



## **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**

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#### **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?