

Alaskan Environmental Essences

<p>Chalice Well</p> <p>Made in the Chalice Well Gardens of Glastonbury with water from the Chalice Well.</p>	<p>Connects us to forms and levels of support beyond our current awareness.</p> <p>It is a message that we are not alone, but are part of the entire web of life and All That Is and we can draw upon this matrix of support whenever we feel lost or need help to take the next step on our life's path.</p> <p>It challenges the belief systems and emotional blockages that we allow to stand in the way of a stronger connection to Source.</p> <p>What often comes up is a judgement that says we don't deserve the support we need because of our past actions. This essence reminds us that it doesn't matter what our personal history is, the grace of unconditional love remains constant.</p> <p>Useful for children where there are fears of any sort to help them feel safe and supported by their environment. Can spray in their room before bedtime.</p>
<p>Full Moon Reflection</p> <p>Made on a cold clear winter night, in a canyon overlooking Kachemak Bay in southcentral Alaska.</p> <p>The full moon is a time of cosmic alignment when the light of the sun is reflected off the fully revealed face of the moon onto the Earth.</p>	<p>This essence penetrates deep into our shadow selves to illuminate that which lies unresolved beneath the surface of our consciousness. It allows us the opportunity to let go of many of the subconscious patterns that are affecting us and others in ways beyond our understanding.</p> <p>It is a common tendency to project these subconscious patterns onto others rather than claiming them as our own, blaming another person for making us feel this way.</p> <p>Relationships create an ongoing series of opportunities for uncovering old issues and habits of behaviour that need to be brought to the surface, acknowledged and released.</p> <p>If a closer and more harmonious partnership is to be achieved, it can be supportive for both people to take the essence at the same time. It can help increase the degree of honesty and disclosure by bringing awareness to unresolved issues which are being mutually suppressed and projected, so they can be resolved with reciprocal acceptance, understanding compassion.</p>
<p>Glacier River</p> <p>This essence of solarized glacier water was prepared below the terminus of the Gulkana Glacier in the central Alaska Range. In its continuing cycles of advance and retreat, the glacier has carved a wide valley out of the mountain, leaving huge boulders and tall hills of gravel in its wake.</p>	<p>This essence is for those who are attached to the current form of their lives, even when there is every indication that it needs to change. The message of the Glacier River essence is that change is inevitable and constant. It addresses a stubbornness where we think we are stronger than the forces of change. This is admirable when it is being used in pursuit of life purpose, however if it is being used to maintain a static position, sooner or later the current of change will tip us over.</p> <p>The power of Glacier River is that it can meet the strongest resistance that we are capable of putting forth and direct the energy caught up in this resistance towards the realization of our destiny. As we surrender to the elemental power of this essence, we cease to worry about what might happen if things were to change. Instead, we trust our inner compass, sit back, and enjoy the scenery as it rushes by.</p>

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<p>Greenland Icecap</p> <p>Prepared using water taken from the ice-blue glacial lake on a part of the icecap covering Greenland which overlays an area where two of the Earth's continental plates are slowly pulling away from each other.</p> <p>Earthquakes result when energy is released created by the friction between these plates, but without resistance there would be no stability on the planet.</p>	<p>Helps us expand our sensitivity to the energetic shifts that are constantly taking place in the Earth and to become more aware of our subconscious impulses for change and the fears that can obstruct these impulses and lead to shockwaves of personal upheaval.</p> <p>The essence can help us embrace rather than fight these fears so that they can become an important source of direction and guidance for our movement from the old to the new.</p> <p>We need some resistance in our lives, but need a balance between holding on and letting go. Supports those who are locked in inaction as well as those who are moving so much with the flow that they no longer have a stable self-identity.</p>
<p>Liard Hot Springs</p> <p>Created at Liard Hot Springs in the extreme northern part of British Columbia, Canada on a crystal clear, -30 deg F winter day.</p> <p>The water was captured as it bubbled forth into the pool, having been propelled up through the Earth's crust by intense pressure and heat.</p>	<p>Carry's an original archetype of innocence. Cleanses us of layer after layer of the energetic grit and grime we have collected during our many lifetimes on this planet. Brings us back in touch with the innocent truth of who we really are – spiritual beings who have come to this Earth to learn.</p> <p>Can help us come to this awareness of innocence regardless of our current levels of self-blame, recrimination or guilt which are way out of proportion to the remembered events of one's lifetime.</p> <p>Sense of identity and self-worth is contaminated with negative feelings about mistakes and choices made, keeping us bound to hold patterns of behaviour which continually reinforce this perspective.</p>
<p>Northern Lights (Aurora Borealis)</p> <p>Prepared under a magnificent swirling display of green northern lights.</p> <p>The sun is continuously sending out a stream of charged particles that travel through space as solar wind.</p>	<p>Liberates us from a mundane and earthbound perspective on life through the vehicle of our amazement.</p> <p>Often indicated when we are poised on the edge of a breakthrough in consciousness, but lack the energy to complete the process.</p> <p>Has the capacity to work with our energy patterns at an archetypal level. Supports deep levels of re-patterning in the heart.</p> <p>Particularly useful after an experience of deep transformation, especially when such an experience has broken down old patterns that we have used to relate to others and to the outside world. This can leave us with a feeling of disorientation and disintegration, our</p>

