

# The Alchemy of Australian Bush flower essences & Astrological archetypes

*Alchemy:* “meaning a process that is so effective that it seems like magic, managing by some extraordinary alchemy, to turn simplest ingredients into something very special”

*Australian Bush Flower Essences:* “the vibrational essence infused with the natural healing qualities of the flowers imprint”

*Astrology:* “The sacred contract of the soul, to evolve is to grow to your fullest potential in this lifetime.

Combining the power of as above so below we can make magic can happen!

In this 10-week course we will explore the signatures of the flowers gaining understanding into their energetic make up and imprints.

We will explore the first three chakras and their relationships to these flowers

As well as gaining clarity into the correlating Astrological archetypes and their patterns in relation to the flowers and chakras.

Over the 10 weeks, we will explore how to work creatively with essences both independently as well as combining the astrological archetypes that match these vibrations. We will consider many elements of these two ancient crafts by working on incorporating our intuition, feelings wisdom and knowledge.

For this level one course an enthusiasm to learn is essential, as basic knowledge of astrology may be an advantage but is not essential.

Course includes workbook with notes, live face to face group sessions (recording provided) and a flower essence and journal to use over the course of the ten weeks)

# Course outline

## WEEK ONE:

In our first week together, we will explore the overall intention of working with the flower essences as well as approaching the astrological archetypes, introducing the imprints and concepts of both flowers and astrology, as we look at ways to blend their healing nature and powerful qualities.

Making a tincture is a sacred art, also in this session we will go into how this is done through the correct channels as we explore each step from intention to creating the mother tincture. We will introduce the chakras system to gain understanding into these vortexes and their functions in conjunction with both flowers and signs.

## THIS WEEKS GOALS

- ❖ To understand the energetic process of making a tincture from beginning to end
- ❖ To gain insight into the essence and imprint of the flowers in combination with the astrological energetic expression, and the connection between them both
- ❖ To introduce the concept of the doctrine or signatures
- ❖ An introductory review of the chakra system

## WEEK TWO:

In our next session we will begin by looking at the first four flowers, their qualities, vibration, strength, and challenges, along with their astrological partnerships, we will also look at the chakra system they resonate to and learn how to recognise themes and patterns throughout.

## THIS WEEKS GOALS

- ❖ To understand the qualities of the first four flowers, their challenges and positive outcomes
- ❖ Gain perspective into the astrological signatures and correlations
- ❖ To examine our own charts relevant to this week's teaching

## **WEEK THREE:**

In session three, we will continue to explore the flowers and astrological relationships as we look at the next four flowers, continuing to consider their qualities, vibration, strength, and challenges, along with their astrological partnerships. We will introduce the chakra system they resonate to and learn how to recognise themes and patterns throughout.

### **THIS WEEKS GOALS**

- ❖ To understand the qualities of the next four flowers and their energetic imprint
- ❖ Continue to see the astrological expression and correlation to the new flowers introduced
- ❖ To work with chart examples in relation to the flowers and archetypes studied to this point

## **WEEK FOUR:**

In our next session we will begin with a meditation and look at the base chakra, examining its source energy potentials and downfalls and looking at the flowers and signs that are part of this centre. We will look at ways to work with this chakra as well as exploring. Next, we will look at the next three flowers, their qualities, vibration, strength, and challenges, along with their astrological partnerships.

### **THIS WEEKS GOALS**

- ❖ To understand and work with the qualities of the base chakra looking at ways to enhance one's health by working with the chakra and its life force
- ❖ To gain insight into the next three flowers both strengths and challenges as well as there continued connection to the astrological patterns and relevant chakras
- ❖ To work with a case study over the coming week, allowing us to look at themes that may be indicators as to how we can support the healing process based on what we have learnt to date

## WEEK FIVE:

We will begin today by bringing a chart to our session of someone we know (and who gives permission) seeking some healing through the understanding and knowledge we have learnt thus far. We will apply the techniques that we have gathered in previous sessions to learn through the practical application and wisdom of the flowers and what the chart presents us. (This will be determined in the weeks leading up to have adequate time to look at two charts you may wish to explore.) This process will be done together as a group, we will finish with a meditation.

### THIS WEEKS GOALS

- ❖ To implement the skills learnt from previous sessions to investigate several charts to see how we can combine and apply the healing methods of the flower essences, astrology, and chakras.
- ❖ To connect to the chart through feeling and wisdom to support our work as healers.

## WEEK SIX:

In our next session we will begin by looking at the sacral chakra as well as through applying a simple exercise, learn about the next four flowers, their qualities, vibration, strength, and challenges, along with their astrological partnerships. we will share in a group chat about our value systems and what they really look like, we will finish with a meditation.

### THIS WEEKS GOALS

- ❖ Incorporate our understanding into the qualities of the next four flowers and their astrological correlation
- ❖ To gain insight into the sacral chakra
- ❖ Connect into themes that relate to these flowers and the second chakra through group interaction

## WEEK SEVEN:

In this session we will begin by sharing which two flowers we are resonating to the most, and why that may be? we will do this in pairs and as a group. We will then look at the next three flowers their qualities, vibration, strength, and challenges, along with their astrological partnerships. We will finish with a chart of a individual who has been treated with the flowers, we have learnt about, why those flowers were chosen and what results were manifested.

This week you will be given a chart each that you will be presenting in week ten, you will have three questions that you will be guided to address the major themes and how these individuals can be best supported through insight, understanding and the flower essences.

### THIS WEEKS GOALS

- ❖ To understand the qualities of the next three flowers and their astrological correlation
- ❖ To gain insight into our own intuitive abilities
- ❖ To gain understanding through the overview of our case study

## WEEK EIGHT:

In this session we will begin with a group chat and a meditation calling in the diva of the next two and final flowers for this module. We will look at their characteristics and continue to recognise their qualities and vibration, coupled with their astrological counterparts. We will introduce the solar plexus and how to work with this chakra of course including the connections between essences and signs, also providing some reflective questions for each of the chakras learnt so far.

### THIS WEEKS GOALS

- ❖ To understand the qualities of the last two flowers and the astrological patterns
- ❖ To gain insight into the solar plexus
- ❖ To learn connect to our divine source through meditation

## WEEK NINE:

This week we will look at everything we have learnt so far and create “easy reference” guide and table, to help us to understand and remember everything that has been presented to us over the past 8 weeks. We will review all 20 flowers in preparation for our final week and have free time for Q&A as well as any other thoughts or ideas you may wish to present, we will complete today's session with a gratitude meditation.

### THIS WEEKS GOALS

- ❖ To summarize all our learning and create an easy-to-follow table of reference
- ❖ To be comfortable with the chakra system and the first three chakras
- ❖ To be able to connect the flowers and their astrological partnerships

To gain clarification on anything we have covered over the past weeks through group chat and Q&A

## WEEK TEN

In our final session for this level, we will each present a summary of a chart you have been given at week seven, in our time together today each person will have 30 minutes to present their chart and give an overview of which flowers you will prescribe to your “client” how the astrology of the chart supports your reasoning and an overview of what themes may be supported by what flowers. I will share this person's main challenges and life themes after each presentation.

### THIS WEEKS GOALS

- ❖ Trust
- ❖ Integration
- ❖ Sharing