



Alaskan Flower Essence Project

Celebrating 25 Years of Service

Newsletter

Issue #10

November 2008

Welcome to the tenth issue of our online Newsletter! Our intention is to use this format to send you information that will increase your awareness and understanding of the Alaskan Essences. Each issue will include a feature article, testimonials, tips from practitioners, and information on our monthly online specials. We will also use the newsletter to 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.

NOVEMBER 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 Combination Formulas are 25% off this month.

[Go Create](#)
[Guardian](#)
[Lighten Up](#)



[Pregnancy Support](#)

[Purification](#)

[Soul Support](#)

[Click Here for Product Descriptions](#)



Alaskan Essences 2009 Practitioner Training Program

Homer, Alaska
June 28 - July 4

Join us for an in depth exploration of the power and potential of vibrational healing in one of the most pristine and intact environments on earth-Alaska!

Click [HERE](#) for more information.

Please Help Us. We are approaching the second year of providing this online newsletter.

Let us know if you would like us to continue providing this monthly service.

Click [HERE](#) to say YES, I want the newsletters, and to give us your feedback and suggestions for future issues.

Announcing our monthly drawing WINNER:

JOAN HENRY

Congratulations!

Enjoy the Environmental Essences. We appreciate the wonderful stories and look forward to receiving many more.

Alaskan Essences Website Links

[How to Use Our Essences](#)

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COMBINATIONS FOR KIDS



Homeopath Ann Callaghan came up with the idea for Combinations for Kids essences after years of listening to children telling her about the things that bother them.

Click [HERE](#) to learn more.



-Practitioner's Corner-

This monthly feature is dedicated to providing education about essences, and to answer your essence questions.

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

Embracing Uncertainty in Times of Change

Essences for Co-Creation
by Jane Bell



We are living in exciting times! Steve Johnson was here recently presenting a workshop on the title of this article. When the workshop was first planned, we had no idea it would be so timely and appropriate for what is happening in our country and in our lives right now.

When social structures such as the housing market, major financial institutions and the national economy are in a cycle of crisis, our personal lives reflect this turmoil. As co-creators of planetary change we are challenged to focus on the greater possibilities of this vital turning point. Staying focused on appreciation and joy keeps us in alignment with the change we want to create; however, fear sometimes creeps in surrounding the uncertainty of what the future might hold.

When we are free of fear we take the road in life that we really want. When we worry and have fear about the future we hold ourselves out of vibrational alignment with what we want to create. Essences are more important than ever before to help us sustain a positive co-creative vision for the future, by assisting us in staying aligned with the positive and bright optimism that supports empowered creation.

Soul Support is our "first aid" formula to assist with centering and balancing during stressful times without being energetically pulled into external events and situations. One can be in a crisis situation, but not be IN crisis oneself. The stronger we are the more we positively affect everything around us.

Purification can be taken internally and sprayed around our bodies or houses to cleanse and rejuvenate when our minds, emotions or environments have become congested or unpleasant.

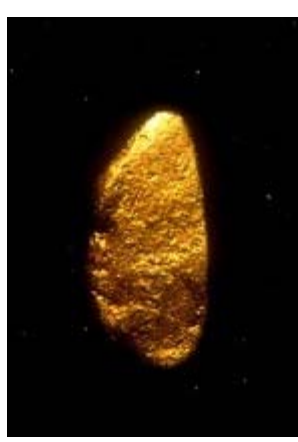


Guardian is excellent for providing safety and protection from the negativity of media coverage and the attitudes of others. When we absorb the energies of mass consciousness we can often feel overwhelmed and weakened. Guardian and Hematite help us to reflect back what is not ours, and to radiate out more of our inner light.

Lighten Up is excellent for uplifting and brightening when we are in a dark mood or where there is a lack of sunlight.

Blue Elf Viola eases anger and frustration over the state of affairs, amplifying the positive feelings of joy, gratitude and cooperation.

Tidal Forces soothes us during grief and sudden loss, reminding us that loss and gain are natural unavoidable cycles of life. Tidal Forces helps us accept and make peace with where we are and what we have in the moment.



Fire Opal helps when we are tired by topping up our energy reserves and refreshing our perspective. I liken it to an energetic IRA account where we learn to spend our energy wisely so that we have plenty in reserve. A tired perspective can lead to pessimism.

Gold brings a sense of empowerment as we remain confident and remember that we are powerful creators.

Go-Create is one of our most important formulas for this time. It brings a sense of hope, drenches us with tangible support, and clears our mind of perceived limitations to creating the most magnificent future we can image. Go-Create encourages us to clearly project our love and vision out into the world and draw the best back to us.

Pregnancy Support gives us a sense of safety, nurturing, and loving support as we birth a new paradigm filled with potential for ourselves, the direction of the United States and healing for our planet and all her beings.



Heart Trust is a formula I make for my students that has **Alder**, **Jacob's Ladder**, **Northern Lights** and **Citrine**. It helps us to receive higher guidance through our hearts so that we truly listen and trust what we get and what we know. This allows us to re-create our lives from our hearts.

May our hearts be filled with gratitude for everything we love, and for the gift of life which Nature gives freely each day. May we join together to envision a change in our government that embodies integrity, decency, inclusiveness, wisdom, maturity, tolerance and kind heartedness.

With blessings, Jane Bell

Jane is a Flower Essence practitioner, teacher and researcher with over 24 years of experience, and is a co-producer of the Alaskan Flower Essences. Jane has a highly developed capacity for seeing into the heart of Nature and teaching others to open to the love, support and healing wisdom of the natural world. She is also a pioneer in the field of Energetic Architecture and has recently prepared unique lines of essences in Bali and Hawaii. For more information see Jane's website. www.janebellessences.com

Send us Your Essence Stories!

Click [HERE](#) to go directly to a page where you can share your experiences with the Alaskan Essences.

Customer Testimonial



Stone Circle

Joan Henry
Shandaken, New York

We have been working with your essences for a number of years. I have found the environmental essences to be singularly effective in my counseling and teaching work with adolescents at risk and women who have suffered abuse. I cannot tell you the number of times that a little of the Stone Circle essence in water has calmed, centered, and created a sense of safety that allowed young women in our girl's program to speak about and begin to release stored grief around rape and family abuse. It appears to throw a field or circle of safety shoring up their luminous field, feeling that safety the girls open up, surprising themselves. Thank you for your creation of these essences.

Gali'eliga--I am grateful.



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

Enter a DRAWING to win the November Online Specials!

Submit a story about your personal experience with the Alaskan Essences. Your name will be entered in a drawing for the following products as showcased in the article by Jane Bell.

- Go Create - 1/4 oz Combination Formula
- Guardian - 1/4 oz Combination Formula
- Lighten Up - 1/4 oz Combination Formula
- Pregnancy Support - 1/4 oz Combination Formula
- Purification - 1/4 oz Combination Formula
- Soul Support - 1/4 oz Combination Formula

* Entry Deadline, November 30, 2008

* Drawing held December 1st, 2008

* Winner will be announced in the December 2008 Online Newsletter

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

Send your story to: research@alaskanessences.com

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