







---

<p><b>Alaska Violet</b> <i>Viola langsdorfii</i></p>		<p>Supports us in finding the right energetic relationship with ourselves, others and the environment, especially in crowded situations; helps us create a quiet place inside where the flame of love and enthusiasm for our life's work can be nourished and protected; helps us share our joy as a gift for others.</p>
<p><b>Angelica</b> <i>Angelica genuflexa</i></p>		<p>Promotes acceptance of spiritual support in all situations; helps us experience protection as coming from a certainty of our Divine nature.</p>
<p><b>Bleeding Heart</b> <i>Dicentra spectabilis</i></p>		<p>Opens the heart to forgiveness and loving kindness; helps us dissolve barriers in the heart to let another or ourself back in; helps us reintegrate and resolve the polarities of love and separation, joy and suffering, and self-acceptance and unworthiness that exist in the heart by opening to the experience of compassion for all beings, beginning with ourselves.</p>
<p><b>Bog Candle</b> <i>Platanthera dilatata</i></p>		<p>This essence works with cycles of initiation, death and rebirth. It offers a level of support that enables us to enter into an experience of spiritual transformation and rebirth, and emerge from that experience with a sense of new found wisdom rather than confusion, fear, shame or guilt. Heals tendencies towards destructiveness, degeneration, and degradation and helps us bring discarded aspects of ourselves back to the Light, to the embrace of Divine love.</p>
<p><b>Chocolate Lily</b> <i>Fritillaria camtschatcensis</i></p>		<p>Reveals how everything in life is connected to our centre; opens awareness of our centre's connection to the source of our vitality; helps us open to and hold our life experiences with more spaciousness and less reactivity.</p>
<p><b>Cloudberry</b> <i>Rubus chamaemorus</i></p>		<p>Helps us recognize the light of purity deep within ourselves; for replacing low self-esteem with an awareness of inner value; helps us open to the true source of our being and reflect this outward for others to see.</p>

---

**Combination Poppy**  
Papaver somniferum



Brings balance to the core levels of our being; promotes the unification of all energies in the body; helps us express our unique abilities into the world and then return to our centre for reorientation and self ordering.

**Comfrey** Symphytum officinale



Supports healing on all levels; heals the etheric body when there has been an injury in this or another lifetime; promotes the embodiment of higher spiritual energies and the expression of our Divine potential.

**Crowberry**  
Empetrum nigrum



Stimulates awareness of cycles of light and darkness, internally and externally; enables us to hold these variations with respect and gratitude, rather than with attachment or aversion.

**Crystal Saxifrage**  
Saxifraga escholtzii



Expands awareness of and lends energy to the process of personal transformation; helps us blend the creative power of thought, intuition, and Divine Will within the heart to accelerate our healing process.

**Devil's Club**  
Echinopanax horridum









Clears ambivalence about being present on the Earth and in our bodies; helps us express our truth firmly and clearly from the heart.

**Dwarf Fireweed**  
Epilobium adenocaulon









Helps us open to and experience transformation with gentleness, pacing and ease; helps us fine tune how we move through a healing process so we do not create more difficulties or pain.

---

<p><b>Enchanter's Nightshade</b> <i>Circaea alpina</i></p>		<p>Brings balance between the polarities of light and shadow, expansion and contraction; heals the imbalance that is created by too much exposure to the light; helps one find peace, protection, safety, and security in the shadow through the release of fear; for moving from isolation and separation to connection and union with all life; helps us release the magic of our potential.</p>
<p><b>Fairy Slipper</b> <i>Calypso bulbosa</i></p>		<p>Support for standing in our power and beauty, and for projecting our unique individuality in a clear way; helps us manifest our spiritual wisdom through our physical bodies; strengthens the male principle in men and women; promotes clear communication through alignment with Earth and spirit.</p>
<p><b>False Hellebore</b> <i>Veratrum eschscholtzii</i></p>		<p>Promotes the release of false concepts; catalyses movement from the old to the new; helps us face our deepest, darkest fears.</p>
<p><b>Goatsbeard</b> <i>Aruncus sylvester</i></p>		<p>Joy through optimism; supports the manifestation of positive reality; helps those who are highly energized mentally to ground and focus that creative energy into the physical body.</p>
<p><b>Ladies' Mantle</b> <i>Chemillia vulgaris</i></p>		<p>Protection around our relationship to the sacred feminine; heals the feminine connection between sensuality, creativity and divinity; assists men in balancing their relationship with the mother, the inner child, and with feminine power in themselves and in others; promotes the release of sadness and despair held in the lower chakras.</p>
<p><b>Lapland Rosebay</b> <i>Rhododendron lapponicum</i></p>		<p>Penetrating insight into the self and all of nature; seeing without distortion; brings a person back to their senses when they have been looking outside of themselves for answers; reminds us to look within for wisdom, knowledge, perspective, and direction.</p>

