up ahead of time by adding four drops of stock to a one-ounce dropper bottle filled with 75% water and 25% percent brandy or vegetable glycerine.

**Soul Support** can be used by the whole family. For children, dilute the stock drops in water if giving orally. Animals may take the stock directly, or it can be sprayed on or around their bodies. This formula should not be used as a substitute for qualified medical care or intervention.

## Soul Support Spray™

The **Soul Support Spray** utilizes the soothing, clarifying properties of a very high quality organic Lavender oil from Kashmir.

The **Soul Support Spray** is especially useful for calming, grounding, and centering the energy in your environment, as well as in your personal energy field. It can be used in all of the situations mentioned above, especially when oral application is impossible or inconvenient.

## Travel Ease™

*Black Tourmaline • Covellite • Smoky Quartz • White Violet • Yarrow*

The **Travel Ease** combination is specifically designed to ease the negative effects of air travel, including what is commonly referred to as jet lag.

This formula supports the establishment and maintenance of functional energy boundaries. If you are environmentally sensitive and have difficulty being confined in small, constricted spaces for long periods of time, **Travel Ease** will help you feel as though you have all the personal space you need, even on a crowded flight.

Use **Travel Ease**:

- To help you maintain the overall integrity of your energy field, which is challenged by electromagnetic radiation produced by the plane's electronics and wiring, and by the noise and vibration generated by the plane during flight.
- To promote the ongoing release of any toxic or unwanted energies that you absorb during your flight. This accumulation of airborne pollutants in the auric field during a long flight is one of the main factors contributing to jet lag.
- To help you maintain your grounding during the flight by keeping your body energies synchronized and aligned with the Earth's energy field as you move from one location to another. For many, the disorientation that comes from moving through multiple time zones is the worst part of the traveling experience.

## Alaskan Combination Formulas & Sprays

**Application:** For maximum effectiveness, begin taking **Travel Ease** several days before your flight, once every hour you are airborne, and for a few days after you reach your destination.

### Travel Ease Spray™

Our **Travel Ease Spray** contains the oils of Black Spruce, Lavender, and Pink Grapefruit which support the cleansing, grounding, and uplifting qualities of this formula.

Using our **Travel Ease Spray** is a refreshing way to keep your energy field strong, clear, and grounded during long flights or train journeys, and when transiting airports and train stations. This spray is currently available in the 2 oz / 60 ml size only.

### Combination Formula Kit

Our new **Combination Formula Kit** contains all twelve of our combinations arranged in one sturdy and attractive box in both the 1/4 oz. and 1 oz. sizes.

The Alaskan Combination Formulas are bottled at the stock level of dilution. They may be taken as is or included in your dosage mixture, depending on which is more practical or appropriate to your situation. When added to a dosage bottle, a combination formula counts as one essence. This is due to the fact that our formulas are blended at the mother essence level, which allows the individual ingredients to work together in a very synergistic way.

### Sacred Space Spray™ Kits

These new kits are an economical way to purchase our best selling Calling All Angels, Guardian, Lighten Up, and Purification sprays. They are available in both the 2 oz and 4 oz sizes.

## Alaskan Research Essences

The flower, gem, and environmental essences listed on the next 10 pages are classified as **Research Essences**. This is because they are still in the early or middle stages of their research and development. The information presented is based on our attunements and several years of feedback from practitioners and clients who are using these essences in a variety of therapeutic situations around the world.

## Research Flower Essences

**Alaska Violet** *Viola langsdorfii* - supports us in finding the right energetic relationship with ourselves, others, and the environment, especially in crowded situations; helps us create a quiet place inside where the flame of love and enthusiasm for our life's work can be nourished and protected.

**Alpine Arnica** *Arnica alpina* - illuminates the relationship between old emotional and mental imbalances and the pain we are feeling in our bodies; helps us let go of our accumulation of past hurts, without having to go through every detail of what happened and why; promotes ease, deep calm and balance.

**Angelica** *Angelica genuflexa* - connects us to the protective energies of the angelic kingdom; promotes acceptance of spiritual support in all situations; helps us experience protection as coming from a certainty of our Divine nature.



Bleeding Heart

**Bleeding Heart** *Dicentra spectabilis* - promotes loving kindness; helps us resolve the polarities of love/separation and joy/suffering by opening the heart to compassion for all beings.

