



Flower of Life Essence System

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Flower of Life Essence System

I am so grateful to bring this powerful essence system to you! Thank you for taking the time to review this package and consider this for your soul growth. This system started out as a need to “release” energies. I began with 30 + volunteer testers with Release. Profound changes, which created a need for Understanding, occurred and matured into an entire system. Destiny was the last essence combination added and I’m so grateful for the situations to find the need for this. We’re all needing to accept ourselves, move forward into our purpose to live in a meaningful and passionate way and what a better way to do so with the gentle yet powerful assistance of these flower essences. It has been a special journey for me and I hope it will for you too.

With all my heart,

Amy Page

The Barefoot Homeopath
Soul Assistant

Flower of Life essences has the potential for powerful spiritual alignment. These essences can help to overcome fears, create openings where previously closed, assist in connecting to the higher-self, stronger self-awareness & provide a pathway to enlightenment by revealing the innate harmony in the template of all life.

There are five stages to this essence system with recommendations for you. Tools are offered at each phase. In your Take-Home package, I provide 32 pages of tips and tools to help you through this process with a starter journal. Please review these stages and ask any questions you may have.

"The action of these remedies is to raise our vibrations and open up our channels for the reception of our Spiritual Self, to flood our natures with the particular virtue we need, and wash out from us the fault which is causing harm. They are able, like beautiful music, or any gloriously uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our Souls: and by that very act bring us peace and relieve our sufferings. They cure, not by attacking disease, but by flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of which disease melts as snow in the sunshine". Dr Edward Bach

Allow the transition to occur.

The Barefoot Homeopath

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Month One - Let Go

The first transition begins by working through the victim state. Focus in this phase deals with “*life happening to us*”. This is where you will clear away energies and patterns then beginning to claim responsibility for your life. Honesty with you begins here.

The prognosis of disease will no longer depend on physical signs and symptoms, but on the ability of the patient to correct his fault and harmonise himself with his Spiritual Life.
– Dr. Edward Bach

The journey begins with a **homeopathic consult** resulting in a **homeopathic remedy** and **personal composite** of flower essences. During the consultation we will discuss your current situations, previous situations, emotions, and family history. Homeopathy and a personal composite is absolutely necessary to be taken during this process. Every month you will have the opportunity to revisit this with me and I will make changes as necessary. These changes will come out as a reflection of the state you are currently in when we meet.

The **homeopathic remedy** will be determined and then taken immediately. The **personal composite** will be taken with **Release** and **Restore** in the first month, all month long. I will provide a Wellness Plan for you.

Release is a blend of various flower essences potentially designed to remove unwanted energies by cleansing and clearing your aura, creating a better environment by giving freedom from outside influences, and strengthening your defenses by raising your vitality. The longer you take this, the deeper it goes. Release should be taken for four weeks. Typically, no longer but of course, always great to use when something comes up you want to release.

Restore has the potential to help soothe this process, create strength and most importantly provide grounding. Restore can be used when you feel the need to become grounded or the new energies feel intense.

In the take-home document, I explain cleansing techniques, the concept of duality and various techniques to move you into the next month.

Life is a series of events based on lessons to be learned

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Month Two – Truth Shall Set You Free

The second transition teaches us self-responsibility. Moving past victim-hood and beginning to emerge with a sense of personal ownership of the life we created. Focus in this phase deals with “*life created by us and thus we can make our changes now*”. Now by **Understanding** your decisions, what you’ve learned, and needs you have, you can begin to make the necessary change(s). It really is about your *needs* and that’s okay because as participating in this Human experience, you are imperfectly perfect.

Life created by us and thus we can make our changes now.

Understanding potentially helps with *disillusionment* created by releasing what no longer serves you. This is a big transition from the old ways you have always known, to the new paradigm which you now reside or transitioning to. The goal here is to blow the lid off of anything that is weighing you down, teaching the heart to not only remain open, but to also take the risk to be able to experience the warmth of human love and affection. Achieving a deep understanding of where you have been, where you are now and what changes you need to make. Self-love and self-value are important steps to awaken your inner beauty, unlocking the potential for greatness in what you have come to do.

Dr. Edward Bach wrote ‘Disease of the body itself is nothing but the result of the disharmony between soul and mind. Remove the disharmony, and we regain harmony between soul and mind, and the body is once more perfect in all its parts.’

Protection begins when Release and Restore ends as they have a protective quality as well. Just as the name states, it is protection from energies that is not yours. It is to help with sleep disturbances, shielding, unpleasant circumstances or if you are a healer, during healing sessions. Basically, anytime you feel vulnerable. Take before bedtime while using Understanding.

Second consultation: We will review the action of the remedy and personal composite results then discuss any new situations. A new personal composite shall be created and remedy as needed. This will be taken with **Understanding** and **Protection**.

In the take-home document, I provide an exercise to further under self, the concept of resistance, discussion of the old paradigm and various techniques to move you into the next month.

