



HEALING ESSENCES FROM THE HEART OF NATURE®



October 2014 Online Specials

Being Mindful

Mindfulness requires that we take our minds off of autopilot, so that we may become consciously aware of the energy and information flowing through our being from moment to moment. Being mindful is being open and present to all of our thoughts, feelings, and actions without judgment or criticism. This intentional presence of mind helps us become more aware of what we are actually thinking and doing, and to what is going on within our body. With this awareness and newfound inner clarity, we are able to respond to life from our truest sense of self, and release old patterns and automatic reactions that no longer serve us. We offer the following essences to enhance any mindfulness practice as we continue the journey to becoming the masters of our own personal freedom, abundant health and overall well-being.

This month we are discounting the following essences by **25%**:

**Aquamarine • Bunchberry • Cassandra • Jadeite Jade
Lapland Rosebay • Monkshood • Opium Poppy • Polar Ice**

1/4 oz/7.5 ml Stock Regular: \$8.45 - **Special \$6.34**
1 oz/30 ml Stock Regular: \$13.45 - **Special \$10.09**

**Discount may NOT be combined with any other customer discounts.
Valid only for purchases made through the **ONLINE STORE.

Aquamarine	Aquamarine works with the mental body to reverse conditions of overwhelm and over stimulation. This essence stabilizes and grounds the connection between the soul, mind, and heart, encouraging us to move our focus inward, slowing down the rate of input. We can then more easily return to a calm state of mental alertness.	Bunchberry
Cassandra	Cassandra encourages stillness of mind and a more precise focus into the core of any experience. It promotes a sensory relaxation that allows our perceptual focus to turn inward and become aligned with the ebb and flow of our own life essence. From this perspective we are able to move into more profound levels of inner, and therefore, outer recognition.	Jadeite Jade
Lapland Rosebay	Lapland Rosebay brings support for being present with ourselves on a deeper heart level. It promotes self-knowledge through the act of self-love. This kind of knowing is completely different from most because it is only self-referent, it only knows and grows from itself: "I know this because I have observed it consciously within my own heart," helping this level of inner knowing become a reference point for everything in our lives.	Monkshood
Opium Poppy	Monkshood helps us focus on and align with our sacred inner space, where we are able to discern deeper levels of ourselves, powerful aspects of our Divine nature that were previously beneath our conscious comprehension. As a result, we are empowered to let go of our inner burdens, drop the heaviness from our hearts, and relate to the world with fearlessness.	Polar Ice
<p>Join us on facebook to learn more about the Alaskan Essences and how to use them to enhance everyday living and learning.</p>	<p>Opium Poppy helps us establish a new point of balance between doing and being. The white represents the Zen space, where all potential exists—the fiery red fringes, the energetic dance of evolution—and in the center, the green 'temple' of pure being. Together these symbolize a peaceful play of soul activation and peaceful surrender to an inner place of stillness and rest, giving us the opportunity to update ourselves to live directly in this moment.</p> <p>Polar Ice represents the energy of pure time, of pure waiting, without any goal other than to wait for the transition to complete its cycle. It is about time that rests from reaction or intent. This essence empowers us to stay present in a place that is seemingly suspended in time. From this clear space we are able to start anew, not influenced by our attachments to the past or our worries about the future.</p>	<p>Visit our Online Store for these and many other amazing Alaskan Essences Products!</p>

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