

## **The Alaskan Essences**

The Alaskan range of essences, created by Steve Johnson, comprises three sets – the Flower Essences, Gem Elixirs and Environmental Essences – which together make a comprehensive system of prescribing.

The Alaskan essences feel alive with the clarity and cleanliness of a land that has not changed in thousands of years and is still, in vast areas, free from the impact of human activity. Steve describes Alaska as a ‘pristine wild flower paradise’ whose plant and elemental kingdoms are still ‘intact, healthy and exuberant’ – and it is this that comes through these essences and makes them so special.

### **FLOWER ESSENCES**

A flower is the crowning glory of a plant, the point where it reaches its fulfilment and expression. The Alaskan Flower Essences help us reconnect with our inner divinity and our spiritual blossoming. Each individual essence offers specific windows of insight into our own patterns, behaviour and make-up, and help us to contact deeper levels of understanding regarding our path through these. They enable us to let go of that which no longer serves us, to raise our energetic vibration and to attune ourselves to the harmony of the whole.

The Alaskan Flower Essences come from habitats as diverse as bog, forest, mountain summit, water and glacier. The spectrum of flowers covers orchids, trees, carnivorous plants, and all manner of meadow wild flowers. The vast scope of this selection of essences and the pristine land of which they are a part gives us a very special range which is full of pure, light-filled and intricate tools for our spiritual journey and growth.

### **GEM ELIXIRS**

The gem elixirs offer us the stability and grounding of the mineral kingdom. Where the flower essences help us to make changes and gain insight at the level of spiritual consciousness, the gem elixirs help to hold these changes in our being. Their crystalline structures provide an energetic matrix for ours – a place of purity and light for new beliefs and patterns to anchor and take hold within us.

The range of essences is filled with stones varying in colour, form and structure – each one embodying particular healing qualities - emerald, amethyst, hematite, garnet, ruby. The precious and powerful energies of these elixirs help us to strengthen our internal energy structures and live our own multi-faceted exquisiteness.

### **ENVIRONMENTAL ESSENCES**

The Environmental Essences bring the sacredness, beauty and inspiration of the external environment to our internal environment. Made from the sacred Chalice Well at Glastonbury, the North Pole, a Solar Eclipse or a Typhoon, to name but a few – each of these incredible essences offers its own gifts for facing situations from a place of internal readiness, safety and healing.

As the final part of the Alaskan system they set the scene for the other essences - bringing us the protective ambience of sacred healing energies as we undergo change and growth.