---

---

<p><b>Lavender Yarrow</b> <i>Achillea borealis</i></p>		<p>Gives strength and protection to the higher chakras; heals the depletion that results from a chaotic influx of energy through the crown chakra; balances the flow of spiritual energy into the heart.</p>
<p><b>Lilac</b> <i>Syringa vulgaris</i></p>		<p>Aligns the chakras so that they can more fully receive and embody Light; helps us gracefully raise the frequency of our energy fields.</p>
<p><b>Nootka Lupine</b> <i>upinus nootkatensis</i></p>		<p>Helps us confront and address deep karmic issues that surface repeatedly for resolution; shows where our awareness needs to be focused in order to make the change.</p>
<p><b>Northern Coral Root</b> <i>Corallorhiza trifida</i></p>		<p>Helps us transmute toxic and distorted emotions, thought forms, and energies back into Light; helps us become more aware and respectful of our symbiotic relationship with the Earth; supports us in receiving what we need through co-creative association and connectedness.</p>
<p><b>Pale Corydalis</b> <i>Corydalis sempervirens</i></p>		<p>Balances addictive and conditional patterns of loving; helps us see our relationships as catalysts for spiritual growth.</p>
<p><b>Pink-Purple Poppy</b> <i>Papaver somniferum</i></p>		<p>Purity in form; helps us embody and project Universal Love through the heart; warming, soothing, and strengthening for the heart; helps us return to an openhearted state after a loss has occurred and we are feeling lonely and isolated.</p>

---

**Potato**  
*Solanum tuberosum*



Physical release; for thawing out incomplete cycles of experience that are being held in the body; encourages love and self-acceptance to penetrate into every cell of the body.

**Purple Mountain Saxifrage**  
*Saxifraga oppositifolia*



Recognition, grounding, and embodiment of wisdom from the Higher Self; helps one tune into and make practical use of information from the frequency of Universal Mind; promotes discernment and differentiation when attuning to cosmic sources of information.

**Purple Poppy**  
*Papaver somniferum*

Helps us maintain balance during rapid phases of evolution, when our entire vibrational makeup is undergoing transformation; enables us to experience deep levels of integration and rest while allowing the transformative process to continue; helps us open to and embody new information from the higher self that enhances life in the physical dimension.

**Red Elder**  
*Sambucus racemosa*



For contracting overly expanded states of being; helps us view life from the centre rather than from the periphery.

**Red-Purple Poppy**  
*Papaver somniferum*









For balancing extremes between physical and etheric frequencies of energy; helps us focus on both the survival and spiritual aspects of life in a balanced way; supports us in making full use of our physical capacities to embody spirit.

**Reindeer Moss**  
*Cladonia rangiferina*



Opens awareness of the continuum and the constant and eternal nature of life; promotes a greater understanding of our collective history on the planet and how we fit into the whole; for those who have suffered a loss of connection with their ancestral homes and a loss of the living relationship with the many kingdoms that were present in their homelands.

