

# AN INTRODUCTION TO FLOWER ESSENCES...



**...allies for deepening relationship  
with self,  
with other,  
and with the world around us.**

**Date:** February 25, 2009

**Time:** 1 pm – 5 pm

**Cost:** \$63.82 (includes NM tax)

**Location:** [SCHERER INSTITUTE OF NATURAL HEALING](#)

**CE Hours:** 4

**To register:** 505-982-8398

*“Your introduction to the flower essences far surpassed my expectations! I look forward to living more with the flowers! Thanks so much!” A.H.*

Whether you are new to Flower Essences, or have experience with them, there will be useful information in this class for you. Topics will include:

- How Flower Essences work
- Diverse methods of application
- Indications and application for “symptomatic relief”
- The value of pre-made formulas
- Introduction of fourteen pre-made formulas for the most common & fundamental themes of our times
- The value of deeply personalized blends
- Preparation of personal dosage bottles
- A demonstration of “listening” for resonant essences
- Indications and application for “personal transformation”
- The importance of creating a “harmonious” blend
- An introduction to the four distinct stages of in-depth flower essence therapy

Beautiful handouts will be included, and space will be held for your questions to be responded to.

**Note:** Flower Essences are different than the *essential oils* of flowers; they are liquid drops, received orally, and are fragrance-free.

**Instructor:** Jane has been trained in the use of flower essence therapy through the Professional Course with the [Flower Essence Society \(FES\)](#), and is nearing certification through their Certification Program. She has several articles featured on their website, including: [Plant Study on White Yarrow](#); [Flower Essence Selection Process with Clients](#), and [The Use of Flower Essences in Hospice Care](#). Jane has twice been a guest lecturer on INTUITION at Macalester College in St. Paul, Minnesota, and also draws from her background in polarity therapy, mediation, non-violent communications, and Hakomi Integrative Somatics for trauma recovery.