

# **Table of Contents Flower Essences**

## **1. Introduction to Flower Essences**

- A. A Look at the Outline
- B. What are Flower Essences and How do They Work?
- C. How are Flower Essences Made and the Flower Essence Society
- D. How are Flower Essences Used, Cautions, Dilution Methods & the Dosage Bottle
- E. How do F.E's Differ from Aromatherapy and Homeopathy? Online
- F. Student Questions

## **2. Unit 2**

- A. Dr. Bach
- B. Intuitive Flower Essence Selection Method
- C. Suggested Books
- D. Flower Essences Are Anchors

## **3. The Interview**

- A. Using Your Flower Essence Repertory
- B. Elements of the Interview and Constructing Your Interview Write Up

- C. The Crisis Interview
- D. The Goal Oriented Interview
- 

#### **4. Twelve Windows of Plant Perception**

- A. The Twelve Windows

#### **5. Inner Guidance**

- A. Charting Your Journey With the Mandala
- B. Pendulums & Muscle Testing
- C. Affirmations and Afformations
- D. Psychological Terms and Chakra One
- E. Messages from Water

#### **6. The Kramer Technique**

- A. Kramer Technique Part 1
- B. Kramer Technique Part 2

#### **7. The Tree Essences**

- A. The Tree Essences

#### **8. Modifying Blends & The Awareness Crisis**

- A. The Awareness Crisis & the 4-R's

- B. Toners
- C. Catalysts
- D. Polychrests
- E. Flora Fusion-Herbal & Flower Essence Oils
- F. Flourish F.E.S, Californian Flower Essence Blends

## **9. Lilies, Roses and Snapdragons- Fes Essences**

- A. Research About Flower Essences – Biblio & A Few Abstracts

## **10. More FES Essences**

- A. Carrot, Grasses, Iris and Mint

## **11. The Art of Flower Essences & The Enneagram**

- A. The Art of Blending
- B. Art Therapy and Flower Essences
- C. The Enneagram-Ensure you have done the personality test

## **12. Home-Grown Essences- Prairie Deva – Robert and Laurie’s Essences**

- A. Prairie Deva Essences

## **13. Mushroom Essences – Robert’s Essences**

## **14. Accomplishments- Assignments and Presentations**

- A. Flower Essence Assignments-Students do on their own, Overview
- B. Intuitive Selection- On Student's Own Time
- C. Kramer Interview Write-Up- On Student's Own Time
- D. Follow Up For Kramer Interview & Second Student Interview On Own Time
- E. Client Interview – On Own Time
- F. Botanical Presentation – Presented on Zoom or in Class, Done on Own Time