---

<p><b>Round-Leaf Orchid</b> <i>Amerorchis rotundifolia</i></p>	 A photograph of a Round-Leaf Orchid (Amerorchis rotundifolia) showing a cluster of small, light purple and white flowers on a dark stem.	<p>Support to live more deeply in our hearts and maintain that position in times of confusion and chaos; promotes equanimity, balance, and awareness of centre; helps us get to and stay with the core of an issue without being distracted by all the energy at the periphery.</p>
<p><b>Self-Heal</b> <i>Prunella vulgaris</i></p>	 A photograph of a Self-Heal (Prunella vulgaris) showing a dense cluster of small, dark purple flowers.	<p>Promotes self-esteem, self-acceptance, and an expansion of love and compassion for ourselves; helps strengthen our belief in the body's ability to heal itself.</p>
<p><b>Star Gentian</b> <i>Swertia perennis</i></p>	 A photograph of a Star Gentian (Swertia perennis) showing a single, large, star-shaped purple flower.	<p>Fosters cooperation between the polarities that exist within the self to better focus one's energy towards goals of higher service; helps men reclaim their spiritual self-image; supports men in serving the divine feminine; helps bring about a higher degree of balance and equanimity between men and women as both are engaged in service to higher purpose.</p>
<p><b>Starflower</b> <i>Trientalis europea</i></p>	 A photograph of a Starflower (Trientalis europea) showing a single, small, white, star-shaped flower.	<p>A soothing and comforting energy of purity, refinement, and innocence; promotes individuality, involution, and free expression of self; helps us open a stronger vertical connection with Earth and spirit; strengthens our ability to maintain our sense of self in crowded situations regardless of competition for resources or lack of space; supports heart centered contact and inspired communication in groups and both the ability to speak from our hearts and the ability to welcome the preciousness of what others have to say.</p>
<p><b>Stinging Nettle</b> <i>Urtica gracilis</i></p>	 A photograph of a Stinging Nettle (Urtica gracilis) showing a cluster of small, purple flowers.	<p>Helps those who are highly sensitive stay connected to the Earth and to their feelings; promotes reconnection and grounding after being overwhelmed by too much input; enables us to absorb and process energetic information and input in alignment with our capacity to integrate it; for those who have been hurt deeply in the past and have a tendency to sting and repel those they really want to be close to; helps to heal the alienation that comes from the fear of being hurt again.</p>
<p><b>Valerian</b> <i>Valeriana officinalis</i></p>	 A photograph of a Valerian (Valeriana officinalis) showing a cluster of small, white flowers.	<p>Helps us slow down in order to gain perspective on our priorities, especially when we feel pressured to do or decide; promotes harmony in relationships; helps groups find a peaceful common ground.</p>

---

**White Lupine**  
upinus nootkatensis



Supports the emergence of a new archetype of male spirituality; stimulates the release of familial and tribal karmic patterns of behaviour, and old treasured wounds and grievances, without reactivity or attachment.

**Wild Sweet Pea**  
Hedysarum mackenzii



Promotes confidence and ease in our interactions with others; helps us offer our best in service to others.

**Yellow Paintbrush**  
Castilleja  
unalaschensis



Facilitates the release of emotional frustrations and feelings of self-limitation that block our creative expression; helps us open and cleanse the heart so that it may act as a focal point for the sharing of our creative energies.

**Amazonite** - enables us to find emotional strength through a joyful cleansing of old emotional burdens; helps us connect to the water element and to our ancient origins in water; facilitates a clearing of our hearts and emotional bodies so that we can communicate more easily with other living beings.

**Amber** - helps us to redefine our relationship to our body, especially with regard to our attitudes about aging; helps us contact the inherent strength, endurance, flexibility and instinctual nature of the physical body; relaxes and clears the pelvic region to promote a greater flow of energy moving down and up the spine; adjusts the energetic structure of the body so that more light and energy can enter and circulate with less resistance.

**Apophyllite** - brings horizontal balance to those who are too vertical; improves the flow of emotional communication through the heart; opens and softens the heart chakra and brings balance to those who have an excess of energy focused in the head; helps us relax and share what we have; enables us to interact more freely with the water element, both within us and around us.

**Aragonite** - helps one be fully present and energetically connected to the earth, spirit, and another person during healing work, and then facilitates the release of interpersonal energy connections so that both people can return to a state of energy independence; for those who work in other dimensions and have difficulty coming back into psychic balance on the physical plane; promotes energetic hygiene; helps us learn not to receive energy or information from another that is not our responsibility or in our highest good.

**Celestite** - gently opens and clears the upper chakras, helping them align with the divine and angelic realms; restructures our inner and outer vision enabling us to clearly see the world from a spiritual perspective; heals sadness in the heart resulting from experiences of loss and separation; works on a very deep level to help us identify and release the causes of physical tension in our bodies.

**Cinnabar** - stimulates the clearing of ancient karmic energy stuck in the lower chakras of the body and in the subtle bodies of the earth; works with the feet chakras to increase the flow of energy coming from the earth into the legs and up into the body; brings awareness to issues we have about our relationship with the earth, issues that keep us from receiving the energy we need to sustain our physical bodies; helps us release pain and deep emotional sadness stored in the lower chakras.

