



# Alaskan Flower Essence Project

Healing Essences from the Heart of Nature

## Newsletter

Issue 13

February 2009

Welcome to the thirteenth issue of our online Newsletter! Our intention is to provide information to increase your awareness and understanding of the Alaskan Essences and how they apply to our lives and the world. Future issues may include feature articles, testimonials, tips from practitioners and information on our monthly online specials. We will also announce new products, give you updates on courses and lecture schedules, and during the summer update you on what is happening in the field. We hope you enjoy the newsletter and we welcome your feedback.

**'THANK YOU'**  
for the most successful holiday sale we have ever had.

**FEBRUARY**  
Online Specials  
These Specials are only valid for orders placed **ONLINE**.  
To order, click on the individual products below, or visit the **ONLINE STORE**

The following Essences are 25% off this month.



**Angelica**  
Research Flower Essence

**Gold**  
Gem Elixir

**Green Bells of Ireland**  
Flower Essence

**Grove Sandwort**  
Flower Essence

**Northern Lady's Slipper**  
Flower Essence

**Sunflower**  
Flower Essence

**ORDER HERE**

Click **HERE** to go directly to a page where you can share your experiences with the Alaskan Essences.

**Register NOW!**

**2009 Practitioner Training Program**  
June 28 through July 4, 2009

The class is filling fast. Reserve your space now.

Click **HERE** for more information and to register.



### WEBSITE Links



[How to Use Our Essences](#)

[Find a Store](#)

[Online Store](#)

[International Distributors](#)

[2009 Practitioner Training Program](#)

[Research Programs](#)

[Steve Johnson's 2009 Teaching Schedule](#)

[Submit Research Stories](#)

[Contact Us](#)

[Practitioner Referral](#)

**Do you want to find our products in a store near you?**

If you live in the United States, use the **Store Locator** link on our website to find retail suppliers of our products.

If you live outside the U.S., please click on the **International Distributors** link to find a supplier in your country.

**NOTE: Residents of Brazil, The Netherlands, and the United Kingdom will not be able to submit orders using our Online Store due to the fact that we have exclusive distribution agreements in those countries.**

### -Practitioner's Corner-

This monthly feature is dedicated to articles and stories written by Flower Essence professionals. If you have a question for one of our Flower Essence professionals that you would like to see featured in a future online newsletter, please email [newsletter@alaskanessences.com](mailto:newsletter@alaskanessences.com)

#### Essences and Archetypes

by Gillian Haley



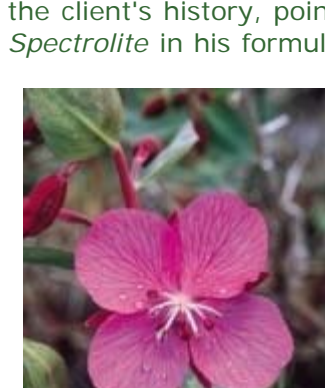
What a strange winter we are having. Outwardly there is record-breaking warmth in California and unheard of snow in the south. What is going on at a deeper level to cause these changes? Clients present the same question with a list of their outward difficulties. As a practitioner, I know the key to supporting lasting change is to address the underlying issues.

During the practitioner training with Jane Bell, I learned many practical skills that included making essences, stock dilutions, structuring a formula, essence pictures, attunement and interview techniques. This knowledge creates a valuable foundation; however there comes a point in working with clients where skills that can't be taught come into play. As each person brings unique challenges and needs, I find that a kind of sixth-sense is needed.

Practitioners meet this place of the unknown differently. Many use a pendulum, some use kinesiology, others rely on direct knowing. When I first started seeing clients, I found that mental images from different myths and fairytales appeared to guide me. This led to an archetypal understanding of the essences. Over time, I found a way to elicit the client's own inner pictures. When added to my impressions, a fuller picture of the underlying issue was revealed.

It is common for certain essences to come to mind for certain topics. Some examples are: "I feel raw and sensitive" (*Fireweed*), and "it's a time of waiting" (*Polar Ice*). Archetypal essence selection seeks to build on these helpful images by asking clients what they imagine would bring relief. One client wanted to lie down in a meadow by a stream. I questioned him about the appearance of the stream and meadow. The stream had pink flowers on the banks and many colors sparkled on the surface above the grey, rock-covered bottom. This picture, in combination with the client's history, pointed to using *River Beauty* and *Spectrolite* in his formula.

Snapshot pictures are useful, but I prefer to lead clients through a complete imaginative journey into their soul landscape. After talking with the client and taking notes, I ask them to lie down, close their eyes, and allow an image to come, showing how the soul is working with the issues we've discussed. I ask them to describe what they see and I make suggestions when they get stuck. At the end, we have the story of how their soul is working--full of archetypal pictures



from the unconscious.

In leading clients through this process, I've found there are two common themes: the 'once-upon-a-time home' and the 'quest'. Whether a cottage in the woods or a grand castle, I call the first type of formula a 'foundation formula', providing a base from which to explore life. The second type I call a 'quest formula', providing the person with the support needed to move toward the next step in reaching a goal.

