

# Alaskan Flower Essence Project

Celebrating 25 Years of Service

## Newsletter

Issue #7

August 2008

Welcome to the seventh 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.

### AUGUST Online Specials

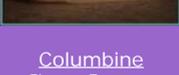
These Specials are only valid for orders placed ONLINE. To order, click on the individual products below, or visit the [ONLINE STORE](#)

The following essences are **25%** off this month and are offered to support women with deeper grounding and synchronization with earth rhythms, increasing self-acceptance, improving body image, coping with multiple roles and responsibilities, and protection, rest and regeneration.

[Balsam Poplar](#)  
Flower Essence

[Green Jasper](#)  
Gem Elixir

[Moonstone](#)  
Gem Elixir

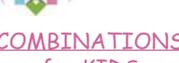


[Columbine](#)  
Flower Essence

[Labrador Tea](#)  
Flower Essence

[Stone Circle](#)  
Environmental Essence

[Click Here for Product Descriptions](#)



### COMBINATIONS for KIDS

Featured Indigo Essence of the Month

### Chill



When you're boiling up inside, chill out with this essence and your anger will subside.

*Chill* helps the child who feels very, very angry and can't seem to find a way out of it. It's normal to get angry now and again but sometimes you get stuck in anger and this is where *Chill* can help. Work with *Chill* and it will help you to talk about what is making you feel angry so that you can come to a resolution.

*Chill* contains the essences of the following minerals: calcite, chrysocollite-gem-silica, hematite, ruby kyanite 2, selenite and sugulite. It also contains the Combination essence Love and Diamond Light from the New Energy Series

[15ml / 1/2oz tamper-evident amber dropper bottle.](#)

*Chill* Room Spray contains chill essence, water, a little grain alcohol as preservative and a hint of organic, fair traded essential oil of Basil. *Chill* Room Spray is great to use after people have been arguing, the spray helps to clear the air so that everything feels fresh again.

[100 ml / 3.3 fl.oz PET recyclable, indestructible pump action spray bottle.](#)

[ORDER HERE](#)

### Announcing our monthly drawing WINNER:

Ruth Ann Striegel

Congratulations!

Enjoy the Combination Formulas. We appreciate the wonderful stories and look forward to receiving many more.

[Alaskan Essences Website Links](#)

[How to Use Our Essences](#)

[Find a Store](#)

[Online Store](#)

[Steve Johnson's Teaching Schedule](#)

[2009 Practitioner Training Program](#)

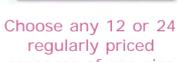
[Research Programs](#)

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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.



### -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](mailto:newsletter@alaskanessences.com).

### Holding Space for Ourselves

Medicine for our Multi-tasking Lives

by Ruth Toledo Altschuler



How did it happen that our lives got to be so overwhelmingly full? It seems everything just gradually accelerated, with demands progressively increasing at an exponential rate over this last decade. How has it been for you?

Around the late 1980's, I started to hear about the acceleration that would be happening, creating a momentum with increasingly intense "birth-pangs", eventually delivering us into times of oneness and love. Well, there is no doubt that what we are now feeling in our cells, bones and pace of our lives, is intense acceleration in ways never experienced before!

How are you handling all of this in your own life?

### Being a woman in our accelerated times

If you are a woman, who has this innate ability to multi-task, how has it been trying to keep all the plates in the air, being a master in so many areas at the same time?

Over these last two decades, we have come to expect of ourselves competence and success in the full range of Feminine and Masculine roles, being wonderful and supportive companions, wives, friends, mothers; excelling in our careers, while being attractive, sensuous lovers. Evolving and refining our quality as human beings, spiritually attuned, feminine, healthy, enjoying our lives in both work and play. I am probably missing a few, so many are the demands we have put onto ourselves!

### Holding Space, Holding Balance

Most often, we forget to acknowledge that there is a non-spoken role we have been playing all too well and all along, and that is one of holding space, sustaining the balance for the ones around us, our own family and other individuals as well.

Both men and women who serve as healers, add to this space that they hold a multitude of other individuals, if not a whole piece of the collective energy that they feel responsible to hold in wellness and balance. Whatever this may be named, it is one of the most important roles we have taken on. And we do it all the time, without even thinking.

Many of us took on this task very early in life, when the adult who was supposed to hold that space for the whole family did not, or could not do it. There are many amongst us who are already tired deep inside, because we have held space for so long, seldom recharging ourselves in the same proportion of the giving.

### How can we do this from a place of Fullness?

Yes, this is our big question: how can we do what we love and feel moved to do, from a place of fullness rather than at the expense of ourselves?

### Essences as Guiding Lights

I am sure it has been the same for you: the wisdom imparted in the messages of the Essences, may have finally come to you as guiding lights, helping you see that there is a way.

In the fields, when it is time to bloom, the flowers live within the diversity, each one doing their own thing. They do not expect they have to be everything for everyone. And we like each one of them because they are exactly that kind of flower; we do not look at the Columbine hoping it was Wild Iris. We love the little Lace Flower for being that unique delicate jewel, shining in the dark of the forest. I just saw some today, as I walked on a trail under the Redwoods: in our late California dry summer, this delicate little flower was there, holding its delicate light presence, the only one in bloom at this late time.

### Receiving and Recharging: essences for YOU

Take time to tend to yourself, inviting some special Alaskan Essences as guiding lights.

