

Annual Meeting on
**NATUROPATHIC PHYSICIANS &
ACUPUNCTURISTS**

July 24-26, 2017 Melbourne, Australia

Floral energetics for the treatment of Shen

Sara Crow

Emperor's College of Traditional Chinese Medicine, USA

Flowers have been used since time immemorial for therapeutic and transformational purposes. This class focuses on the use of an energetic preparation of flowers, called flower essences, to target psycho-spiritual concerns. Flower essences are bioenergetic preparations of flowers that have a range of unique therapeutic benefits for body, mind and spirit. They are a primary treatment for Shen (heart and mind) in Traditional Chinese Medicine and work via the acupuncture meridian system to encourage physiological and psychological health. As a uniquely targeted plant preparation, a flower essence activates the innate healing power of the mind. Its highly evolved botanical intelligence locates and transforms subconscious blocks and limitations around an infinite number of psycho-spiritual themes. As subtle energetic remedies, the essences tend to work on subtle and energetic aspects such as the acupuncture meridians, emotional states and mental constructs. Ayurveda calls this level the prana body; Chinese Medicine refers to it as Shen. Learn how to effectively utilize the healing power of flower essences to target a wide variety of psycho-spiritual concerns. Flower essences can be easily integrated into clinical practices of massage, naturopathy, acupuncture, aromatherapy, nursing and other holistic health modalities. They possess a high degree of safety and are suitable for all ages and health levels.

sarad9@gmail.com