



Alaskan Flower Essence Project

Healing Essences from the Heart of Nature®

Newsletter

Issue 24

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AUGUST Online Specials

The following five essences and one combination formula and spray support the back to school process for both children and adults. These essences are **25% off** for the entire month of August!

Stock
 1/4 oz/7.5 ml
 Regular: \$7.95
 Special \$5.95
 1 oz/30 ml
 Regular: \$12.45
 Special \$9.30

Combinations
 1/4 oz/7.5 ml
 Regular: \$8.45
 Special \$6.35
 1 oz/30 ml
 Regular: \$13.45
 Special \$10.10

Sprays
 2 oz/60 ml
 Regular: \$4.45
 Special \$10.85
 4 oz/120 ml
 Regular: \$21.95
 Special \$16.45



Sticky Geranium

Easy Learning
 Combination Formula & Environmental Spray

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 Flower Essence

Peridot
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 Flower Essence

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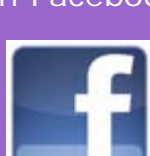
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-Notes from the Field- Preparing the Valerian Essence

Presence, Appreciation and Relaxation by Steve Johnson



Turnagain Pass

This summer I was blessed with the opportunity to remake one of our research essences, Valerian. It turned out to be one of the most profound experiences in recent memory!

The area where I prepared the essence is called Turnagain Pass, located high in the Chugach Mountains of southern Alaska. Due to the fact that it receives heavy snowfall in the winter, it has a late growing season, with the various blossoms reaching their peak in mid-July. This summer, due to extreme amounts of rainfall, the sheer volume and vibrancy of the flowers here was a wonder to behold.

Valerian is a very important herb around the world with a thousand year history of use. It is most well-known for its calming, soothing, and sedating properties. I received an immediate confirmation of this as I began the preparation process. Usually I am in a hurry to start writing my attunement notes after starting an essence. In this instance the message was, "take it easy--do what you need to do, be more relaxed about it, there is no hurry".

My initial sense of the essence was that it calms and energizes at the same time. It doesn't bring a drugged feeling of lassitude, rather it provides almost a buzzy feeling of relaxation and alertness. Basically, it's saying we can have energy and be relaxed at the same time.

As I continued to sit with the essence, it helped me drop to deeper and deeper levels of awareness that enabled me to enjoy a richer experience of each moment. And from this deeper place, I began to understand the essence through my own need for it, specifically, my own history of sleep issues. The message that came through was, "If you go through your day in a more relaxed mental state, then it's going to be easier to get to sleep and have a good rest!"



Valerian

I saw that Valerian promotes mental relaxation because it advocates the enjoyment of the moment over worrying about the future. It encourages a more sensual or sensory experience of life, in contrast to a more thought experience of life. In this context, the Valerian essence can change our perception of time. And as we notice more of what is present in each moment, each moment lasts longer. When we flit from one thing to the next in our minds, the moments fly by.

Valerian also encourages the feeling of comfort in everyday existence, where we can say, "whatever is happening, I am comfortable". As we slow down and sense the moments of our day, we move into a much more physical appreciation of everything.

Many of us used to live our lives with more appreciation, but then we became adults and learned to employ mental control as a way to deal with whatever came our way. This essence can help us return to the more enjoyable approach from our childhood, but more importantly, to find a natural rhythm between action and rest, one that will enable us to get mentally focused when we want or need to, and then return to a state of peace and relaxation afterwards.

As the preparation process neared completion, I realized how important this essence is for those of us who are always too busy, often pushing past our own internal places of balance. Valerian can help us get out of our heads and back down into our roots. It can help us surrender habits of living that keep us out of this place of relaxed alertness. And it can help us learn to stay in this relaxed state during the day, even when we are involved with cycles of mental activity or excitement, so we don't overpower natural urges to sleep when we are tired, eat when we are hungry, or walk outside when we are restless. Regardless of our activity, we can return to a state of restful awareness, like a cat napping in the sunshine.



Steve Johnson is the owner and director of the Alaskan Flower Essence Project which he co-founded in 1984. Steve has been preparing and researching the Alaskan flower, gem, and environmental essences for the past 28 years. He has written three books on vibrational healing and travels extensively around the world teaching about the Alaskan essences. Steve has over two decades experience as an essence therapist, has been certified as a Practitioner of Instinctive Feng Shui and Interior Alignment by Denise Linn, and has pioneered a new style of Space Clearing using the Alaskan Essences.

Customer Testimonial

Opium Poppy, by Katharine Cook

A month after surgery, a cautery wound on my chest was still very painful and not healing as expected. One night, having failed in desperation to get to sleep, I recalled seeing a film of the great herbalist, Juliette de Bairacli-Levy bringing down her daughter's fever by placing blossoms of Opium Poppy on her forehead. I remembered I had a bottle of Opium Poppy essence from Alaskan Essences so I applied it to the wound. The poppy blossom essence was a perfect fit for my needs, and the pain diminished. From that point on I was able to rest, the wound began to heal and continued to heal for the next three months.



Opium Poppy

Learning to rest, and being willing to rest sufficiently is a universal challenge for older people I know. Our brains, culture and economy keep prompting us to respond to the world as we did in our twenties or thirties. We still have visions of what we want to accomplish and expect our bodies to keep up and perform. Alas, aging gracefully has other plans for us, so we have to learn sustainable pacing. Alaskan Essences Opium Poppy provides this guidance for the soul, to find balance between rest and activity.



To view or download a copy of our **2010-2011 Catalog** in PDF format, please click [HERE](#).

The catalog lists all the new products we have added in the past two years. It also contains helpful information about how to use the essences and information about our research, education and certification programs.

Registration for the 2011 Practitioner Certification Program is now open.

Please click [HERE](#) for complete program and registration information.

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