



Alaskan Flower Essence Project

Healing Essences from the Heart of Nature

Newsletter

Issue 18

February 2010

Welcome to the eighteenth 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.

FEBRUARY New Product Specials To order, visit the **ONLINE STORE**

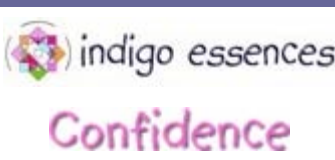


We are happy to announce the release of four new essences:

- Blue Poppy
Research Flower Essence
- Northern Green Orchid
Research Flower Essence
- Blue-Green Tourmaline
Research Gem Elixir
- Redoubt Volcano
Research Environmental Essence

The essences are discounted 25% during the entire month of February. As usual, this discount applies to the 1/4 oz/7.5 ml and 1 oz/30 ml size stock bottles.

To order these new essences, please click **HERE!**



For when you're feeling nervous or panicky or when you have a mental block in tests - just rub some confidence on your tummy and you won't feel such a mess.



Confidence helps the child who doesn't believe in him or herself. Confidence wants us to know that we are special and

extraordinary beings just the way we are and we don't have to prove that to anyone!

Confidence contains essences of the following minerals : charoite, hematite, kunzite & hiddenite, lepidolite, pyrite, ruby & kyanite 1, sugillite, new energy series diamond light & no 8, combination essence Love

Available in 15ml / 1/2oz tamper-evident amber dropper bottle. **ORDER HERE**

- ### WEBSITE LINKS
- [How to Use Our Essences](#)
 - [Find a Store](#)
 - [Online Store](#)
 - [International Distributors](#)
 - [Research Programs](#)
 - [Steve Johnson's 2009 Teaching Schedule](#)
 - [Contact Us](#)
 - [Practitioner Referral](#)



Please send us your personal stories about your experience 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.



Apple Cider Vinegar Cleanse

- 1 oz Apple Cider Vinegar
- 8 oz Water, hot or cold
- 2 Tbsp Honey to taste
- 1 tsp Lemon Juice

Plus the Alaskan essences of your choice:

- [Black Tourmaline](#)
- [Fireweed Combo](#)
- [Purification](#)

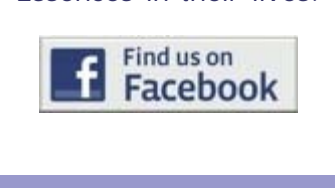
Submitted by Masami Yoshioka, Japan



Click **HERE** to download a pdf version of our new 2010-2011 catalog.



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

Using Essences with Indigo Children and ADHD,

by David Jonas



There have been a number of books written in recent years about Indigo children. Indigo children are reported to be highly intuitive, creative, free-thinking, unconventional, cosmic, somewhat ungrounded, willful and sensitive 'new souls'. They have a tendency to be extremely conscious of and affected by their environment, and they are less accepting of given structures and rules than most people. Since the year 2000, many of the children being born have been identified as Indigo.

ADD and subsequently ADHD are allopathic medical terms, meaning Attention Deficit Disorder. A number of children diagnosed with this disorder are Indigo children. These children are frequently prescribed drugs which have unhealthy side-effects. Since Indigo children are less grounded than average, it is especially important for them to have regular rest and to eat grounding food. A friend of mine gives her Indigo son meatballs for breakfast! Certainly a breakfast of protein will help the Indigo be more grounded for school; these children often need to be guided to sit down and focus on food. Sugar and highly-sweetened foods and drinks would be best kept to a minimum.

I have found that flower essences can greatly benefit those who live with ADD related issues. What follows is an in-depth consultation I had with a super-sensitive child who had been diagnosed with ADD.



Shooting Star

Isaac was 5 years old when he and his mother came to me for a consultation. He was very unsettled at school and unable to focus on school activities. He was hyper-active and tearful after leaving his mother, and was disconnected from the other children. He would often be exhausted at the end of the school day, and was frequently ill.

Isaac had unusual violet-blue eyes, white-blonde hair and looked angelic. In the ten minutes I spent with him, I observed that he had restless arm and leg movements and could not sit still. I spoke to his mother for the remainder of the consultation, and then chose flower essences to help Isaac to be comfortable in his body and calm at school:

Shooting Star: I chose this essence to help Isaac feel a sense of belonging on earth and to help incarnate him fully in the body. Almost every child I have treated has been helped by this amazing flower essence. The flower is mostly pink (representing the heart) and it looks like a rocket landing on earth: the signature of the plant is pretty clear!



Covellite

Covellite: This gemstone helps to close-down the aura and surround us with a comforting, blue energy. It brings calm.

White Violet: A delicate white flower which helps people feel comfortable in groups and hold their vertical alignment with the Divine. I felt it would help Isaac be more comfortable in the group-setting of school.

Monkshood: This flower essence is like putting on a peaceful monk's cloak; it helps us to close-down our energy field and protects the crown area.

Lavender Yarrow: All of the Yarrows offer protection. Lavender Yarrow has a particular affinity for the crown chakra - at the top of the head - and I felt that Isaac was especially sensitive in this area.

