

## *Alaskan Essences for the Heart—by Muriel Pichard*

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My first encounter with the Alaskan Essences came from reading Steve Johnson's book "The Essence of Healing". I was immediately struck by the overall beauty of it – the writing, the messages offered by Nature and the images of the essences. It had Love written all over it. I felt drawn to know more and went to attend several of Steve's workshops. I was especially touched by "The Alchemy of the Heart". Why Alchemy? Because these essences offer us so much potential for transformation. So much potential for us to open our hearts, release the pain, and welcome love within. It is as if the flowers are saying, "Look at me, am I not beautiful? I have a lot to tell you if you are willing to listen. Connect with gentleness, connect with that deep power within. Come and listen, and I will sing to your heart". "Alaskan Essences – Healing essences from the Heart of Nature". Healing essences conversing with our hearts, through the energy of flowers, gems, and environments. From a land where the wilderness is still the Goddess. They help us in looking at our deepest wounds, and support us in our healing process.

The following are essences I have seen so many times coming up for help with wounding to the heart. Taking the essences, we are infused by the light of their natural beauty and receive their messages in ways that support our journeys.

**Bleeding Heart** is visually like a child's heart touching an adult's heart, split wide open with a tear facing the Earth. A broken heart feeling grief and disappointment, feeling torn apart. This essence teaches us compassion for ourselves and others and can help us with our forgiveness processes. It is huge remedy for grief.



**Alpine Azalea** offers us a strong message - one of unconditional acceptance and love for who we are, as we are. When preparing this essence, surrounded by carpets of these fragrant flowers high in the alpine area, Steve speaks of how he felt a strong angelic presence around him. This essence helps in releasing and relieving our pain. It helps us to accept ourselves more fully on the inside and so we find it easier to accept things on the outside.

**Harebell** is an essence which looks towards the sky—embracing unconditional love. This is about merging Love with Unity, finding love within oneself. We sometimes forget and become fixated on a specific person or source. By contrast, **Chiming Bells** look towards Mother Earth, and invite us to open to receiving her nurturing energy and love. This is a particularly useful essence when a person feels depressed and is caught in a cycle of repetitive hurtful experiences.

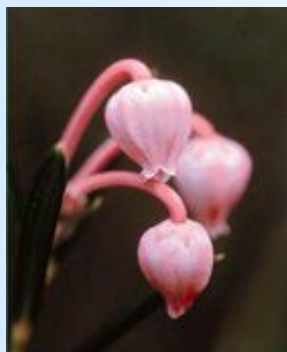
Like other flowers in this range, Chiming Bells grow after fires, and are about re-generation and re-birth. It assists us in re-remembering who we are, why we are here, and in feeling joy in the heart again. It is a beautiful essence offering us a message of hope, courage, trust, love and joy.

Another flower that emanates a very angelic energy is the **Northern Lady's Slipper Orchid**. This little white pouch with wing-like leaves above her is telling us, "I am going to take care of you. Just surrender, I am here to protect you." Just looking at this flower you feel the soft, protective energy, melting all our guards, our defensive layers, our resistances. This essence takes care of and supports our inner child, especially where that inner child needs to cry.



In the gem essences, **Mangano Calcite** is indicated when feeling extreme emotional pain in the heart, manifesting with intensity and resulting in feeling unsafe at all levels. This essence offers a loving and compassionate energy which reminds us of a deep inner place of safety. As Steve writes, it makes "room for us to take refuge in our own hearts, alongside the pain". I find this a very powerful description, and certainly this beautiful soft pink stone emanates great gentleness. It is a key essence for people who haven't come fully into their hearts or who talk about their feelings but are not actually connecting with them.

The environmental essence, **Northern Lights**, spreads her rainbow of green light in the darkness of the night sky. This is a powerful essence in the sense that it releases that which may be obscuring the energy of our hearts and brings in the energy of the Sun, the Source. Bathed by this healing energy, we can let go of our masks and reveal who we really are.



Finally, I would like to share with you a client's testimonial which profoundly demonstrates how the Alaskan Essences work. I had intuitively prescribed **White Fireweed** for "A" While taking it she began to feel very strongly the sensation of a cocoon developing in the middle of her heart. The sensation became more expansive as the days went on, until she felt it transform into a web protecting her entire body. Reading about White Fireweed, I was reminded that it helps us remove painful scars from our cellular memory, offering us in exchange a "very pure matrix of healing energy". This lady had lived this experience fully—it felt truly special to both of us.

The Alaskan Essences work so deeply to bring beautiful energetic healing to us. I leave you with the flower essence **Bog Rosemary**. These soft pink enclosed bells look towards the Earth and we cannot see inside them. There is something mysterious about them. Looking like beautiful fallopian tubes, they invite creativity and conception. There is a lot that one could say about this essence, but sometimes it is much more important to feel, in stillness. This is about Life. This is about Trust. And Bog Rosemary says "I will support you to help you trust what you cannot see..."