**Diopside** - releases self-destructive programming from the survival (1st) chakra; thaws out crystallized levels of fear, anger, and self-worthlessness that block the heart from accepting higher levels of consciousness & Divine Will; releases alienation and helps one rebuild trust and intimacy with all kingdoms of life; increases flexibility & exchange within the heart; support for moving through the density of grief & the sadness of separation.

---

**Green Garnet** - calming and soothing; anchors a person's energy, focus and consciousness onto the earth plane; facilitates vertical grounding and horizontal stability; works with the two way flow of energy and information between the heart and first chakra; helps one have a softer and more intimate relationship with the earth; helps one bring more earth energy through the feet and into the lower chakras.

---

**Green Tourmaline** - a transparent stone that helps us see through the illusion of separation and experience oneness with life; lifts the veil between the human and natural world so that we can see ourselves reflected in all of life, and feel all forms of life within ourselves.

---

**Green Tourmaline/Smoky Quartz** - expands the downward flow of energy between the fourth chakra & the earth; helps release energies into the earth that are no longer necessary; facilitates the evolution of our creativity through the development of the heart & our relationships with others & the earth; helps focus our creative energies as effortless giving from the heart; promotes concentration & firm willingness in creative act.

---

**Labradorite** - helps one attract, gather, and anchor the energetic nourishment of light into the body, especially into areas of dense or stuck energy; helps replenish those who have become depleted from using up their own energy reserves; good for those who are experiencing a light deficiency (Seasonal Affective Disorder) and for those who spend long days indoors; for issues of magnetism and attractiveness; helps one learn how to be responsible and conscious about their attractiveness and the energy they project.

---

**Larimar** - this stone holds the energy of non-violence, safety, and nurturing; builds up a resonance in the emotional body that attracts and holds the energy of harmlessness and peace; helps one relax and receive nurturing without struggle; helps women feel safe in the feminine; helps men and women allow their inner masculine to serve the inner feminine; for strengthening the sense of Sisterhood between all women, the feminine, and the Goddess.

---

**Mangano Calcite** - a gentle, soft, and very protective energy that helps one experience absolute safety in the heart; works with the inside dimension or structure of the heart chakra to create a safe, womb-like matrix for healing; helps one stay present with emotional pain, especially when it is felt as a dark or unidentifiable energy; gives strength and support to stay in a compassionate and loving space with painful situations; facilitates harmony in group experience; helps people move from fragmentation and separation to unity, and to also feel unity in separation.

---

**Pink Quartz** - a sweet and sublime heart energy that helps us heal whatever sits in the way of living in the moment with an open heart; helps those who are dealing with profound suffering and pain move through and beyond it so they can help others do the same.

---

**Raspberry Rutile** - prepares the seventh chakra to accept information from higher sources; helps translate fourth dimensional energies to the third dimension; helps us ground energy back into the body after a shocking or traumatic experience; creates strength and protection for the heart; facilitates the flexible and fluid movement of energy between the 8th chakra and the heart; helps one come into alignment with angelic energies and attune to these without distraction.

---

**Red Quartz** - grounding and energizing; protection and containment for the energy of the second chakra; helps one become more aware of the energy and information one is sending and receiving at this level.

---

**Rose/Smoky Quartz** - synchronizes the heart with the earth's vibration and with the frequency of love; helps one move energy from shadow to acceptance; facilitates the process of clearing and releasing dense energy from the heart and the body through grounding, self-acceptance, and an awareness of divine protection.

---

**Silver** - helps to restructure the physical and energetic bodies in alignment with universal intelligence and wisdom; anchors the infinite structure of Divinity in the heart and promotes the exchange of honor between the lower and higher selves; heightens awareness of the grace that resides within our own beings; promotes the balanced release of toxic energy from the aura; strengthens and balances the flow of energy from Divine Will through the heart and throat chakras and back again to the Divine.

---

**Star Ruby** - promotes heightened awareness and sharp focus in the present moment; helps one to draw, attract, and anchor energy and information into the physical body, where ONE IS; helps ground those who stray off in their thoughts, who go into their heads or out of their bodies; balances both vertical and horizontal energy flows within the body; penetrates one's resistance to being present; good for those who are easily distracted, or who purposely maintain distraction in their lives.

