



# Alaskan Flower Essence Project

Healing Essences from the Heart of Nature™

## Newsletter

Issue 14

March 2009

Welcome to the fourteenth 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.

### MARCH

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 for the month of March.

#### Aragonite

Research Gem Elixir

#### Blueberry Pollen

Flower Essence

#### Fire Opal

Research Gem Elixir

#### Fireweed

Flower Essence

#### Northern Coral Root

Research Flower Essence

#### Rock Spring

Environmental Essence



[ORDER HERE](#)

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

### Register NOW!

2009 Practitioner Training Program  
June 28 through July 4, 2009

The class is filling fast. Reserve your space now.

Click [HERE](#) for more information and to register.



### WEBSITE Links



[How to Use Our Essences](#)

[Find a Store](#)

[Online Store](#)

[International Distributors](#)

[2009 Practitioner Training Program](#)

[Research Programs](#)

[Steve Johnson's 2009 Teaching Schedule](#)

[Submit Research Stories](#)

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### Find our products in a store near you!

If you live in the United States, use the [Store Locator](#) link on our website to find retail suppliers of our products.

If you live outside the U.S., please click on the [International Distributors](#) link to find a supplier in your country.

#### NOTE:

Residents of **Brazil, The Netherlands, and the United Kingdom** will not be able to submit orders using our Online Store due to the fact that we have exclusive distribution agreements in those countries.

### -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

[newsletter@alaskanessences.com](mailto:newsletter@alaskanessences.com)

### Space Clearing with Alaskan Essences

by Deb Swingholm

Alaskan Essences are a special tool in my Space Clearing practice. Balancing and purifying the energy of a home, office, garden or plot of land can be done in many ways. Using essences creates a unique effect, by blending the element of Water (a time-honored symbol of cleansing and purification) with the energy of the nature spirits and the specific healing qualities of the flowers.



The art of Space Clearing revitalizes, uplifts and releases stagnant or inharmonious energy left behind after an argument or illness. Flower Essences, Gem Elixirs and Environmental Essences beautifully assist in this process and can be used in several different ways.

One method is a Water Blessing Ceremony. Add your chosen essences to a bowl of purified water. Begin by centering yourself and connecting to the energy of the essences. Then, holding clearly in mind your intention for purification and balance, gently flick the water into the room using a flower or sprig of a plant such as rosemary or pine. When you feel the space is lighter and more vibrant, give thanks for the assistance received and offer a blessing, for example "May this home be filled with love and may all who enter experience comfort, protection and peace." Let your blessing reflect the new energy pattern you wish to create.

Use essences in your everyday cleaning routine. When you are doing house cleaning, add essences to your wash water. In this way the chore becomes a sacred act; a ritual of purification. This kind of mindful cleaning is especially good to do at this time of year, in partnership with the fresh, renewing energy of Spring-time.



I also like to use the essences in a mister for Space Clearing. This is easy and quick, and rooms can be misted any time the space needs a bit of extra clarity or rejuvenation. Just leave prepared bottles scattered in places around the home or office and spritz the rooms occasionally. Use your intuition here. Good times to do this might be after a stressful meeting, or as you prepare to start a new creative project, or before bedtime when you want to relax and release the concerns of the day. Meditation rooms, yoga spaces, treatment rooms, children's rooms and hospital settings all benefit from Space Clearing.

Some of my personal favorite essences for Space Clearing are:

- Fireweed* and *Fireweed Combo*: cleansing, grounding, restoration, transformation, release.
- Sweetgrass*: cleansing, purification.
- Yarrow*: boundaries, protection.
- Liard Hot Springs*: ancestral healing, creativity, rejuvenation.
- Portage Glacier*: cleansing, detox, releasing, purification, transformation.

For a House Blessing Ceremony or to invite the assistance of angels, guardians and animal totems use:

- Chalice Well*: grounding, hope, peace.
- Chiming Bells*: joy, regeneration, transformation.
- Jacob's Ladder*: inspiration, intention.
- Icelandic Poppy*: opening, receptivity.

I love to make my own Space Clearing blends, which I craft based on the particular needs of the home and my client. However, I also enjoy the amazing *Sacred Space Sprays* that Alaskan Essences has created for just this purpose. When I use *Purification* I instantly feel refreshed and sense all of the heavy and negative energy just falling away. *Guardian* brings an incredible feeling of peace and protection. As a professional Space Clearer, I find these sprays to be truly remarkable. When used along with blessings and clear intention the results are magnificent.



*Deb Swingholm has lived in Asia and the Middle East for over eleven years, where she has learned healing practices from many cultures. She incorporates a myriad of traditions and symbolism into her Interior Alignment, teaching basic and advanced Feng Shui and Space Clearing courses with her colleagues, Neshi Lokotz and Minnie Kansman. Deb's website is: [www.floweringmoon.com](http://www.floweringmoon.com). To learn about course offerings for 2009 please visit: [www.beautyspacebalance.com](http://www.beautyspacebalance.com)*

### Customer Testimonial

#### Travel Ease

Ashley Hall, Tuscon AZ

I have always loved to travel, but I have always been terrified of flying. I am the crazy person who thinks of the worst possible scenario every time I am about to get on a plane. For example: "I hope a bird doesn't fly into the engine; what if the pilot falls asleep, it's a red eye flight after all; the weather hasn't affected any of the other planes today, so I am sure mine will go down." The list is endless. I am also the unlucky traveler who always seems to get the screaming babies, the mid-westerners who will not stop chatting and the people kicking my seat from every angle.

It was Christmas. I knew weeks before the trip that my flight was going to be filled with more than the usual annoyances. I confided in my friend Megan about my anxiety and she suggested that I look into Alaskan Essences and particularly the *Travel Ease* combination formula. I did not expect *Travel Ease* to solve all my travel issues; but, I hoped it would minimize them. I ordered the product and gave it a shot.



Before I got on the plane I was nearly ready to drink the entire bottle--the airport alone is enough to make someone go crazy. I finally got on the plane, got seated, and reached for my *Travel Ease*. I started to place a few drops on my wrist when the flight attendant interrupted me to let me know that I was spilling my essence all over the floor! How could this happen? Ironically, I was not even upset. The deed was done, and I had to move on.

The plane took off and for the first time in 10 years I watched as we left the ground, looking out the window admiring the scenery. What was wrong with me? Where was my fear? Throughout the entire flight I was awake, calm and collected. I was not filled with anxiousness or fear. It was not until the plane landed that I realized everyone on the entire flight was calm, peaceful, and pleasant. How could this be? Maybe the *Travel Ease* that I had spilled all over the floor had somehow affected everyone on the flight. Whatever happened, *Travel Ease* calmed my anxiety, and it seemed to do the same for everyone else on my flight.

### Enter a DRAWING to win these Alaskan Essences!

Submit a story about your personal experience with the Alaskan Essences. Your name will be entered in a drawing for the following products.

- Aragonite - 1/4 oz Research Gem Elixir
- Blueberry Pollen - 1/4 oz Flower Essence
- Fire Opal - 1/4 oz Research Gem Elixir
- Fireweed - 1/4 oz Flower Essence
- Northern Coral Root - 1/4 oz Research Flower Essence
- Rock Spring - 1/4 oz Environmental Essence

\* Entry Deadline, March 31, 2009  
\* Drawing held April 1st, 2009

\* Winner will be announced in the April 2009 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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