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<p>When these solar electrons meet the Earth's upper atmosphere they collide with gas molecules and cause them to enter into an excited state called ionization.</p> <p>The light displays we see are produced when these ionized gas molecules return to their normal or 'ground' state.</p>	<p>heart forces scattered. The essence helps us create a new energetic matrix of connection in our hearts based on Universal Love.</p>
<p>Polar Ice</p> <p>The Polar Ice essence was collected on the Arctic Ocean ice pack near the North Pole.</p> <p>It is a skim of ice ~15 feet thick, covering an area over 1000 miles in diameter.</p> <p>The ice is in motion and two major currents keep the ice moving from its freezing origins to its thawing release.</p>	<p>Addresses or relationship to time and transition. It represents the energy of pure time, of pure waiting, without any goal other than to wait for the transition to complete its cycle.</p> <p>Can be used to support us when we are impatient with a cycle of change, when we want it to be a different time than it is in our lives. Perhaps we are concerned with getting older, waiting for an operation, or in between relationships or jobs. Our challenge is to remain present with ourselves and our process and accept where we are in each moment.</p> <p>Empowers us to stay present, to simply wait, with no ties to the past and no anticipation of what is to come. From this clear space we are able to start new cycles of experience that are not influenced by our attachments to the past or our worries about the future.</p>
<p>Portage Glacier</p> <p>Collected at Portage Lake in southcentral Alaska at the terminus (front) of the Portage Glacier in the Chugiak Icefield.</p> <p>The extreme weight of accumulated snow constantly pushes the terminus of a glacier forwards causing large chunks to calve into the lake where they slowly melt away releasing energy into the air and water.</p> <p>All glaciers are massive generators of negative ions.</p>	<p>A powerful catalyst for cleaning that can be used to clear physical toxins from the body.</p> <p>It can facilitate the release of outdated thoughts, belief systems, and emotional patterns.</p> <p>It can also be used to purify toxic or polluted environments, such as a room where there has been addiction, depression or abuse.</p>

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<p>Rainbow Glacier</p> <p>Prepared from water taken at the terminus of Rainbow Glacier, which is located high in the Alaska Range in the eastern part of the state.</p>	<p>Provides a grounding and balancing force for those who are having difficulty connecting to the physical plane, often because they are strongly focused in the celestial realms or in the higher dimensions. They do not know how to ground their relationship with cosmic energy into the physical dimension of time and space where it can be better understood by the mind and integrated by the body.</p> <p>Also works to alleviate deep levels of resistance that is often the result of an extremely painful experience which has caused them to become less connected to their body and to the Earth. Helps ground and release the trauma of the experience.</p>
<p>Solstice Storm</p> <p>Prepared during a storm cloud at Lake Minchumina on summer solstice day.</p>	<p>Cleanses and stabilizes the human electrical system. It is a powerful catalyst for release, and works especially well to discharge build-ups of static energy that are being held in the body and in one's environment.</p> <p>Helpful for those who have difficulty dealing with the intense build-up of static electricity in the atmosphere that precedes electrical storms.</p> <p>Can also be used to cleanse quartz crystal and other stones that have taken on static charges of energy through their use as healing tools.</p>
<p>Solstice Sun</p> <p>Prepared on the Brooks Range in the northern interior of Alaska on the summer solstice, during the 'night' and early morning hours of June 21st & 22nd, when the sun barely dips below the peaks, never fully disappearing from sight.</p>	<p>Transformation.</p> <p>Contains the energy of the setting and rising sun – an embodiment of the completions of the old and the beginning of the new cycle.</p> <p>Opens our hearts and energy pathways so we can receive more light and make more efficient use of the energy contained within it. SAD / Light deprivation.</p> <p>Helps us prepare for and integrate a peak experience which we have never had before or which challenges us to expand the current parameters or our identity.</p>
<p>Tidal Forces</p> <p>Prepared using fresh and salt water on Kachemak Bay during a full 24 hour, 22 foot tidal cycle.</p>	<p>An essence of rhythm and balance, of loss and gain, of adapting oneself to the swiftly changing currents of life. It helps one release the old and receive the new with constant and unyielding fluidity.</p> <p>It soothes and balances overly emotional, fiery states of being and helps wash away mental resistance to change, and to accepting what is in the present moment.</p> <p>It is a balancer – for times of extreme loss, times of darkness, times of being pressed against the sea cliffs by the tides of life. It helps us to remember that the old is not being swept away against our will, but rather it is being removed because in our wisdom we have volunteered it.</p>