**Blue Poppy** *Meconopsis grandis* - helps us unify all aspects of our male and female characteristics within our physical bodies; promotes purity of passion in service to Spirit.

**Bog Candle** *Platanthera dilatata* - support for cycles of initiation, death and rebirth; enables us to emerge from a deep experience of transformation with a sense of new wisdom rather than confusion,

fear, shame or guilt; heals tendencies towards destructiveness, degeneration, and degradation; helps us bring discarded aspects of ourselves back to the embrace of Divine love.

**Chocolate Lily** *Fritillaria camschatcensis* - reveals how everything in life is connected to our center; opens awareness of our center's connection to the source of our vitality; helps us open to and hold our life experiences with more spaciousness and less reactivity.

**Cloudberry** *Rubus chamaemorus* - helps us recognize the light of purity deep within ourselves; for replacing low self-esteem with an awareness of inner value; helps us open to the true source of our being and reflect this out into the world for others to see.

# Research Flower Essences

**Club Moss** *Lycopodium annotinum* - supports us in making a direct, present time connection to the Earth; helps us go to deeper levels of relaxation, enjoyment, and manifestation; solidifies a base of energy in the body for the further development of higher functions; quiets the body, emotions, and mind.

**Comfrey** *Symphytum officinale* - supports healing on all levels; heals etheric body damage when there has been an injury in this or another lifetime; promotes the embodiment of higher spiritual energies and the expression of our Divine potential.

**Crowberry** *Empetrum nigrum* - stimulates awareness of cycles of light and darkness, internally and externally; enables us to hold these variations with respect and gratitude, rather than with attachment or aversion.

**Devil's Club** *Echinopanax horridum* - clears ambivalence about being present in our physical bodies and on the Earth; helps us experience peace from knowing we are secure and in harmony with our surroundings; helps us express our truth firmly and clearly from the heart.

**Dwarf Fireweed** *Epilobium adenocaulon* - helps us open to and experience transformation with gentleness, grace and ease; helps us fine tune how we move through a healing process so we do not create more difficulties or pain.

**Enchanter's Nightshade** *Circaea alpina* - balances the polarities of light and shadow, expansion and contraction; heals imbalances that are created by too much exposure to the light; helps one find peace, protection, safety, and security through the release of fear.

**Fairy Slipper** *Calyso bulbosa* - support for standing in our power and beauty, and for projecting our unique individuality in a clear way; helps us manifest our spiritual wisdom through our physical bodies; strengthens the male principle in men and women; promotes clear communication through alignment with Earth and spirit.



**False Hellebore** *Veratrum viride* - promotes the release of false concepts; catalyzes movement from the old to the new; helps us face our deepest, darkest fears.

# Research Flower Essences

**Goatsbeard** *Aruncus sylvestris* - joy through optimism; supports the manifestation of positive reality; helps those who are highly energized mentally to ground and focus that creative energy into the physical body.

**Ladies' Mantle** *Alchemilla vulgaris* - promotes the release of sadness and despair; strengthens our relationship to the sacred feminine; heals the feminine connection between sensuality, creativity and divinity; helps men balance their relationship with feminine power within themselves and with others.

**Lapland Rosebay** *Rhododendron lapponicum* - penetrating insight into the self and all of nature; seeing without distortion; brings a person back to their senses when they have been looking outside of themselves for answers; reminds us to look within for wisdom, perspective, and direction.

**Lavender Yarrow** *Achillea borealis* - gives strength and protection to the higher chakras; heals the depletion that results from a chaotic influx of energy through the crown chakra; balances the flow of spiritual energy into the heart.



Northern Coral Root

**Lilac** *Syringa vulgaris* - aligns the chakras with each other so that they can more fully receive and embody healing energy from the Spiritual dimensions; helps us gracefully raise the frequency of our energy fields.

**Nootka Lupine** *Lupinus nootkatensis* - helps us confront and address deep karmic issues that surface repeatedly for resolution; shows where our awareness and energy need to be focused in order to transform these issues.

**Northern Coral Root** *Corallorhiza trifida* - helps us transmute toxic and distorted emotions, thought forms, and energies into Light; promotes awareness and respect of our symbiotic relationship with the Earth; helps us receive what we need through connectedness.

