

Alaskan Flower Essence Project

Celebrating 25 Years of Service

Newsletter

Issue #8

September 2008

Welcome to the eighth issue of our 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.

SEPTEMBER Back to School 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 **Indigo Essences** in the 1/2 oz size, are **25%** off this month and are offered to assist the sensitive child with issues that are common with the stress and excitement of going **Back to School.**

Champion

Combination for Kids

No Fear

Combination for Kids

Plurk

Combination for Kids



Settle

Combination for Kids

Shine

Combination for Kids

The Works

Combination for Kids

[Click Here for Product Descriptions](#)

-Practitioner's Corner-

This monthly feature is dedicated to providing answers to your essence questions. If you have a question for one of our Flower Essence professionals, please email newsletter@alaskanessences.com.

School and the Sensitive Child

Indigo Essences Can Help

by Ann Callaghan
Co. Wicklow, Ireland



Through the years of my homeopathic practice I often heard parents say they wished there was something that would help their kids with the emotional bumps and bruises of growing up, a kind of first aid kit for feelings. Eventually, with the help of my nephews, Ben and Mica, I put together a series of combination essences called Combinations for Kids.

Essences are a particularly useful tool for the return to school. They can help a child stay balanced and centered while they deal with the stress of integrating into a group.

BULLYING

champion: *when you feel bothered by bullies.*

The first thing the boys wanted was something for bullies. Nearly every kid they knew was affected by a bully at some time or other. We called that essence Champion because we wanted to convey the message that when you feel really strong in yourself, nobody can bully you.

We know a little girl was having trouble with other kids in school laughing at her and leaving her out at play time. She started to bring a Champion spray with her to school and said that whenever she felt that someone was going to 'look funny at her' she reached into her bag and touched the bottle of Champion and felt better. Eventually the bullies stopped trying to bother her and she didn't need the essence any more. We also know adults who take some Champion before they go into meetings with their bosses.

AFRAID TO BE YOURSELF

shine: *when you're afraid to be the star you really are.*

This next essence ties in with the bullying theme. If children are really true to who they are, they are much less likely to back up the primary bully in a class, nor are they as likely to be the victim of bullying themselves.

One mum told us that her young daughter came home from school very upset because nobody liked her and she wasn't picked for the school play. The mum showed her little girl the twelve combinations and the little girl picked Shine. The next day she skipped home from school. The mum asked what happened and the little girl said "I realized that I wasn't being myself and that when I am myself people do like me."

Here is another story a mum sent in which illustrates how essences can help children who are having trouble adapting to school life.

"My son R, started school in September and was finding it all a bit overwhelming. Playtimes were difficult, trying to join established friendship groups and learning ways of engaging other children. He was beginning to act in an unusually silly way and was rapidly losing confidence. About three weeks ago, I took R to choose from your essences: he picked Invisible Friend and I selected Shine. I have made these into a cream which he rubs on his tummy and any sore places each morning and before parties etc. We have seen the return of our quietly confident child, who is again himself instead of a whizzy, silly, lonely child. He is getting to know the other children in a relaxed and gradual way, and is filled with enthusiasm and interest at school. The essences helped him to feel safe and confident, and have taken the panic out of trying to fit in.

GENERAL ANXIETY IN SCHOOL

no fear: *when you feel wobbly inside.*

Another thing the boys wanted was something to help when they felt scared for no obvious reason. We call this one No Fear. The boys said it would help when 'you feel wobbly in your tummy'. Quite often children feel scared, but aren't able to say why. Sometimes they will say they have a pain in their tummy when the pain is actually a feeling rather than something wrong with their tummy.

"One little girl said that when she takes No Fear she feels safe and secure.

Sensitive children can feel what others feel, but often don't realize it. Ask them to question any feeling they get by asking "is this feeling mine?" and they will get a yes or no answer. If the answer is no, ask the child to send the feeling away, or give it to an angel or guide to sort out. If the answer is yes, then No Fear can help.

OVER ANXIOUS ABOUT SCHOOL WORK

plurk: *when you're bored or snowed with work, plurk will help you lighten up and learn to play and work.*

This combination has a strange name; it means Play And Work. Ben and Mica feel that learning should be fun. This essence is to help children who get too stressed out about working and don't spend enough time playing.

The dad of a very gifted child showed his child the box of essences and he immediately chose Plurk. He walked around all day holding the bottle and was much more relaxed after that.

Sensitive children are often highly intelligent, but will work unnecessarily hard or just keep on working when other children are out playing around. Use Plurk as a room spray to spray bedrooms and study areas. Some people say they feel a smile coming on when they take plurk, as if the essence shows us not to be too serious about life.

UNABLE TO SETTLE DOWN

settle: *when you feel rattly, shaky and can't settle down.*

Sometimes a school environment can make sensitive children feel very uncomfortable and ungrounded. This combination helps the child to settle down. Sometimes teachers use Settle to help a whole class. You can do this by adding drops of concentrate to a bowl of water in the room or using a spray to spray around.

This story comes from a therapist: ".....as an interim measure while treating a child for his autism, I asked him to choose a bottle. His mother said that he couldn't read and I explained that I didn't want him to read. Guess which bottle he chose - Settle! As a result he did settle down soon after having the drops and now he doesn't ask for them but knows they are there if he wants them."

