



# Alaskan Flower Essence Project

Healing Essences from the Heart of Nature®

Issue 21

May 2010

Welcome to the twenty-first 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.

**MAY**  
 Online Specials  
 To order visit the  
[ONLINE STORE](#)

The following stock kits are **25% off** for the entire month of May!  
**Online Orders Only**

Alaskan Essences  
[Combination Formula Kit](#)  
 In both the 1/4 oz/7.5 ml and 1 oz/30 ml sizes

Alaskan Essences  
[Gem Elixir Kit](#)  
 In both the 1/4 oz/7.5 ml and 1 oz/30 ml sizes

Indigo Essences  
[Combinations for Kids Kit](#)  
 1/2 oz stock

**ORDER HERE**

- WEBSITE LINKS**
- [How to Use Our Essences](#)
  - [Find a Store](#)
  - [Online Store](#)
  - [International Distributors](#)
  - [Research Programs](#)
  - [Steve Johnson's 2010 Teaching Schedule](#)
  - [Contact Us](#)
  - [Practitioner Referral](#)

**Retailer Spotlight:**



Integral Yoga Shop, at Integral Yoga Institute, has an assortment of the finest books, DVDs and CDs on Yoga and supplies to support you on your journey of self discovery and peace.

The Shop carries yoga props and supplies including: yoga mats, yoga mat bags, meditation cushions, bolsters, benches, blocks and belts, clothing, devotional altar statues, bells, sacred imagery jewelry, malas, cards, incense, gifts and flower essences.



227 West 13th Street  
 New York, NY 10011  
 212-929-0585

Monday to Thursday  
 8:45 a.m. – 8 p.m.  
 Friday and Saturday  
 8:45 a.m. – 9 p.m.  
 Sunday  
 9:45 a.m. – 6:30 p.m.

**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.

**Join Alaskan Essences on Facebook**  
 to learn more about the essences in fun and exciting ways and to participate in an ongoing conversation with others who are using the Alaskan Essences in their lives.



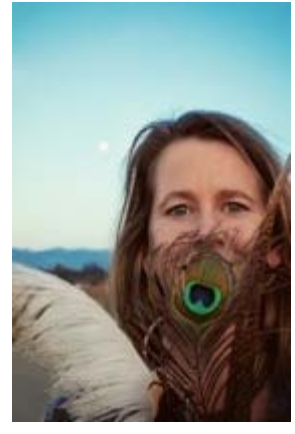
**-Practitioner's Corner-**

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: [Ask a Practitioner](#)

**Bodhichitta Botanicals**  
 Anna Wingfield

A fresh new bodycare line that infuses the goodness of Alaskan Essences into every bottle!

In 2005, I was introduced to the Alaskan essences through a Flower Essence Practitioner Training course with Jane Bell of Sebastopol, CA. We met one weekend a month for nine months; each class was such a gem. I was pregnant with my second child, Miles, and remember being a little bigger at each class meeting. I also remember how when I took the Rose Quartz gem elixir, feeling the connection between our hearts and the magnificence of that connection. It was a time of heightened sensitivity for me and the Alaskan Essences gently met my needs, guiding me through the pregnancy with elegance and eloquence. I was enchanted. Upon his birth, I began taking Grove Sandwort to strengthen the bond between mother and child. I anointed him with Green Bells of Ireland to connect him to the Earth.



It seems that over the last five years I have been taking at least one Alaskan Essence, sometimes several, depending on what is happening. Through this, certain notable experiences stick out in my mind. Like when my third son, Henry, at 23 months had to be "put under" to be operated on. I was overcome with fear and anxiety. The only "medicine" that could have carried he and I through this was Soul Support and Calling All Angels. Even though many of the nurses looked on with suspicion, I kept rubbing Calling All Angels into his hair and on his forehead, also putting it under my tongue. It turned out remarkably well; I owe it to these marvelous essences.



Green Bells of Ireland

Another "essence experience" is how I was using Go Create when my friend, now business partner, Valerie called me to ask if I would be interested in doing a business venture with her and her husband Ernie. That was the seed that has now blossomed into Bodhichitta Botanicals. These days I am taking a lot of Beyond Words as there are many opportunities to write and communicate with people about our products. Easy Learning is also a staple, assisting me on a continuous and glorious learning curve as our line makes its way out into the world. I am taking Jadeite Jade just for me.