**Northern Green Orchid** *Platanthera hyperborea* - helps us embody our mastery and power and express it through our hearts with love; teaches us how to join our hearts together in love and shared higher purpose.

## Research Flower Essences

**Pale Corydalis** *Corydalis sempervirens* - helps us develop a stronger sense of who we are in our relationships; aligns and integrates personal and Divine will within the heart; balances addictive and conditional patterns of loving; helps us see our relationships as catalysts for spiritual growth.

**Pasque Flower** *Pulsatilla patens* - for shyness and over-sensitivity to physical contact; helps us create and maintain security through functional energy boundaries; helps us feel respected, appreciated and protected, and maintain our deepest sense of personal identity in all situations.

**Potato** *Solanum tuberosum* - physical release; for thawing out incomplete cycles of experience that are being held in the body; encourages love and self-acceptance to penetrate into every cell of the body.

**Purple Poppy** *Papaver somniferum* - helps us maintain balance during rapid phases of evolution—when our entire vibrational makeup is undergoing transformation; enables us to experience deep levels of integration and rest while allowing the transformative process to continue.



Round-Leaf Orchid

**Red Elder** *Sambucus racemosa* - for contracting overly expanded states of being; helps us view life from the center rather than from the periphery.

**Red-Purple Poppy** *Papaver somniferum* - for balancing extremes between physical and etheric frequencies of energy; helps us focus on the survival and spiritual aspects of life in a balanced way; supports us in making full use of our physical capacities to embody spirit.

**Reindeer Moss** *Cladina rangiferina* - for humans and animals who have suffered a loss of connection with their ancestral homes or habitats;

opens awareness of the constant and eternal nature of life.

**Round-Leaf Orchid** *Amerorchis rotundifolia* - support to live more deeply in our hearts and maintain that position in times of confusion and chaos; promotes equanimity and balance; helps us get to and stay with the core of an issue without being distracted by all the energy at the periphery.

## Research Flower Essences

**Self-Heal** *Prunella vulgaris* - promotes self-esteem, self-acceptance, and an expansion of love and compassion for ourselves; helps strengthen our belief in our body's ability to heal itself.

**Starflower** *Trientalis europea* - a soothing, comforting energy of purity, refinement, and innocence; promotes individuality and free expression of self; enables us to maintain our sense of self in crowded situations, regardless of competition for resources or lack of space, through a strengthening of our connection with the Earth.

**Star Gentian** *Swertia perennis* - fosters cooperation between the polarities that exist within the self to better focus one's energy towards goals of higher service; helps men reclaim their spiritual self-image; supports men in serving the divine feminine; helps bring about a higher degree of balance and equanimity between men and women as both are engaged in service to higher purpose.

**Stinging Nettle** *Urtica gracilis* - helps those who are highly sensitive stay connected to the Earth and to their feelings; heals alienation in those who have been hurt deeply and have a tendency to repel those they want to be close to; promotes re-connection and grounding after being overwhelmed by too much input.

**Valerian** *Valeriana officinalis* - for agitation and irritability; helps us slow down in order to gain perspective on our priorities, especially when we feel pressured to do or decide; promotes harmony in relationships; helps groups find a peaceful common ground.

**White Lupine** *Lupinus nootkatensis* - supports the emergence of a new archetype of male spirituality; stimulates the release of familial and tribal karmic patterns of behavior, and old treasured wounds and grievances, without reactivity or attachment.

**Wild Sweet Pea** *Hedysarum mackenzii* - promotes confidence and ease in our interactions with others; supports the outward expression and sharing of our talents and abilities, and encourages us to share our best in service to others.

**Yellow Paintbrush** *Castilleja unalaschensis* - facilitates the release of emotional frustrations and feelings of self limitation that block our creative expression; helps us open and cleanse the heart so that it may act as a focal point for the sharing of our creative energies.

# Alaskan Research Essences

**Yellow Violet** *Viola biflora* - fearlessness; gives us the strength and confidence to naturally express the essence of our beings without limitation, compromise, or self-consciousness, in all circumstances; gives protection to the act of verbal expression, especially when there is a challenge or controversy around what needs to be said.

## Research Gem Elixirs

**Amazonite** - enables us to find emotional strength through a joyful cleansing of old emotional burdens; helps us connect to the water element and to our ancient origins in water; facilitates a clearing of our hearts and emotional bodies so that we can communicate more easily with other living beings.