CANT SEE THE POINT IN GOING ON

the works: *when you don't know what's wrong, the works will help you to feel strong.*

These days more and more young people are suffering from depression and even suicidal tendencies. The Works is particularly useful when a child is withdrawing and refusing to communicate. In this case the essence can be sprayed around the house and will start energy moving again.

One boy who took The Works dreamed that he was in an alien, barren place surrounded by rocks where he recognized nothing. Then he found a path that led him up a mountain where the rocks changed to plants and trees and he found a cave. In the cave he found a message which told him what he needed to do with his life.

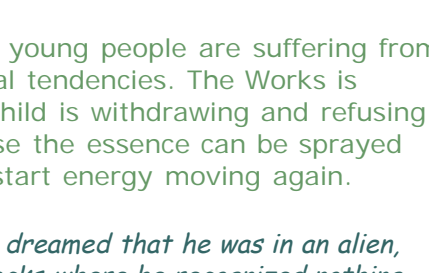
ON SELECTING ESSENCES: Giving children the power to choose their own essences helps them stay in touch with their intuition and engaged in their own healing process. We often find children will choose a different essence than their parents. For instance, a parent might choose Sleep Easy because their child isn't sleeping well, when the child would choose Confidence, as the child isn't sleeping well because he is worried about tests in school.

Ann Callaghan, LCH, ISHom. is a homeopath who specializes in the treatment of the children. Ann taught homeopathy and served as Director of the Irish School of Homeopathy until 2000, when she decided to concentrate on making essences. Ann now teaches workshops on Indigo Essences, Changing Consciousness and New Children and runs a private practice combining the use of essences with homeopathy. <http://www.indigoessences.com/>

Customer Testimonial

Animal Care

Dixie Hart Livingston MT



A few years ago I purchased a bottle of *Animal Care* spray for my 11 year old Gordon Setter, Gus, when he had surgery to remove a growth on his back leg. It seemed to help settle him and kept his mind off his stitches. After he recovered I put the bottle away and forgot about it.

Now he's 14 1/2, blind and deaf, and is lethargic and seems to have a very 'restless' energy. A few weeks ago I rediscovered the bottle of *Animal Care* and began using it again. I've been misting him as he settles down for a nap and have noticed he's sleeping so peacefully. He usually has at least one period each day where he's more overjoyed with the results. His energy has picked up, I'm seeing glimpses of his old playful personality, and he's actually begging for walks....lots of walks!!!!

This is a wonderful product for those of us who are blessed with the privilege of sharing our dear companions retirement years. I thank you and Gus who are sharing.

Love and Blessings,
Dixie Hart

Please Send us Your Essence Stories!

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

Enter a Drawing to WIN the Indigo Essences

'Back to School Special' 1/2 oz size essences as outlined in the article by Ann Callaghan.

Champion

No Fear

Plurk

Settle

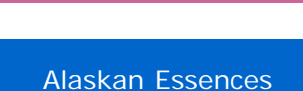
Shine

The Works

Drawing details at the bottom of this newsletter.



[Click Here for Product Descriptions](#)

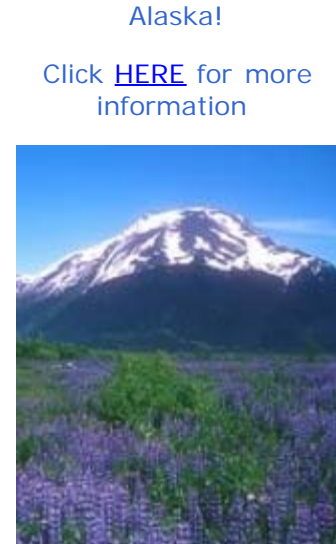


Alaskan Essences 2009 Practitioner Training Program

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



Announcing our monthly drawing WINNER:

Dixie Hart

Congratulations!

Enjoy the 'Holding Space for Ourselves' 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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[Steve Johnson's Teaching Schedule](#)

[2009 Practitioner Training Program](#)

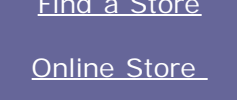
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Alaskan Essences Custom Kits



Choose any 12 or 24 regularly priced essences of one size from our entire inventory in any combination of single flower, gem and environmental essences (no combination formulas) and receive them at a discounted price in a convenient kit box.

12ct. 1/4oz \$75.00
(you save \$8.40)

24ct 1/4oz \$150.00
(you save \$16.80)

12ct 1oz \$120.00
(you save \$17.40)

[ORDER HERE](#)

To sign up to receive our online

NEWSLETTER

click on the sunflower image below.



Enter a DRAWING to win six Indigo Essences!

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 Ann Callahan about the Indigo Essences.

Champion - 1/2 oz Combination for Kids Formula

No Fear - 1/2 oz Combination for Kids Formula

Plurk - 1/2 oz Combination for Kids Formula

Settle - 1/2 oz Combination for Kids Formula

Shine - 1/2 oz Combination for Kids Formula

The Works - 1/2 oz Combination for Kids Formula

* Entry Deadline, September 30, 2008

* Drawing held October 1st, 2008

* Winner will be announced in the October 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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