



Alaskan Flower Essence Project

Healing Essences from the Heart of Nature™

Newsletter

Issue 16

June 2009

Welcome to the sixteenth 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.

JUNE

Online Specials
These Specials
are only valid
for orders placed
ONLINE.

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ONLINE STORE

The following
Essences are 25%
off for the month of
JUNE.



Dandelion
Flower Essence

Green Jasper

-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](#)

The Application of Alaskan Essences in Energy Healing Modalities

by Ellen Kohn

During the last seven years, I have been using Alaskan flower, gem and environmental essences in my energy healing practice.

The essences provide a tremendous boost to the modalities I use, which include Reiki, Healing Touch for Animals®, Meridian, inter-species communication, aromatherapy, and crystal therapy. I have seen remarkable results when these energy healing techniques are supplemented by an Alaskan blend that is specifically tailored to the client's needs.



Animals experience the same range of emotional issues as their human caretakers, including fear, depression, anger,

Gem Elixir

Lilac
Research Flower Essence

Malachite
Gem Elixir

Prickly Wild Rose
Flower Essence

Spaghnum Moss
Flower Essence

Turquoise
Gem Elixir

ORDER HERE

Leleshwa
Essential Oil
African Wild Sage



Leleshwa is a small tree or shrub common in the Great Rift Valley of East and Southern Africa. Its uses are numerous and impressive.

The most common uses are as an antiseptic, antiviral, antibacterial, antifungal and a natural detergent.

This oil has a very strong capacity to clear old, stagnant predecessor energy from a room. It is also particularly effective in clearing residual odors that are "stuck" in the space, such as cigarette smoke and those that are left from cooking certain foods.

The undiluted oil is so powerful in this application that often all that is needed is

abandonment, grief and loss. Their health problems may mirror something that is going on in their person's life, or may be a result of surgery, trauma or an emotional setback related to their "job" or relationship with another animal or person.

Joey is a darling, black Pomeranian. His person, Laurelle, found him at a shelter and fell in love with him immediately. Joey, who had been found wandering around the streets alone and abandoned, still displayed some residual fears. He shook and hid when people came to the house, and barked incessantly for hours when Laurelle went to work.



The custom blend I chose to accommodate Joey's emotional needs included Fireweed Combo, Northern Lights, Herkimer Diamond, Sugelite and Rose Quartz. The affirmation that accompanied the blend said, "For peaceful transitions, connectedness, adaptability, calm and joy." Fireweed Combo was the main ingredient in this remedy, as it offered the support Joey needed to face a new situation without fear, and to grow into his new surroundings with trust, while releasing old energy from past trauma. Now Joey is doing great! When visitors come to the house he is well adjusted, calm and happy.



Northern Lights is an Environmental Essence that frequently comes up in making custom blends. Because Northern Lights helps cleanse and reformat our energies at a core level, it is supportive of change and transformation and it also works on the Heart Chakra, which represents unconditional love and healing. It is a very profound remedy that allows energy to be released when needed. Therefore, it offers a chance to move into a new energetic space in healing.

Lisa had two beloved equines that died in the same week last May. She was so grief stricken that she could not function. She carried a tremendous amount of guilt about their deaths and was completely closed down in all of her chakras. The trauma she felt was overwhelming and called for a special remedy to help her cope with her loss.

The Alaskan blend I chose for Lisa also included Northern Lights, Fireweed Combo, Rose Quartz and Herkimer Diamond. In this instance, the gem essences of Rose Quartz and Herkimer Diamond featured more prominently, helping Lisa begin the healing process by supporting her heart and by allowing her to



to take the cap off the bottle and leave it sitting in the room for an hour or so. This is a great way to clear hotel rooms when traveling. When working in extremely toxic environments, anoint tissues or a cloth liberally with the undiluted oil and leave in the space. You can also prepare the oil as a spray by adding 5-10 drops, depending on the strength you want, to a spray bottle filled with water.

You can find African Wild Sage under Space Clearing Supplies in our [ONLINE STORE](#).

This special essential oil comes from John Steele and Lifetree Aromatics.

Available in 6 ml / 12 ml

Alaskan Essences in your Neighborhood

Do you have a favorite local retail store, health food store or wellness center that you would like to see carry our products?

Help us help you. [EMAIL](#) us with the following details, and we will send you a product catalog with a customized letter you can present to the business owner, along with your personal endorsement of our products.