**Amber** - helps us contact the inherent strength, endurance, flexibility and instinctual nature of the physical body; relaxes and clears the pelvic region to promote a greater flow of energy moving down and up the spine; adjusts the energetic structure of the body so that more light and energy can enter and circulate with less resistance.

**Apophyllite** - brings horizontal balance to those who are too vertical; improves the flow of emotional communication through the heart; opens and softens the heart chakra and brings balance to those who have an excess of energy focused in the head; helps us relax and share what we have.

**Aragonite** - for those who work in other dimensions and have difficulty coming back into psychic balance on the physical plane ; promotes energetic hygiene; helps one be fully present and connected to the Earth, spirit, and another person during healing work, and then facilitates the release of interpersonal energy connections so that both people can return to a state of energy independence.

**Black Tourmaline/Master Quartz** - works at the deepest level of the physical body to improve grounding, circulation and strength; balances the relationship between the 1st and 7th chakras; helps us exchange toxic energy held in the chakras for restorative energy; stimulates the release of old habits and patterns in an organized way.

**Blue Green Tourmaline** - clears, expands and aligns the heart chakra into a more evolved relationship with the larger Self; helps us open to allow more peace and solace to reside in our being on a permanent basis; helps us attune to and embody higher frequencies of thought and Universal wisdom; moves us from distraction and waywardness to quiet, centered strength and self-reflection.

# Research Gem Elixirs

**Blue Topaz** - soothing, calming, and clarifying; helps dissipate mental confusion; strengthens mental clarity, focus and effectiveness; encourages the clear expression of our soul's identity through the evolution of our thinking processes; opens our awareness to the higher soul/mental functions; helps us clarify how our spiritual identity can be expressed at the physical level.

**Celestite** - gently opens and clears the upper chakras, helping them align with the divine and angelic realms; restructures our inner and outer vision enabling us to clearly see the world from a spiritual perspective; heals sadness in the heart resulting from experiences of loss and separation; works on a very deep level to help us identify and release the causes of physical tension in our bodies.

**Cinnabar** - stimulates the clearing of pain, deep emotional sadness, and ancient karmic energy stuck in the lower chakras of the body and in the subtle bodies of the Earth; works with the chakras in the feet to increase the flow of energy coming in from the Earth; brings awareness and healing to any issues we have that keep us from receiving the amount of Earth energy we need to sustain our physical bodies.

**Diopside** - releases self-destructive programming from the 1st chakra; releases crystallized levels of fear, anger, and self-worthlessness that block the heart from accepting higher levels of consciousness and Divine Will; helps us transform the density of grief and the sadness of separation; releases alienation and helps one rebuild trust and intimacy with all kingdoms of life.

**Fire Opal** - releases blockages in our energy pathways to allow more Earth energy to rise up into the body and into all of the chakras; helps the body learn to hold on to this additional energy rather than making it available for immediate use, so reserves can be built up; helps us move from, "I have energy", to "I am energy"; facilitates long term recovery from illness or overwork.

**Green Garnet** - grounds a person's energy, focus and consciousness into the Earth plane; facilitates vertical grounding and horizontal stability; works with the two way flow of energy and information between the heart and first chakra; helps us have a softer and more intimate relationship with the Earth.

**Green Tourmaline** - a transparent stone that helps us see through the illusion of separation and experience oneness with life; lifts the veil between the human and natural world so that we can see ourselves reflected in all of life, and feel all forms of life within ourselves.

## Research Gem Elixirs

**Green Tourmaline/Smoky Quartz** - expands the connection between the fourth chakra and the Earth; helps us release energies into the Earth that are no longer needed; helps us focus our creative energies as an effortless giving from the heart; promotes concentration and firm willingness in the creative act.

**Labradorite** - helps one attract, gather, and assimilate the energetic nourishment of light into the body; replenishes those who are experiencing a light deficiency or have become depleted from using up their energy reserves; helps one learn how to be responsible and conscious about their attractiveness and the energy they project.

**Larimar** - this stone holds the energy of nonviolence, safety, and nurturing; builds up a resonance in the emotional body that attracts and holds the energy of harmlessness and peace; helps us relax and receive nurturing without struggle; helps women feel safe with their own femininity.