In this article we'll look at the 'foundation formula', which has a core set of essences that change little from person to person. I work with adults and encourage them to become children in this imagination. I start the process by showing the client a picture of *Green Bells of Ireland*, pointing out the baby tucked in the bowl of the flowers. I ask them to imagine themselves tucked in such a cozy bed and have them look around and describe what they see. This essence is included in the formula.



The mother is represented with Mariposa Lily (FES or Desert Alchemy) and the father with *Sunflower* or *Baby Blue Eyes* (FES). Some souls only trust nature to nurture them and *Chalice Well* tends to their care. The guardian angel always seems to be *Northern Lady's Slipper*. When there is a group of angels, *Angelica* is the essence. There is usually a tunic or dress represented by *Harebell* or *Alpine Azalea*, each offering a slightly different quality of love to enwrap the child. One more common element is a blanket or cloak that shows up when venturing out from the imagined home. I ask the client to tell me the color of their cloak; if it's grey I use *Hematite*, blue is *Covellite*, and green is *Ladies' Mantle*. One client gained such support from *Hematite* that when she felt vulnerable she imagined donning her 'grey cloak'.

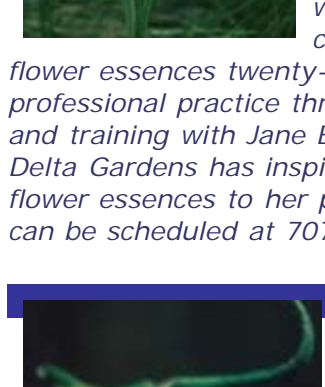
After a combination of essences forms the core of the foundation formula, other details from the guided visualization combined with their history and interview notes point to more personalized essences. Various clients have had a spiral staircase (*Ladies Tresses*), lost treasure (*Gold*), an endlessly nurturing mother (*Grove Sandwort*), a well (*Chalice Well*), and burning candles lighting the dark (*Bog Candle*).

I've had good results with using many essences in one formula that all relate to the imaginative journey. New clients often feel profound support, while those who have taken essences for years find it very strengthening. I encourage you to use your imagination and the Alaskan essences to create a new foundation for life.

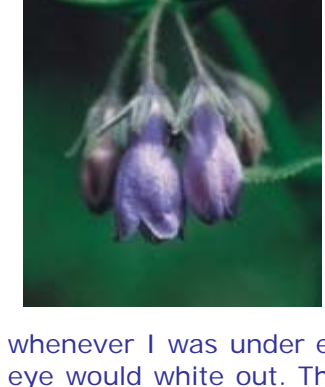


*Gillian Haley lives in Sebastopol, CA with her husband and two younger children. Gillian began using Bach flower essences twenty-four years ago. She started a professional practice three years ago after extensive work and training with Jane Bell. Studying with David Dalton of Delta Gardens has inspired the addition of medicinal herb flower essences to her practice. Consultations with Gillian can be scheduled at 707-235-1450.*

**Customer Testimonial**  
Chiming Bells, S.E.



The healing qualities of the Alaskan Flower Essences continue to astonish me! Approximately fifteen years ago I was in a car accident and after bumping my head I temporarily lost the vision in my right eye. Everything in my right visual field was whited out and I was unable to read or drive. By the next day my vision had returned, but I noticed over the years that whenever I was under extreme stress the vision in my right eye would white out. This was extremely frightening when I was driving. Last spring I took one dose of Chiming Bells and immediately noticed the vision in my right eye whiting out, and then flashes of white light were dancing and swirling about. With curiosity, at bedtime I took another dose of Chiming Bells and this time the swirling lights became brighter, iridescent and swirled about so much that for hours I couldn't sleep. However by morning my vision was fine and I have not had a single episode of my vision fading since. Thanks!



To sign up to receive our online NEWSLETTER click on the Sunflower image.

### Enter a DRAWING to win these Alaskan Essences!

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

- Angelica - 1/4 oz Research Flower Essence
- Gold - 1/4 oz Gem Elixir
- Green Bells of Ireland - 1/4 oz Flower Essence
- Grove Sandwort - 1/4 oz Flower Essence
- Northern Lady's Slipper - 1/4 oz Flower Essence
- Sunflower - 1/4 oz Flower Essence

\* Entry Deadline, February 28, 2009 \* Drawing held March 1st, 2009

\* Winner will be announced in the March 2009 Online Newsletter

\* Story may be used in an upcoming issue of our Online Newsletter

Send your story to: [research@alaskanessences.com](mailto:research@alaskanessences.com)

Alaskan Essences, Inc.  
2365 Red Crow Rd • PO Box 1090 • Victor MT 59875  
[www.alaskanessences.com](http://www.alaskanessences.com) • [newsletter@alaskanessences.com](mailto:newsletter@alaskanessences.com) • 800-545-9309

This email was sent to [marnie@alaskanessences.com](mailto:marnie@alaskanessences.com). To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using TrueRemove®.

Got this as a forward? [Sign up](#) to receive our future emails.