Your outer world is a reflection of your inner.

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Month Three – Allow the Flow

This month focuses to create a life *through you*. What you must be willing to let go of is your need for *control*. Being anxious to find and follow your purpose, you actually create blocks. By allowing the flow to happen, you will then release those blocks. The purpose in which you are here is something you've been doing all along. You have spent your lifetime developing skills and learning lessons for true wisdom. The goal with this month is to start "feeling" the creative expression you have and begin to manifest your true desires.

"Every burning desire that you've ever had is placed in your consciousness by the Divine intelligence, and it's always speaking to you, encouraging you, and giving you callings." Dr. Wayne Dyer

Destiny essence helps to land the plane, working to find the correct path in life, mastering the physical realm, developing your own individuality & deep connectivity, set healthy boundaries, and to dump procrastination.

"As I change my thoughts, the world around me changes." - Louise L. Hay

Third consultation: We will review the action of the remedy and personal composite results then discuss any new situations. A new personal composite shall be created and remedy as needed. This will be taken with **Destiny**.

In the take-home document, I provide a concept to create a more developed family community, how to begin manifestations, solidify focus for self, and various techniques to move you into the next month.

*"If you really want to do something, you'll find a way. If you don't, you'll find an excuse."
Jim Rohn*

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Month Four - Let us set aside our egos

Month four is to feel a sense of *humility* about being part of something greater than you. Accepting yourself as you are and accepting others as they are. As to let go of having to be the controller of each outcome, you open yourself up to discover a new sense of trust and connectedness to the bigger picture ready to flow through you. This brings a sense of personal significance within your own achievements and bestows a sense of humbleness when the connection to the Divine is reinforced.

The gaining of freedom, the winning of our individuality and independence, will in most cases call for much courage and faith. - Dr. Edward Bach

Grace assists to move forward in a state of grace with an open heart, gently stepping on the Earth for the common good creating wholeness.

"God opposes the proud but gives grace to the humble."

Faith is inspired by the Whole Armor of God. It has some excellent qualities to help develop your armor. Potentially accessing gifts from past lifetimes, repairs whole energy field (your armor), develops a warrior-like spirituality to stand in the world for goodness and truth by aligning with higher learnings, philosophies and deeper insight. Last but not least, it has potential to help the soul to realize and sustain its beautiful inner light, which becomes a source of great healing and peace for all whom it contacts.

Fourth consultation: We will review the action of the remedy and personal composite results then discuss any new situations. A new personal composite shall be created and remedy as needed. This will be taken with **Grace** and **Faith**.

In the take-home document, I target gratitude and various techniques to move you into the next month

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Month Five – Coming into Alignment

The previous months has worked to bring you to this point. Congratulations!

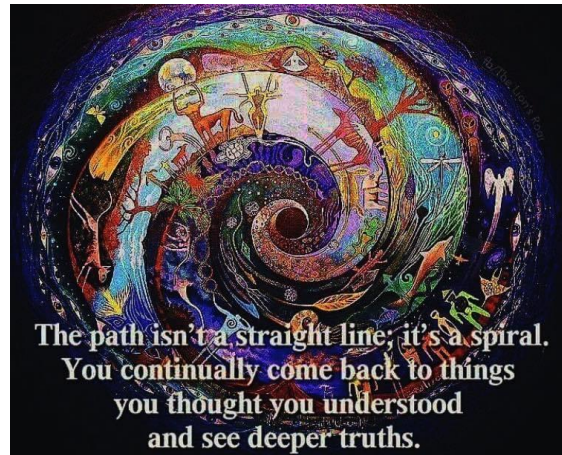
As you allow your individual expression to merge completely with the energy you are experiencing or creating in the world, you realize you are actually part of the infinite creative force of the Universe. *This force is expressing and experiencing itself individualized through you.* Situations around you present a clearer meaning when you review with **discernment**. This is such a beautiful time participating as unity in this life endeavor.

Alignment has the potential to align you with the Earth (especially through the body and feet), amplify an inner listening to others and to higher worlds (especially in dreams and meditation), sharing one's spiritual gifts with others and also a clearer spiritual insight and vision.

Some clients choose to continue with **Faith** or **Protection** in this month as their personal choice.

Remember: life is not a straight line but more of a wobbly spiral and we want to make the repetitive lessons gentle and easy to manage. “Oh, I **see** what’s going on here.”

Final consultation: We will review the action of the remedy and personal composite results then discuss any new situations. A new personal composite shall be created and remedy as needed. This will be taken with **Alignment**.



In the take-home document, I express the need for joy in your life and various techniques. This is the end of the system. Depending upon your personal goal, it is up to you to move into the optional expansion or continue with my services.