---

**Tourmalated Quartz** - works with the energy connections that link the chakras to their light sources; clears congestion in these pathways to facilitate a balanced flow of energy and information to, from, and between the chakras; draws off excesses of energy from all chakras and subtle bodies and the physical body; balances the base chakra in its relationship to the higher chakras; helps with the initial breaking up or shattering of a stuck pattern and can be used at the end of a healing process to carry off any remaining energetic debris.

---

---

**Vanadinite** - helps us regulate and direct the energy of the fire element; for those who have an abundance of fire it brings an awareness of how to use it; for those who are depleted, it helps attract more through awareness; promotes flexibility and a willingness to release attachment to form during a transformative process; helps one transcend pain through a stronger identification with the limitless aspect of Self, rather than with the personality or the small self that is experiencing the pain.

---

**Vesuvianite** - brings an awareness of how to ground love from the higher dimensions into physical form; helpful for those who are experiencing difficulties in forming deep heart centred loving relationships; connects us to the brilliant, purifying, energizing aspects of fire; helps us embrace our inner heat and vibrancy-to sit with confidence as the creator of our world.

---

**Bog** - this essence was made in the Stepstone Bog near Kachemak Bay in southcentral Alaska. Bogs are semi-swampy habitats that harbor a rich diversity of plant and insect life. They hold the fresh new energy of potential and are alive with an abundance of elemental energies. On a vibrational level, bogs are special containers for the heart energy of the planet. They also represent freedom, joy, and adventure-the freedom of wilderness, wildness, and wide open spaces. Their healing gift to the human kingdom is to help us prepare and expand the spaces we hold for new experience, to help us learn what is it like to live with an open heart and a spacious mind. The Bog Essence represents a place of special connection with the Earth Mother. The earth is pregnant with wisdom, potential, fresh energy, and new beginnings, all held in an enormous heart space. This essence is about potential-not only the realization of potential, but also for the ability to hold potential for new creation. It can be used to support any creative act, but it is especially applicable for women, to help them hold the feminine heart space as a chalice for creating new life, and as a source of nurturing energy for their families.

---

**Solar Eclipse** - this essence was made in the northern interior of Alaska during the solar eclipse of 7/21/90. It is an essence for balancing and harmonizing the feminine and masculine energies in men and women and for the conscious empowerment of the inner male, especially where an imbalance exists due to dominant female energy. This essence is helpful in situations where the mother took on the responsibility for all aspects of a child's development because the father was incapable or absent, or because she was unwilling to share this responsibility with the father or relinquish her control over the child in later years. In such cases, the individual must eventually break free of the eclipsing energy of the mother and at the same time learn how to develop his or her own masculine qualities. The Solar Eclipse essence facilitates this process by working with the person to balance their inner masculine/feminine dynamic. It does this by bringing one's focus and awareness to what the inner male requires for healing and balance, and by helping one access the fortifying energy of the Sun.

---

**Stone Circle** - this essence was prepared within a naturally occurring circle of stones located high in the Talkeetna Mountains of central Alaska. The formation of energy created by this circle of stones has immense healing power. It provides a protected space, a place to come back to after journeys and adventures for rest and nurturing. The energy of this circle can replace or replenish what has been lost through stress, misuse, and the trials and tribulations of living in the world. The energy in this circle is what a balance of elemental energies feel like in their natural, harmonious state. The Stone Circle essence is particularly useful for those who are working with balancing energy-especially those who are doing energy release processes with people (cord work, past-life work), buildings and houses (space clearing), and landforms (battle energy release). This essence creates an aura of solid protection in the energy field so that one does not take on any of the stagnant or unbalanced energies that one is called to assist in transmuting.

---

**Typhoon** - this essence was prepared during a typhoon on the Izu Peninsula in Japan. It was made with rain from the storm and a small amount of water from a local spring. Typhoon is about surrender, trust and cleansing. It teaches us how to surrender to the cleansing power of nature with enough trust to let this energy in, without trying to block it in any way, so that it can do its healing work. The message of this essence is, "whatever you don't have anchored with purpose and intent is going to be carried away, so focus on what is important and let the rest go". Typhoon is a very penetrating essence that can work its way into our densest levels of resistance. It can also teach us about intensity-how to work with it in our lives, and how to co-create with it in nature.

---

**Winter In August** - this essence was made in water from melted snow on the Greenland ice sheet in the month of August. An essence for the clarification of identity; helps one determine what is essential to one's heart path in life; for clearing the mind, heart, and emotional realms of all that is not necessary to the realization of true PEACE in one's life and on the planet.

---