



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

MODULE 1 ~ LESSON 2

**Integrating the History of Flower Essences,
Homeopathy, Research Provings & My Story**

Required Reading:

HPF Introduction, Part 1: The World of Flower Essences;

Chapter 2: How Herbalism, Homeopathy, and Flower Essences
Interrelate; **Part 3: Healing with Flower Essences, Chapter 9:**
How do we Know Flower Essences Work?

PEM: Introduction, Chapter 4: Flower Essences

Watch Video 36:36, (in my rose garden)): **Integrating the
History of Flower Essences, Homeopathy, Research Provings,
and My Story**

**1. Who was Rhonda's first formal plant teacher? Who in your life first helped
spark the interest of plants and flowers in you?**

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2. What was the connection Rhonda made when she experienced her first flower/plant essence in the herb workshop she attended?

3. If you have experienced a flower essence, what was your first experience like for you?

4. Have you felt a personal connection to a plant without knowing why? What did your experience feel like?

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5. How was Rhonda's story significant in further pursuing her study of plants and plant/flower essences?

6. Who is the founder of homeopathy? What is the significance of a homeopathic proving?

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7. Who is the founder of flower essences? What did he discover about being with the yellow monkeyflower, *mimulus guttatus*?

8. What was his contribution to the field of plant energy medicine in the form of flower essences?

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9. Reflect within yourself the paradox that medicine doesn't have to be stronger to be effective. What is your connection with subtler ways to heal?

10. What is the sun method of making a flower essence?

11. Visualize the energy impact of a flower in a bowl of water and sharing its life force with you. Share your experience.

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12. What is a flower essence proving?

13. How do Rhonda's flower essence provings help substantiate energetic vibrational frequencies in the field of plant energy medicine?