Each one of us is Life personalized. We are each Life as a person; therefore, each one of us contains within himself all the intelligence, the power, the faculties and the instruments for the expression of Life... To know that Life became you for a purpose and that you occupy a place no one else in all the world occupies. – Dan Custer (The Miracle of Mind Power)

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Expansion – Amplifying your Potential

If you want to move further, then I offer the following essences to facilitate your Spiritual Journey:

Chakras do not create balance (you should have been working on that all through the process) but it potentially amplifies the Chakras in order to prepare you for Light body. Chakras may help to achieve harmony with your purpose and create strength to move forward.

Light potentially helps to feel protection and guidance from spiritual beings, discern messages, develop a sacred space and tap into multi-dimensional consciousness.

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More information regarding the composites

Flower of Life essence system is made from reputable sources such as Bach (English), Flower Essence Society (American) and Australian Bush Flower Essences (Australian). They are just that, the essence of a flower, tree or even water. Composites are created following Bach's method by using quality spring water, brandy, and drops of prepared essences. Brandy is used to preserve the essences but still take care to store them in a cool, dry place. If you want longer storage options, the refrigerator is an excellent method. Each bottle has the maximum number of essences and **must** be taken separately.

Dosage Guidelines: It is recommended follow the instructions for each phase. In order to use less of your **personal composite** and make it "stretch", I recommend adding the four drops to a large bottle of water or water-based beverage and sip throughout the day. Just so you do NOT mix the composites together. Each month you will receive detailed guidance for homeopathy and the essences. You are invited to ask any questions for which you are unclear about.

I recommend a journal for your journey which I provide and this is where commitment comes in. This is a system for you to really learn about yourself! As for the follow-up, I will know which composite or homeopathic remedy you need after we talk.

Please understand, I typically do not ship all the essences at once because this is a guided system that I detail to you. It may not go as planned, or it may go perfectly. ***The best responses I've had with this system are those who are fully committed to themselves and really want this transition.*

The response of this package is on an individualistic level as unique as each one of us. It is all about individuality. Therefore, I cannot predict or guarantee your response and will not understand until you contact me of where you are and where you need to be. You also have an option to purchase **Rescue Remedy** or **Five-Flower Formula** for any anxiety that pops up. It will help to sooth your emotions. Contact me about using it with this package.

Since you are clearing the way for personal acceptance and growth, you may deal with emotional shifts and could feel the need to get assistance from another modality, such as Reiki, shamanic work or professional counseling. Gentle releases are important!

If you have further questions, feel free to contact me.

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Pricing

Flower of Life Essence System:

Self-Guided Plus Homeopathy Package \$500 Includes:

- 5 Personal Homeopathic and Flower Essence Consultations
- 5 Personal Composite essences
- 32-page take-home package
- Journal
- Release essence
- Restore essence
- Protection essence
- Understanding essence
- Destiny essence
- Grace essence
- Faith essence
- Alignment essence

Self-Guided Package \$300 Includes:

Self-Guided package after **homeopathic** treatment has been already established by me or a qualified homeopath. This is less work on my part.

How this is done:

I typically do not mail all the essences out at one time because this is a guided system that is semi-individualistic. They will be mailed with your **personal** essence for the five months. We will schedule your monthly appointments at time of purchase.

Optional extension:

You also have the opportunity to enjoy **Light** after Alignment.
I offer monthly maintenance packages.

Extras:

Further follow-up flower essence consultations not included in package:

\$50/hour, one hour minimum

Homeopathic consultation: \$200 flat fee, initial and one follow up

Soul Assistant fees: \$50/hour, one hour minimum

Extra Essences: \$15 determined during consultation and upon approval

Shipping: You are responsible for shipping & handling charges. US: typically, \$5 for 3 bottles or less

***I do accept monthly payments, credit cards, checks and preferably, cash.

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Flower of Life Essences system contract agreement

with

Amy Page, The Barefoot Homeopath & Soul Assistant

My signature indicates that I understand and accept the following:

1. This is a deep level of commitment that I am 100% responsible for my own work to ensure movement through this system. I understand that this system has "individualized" results and agree that I am the key to success.
2. Amy Page is not providing me with medical treatment. She is not a doctor and will not provide diagnosis or treatment of disease. I understand that homeopathy is not licensed by the State of Missouri. While I am a client, I will maintain my relationship with my regular health care provider(s).
2. Homeopathy and flower essences are systems for the overall enhancement of my health. I realize that its practice may lead to a temporary aggravation of my previous health complaints as part of the process of reaching a higher level of health. I accept if Amy Page feels to pause or stop treatment and that it is for my highest good. I also accept more time may be needed to achieve the goal of this system depending upon my circumstances.
3. I have disclosed all pharmaceutical medications, self-medicating and involvement with other drugs, including alcohol usage.
4. I will discuss any changes in routine with other modalities prior to and while working with Amy Page.
5. The FDA regulates homeopathic remedies and classifies them as over-the-counter medications. I understand Amy Page uses professionally prepared essences in her combinations. I seek the advice of Amy Page as a consultant, and I am choosing to follow her advice in administering homeopathic remedies and flower essences to myself.

Signature and date

Client's printed name: _____

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