Perhaps you now understand why it seemed so natural, when we created the Bodhichitta Botanicals products, for the Alaskan essences to be part of them. This and the fact that Steve and Marnie have been such delightful and agreeable people to work with has made this a completely joyful experience.

Now, without further ado here is some info about our products.....



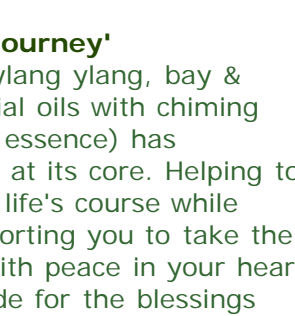
**BODHICHTTA BOTANICALS ~ A BOUNTIFUL WAY OF BEING**

Bodhichitta Botanicals is about beauty. Not the ever-elusive kind that you chase after and cannot attain, but the beauty that lives within you right here and right now. With our personal care products, we strive to nurture, celebrate and enhance your life. We source our essential oils and flower, environmental and gem essences from places that are wild, free and organic. We know that a potent scent has the power to transform, and a pure essence can be just the boost you are looking for. Our blends are multifaceted to address your physical needs and desires as well your emotional ones.

**'Nurture the Goddess'** collection (lavender, rose geranium & clary sage essential oils with ladies' mantle flower essence) is our offering to women everywhere. We invite you to slow down, relax and take good care of yourself. Our intent is to nurture the nurturer, promoting balance, relaxation and the celebration of being a woman!



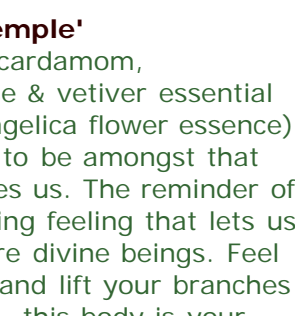
**'Peaceful Journey'** collection (ylang ylang, bay & rose essential oils with chiming bells flower essence) has authenticity at its core. Helping to define your life's course while gently supporting you to take the next step with peace in your heart and gratitude for the blessings bestowed upon you. Life is good. We believe it can be even better.



**'Wild and Free'** collection (patchouli & sweet orange essential oils with northern lights environmental essence) encourages you to let your hair down and connect with what makes you feel exuberantly and abundantly alive! It is an urging to partake in the dance of creation. Release old notions. Experience the wondrous adventure in front of you, the rapture and pleasure of now!

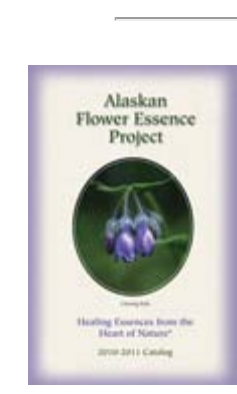


**'Sacred Temple'** collection (cardamom, frankincense & vetiver essential oils with angelica flower essence) inspires us to be amongst that which moves us. The reminder of a soul-stirring feeling that lets us know we are divine beings. Feel your roots and lift your branches to the sun - this body is your Sacred Temple. Worship daily!



The team at Bodhichitta Botanicals cares greatly about you. We have put our utmost intention and heart to creating one-of-a-kind body and soul care products to add pleasure, kindness and magic to your daily round. Our selections are made from the heart with the finest Mother Nature has to offer. We are sure they will fill you with joy.

Anna Wingfield is a certified aromatherapist and flower essence practitioner. She has made handcrafted bodycare products for the last decade with her cottage industry Napa Valley au Naturel offering her creations at farmer's markets and herb fairs throughout Northern California. Over the last year she has co-founded the company Bodhichitta Botanicals. She lives in the Napa Valley with her sweet husband and three sons and has not been bored for the last 20 years. Life is good. [www.bodhichittabotanicals.com](http://www.bodhichittabotanicals.com)



View our 2010-2011 Product Catalog. The catalog lists all the 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. To view or download a copy of our 2010-2011 catalog in PDF format, please click [HERE](#).

Please send us your personal stories about your experiences using the Alaskan Essences. Not only do we like to publish and share them in the newsletter, they serve as valuable contributions to our research database. No story is too short or too long.

Click [HERE](#) to submit your story.

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

