



# Alaskan Flower Essence Project

## Monthly Newsletter

Issue # 1

December 2007

Welcome to the first issue of our new monthly 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 course 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.

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### Holiday Season

**SALE**

December 1st  
through  
January 15th

To order via the online store click on the individual sale items listed below

**25% OFF**  
All Individual  
Stock Bottles

[Combination Formulas](#)

1/4 oz/7.5ml reg: 7.45

Sale: 5.60

1 oz/30ml reg: 12.45

Sale: 9.30

[Flower Essences](#)

[Gem Elixirs](#)

[Environmental Essences](#)

[Research Essences](#)

1/4 oz/7.5ml reg: 6.95

Sale: 5.20

1 oz/30ml reg: 11.45

Sale: 8.60

**20% OFF**

All Kits

[Flower Essence](#)

[Practitioner Kits](#)

1/4 oz/7.5ml reg: 395.00

Sale: 316.00

1 oz/30ml reg: 560.00

Sale: 450.00

[Gem Elixir Kits](#)

1/4 oz/7.5ml reg: 265.00

Sale: 212.00

1 oz/30ml reg: 375.00

Sale: 300.00

[Environmental Essence](#)

[Kits](#)

1/4 oz/7.5ml reg: 68.00

Sale: 55.00

1 oz/30ml reg: 95.00

Sale: 76.00

**15% OFF**

All Sprays

[Sacred Space Sprays](#)

[Combination Sprays](#)

2 oz/60ml reg: 12.95

Sale: 11.00

4 oz/120ml reg: 19.95

Sale: 16.95

### NEW PRODUCTS



indigo essences

COMBINATIONS for KIDS

[Click Here to Learn More about Indigo Essences](#)

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### New Essence Updates: Augustine Volcano & Gigha Quartz

In this issue we highlight our two newest environmental essences.

The **Augustine Volcano** essence was made on the southern Kenai Peninsula in south-central Alaska over a four-day period during several eruptions of the Mt. Augustine volcano. Mt. Augustine is an uninhabited island in the Pacific Ocean. It embodies the ancient prehistory and primeval nature of the planet and brings it forward to the present.

The Augustine Volcano essence helps us release pent up energy and unexpressed emotion in a positive way. It can help us get in touch with what is unresolved inside of us and gracefully express this out into our world.

The main lesson of this essence is that it is important to begin to view intense cataclysmic events, such as the eruption of a volcano, as benevolent instruments for positive change. The earth has and will continue to make these strong internal adjustments. If we are able to perceive them in a positive way, it will not only make it easier to live through them, but we will also be able to use the amazingly powerful energy that is contained within them to support deep, intense, and positive changes within ourselves.

**Gigha Quartz** was prepared on the Isle of Gigha, off the western coast of Scotland, during our 2006 Practitioner Training Program. The essence was made on a quartz outcropping that rises out of the ocean at the southwest edge of the island like a giant dragon. The outcropping is visible for 100 meters before it sinks beneath the ground. It then runs through the island and emerges at the northwest tip of the island, where it is visible for a short distance before going back into the sea.

This quartz formation embodies a very ancient and sacred energy that has the power to shift our grounding and alignment in very profound ways. It is a crystallization of light, energy, deep wisdom, and knowledge of the ancient secrets of the Earth. It embodies a complete marriage of the elements and represents the strong foundation places of the planet, and the essence made from it can take us to those places in ourselves.

Gigha Quartz is primarily a grounding essence, encouraging us to become more present in a soft and empowering way. As we become more grounded, the essence can help us build up our inner core strength and discipline so that we can maintain a deeper alignment with the planet. This alignment will then enable us to live our lives with a physical and energetic posture that is more upright, self-contained and authentic, and that leads to a greater expression of our power and creativity.

### Customer Testimonial

My four year old Granddaughter Kristen, had been having difficulty sleeping at night as she kept seeing a monster in her one-year old sister's crib. Her family had just moved into this house last month.



After Steve's presentation, I purchased several formulas and brought them to Kristen's house this past weekend as I was on "Gamma" duty the entire weekend. Kristen repeatedly woke up all through the night and finally would not go back to bed at around 5:00 a.m. She was quite upset and starting talking to me about the monster in Kara's crib. We talked for quite a while about the monster. Kristen did not like it and wanted it to go away because the monster was mean to her sister and made her wake up with bad dreams.

I asked her if she wanted to make a monster spray. She really liked that idea. I then asked her if she thought it would be ok for the monster spray to happily help send the monster back to its own loving home. She started to giggle, nodding her head in agreement while enthusiastically waving her arms in the air that, "Then the monster won't be a monster anymore cuz it will be happy to be home." I then set out the following essences on the table: Champion; Guardian; Yarrow; Fireweed Combo; Purification and Soul Support and asked her to choose how ever many bottles she wanted to use to make the monster spray.

She immediately grabbed Guardian and said, "This one." I asked her if there were any others and she firmly said, "No." We then began to prepare the spray. I asked Kristen how many drops she wanted to add of the Guardian formula and she replied, "two-we just need two." That being done we shook up our monster spray and headed up the stairs to her and Kara's bedroom.

Kristen was very specific where to spray, how much to use and when we were done! It was quite an amazing experience. The monster is gone. Kristen and Kara are sleeping through the night and Kristen is convinced that the monster is no longer a monster as it is back home and loved.

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