Red Elder: This flower essence is for people who jump out of their body when there is chaotic or distracting energy around them. I thought it would help Isaac to retain his still-point in the classroom (or at home). Like a wise sage, this flower teaches us to observe the discord around us, without identifying or merging with it.

I called this combination 'Guardian Angel' and prescribed 4 drops, 3 times a day.

When Isaac and his mother returned two weeks later, the transformation was remarkable. Isaac was sitting still and his eyes were steady. He had stopped the involuntary shaking of his limbs. His mother told me that he started to feel more settled at school within just three or four days of taking this combination of essences. He had made a good friend at school and was able on most days to go through the day without being wiped-out or having a melt-down.

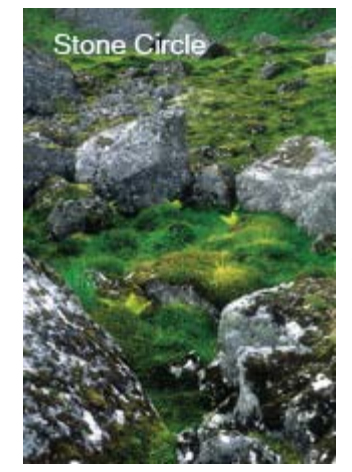


Monkshood

Consulting with his mother, I found that Isaac still was tearful on being dropped off at school and that she was continuing to find the separation difficult. After finding out that his mother had had a difficult pregnancy with Isaac, I gave Isaac's mother Pregnancy Support to help her be comfortable with motherhood and feel nurtured and supported. I also added Shooting Star to the bottle to help her connect with Isaac.

Isaac's second dosage bottle contained all the flowers of the first bottle, and I added Guardian to increase the level of protection that Isaac needed in group settings, and Stone Circle, an environmental essence made from a stone circle in Alaska. Stone Circle provides a very strong, protective circle. I also added Grove Sandwort to help Isaac feel nurtured on planet earth, to feel grounded, and to feel and accept love.

After taking Bottle #2 for a fortnight, Isaac had settled well into his school. He found it easier to let go of his mother at the beginning of the day, and only occasionally had an emotional melt-down. His energy was calm and contained. He now had a best friend at school.



Stone Circle

Isaac's mother found that the Pregnancy Support helped her to feel comfortable being a mother, and she was beginning to realize that her separation-anxiety had been adversely affecting Isaac. Both Isaac and his mother continued to take these essences for another month. I recommended that Isaac take Guardian, Shooting Star and Monkshood on an on-going basis.

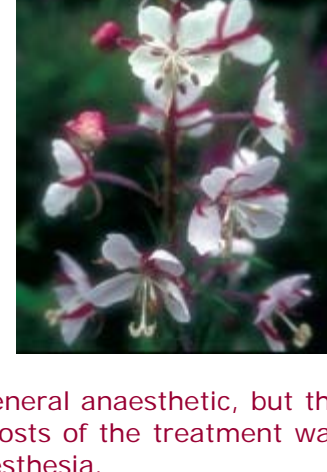
Other Alaskan Essences which I have used to help Indigo children and adults include: Purification Spray to help move unwanted energy from a space; One-sided Wintergreen for healthy boundaries and to prevent unnecessary merging; Calling All Angels to feel a matrix of angelic love and protection; Rose Quartz for feeling loved & accepted, and Single Delight to help new souls feel connected to the Divine and to their soul-family.

David Jonas is a Flower Essence Practitioner living in southern California. He was trained in Alaskan Essences in 1999 and since then has travelled the world studying and practicing flower essence therapy. David is also trained in Reiki and crystal healing. For consultations: phone 310 - 455 0913, or email: davidjonas2@hotmail.com

Customer Testimonial Soul Support

S. Keenan, Hampshire, UK

In May 2005 I underwent some major dental surgery, fully conscious, using local anaesthetic for pain relief and 'Soul Support' Spray to help me emotionally and mentally.



White Fireweed

Normally, this type of operation (inserting three titanium implants into the front upper jaw) would take place under a general anaesthetic, but the cost in addition to all the other costs of the treatment was prohibitive, and I chose local anaesthesia.

The operation took just over three hours. The dentist would increase the local anaesthetic in response to one particular signal from me, and the dental nurses would spray me with the beautiful and calming 'Soul Support' in response to another.

Initially, my dental surgeon had voiced his concern about bringing a bottle of something into a sterile operating theatre, but I assured him that what was contained within this particular bottle could only enhance the healthy environment. I also mentioned to him that the 'Soul Support' may also help keep him remain calm during a long & delicate operation.

The operation went very well and, yes, my dentist did feel really good while performing it! My rate of healing post-operatively was remarkable. Today I am still feeling very grateful that I had the healing energy of the beautiful Alaskan Essences on hand at a time of great need. Thank you Soul Support!

Please send us your personal stories about your experience 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, or email: research@alaskanessences.com

THANK YOU!!!