Mangano Calcite

**Mangano Calcite** - a gentle, protective energy that helps us experience absolute safety in the heart; works with the heart chakra to create a womb-like matrix for healing; helps us maintain compassion in the midst of emotional pain.

**Pink Quartz** - a sweet and sublime energy that helps us heal whatever sits in the way of living in the moment with an open heart; helps those who are dealing with profound suffering and pain move through and beyond it so they can help others do the same.

**Rainbow Hematite** - strengthens our inner sight and vision by helping us ground it to the Earth; develops the innate capacities of the 6th chakra in a balanced, calibrated and practical way; helps us not be emotionally reactive or go into judgment in response to the information we are receiving, or to what we are perceiving.

**Raspberry Rutile** - prepares the seventh chakra to accept information from higher sources; helps us ground energy back into the body after a shocking or traumatic experience; facilitates the flexible and fluid movement of energy between the 8th chakra and the heart.

## Research Gem Elixirs

**Red Quartz** - helps us ground and energize the lower chakras; brings stability, protection and containment for the second chakra; helps us become more aware of the energy and information we is sending and receiving at this level, so we can adjust our boundaries accordingly.

**Rose/Smoky Quartz** - synchronizes the heart with the Earth's vibration and with the frequency of love; helps us move energy from shadow to acceptance; facilitates the process of clearing and releasing dense energy from the heart and the body through grounding, self-acceptance, and an awareness of Divine protection.

**Rutile** - shows us how to co-create with the higher intelligences that inhabit the physical realm, so we can work with and modify our physical structures to better meet the needs and demands of our journey; reminds us that we are part of something bigger that transcends the physical and is very much intact and functioning.

**Silver** - helps to restructure the physical and energetic bodies in alignment with Universal intelligence and wisdom; heightens awareness of the grace that resides within our own beings; promotes the balanced release of toxic energy from the aura; strengthens the connection between Divine Will and the heart chakra.

**Star Ruby** - promotes heightened awareness and sharp focus in the present moment; helps one to draw, attract, and anchor energy and information into the physical body; helps ground those who stray off in their thoughts; good for those who are easily distracted, or who purposely maintain distraction in their lives.

**Tourmalated Quartz** - facilitates a balanced flow of energy and information to, from, and between the chakras; clears congestion and excesses of energy from all chakras, subtle bodies and the physical body; balances the base chakra in relation to the higher chakras.

**Vanadinite** - helps us regulate and direct the energy of the fire element; for those who have an abundance—it brings a greater awareness of how to use it; for those who are depleted—it helps attract more; promotes flexibility and a willingness to release attachment to form during a transformative process.

**Vesuvianite** - brings awareness of how to ground love from the higher dimensions into physical form; helps us form deep heart centered loving relationships; connects us to the brilliant, purifying, energizing aspects of fire; helps us embrace our inner heat and vibrancy and sit with confidence as the creator of our world.

# Research Environmental Essences

**Augustine Volcano** - facilitates the positive release of unexpressed energy and emotion. Teaches us to view intense cataclysmic events, such as volcanic eruptions, as benevolent instruments for change. The earth will continue to make these strong internal adjustments. As we learn to perceive them in a favorable way, we will be able to use the amazingly powerful energy that is contained within them to support deep, intense, and beneficial changes within ourselves.

**Bog** - bogs are semi-swampy habitats that harbor a rich diversity of life. They are alive with an abundance of elemental energies and hold the fresh new energy of potential. The Bog essence helps us connect our hearts to the heart of the Earth, opening us to her love, wisdom, and the energetic support we need to initiate and complete any creative act.

**Gigha Quartz** - prepared on the Isle of Gigha, off the western coast of Scotland, on an outcropping of quartz that rises out of the ocean at the southwest edge of the island like a giant dragon. Gigha Quartz is a primarily a grounding essence, encouraging us to become more present in a soft and empowering way. It helps us build up our inner core strength and discipline so that we can maintain a deeper alignment with the planet. This alignment enables us to live our lives with a physical and energetic posture that is upright, self-contained and authentic.

**Redoubt Volcano** - made during the March, 2009 eruptions of the Redoubt Volcano in south central Alaska. This essence calms and soothes our doubts, anxieties and fears as we confront the inevitability of change. It helps us learn how to surrender to the natural forces that are beyond our comprehension and control, and in doing so, align with their magical and transformative power.

