



HEALING ESSENCES FROM THE HEART OF NATURE®



Welcome to the twenty-seventh issue of our Online Newsletter! We hope you enjoy the new design and layout. These newsletters will continue to provide feature articles, customer testimonials, and tips from practitioners to increase your awareness and understanding of the Alaskan Essences and how they apply to our lives and the world. We will include announcements about our monthly online specials, new products, updates on courses and lecture schedules, and update you on what is happening in the field.

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Trauma Release/Life Support Set

Essences for the Challenges of Today's World

Years ago we developed several kits for the people of Japan. One of these, the **Trauma Release/Life Support Set**, included essences to help with the more difficult aspects of daily life. In response to the recent and ongoing catastrophic events in Japan, we have updated the contents of this kit and are making it available to everyone. The essences contained in this kit were chosen to specifically address the uniquely challenging circumstances currently impacting the Japanese people. However, these events are of such a magnitude that most people around the world have and will continue to be affected in one way or another.

Usage: One approach is to determine which of these essences are most applicable for you and your family, and make up a special combination that can be taken for a week or so. Then recheck. The essences can also be taken individually, in any order, according to need. If you live in Japan and would like more information on how to use the essences, click [here](#).

Steve Johnson



Here are expanded definitions for the essences in the kit:

Black Tourmaline - this is a master detoxifying essence. It works with an intelligence that allows it to determine what energies belong in a given environment and what energies need to be absorbed. It does this by connecting vibrationally and elementally to the 'base' level of the physical environment and any toxins or electromagnetic frequencies that don't match this base level are absorbed. There is also an exchange taking place, whereby fresh clean energy from nature is offered into the environment that has just been cleared. We also have anecdotal evidence of this essence lessening the harmful side effects of radiation treatments for cancer, and clearing discoloration from the gums due to prolonged exposure to silver amalgam fillings.

Chalice Well - the recent and ongoing transformational events in Japan, New Zealand, and elsewhere on the planet have had a tremendous impact on our collective souls and psyche. It is precisely during these times of upheaval and change that we can most benefit from the profound and eternal support that is constantly available from the angelic, elemental, plant, and mineral kingdoms of the planet. The message of this essence, to all those in need, is that you are not alone. You are part of a web of life that is much larger than those aspects which are in transition, and it is intact. And you can draw upon this matrix of support whenever you feel lost or need help to take the next step on your path.



Cotton Grass

Cotton Grass - this plant promotes renewal on a grand scale. It often comes into areas that have been transformed by naturally occurring events, such as wildfires and volcanic eruptions, to begin the process of regrowth and regeneration. The Cotton Grass essence works in a similar way with humans, helping us to release the tension and trauma we are still holding around our pain and injuries, so we can shift our attention more fully to the healing that is already taking place. On a deeper level, it helps us move our attention from everything that happened in the past (around the injury or transformation) to the new cycle of light that is and will continue to result from all that came before.

Enchanter's Nightshade - this essence is about balancing the polarities of light and shadow. Fear is a contracted state, and we seek the expansion of the light to counteract it. But too much exposure to light carries its own set of consequences. Enchanter's Nightshade heals such imbalances—we have anecdotal evidence of its usefulness in treating sunstroke and sunburn, but it also helps us find peace, protection, safety and security through the release of fear. This essence, which was made within the deep shade of an Alder grove without direct sun, brings the protection of the shadows, which in truth are just another type of light. By finding the light within our own shadows we can release our fears of the unknown and again find the magic of our potential, the magic to truly change things for the better.

Fireweed Combo - this formula supports the processes of transformation, transition, and change. When we feel lost, confused, and hopeless, it infuses an inner sense of calm that allows us to just trust the process and flow with the transformation as it takes its course. It is especially useful during an intense crisis of long duration, helping us to maintain our grounding connection to the Earth so we will be more stable and better able to cope with whatever comes our way.



Fireweed

Guardian - this combination addresses the vulnerability that is felt when all that we know is changed in an instant. It will also help those who are dealing with both the known and unpredictable aspects of the radiation coming from the Fukushima reactors. But one of the greatest gifts of this formula is that it strengthens the knowing that we are the source of our own protection. We can use it to reclaim our energetic space, maintain our grounding, and once again feel safe in our own bodies.

