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# Nature Care College

## Nature's Essences

<b>DESCRIPTION</b>	<p>The healing properties of flowers and gemstones have an ancient history in every culture. Vibrational remedies made from flowers or gems communicate with the subtle anatomy of our meridians, chakras and auric field encouraging emotional, mental and spiritual balance. Such support can also have a flow on effect to the physical body. Essences can awaken dormant qualities within us and invite opportunities for profound healing and change. This module explores the history and philosophy of flower and gem essences, their manufacture and their applications for self, others, animals and children.</p>	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	<p>By the conclusion of the module, the student should be able to:</p> <ol style="list-style-type: none"> <li>1. Have a good understanding of the historical and philosophical development of flower and other vibrational essences and how to apply them.</li> <li>2. Know how to prepare and manufacture an essence with case application.</li> <li>3. Understand the difference between Flower, Gem and Animal essences.</li> <li>4. Be aware of a range of Essences currently available on the general market.</li> </ol>	
<b>TEACHING METHOD</b>	<p>Lectures.          Class practice and application.          Provision of resource material for wide range of essences.          Case Studies.          Meditation exercises</p>	
<b>ASSESSMENT</b>	Assignment	100%
	<b>Pass mark</b>	<b>70%</b>
	<p><b>Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.</b></p>	
<b>ATTENDANCE</b>	80% minimum.	
<b>PRE-REQUISITES</b>	Introduction to Energetic & Spiritual Healing.	
<b>CO-REQUISITES</b>	Nil	
<b>MATERIALS REQUIRED</b>	Notebook, pen.	

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## TEXTBOOKS

### **Compulsory:**

Small, Wright M, *Flower Essences: Reordering our Understanding and Approach to Illness and Health*, Perelandra Ltd, Warrenton, VA, 1988

### **Highly Recommended/ Reference:**

Bach E. *Heal Thyself. An Explanation of the Real Cause and Cure of Disease*. Sun Books Publishing, Santa Fe, NM., 1976.

Ball, S., *Using Flower Essences for Personal Development and Spiritual Growth*, Random House, London, 2006.

Barnard, Julian, *A Guide to the Bach flower Remedies*. CW Daniel Co. Essex, England. 1987.

Fynn, *Mr God, This is Anna*, Harper Collins, London, 2005.

Gerber, Richard, *Vibrational Medicine*, Bear and Co, Rochester, Vermont, 2001.

Gurudas *Flower Essences and Vibrational Healing*. Cassandra Press, San Rafael, Cal. 1989.

Gurudas *Gem Elixirs and Vibrational Healing Volume I*, Cassandra Press, San Rafael, Cal, 1989.

Kaminski, P and Katz, R. *The Flower Essence Repertory. A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Wellbeing*. Flower Essence Society, Nevada City, CA. 1996

Kaminski, Patricia, *Flowers That Heal. How to Use Flower Essences*. 1998. Newleaf, Dublin. (out of print)

Kumara, Shimara, *The Flowers of Life. Flower and Gem Essences for Healing and Spiritual Transformation*. Golden Ray, Suffolk. 1997.

Macleane, Dorothy, *To Hear the Angels Sing, An Odyssey of Co-creation with the Devic Kingdom*. Lindisfarne Press, NY, 1990.

McTaggart, Lynne, *The Field The Quest for the Secret Force of the Universe*. Quill, New York. 2002.

Masaru, Emoto, *The Message From Water*. Japanese Publication.

The Mother, *Flowers and Their Messages*, Sri Aurobindo Ashram, Pondicherry, 1995.

Oschmann, JL. *Energy Medicine, The Scientific Basis*. Churchill Livingstone, Edinburgh, 2000.

Roads, M. *Talking With Nature. Sharing the Energies and Spirit of Trees, Plants, Birds and Earth*. HJ Kramer Inc, Tiburon, CA, 1987.

Roads, M. *Journey into Nature, A Spiritual Adventure*. HJ Kramer Inc, Tiburon, CA, 1990

Scheffer, M. *Bach Flower Therapy, Theory and Practise*, Thorsons, 1986.

Small Wright, Machaelle, *Co-Creative Science. A Revolution in Science Providing Real Solutions for Today's Health and Environment*. Perelandra Ltd, Warrenton, VA 1997.

Trungpa, Chogram, *Cutting Through Spiritual Materialism*, Shambhala, Boston and London.

White, Ian, *Australian Bush Essences*, Transworld, 1991.

White, Ian, *Bush Flower Healing*, Bantam Books, Sydney, 1999.

## WEEK-BY-WEEK OUTLINE

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<b>WEEK 1</b>	Introduction to Essences and Vibrational Remedies. Theories on how essences communicate and affect people. Working with essences as a spiritual practice.
<b>WEEK 2</b>	How and why we make essences. Making up mother tinctures, dose and stock bottles. Storing Essences. Guided meditation.
<b>WEEK 3</b>	Understanding flower characteristics and personality expression. Doctrine of signatures.
<b>WEEK 4</b>	Introduction to Bach Flower Essences. History of Bach and the Twelve Healers. Introduction to Pendulum dowsing.
<b>WEEK 5</b>	Case Study. The consultation process. Practitioner / Client ethics.
<b>WEEK 6</b>	Introduction to Gem essences. How Gem essences differ from flower and animal essences. Meditation.
<b>WEEK 7</b>	Case Study. Combining Flower and gem essences. Healing responses; cautions with prescribing.
<b>WEEK 8</b>	Australian Bush Flower Essences. Guided meditation. Telegraphing processes. Case management
<b>WEEK 9</b>	Case Study. Animal Essences. Shell Essences. Guided meditation.
<b>WEEK 10</b>	Topical use of essences. Bahui diagnosis. Flower affinity process.
<b>WEEK 11</b>	Environmental essences. Other essence ranges. Further notes on prescribing. Assignment due.
<b>WEEK 12</b>	Discussion about the assignment and cases.

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.