**Solar Eclipse** - balances and harmonizes the feminine and masculine energies in men and women, and promotes the conscious empowerment of the inner male. It is helpful when a child was raised by a dominant mother, either because the father was absent, or she was unwilling to share this responsibility with him. In such cases, the essence will help that individual break free from the influence of the mother and learn to develop his or her own masculine qualities. *Limited Edition*

**Typhoon** - this essence was prepared during a typhoon on the island of Honshu in Japan. Typhoon teaches us how to surrender to the cleansing power of nature—a force more powerful than we are—with enough trust to let it do its healing work. It also reminds us to anchor our lives with purpose and intent—to focus on what is important and let the rest go. *Limited Edition*

# Research Environmental Essences

**Winter In August** - this essence was made in water from melted snow on the Greenland ice sheet in the month of August. It is an essence for the clarification of identity. It helps us determine what is essential to our path in life, and catalyzes a clearing of the mind, heart, and emotional realms of all that is not, so we can realize true peace in our lives and on the planet. *Limited Edition*

## Space Clearing Products

Over the past ten years Steve Johnson has pioneered a new style of Space Clearing using the Alaskan Essences. Recently, Steve began to expand the scope of his space clearing work to include certain hydrosols and essential oils. We are now featuring a small selection of these products that have proven to be very effective when used by themselves or in conjunction with our Sacred Space Sprays.

### African Wild Sage

This special essential oil is from Kenya. It has an amazing capacity to clear old, stagnant predecessor energy from any environment. It is also particularly effective in clearing residual odors that are “stuck” in a space, such as cigarette smoke and those that remain after cooking certain foods.

The undiluted oil is so powerful that usually all you need to do is take the cap off the bottle and leave it sitting in the room, which is a perfect way to clear hotel rooms when you travel. When working in extremely toxic environments, anoint tissues or a cloth liberally with the undiluted oil and leave in the space. You can also prepare a spray by adding 5-10 drops, depending on the strength you want, to a spray bottle filled with water. African Wild Sage can also be used during the invocation process to bring in increased clarity and energy flow, and to support the creation of new boundaries in the space. Available in 6 ml and 12 ml bottles.

### Frankincense Hydrosol

The Frankincense hydrosol is custom made in the country of Oman. It is a very versatile space clearing tool that has the power to cut through very old predecessor energy, as well as energy blockages affecting any of the elements (air, earth, fire, and water). It can also be used for the preservation step of the clearing process.

This hydrosol is very powerful. When it is indicated in a space clearing, try using just five sprays for an entire room—once in each corner and once in the middle of the room. The effect is gradual, very expansive, and at the same time very grounding. Available in 2 oz/60 ml and 4 oz/120 ml bottles.

# Space Clearing Products

## Sweetgrass Hydrosol

This wonderful hydrosol comes from a company called Herbs North in Edmonton, Alberta. It is harvested and distilled north of the city on the southern edge of the great boreal forest of Canada. I was very excited to find this product, having researched the powerful cleansing properties of our own Sweetgrass flower essence, which is one of the main ingredients in our Purification spray.

I have used the Sweetgrass Hydrosol in every Space Clearing job I have done since I discovered it. Its action is gentle but strong, and it excels in removing old energetic debris from a space, on any level. It works in a similar way as the flower essence, helping to “sweep up” any residual energy left from previous cycles of activity. It can also be used as an invocation spray to bring a fresh new energy into a space once it has been cleared. And its very handy to use in situations where smudging is impractical or not allowed. Available in 2 oz/60 ml and 4 oz/120 ml bottles.

## White Sage Hydrosol

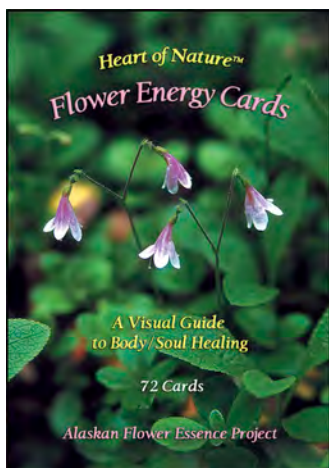
This hydrosol is from the same desert sage that has been used by Native Americans and others for rituals, smudging, and healing as far back as traditions go. The energy field of this hydrosol is amazing. Use it to rebalance the energy field by anointing the chakras and energy points of the body, and to cleanse crystals and other healing tools.