Northern Coral Root - this essence offers two very important levels of support. The first is to help us transmute toxic and distorted energies held in the body, or in the land itself, back into Light. In the current situation, this would include thought forms of fear, hysteria and rumor, and any detrimental emotional energies picked up from others and the environment. The second addresses how we can best develop and maintain a respectful, symbiotic relationship with the Earth with regard to energy. With nuclear power we create toxic by-products hand in hand with the generation of energy. This essence can help us transmute such toxicity, but more importantly, it will help us increase our alignment with the nurturing energies of the Earth and the inspirational forces of Spirit so we can develop less destructive ways of accessing and using the energy we require.



Northern Lights

Northern Lights - One of the main functions of an environmental essence is to bring energy to a process. Northern Lights will help us tap into the fundamental creation forces of the Universal Field so we can gather and focus the energy we need to make it through this transition. This essence will also help people break down the old energetic patterns of attachment that they have used in the past to relate to others, so that together we can create new matrices of connection through our hearts based on unconditional love and compassion.

Reindeer Moss - this essence addresses archetypal levels of grief and the severing of our connection to our homelands. It is applicable whenever there are damages, natural or man-made, that occur on a scale that causes profound loss of life and a massive displacement of the population. Reindeer Moss works by supporting the creation of a new kind of commonality. Right now, the Japanese people are unified in their suffering. This essence will help them acknowledge and heal this

suffering, but more importantly, establish a sense of unity that will be much stronger and deeper than it was before. They will then be able to move through their commonality of suffering to a commonality of purposeful co-creation.

Self-Heal - the aspect of this essence that is most applicable here is the belief in our body's ability to heal itself. If this belief is strong then there will be no resistance in the body to the universal forces of healing energy that are available to each of us, regardless of where we live or the challenges facing us. Self-Heal promotes self-esteem, self-acceptance, and an expansion of love and compassion for oneself, and can help those who have been the most affected by these tragedies to maintain hope and trust that nothing has happened or will happen that cannot be healed with the help of nature.



Self Heal

Soapberry - this essence works specifically with the relationship between humans and nature. Ideally, this relationship should be characterized by equanimity and open-heartedness, but humans typically close down and go into fear when witnessing or experiencing catastrophic events. Soapberry brings support from nature that enables us to release the tension, stress and fear that has accumulated in our hearts and bodies from these experiences. We are then able to open once again to an empowered and harmonious partnership with the Earth. This essence has been used with people who experienced the 1964 earthquake in Alaska, and helped them through a release even though the event was decades in the past.

Soul Support - this formula offers several levels of support for the current situation in Japan. It was created specifically to treat shock and trauma, helping people and animals stay strong, centered and stable during an emergency. However, it can also be used to provide long term support for the ongoing process of coming to terms with the reality of loss on material and emotional levels, a condition which is often referred to as Post Traumatic Stress Disorder, or PTSD. In this context, the formula supports emotional reorientation, recovery and rejuvenation, and helps us attract and direct restorative healing energy to all levels of our being.

These products are also being donated to individuals in Japan. If you have contacts within the country that would benefit from receiving these essences, please let us know. Email: afep@alaskanessences.com

We are offering a **25% discount** on the **Trauma Release/Life Support Kit**, and each individual essence contained in the kit during the entire month of April.

Trauma Release/Life Support Kit

Black Tourmaline, Chalice Well, Cotton Grass, Enchanter's Nightshade, Fireweed Combo, Guardian, Northern Coral Root, Northern Lights, Reindeer Moss, Self Heal, Soapberry and Soul Support.

** This kit comes in 1/4 oz/7.5 ml size only

Regular: ~~\$77.00~~ **Special \$57.75**

Individual Essences

Black Tourmaline, Chalice Well, Cotton Grass, Enchanter's Nightshade, Northern Coral Root, Northern Lights, Reindeer Moss, Self Heal and Soapberry.

1/4 oz/7.5 ml Regular: ~~\$7.95~~ **Special \$5.96**

1 oz/30 ml Regular: ~~\$12.45~~ **Special \$9.34**

Individual Combination Formulas

Fireweed Combo, Guardian and Soul Support Combination Formulas

1/4 oz/7.5 ml Regular: ~~\$8.45~~ **Special \$6.34**

1 oz/30 ml Regular: ~~\$13.45~~ **Special \$10.09**

The Specials are only valid for orders placed through the **ONLINE STORE**

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