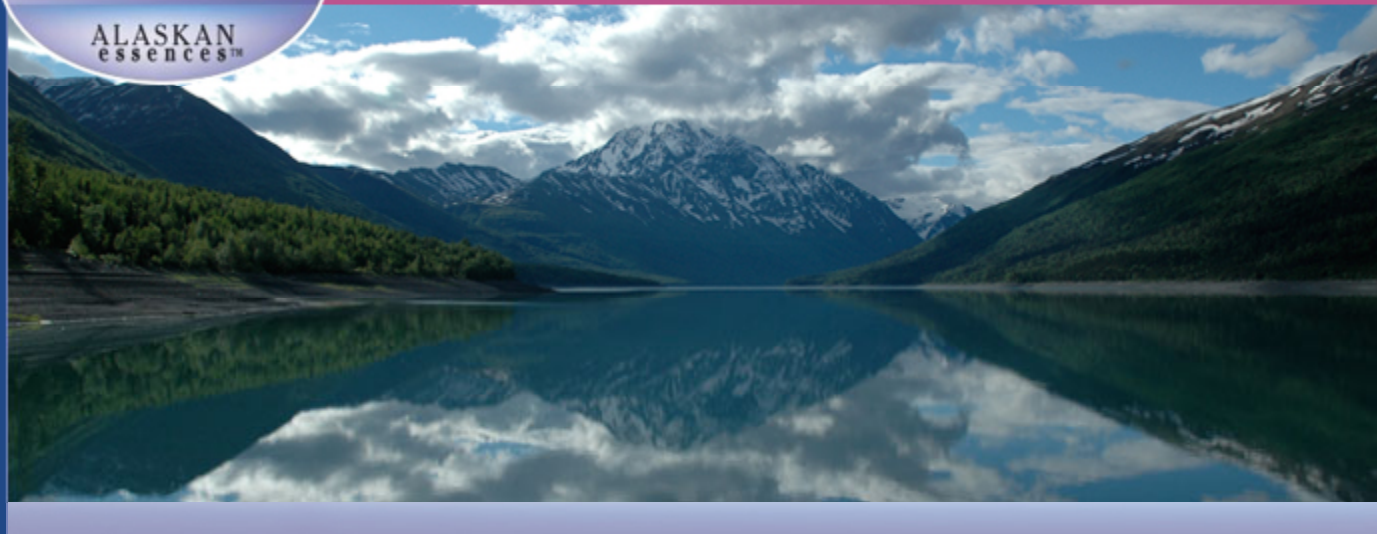




HEALING ESSENCES FROM THE HEART OF NATURE ®



October 2015 Specials

Menopause: The Great Awakening

Perimenopause is a transition all women of a certain age experience when the life she has lived begins to culminate and unfold into the richness and wisdom of who she is becoming. It can be a very challenging time as our bodies adjust to the changes in hormones, and our minds take note of all that we have done and still hope to accomplish. Our emotions experience a profound shift as we release the past and our spirits dream of the further fulfillment of our destiny. This period of transition may last for many years before the great awakening and spiritual transformation of menopause is achieved.

The following essences can provide support and encouragement for women during this transformational time, as they release old stories and write a chapter of new beginnings, a chapter that may possibly be the most rewarding and fulfilling of all. These essences are being offered at a **25%** discount during the month of October.

Blue Elf Viola • Moonstone • Opium Poppy Pearl • Vanadinite

1/4-oz/7.5ml stock regular: \$8.95 - **Special \$6.71**
1-oz/30ml stock regular: \$13.45 - **Special \$10.09**

Go-Create

1/4-oz/7.5ml stock regular: \$9.45 - **Special \$7.09**
1-oz/30ml stock regular: \$14.45 - **Special \$10.84**

We are excited to announce that when you purchase all six of these specially discounted essences you will now receive them in a sturdy and attractive kit box.

****This discount may NOT be combined with any other customer discounts.**

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	Blue Elf Viola empowers us to create a new foundation of emotional honesty that is clear, open and supported by the heart. The hormonal shifts accompanying the onset of menopause can bring deeply held emotions from the past to the surface. This essence helps us better understand the core issues at the root of our repressed emotions so we can express them in a clear and non-violent way and resolve any tension associated with them.
Blue Elf Viola	Go-Create can help us manifest what we want, need and desire in our lives, with ease, effectiveness and efficiency. Menopause is a time when the focus of a woman's creativity normally shifts from child bearing and rearing to more personal and perhaps more soul serving activities. It clears limiting beliefs and programming from the past that no longer serve us, and strengthens trust in our capacity to create what we want with joy and a sense of empowerment about our future.
Moonstone	Moonstone brings balance to the episodes of increased energy and heightened sensitivity that begin at puberty and continue with each menstrual cycle until menopause. Moonstone enables women to go through these cyclic energy fluctuations with more of a protective container around their sensitivities, as though their sharp edges were rounded off. It also soothes difficult emotions such as anger, annoyance, and impatience, so there is less reactivity towards others.
Pearl	Opium Poppy helps us establish a new point of balance between doing and being. A life transition such as menopause is the perfect time to slow down and get back in touch with ourselves. This essence helps with the creation of a peaceful and neutral inner space where we may take the time to acknowledge and integrate our past experiences and accomplishments. This will enable us to live more directly in the moment, and plan the next chapters of our life journey from a foundation of balance and self-appreciation.
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	Pearl helps us process and dissolve layers of irritation that have built up in the mental and emotional bodies and show up in the physical body as hardness and inflexibility. The source of our irritation usually stems from wanting things to be different than what they are. Pearl supports us in making the choice to look more compassionately at what is present, enabling us to shift from self-judgment, criticism, and resistance, to acceptance, understanding and openness.
	Vanadinite smooths out uneven flows of energy and moderates mood swings. It can help us face difficult transitions by increasing our willingness to release attachment to what is and has been so we can move forward with more openness and flexibility. It can also help women regulate and direct the energy of the fire element. For those who have an abundance—it brings a greater awareness of how to channel and use it; for those who are depleted—it helps attract more.
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Follow us on Facebook to learn more about the Alaskan Essences in fun and exciting ways.	Visit our Online Store to purchase these and other exciting Alaskan Essences products.
And join us for Facebook Fridays , where we offer one of our fabulous products at a 50% discount . The discount is offered on Facebook only. The special will only be good for that Friday, and can only be used once!	We now have a page dedicated to our Monthly Specials!
	Did you know we also carry Space Clearing Supplies?
	And we have a link that explains How To Use Our Essences .

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