I have just begun to use this hydrosol in my Space Clearing work, but the initial results have been extraordinary. It is very immediate in its effect, and in most cases very little of it is needed. Its action is similar to smudging with sage, but without the smoke and burning embers, and much more concentrated. Available in 2 oz/60 ml and 4 oz/120 ml bottles.

**Shelf Life:** The shelf life of each hydrosol differs and as this is a newly emerging field of vibrational healing, information is still coming in. Of the three hydrosols offered here, the Sweetgrass Hydrosol has the shortest known shelf-life. I have stored shrink-wrapped bottles of this hydrosol for over a year with no problems, but once opened, the bottle should be used up within 6 months. In all instances, please store your hydrosols in a cool dark place.

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# Heart of Nature™ - Flower Energy Cards



## A Visual Guide to Body/Soul Healing

These cards feature the 72 flowers of our Flower Essence Practitioner Kit. Beautifully photographed by Steve Johnson, they will help you open to the healing power of nature in a profound way. They have been designed to assist in the essence selection process, but are also a very powerful healing and divination tool in their own right.

Each card features a color image of the flower/plant used to prepare the essence on one side and supportive text on the other, including the common name of the plant, the scientific or Latin name of the plant, five to seven keywords

that precisely indicate the healing qualities of the essence, and two affirmations that illustrate the positive virtues or states of being that each essence can help you attain. These decks are available in English, French, Brazilian Portuguese, and Japanese.

## How to Use the Cards

1. **Card for the Day:** Hold the deck in your hands with your eyes closed and set a healing intention for the day, then select a card. Open your eyes, attune to the picture and read the keywords and affirmations for the essence. Place the card on your altar and connect with it several times during the day.
2. **Attraction/Resistance:** With a particular issue and healing intention in mind, spread the cards out on a flat surface with the picture sides up and intuitively choose the one you are the most resistant to. This card will bring insight and energy that will help you release the tension you are holding around the issue. Now choose the picture you are the most attracted to. This card represents the positive outcome of your healing intention.
3. Do a more extensive layout with the cards. Several layouts are listed in the pamphlet that comes with the cards, and expanded versions of these and other layouts will be available on our website soon.
4. Use the cards to connect on a deeper level with the Alaskan Flower Essences that you are currently taking.

# How to Use the Essences

**Internal Use**—All of the essences we sell are bottled at the stock level of dilution and each bottle has been individually hand potentized. Dosage bottles may be prepared by following these basic instructions.

First choose the appropriate essences. This may be done by pendulum analysis, kinesiology (muscle testing), intuitive selection, or by reading the essence descriptions and determining which ones feel right for you. It may also be helpful to have a friend or counselor work with you in the selection process.

Fill a clean one ounce glass dropper bottle with pure spring or distilled water and add two drops of each selected essence. We recommend adding 20% to 25% brandy to preserve the clarity and stability of the dosage solution. Those with a sensitivity to alcohol may want to use a similar amount of vegetable glycerin as a substitute for the brandy.

The standard dosage is four drops, four times a day, but we urge individual testing to arrive at the correct dosage amount and frequency, especially with small children. Please note that the frequency, or the number of times that the essences are taken, rather than the amount that is taken, increases the strength of effect.

You may want to use these essences at their existing stock level of dilution. Drops may be taken directly from the stock bottle, or added to a glass of water or juice and taken at regular intervals throughout the day.

**External Use**—All of the Alaskan essences can also be used externally by blending them with massage oils, lotions and creams, or as a special addition to your bath. They may also be broadcast into your environment by placing several drops in an indoor fountain, a humidifier, or by preparing a misting or spritzer bottle.

To make up a spritzer bottle, fill it with filtered or distilled water and add two drops of each chosen essence along with any essential oils you wish to use. You can also add a small amount of clear alcohol to act as a preservative.

**Using the Essences with Animals**—Dosage bottles can be prepared according to the directions given above, with these additional considerations.

Animals are generally more responsive to vibrational essences than humans. Because of this, the dosage cycle for an animal will usually be of a shorter duration. With chronic situations, drops from the dosage bottle may be added to the watering dish every time it is filled. For acute situations, or when the animal is unable to eat or drink regularly, give drops directly to the animal as often as necessary.