**Round-Leaf Orchid** helps you build a supportive and nurturing energetic space of privacy, the kind of space you need to discharge accumulated energy, integrate what has been happening in your life, and cultivate closeness and care for yourself. Once in your own space, you can rest, receive from the Earth and the greater web of supportive guidance, recycling and recharging on every level of your being with **Green Tourmaline/Smoky Quartz**. Now discharged and rested within our own space of safety and privacy, immerse all of your being in the Love and Gratitude that is being offered to you with **Harebell**. **Columbine** will help strengthen your unique flame, so you radiate confidence in expressing your unique note in the great symphony of life. **Lace Flower** is a wonderful contribution and will help you trust whatever you feel is your unique role. **Wild Iris** will help you feel inspired, and **Opal** will help you feel life is rich and colorful.

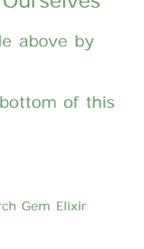
### Your Unique Role

So, dear ones, dear human friends and companions on the path, let us allow ourselves the gift of receiving.

May you come from a place of nurtured and settled fulfillment, so you can continue holding space, playing your part in the grand picture of all life, expressing your own unique piece.

Many beings, seen and unseen, are grateful because YOU are here. Allow yourself to RECEIVE.

*Ruth Toledo Altschuler is a certified Flower Essence Practitioner, writer and lecturer with over 20 years of experience. Ruth is originally from Brazil, where she played a major role in bringing flower essence therapy into public awareness. Ruth now lives in the United States.*



<http://www.inneralignment.com/>

### Enter a DRAWING to WIN the



### 'Holding Space for Ourselves'

1/4 oz size essences as outlined in the article above by Ruth Toledo Altschuler.

Drawing details at the bottom of this newsletter.

- Columbine**, Flower Essence
- Green Tourmaline/Smoky Quartz**, Research Gem Elixir
- Harebell**, Flower Essence
- Lace Flower**, Flower Essence
- Opal**, Gem Elixir
- Round Leaf Orchid**, Research Flower Essence
- Wild Iris**, Flower Essence

### Customer Testimonial



### Go-Create

Ruth Ann Striegel, Energetic Wellness  
<http://www.ruthannreiki.com>

Kudos for *Go-Create!*

For years, I had the statement "If you can dream it, you can do it!" on my desk, and I truly believe I can have exactly what I want in life. I am also blessed with ease in seeing "partly sunny" and "half full" instead of the opposites of those conditions.

In the late 90s, I trained with Denise Linn and learned how to create Vision Seed Maps. I keep an updated map on the wall of my office where I can easily see it from my computer. The map displays colorful and inspiring symbols of what I am manifesting at the present moment. My current map includes an amazingly beautiful starlit sky depicting limitless abundance. It's also filled with beautiful flowers; a butterfly for metamorphosis; a lady bug for good luck; smiling, healthy men and women; and words such as "High Standards", "Trust your intuition", "Sound mind, Sound body", and "Turn your dreams into reality!"

When I read the description of *Go-Create*, a new combination formula from Alaskan Essences, I thought, "Wow! What a great way to supplement manifestation."

After starting to take *Go-Create* in the spring of 2008, abundance began effortlessly flowing into my life. The abundance in my life includes growth in my practice, financial wealth, and new, healthy relationships.

- New students registered for my Reiki classes.
- New wellness clients booked appointments.
- An individual repaid a debt she had owed me for several months, plus bought three new products from me.
- I flew to Germany to teach Reiki and Feng Shui, and ended up adding additional classes and seminars because students wanted to advance their training.
- My husband and I received a three-year lease on a rental house that we own with monthly rent of \$1,800...and the rent has shown up like clockwork.
- We received an unexpected income tax refund of several thousand dollars.
- A local contractor hired me to space clear four new construction homes, one re-sale, and the company office.
- Soon after, a couple signed a two-year lease-purchase agreement on the re-sale.
- A well-respected physician booked a wellness appointment with me. His comment at the end of the session was, "I will certainly do this again!" Yeah for the repeat client AND for the connection of allopathic medicine and wellness!
- I have been invited to join a local women's group.

Thank you for the amazing combination formula, *Go-Create!* In addition to firmly believing it's possible to manifest "anything and everything", my daily life is focused around another critical mantra, "Gratitude is the best attitude!" I am again saying "Thank you!" for something - a good morning hug from my husband, the blue sky, a smile on someone's face, the deer who visit in our back yard, a green light so I'm on time, a red light so I can stop and rest a minute. I LOVE feeling grateful, and I believe it is integral in manifestation.

### 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 seven 1/4 oz 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 'Holding Space for Ourselves' by Ruth Toledo Altschuler.

- Columbine - 1/4 oz Flower Essence
- Green Tourmaline/Smoky Quartz - 1/4 oz Research Gem Elixir
- Harebell - 1/4 oz Flower Essence
- Lace Flower - 1/4 oz Flower Essence
- Opal - 1/4 oz Gem Elixir
- Round Leaf Orchid - 1/4 oz Research Flower Essence
- Wild Iris - 1/4 oz Flower Essence

- \* Entry Deadline, August 31, 2008 \* Drawing held September 1st, 2008
- \* Winner will be announced in the September 2008 Online Newsletter
- \* Story may be used in an upcoming issue of our Online Newsletter

Send your story to: [research@alaskanessences.com](mailto:research@alaskanessences.com)

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