

Healing Innately – Course Outline - 24 hours instruction

A series of eight modules of approximately three hours duration each. This allows for one hour of instruction on the essences in each kit and two hours for students to pair off and work with the issues applicable to the essences.

Module one - an introduction to flower essences – history, manufacture, blending, selection and application. For students who have already learned muscle monitoring this module would be three hours, if students do not yet know muscle monitoring, additional time may be allocated. I also prefer to include at least one meditation session where students use an essence in their own healing process without another practitioner.

Subsequent modules take participants through a personal journey of healing and reconnection of body, mind and spirit along the theme of each kit. These sessions can be used to reinforce kinesiology techniques already taught or incorporated into new techniques. As a stand alone flower essence course, I cover muscle monitoring, use of a pendulum and body pendulum and use of energy changes to select essences.

Module two

Rainbow Coast & Jarrah Forest Collection

bring **balance** to **relationships** with self and others and to enhance acceptance of **creativity and other talents**.

Module three

Crystal Dreaming Collection

bring balance to areas of **personal development**, and assist in strengthening the **leadership** and supporting aspects of life.

Module four

Midlands Collection

integrated learning and **easing** times of **change**. These may also assist in **developing** greater **tolerance** and acceptance of others and an appreciation of the value of diversity.

Module five

Spring Equinox

reversing the isolation of depression to **reconnect self with Divine Love**, and bring out awareness of the love support available to all.

Module six

Gondwana Collection

regain **resilience and regeneration of body mind and spirit**, after times of intense stress and adversity.

Module seven

Bibbulmun Dreaming Collection

takes us further on our journey of discovery of self as a **balanced, valued, loving and loved member of our Universal Community**.

Module eight

Archetypes

Male and Female archetypes based on the essences from each of the other six kits. These finalise the journey of personal and spiritual growth which the Innate Healing Essences take one through.

Assessment Process:

Practical Application: Observation during the classes of students selecting and blending essences and performing balances relevant to the related issue.
60% of total marks

Written Assessment: Students to complete personal journal of their experiences during the course and for three weeks after the course. These will relate to their experiences using the essences, but may also include feedback from others in relation to balances performed using the essences.
40% of Total marks