For animals who are unable to take their essences orally, and for those who are suffering from external injuries, add essences to a spritzer bottle and spray them around or directly on the animal.

# Educational Programs & Certification

The Alaskan Flower Essence Project offers high quality educational programs to all those interested in using the Alaskan Essences in a professional or non-professional capacity. We are also committed to increasing public participation in our research programs, which employ case studies as a primary tool for understanding the healing potential that each Alaskan flower, gem, and environmental essence holds.

**Certification Programs**—We are currently offering Certification Programs in four countries: the United States, the United Kingdom, Japan, and Brazil. Each program requires your attendance at one or more training courses, as well as the submission of case histories. By successfully completing all of the requirements of a Certification Program, you will firmly anchor a foundation for your work as a practitioner of vibrational healing. The time and focus required to complete the program is considerable, but we feel that the benefits are worth the effort, as they will lead you to a deeper understanding of yourself, the Alaskan essences, and the process and potential of vibrational essence therapy.

To receive information on the general requirements of our Certification Programs, as well as guidelines for case history submission, please see the **Education** page on our web site or contact our Montana office. If you would like to receive information on our upcoming Certification Program courses offered in Brazil, Japan, and the UK, please e-mail our Montana office at: [afep@alaskanessences.com](mailto:afep@alaskanessences.com).

**2013 U.S. Practitioner Training Program**—Our Certification Program in the U.S. requires participation in either our week long Practitioner Training Program in Alaska, or similar programs offered elsewhere in the United States. The next training in Alaska will be held in Homer in the summer of 2013. The exact dates have not been determined. Please contact us if you would like to receive program and registration information for this event. This information will also posted on our web site at: Education: 2013 Practitioner Training.

Additional information on the programs offered in California by Jane Bell can be found on our web site at: Education: Jane's Teaching Schedule, or on Jane's web site at: [www.janebellessences.com](http://www.janebellessences.com).

**2012 Teaching Schedule**—Steve Johnson offers a variety of workshops in the U.S. and internationally on an ongoing basis. His schedule is available on our web site, and is constantly updated. To find it, click on the **Education** link and then on Steve's 2012 Teaching Schedule. For more information on any of the courses that Steve offers, please contact our Montana office.

# Research Programs

## Practitioner Discount Research Program

We are committed to the continual process of researching our flower, gem, and environmental essences. Our intent is to fully develop the healing picture for each essence we sell, and the case histories and feedback submitted by flower essence therapists and health care professionals using our essences constitute one of the most important parts of our research program.

If you currently use the Alaskan essences in your professional practice or plan to incorporate them in the future, and would like to participate in their ongoing research, you may be eligible to receive a discount of 15% on all of our products.

To receive this discount, you need to register for the program and agree to be contacted by us for research information in the future. To register, go to the **Research Programs** page on our web site. Your discount will go into effect once we have approved your application.

## Practitioner Referral Network

Therapists who are involved in our Practitioners Discount Research Program are also eligible for inclusion in our Referral Network. We often receive inquiries from people looking for a qualified flower essence therapist in their area. We will gladly add your name to our network and refer these potential clients to you as long as you remain active in our research program.

## New Essence Research Program

We would also like to invite anyone who is interested in researching our newer essences to participate in our **New Essence Research Program**. To take part, all you need to do is register with us and choose up to three essences from the research categories listed in this catalog (pages 38 through 47). We will send you these essences for free in exchange for one anecdotal story or information in a journal format and a summary form for each essence you receive. Please visit the **Research Programs** page of our web site to register, or call 406-642-3670 for more information.

**Note:** The Chalice Well essence has been prepared with the kind permission of the Chalice Well Trust. A percentage of profits from the sale of this essence are donated yearly to the Trust.

Products in this catalog are available locally from:



Clockwise from top left: Alpine Azalea, Cassandra,  
Mangano Calcite, Solstice Sun, Raspberry Rutile

## Alaskan Flower Essence Project

Order Fulfillment Center

PO Box 1090, Victor, Montana 59875

Orders: 800-545-9309 (U.S. & Canada)

Tel: 406-642-3670 • Fax: 406-642-3672

E-mail: [afep@alaskanessences.com](mailto:afep@alaskanessences.com)

Web: [www.alaskanessences.com](http://www.alaskanessences.com)

Suggested price: \$2.50