



**Plant Energy Medicine Certification:
A Course of Self-Discovery Authenticated with Flower
Essences & The Human Energy System (Chakras)**

Module 1 ~ Lesson 1
**A Path of Self-Discovery with the
Essences of Flowers & Plants**

Required Reading

HPF Introduction, Part 1 The World of Flower Essences; What Are Flower Essences?

PEM: Introduction, Chapter 1: The Language of Plant Energy , **Chapter 3:** Dynamics of the Biofield

Watch Video 15:37 (in my greenhouse) : **A Path of Self-Discovery with the
Essences of Flowers & Plants**

1.What I want to gain from this program.

2. Ways in which I am willing to reveal my vulnerability from the innermost parts of me to deepen my connection with myself and the green world.

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3. Ways in which I am open to graciously receive support from the green world.

4. Ways that I want to give to others with help from the green world.

5. What is my gift to give back to the green world?

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6. Describe your awareness of your own electromagnetic energy field and the energy present in you in this moment.

7. How would you describe the “essence” or “spirit” of you?

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8. Think and feel into someone you know. How would you describe the “essence” or “spirit” of that person?

9. Think and feel into a nearby plant, flower, or tree. What does its electromagnetic energy field feel like to you? How do you feel when you are in the energy field of this plant?

10. What is your experience in capturing or feeling a connection with the hidden powers of a plant?