Business Name
Contact Name
Business Address
Business Phone

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[How to Use Our Essences](#)

remain open to the universal healing available to all of us. Northern Lights was chosen because of its ability to connect self to the greater creativity and because it releases painful energies from the heart.

Another blend was recently made for an equine named Gus, who was suffering from recurring uveitis (inflammation of the middle layer of the eye) and a painful corneal ulcer, which was also carrying a fungus. His vet said Gus might lose his eye, a very traumatic experience for a horse. The blend included Citrine, Gigha Quartz, Fireweed Combo and Northern Lights. The affirmation states, "For cleansing, strength and return to complete health and immunity." The intention of this remedy was to cleanse and repair Gus' energy body to stimulate health on the physical level. The addition of Gigha Quartz provided strength from the core to assist Gus in his healing process. Gus is still recovering, but has become much, much more cooperative with the vet and in taking his medications.



Another Environmental Essence that comes up often in my custom blends is Stone Circle. Due to its preparation within a circle of stones that encompasses natural elemental energies, Stone Circle offers a harmonic and protective connection with nature. These two properties are critical when rebalancing energy caused by emotional trauma. In addition to the essences listed above I have also found that Calling All Angels, Full Moon Reflection, Polar Ice and Typhoon have provided invaluable

support to my energy healing practice for people and their pets.

Ellen Kohn is a Reiki Master Teacher, Healing Touch for Animals® Certified Practitioner (HTACP), Certified Aromatherapist, Meridian Practitioner and Animal Communicator. Ellen founded The Kohn Foundation (www.TheKohnFoundation.org) in The Bahamas to assist the children and animals of Grand Bahama. Ellen lives in Colorado with her husband and seven pets. Visit her on the web at: www.EnlightenedAnimals.com.



Healing With Flowers Conference

Rowe Conference Center
Rowe, MA
September 25 - 27, 2009

The mere presence of flowers in a bouquet or adorning a garden walk can change the energy of people and places. The arena of plant consciousness is gaining widespread attention as science begins to recognize what shamans have known

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Flower Essences: A Brief History

Flowers have been used for healing since ancient times and their use much pre-dates homoeopathy. Many cultures, including Egyptian, Malay, African and aboriginal Australian, used flowers to treat emotional states and imbalances. In Europe, folklore on the healing power of flowers goes back to medieval times at least, but the earliest recorded use of flower essences occurred in the 16th century, when Paracelsus, the great physician and healer, collected the dew from flowers to treat his patients' emotional states.

*Source: Nutritional Therapy & Natural Medicine,
International Alliance for
Animal Therapy and Healing*

for millennia: plants are intelligent beings who have led the way of conscious evolution for both people and the planet while having the ability to effect profound healing.

The fragrance, color, beauty and essence of flowers open ancient doorways by awakening memories of when we lived in harmony with our own true nature. Join us as we focus on the flowers whose vibratory imprints carry patterns that enable deep healing to occur on physical, emotional, mental and spiritual levels.

This informative and inspiring retreat will be chock full of workshops on flower essences, plant spirits, aromatherapy, geomancy and plant ceremony. We will explore their multiple uses both personally



and in a healing practice. As we delve into healing at a source level, our co-creative relationship with nature will emerge as an essential ingredient.

During these dramatically changing times we are being called to raise our consciousness to another level. Our evolution began with plants and as before, they are leading us in our next level of development. This time our evolution is of a spiritual nature and the flowering plants and their indomitable spirits are guiding us, yet again.

Steve Johnson, founder of the Alaskan Flower Essence Project, will be our special guest and keynote speaker.

Other presenters include:

Jane Bell, Jane Bell Essences.

David Dalton, Delta Gardens.

Carole Guyett, Derrynagittah Herb Centre.

Kathrin Woodlyn Bateman, Flower Essences of Fox Mountain.

Tony Lemos, Blazing Star Herbal School.

Fearn Lickfield, geomancer and flower essence practitioner.

Jasmine Hurtak, plant spirit healer and flower essence practitioner.

Pam Montgomery, Partner Earth Education Center and Sweetwater Sanctuary Essences.

Mark Carlin, Partner Earth Education Center will lead a sweat lodge ceremony.

For details and registration information visit:

[Healing With Flowers Conference](#)

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!!!

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