

E: Certification Case Study

1. Case Synopsis

a) a short description of the client and presenting symptoms

A 66 year old woman comes to therapy, looking to resolve anxiety and other physical issues. She has a nature-oriented way of living and believes in alternative medicine but has never tried Flower Essences before.

E lives with her husband in a city 45 minutes drive from Mexico City in Mexico. She's been married for 34 years, has a 32-year-old son and a 3-year-old grandson who lives in another city, 6 hours drive away from Cuernavaca.

She has been struggling with her weight, and even though she has been vegetarian for over 20 years, she still suffers from stomach problems such as heartburn and other physical symptoms that she attributes, in part, to her age.

In 2015 she was diagnosed with anxiety and depression. The most evident manifestation is a peculiar trembling sensation (as she describes it), sometimes inside her head, on her face, chest, or one leg that happens only during her sleep, which alters her resting pattern wakes up in sweat and fear, not knowing where this comes from. The Anxiety and Depression Association of America (ADAA), in its blog post, defines the anxiety disorder as follows: "A mental health disorder characterized by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities. Panic disorder is a type of anxiety disorder; it causes panic attacks, which are sudden feelings of terror when there is no real danger. The death of a loved one could cause it. This panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause."

She has nightmares almost every night that are very vivid and detailed, generating a lack of sleep and making her feel the next day without the energy to do her daily activities. Even though she enjoys staying at home and being in charge of the household, she feels overwhelmed and feels pressure from herself trying to keep it all sharp, clean, and organized. She mentions that she even feels annoyed whenever something is not as perfect as it should be, and this also extends to her personal care.

One more affliction that she suffers from is migraine episodes that happen about two times a week, sore joints (knees and fingers), loss of hearing in the right ear, and a macular scar in the right eye.

b) the major issues involved in the case

E mentioned that she prefers alternative medicine and natural healing therapies, having to take antidepressants (her psychiatrist prescribed these) doesn't feel right for her. She feels that these medications worsen the nightmares, and even though she has followed the doctor's instructions, the symptoms are still present. She has had sleepwalking episodes and nightmares since her childhood. The headaches started when she was about 15 years old. She is used to dealing with them regularly as well as with the nightmares. What really worries her the most is the sensation of having "vibrations" that she feels only while laying down or sleeping, which wakes her up (the trembling is not physically notorious). This makes it hard for her to go back to sleep, and it's alarming for her and her husband. This symptom, presumably to be a "panic attack," started after her oldest brother died from cancer in 2015.

Through the first interview and later during the therapeutic process, I noticed that she always has a longing feeling towards the past, feeling that those times were much better than the present, always having distressing feelings and fear for her dear ones thinking that something bad could happen to them. She is obsessive about cleanliness and is frightened to be alone. All of the above symptoms

describe her anxious personality.

It's important to mention the problems within her family relationships, especially with her son and brother. As I will explain further, this contributes to the nostalgia and agitation she is immersed in, always worrying too much and having persistent thoughts about how things can go wrong with her loved ones, not letting go of these constant and upsetting feelings.

She lives most of the time in the past, thinking of how happy those days were and how complicated and sad is her current reality, the loss of some of her family members, the disagreements among siblings, and the health issues of her son (diagnosed with juvenile diabetes when he was 10 years old), makes her live in a constant nostalgia and unease emotional state.

c) major changes observed

Through these thirteen months of Flower Essence therapy, she has experienced a major improvement in her symptoms.

The most evident change is that the trembling sensation 'panic attack' is gone, and she's not taking the antidepressant medication. She barely has any nightmares, and when she does, they are not that disturbing anymore, allowing her to wake up renewed and well-rested, feeling energized to do chores and extra activities. The migraine episodes are occasional (one every two months) and less intense; she now realizes that the headaches are triggered by the feeling of having too many things to do, being in a rush, or worrying too much. After the therapeutic process, she has learned, through breathing techniques, meditation, and yoga, to calm down and relax in such a way to prevent these symptoms.

After these 13 months of taking the flower essences and the therapeutic work, she's not obsessed anymore about cleaning; she has been able to plan and organize her time to do household work without giving up family or personal time.

She is taking time for herself and doing stuff she enjoys, like painting, coloring, and gardening. With my therapeutic support and her engagement with it, she has found alternative ways such as yoga and meditation to ease her mind and not engage in family disagreements.

E now realizes that she has been living and yearning for the past, nowadays. She tries to stay in the here and now, and she is not afraid of being alone in her house. In the last therapeutic session, she mentioned that, in general, she's not frightened anymore and sees things with more clarity and not that uneasy reaction, which used to generate her upsetting feelings. As for the mourning of her brother, she has accepted the loss, and she's in the process of moving forward with a different perspective about death.

She still worries and feels overwhelmed about her son's health issues, but she is trying to accept it and take care and responsibility for his illness.

Furthermore, the heartburn is improving, and besides the Flower Essence therapy, she is taking natural supplements such as teas and vitamins to improve her digestion. She's trying to avoid fatty and spicy food to help her resolve this symptom.

d) a summary of the key flower essences used to facilitate the case

Throughout the Flower Essence Therapy, which lasted thirteen months, I prepared different formulas to address my client's different signs and symptoms.

The flower remedies that I used for this patient were included in separate formulas and with different dosages and intakes as I will detail further on: Rock Rose, Lavender, Star of Bethlehem, Angelica, Impatiens, Honeysuckle, Mimulus, Red Chestnut, White Chestnut, Chamomile, Crab apple, Mustard, Selfheal, Holly, Saint John's Wort, Forget-me-not, and Borage.

I prepared three main formulas, considering the times for the intakes;

e) selection process and method for administering the flower essences (Describe any variances from the selection and administration methods in the additional comments for each session.)

1. Daytime formula, with the indication of taking 4 drops directly in the mouth, four times a day. This formula kept changing along with the evolution of the therapy, as I will describe in the report of every session, the total flower essences I used for this formula were: Mimulus, Self Heal, White chestnut, Red chestnut, Chamomille, Honeysuckle, Crab apple, Saint John's Wort, Star of Bethlehem, Mustard, Borage and Forget-me-not.

2. Nighttime formula, to take four drops right before going to bed and 4 drops every time she woke up having the "vibrating feeling" during the night, she could space the intakes every 10 minutes until the symptom was resolved or she falls asleep. The flower remedies that I used for this formula were: Rockrose, Angelica, Lavender and Star of Bethlehem.

3. A formula to address the migraine episodes, taking 4 drops directly in the mouth or a glass of water, as soon as she felt the start of the headache and four drops every 10 minutes until the symptom was gone. The flowers used in this formula were: Impatiens, lavender, and self heal.

2. Client Profile

a) family of origin

E was born and raised in Mexico City; she comes from a traditional Catholic family; she has three sisters and four brothers, with her being number four to be born. Her parents divorced when she was a

teenager, and remarried with a new partner, again leading to a family rupture and a shock for her. Both of her parents suffered from diabetes mellitus type 1. Her mother died at 65 years old from diabetes complications, and her father at 70 due to heart failure. Two of her brothers have passed away in the last five years, the oldest brother from bone cancer and the youngest because of a heart stroke resulting from diabetes mellitus.

While growing up, they had limited economic resources, and everyone needed to work at a very young age to contribute to the family. She has a lot of happy memories of her childhood. Still, she also remembers her father and older brothers' frequent alcohol consumption plus the strong personality that characterizes them. This led to many trouble and disagreements among the family members, especially from her father and siblings. Nevertheless, they were very close to each other until about ten years ago where there have been discrepancies causing an evident rupture among them, which makes her very unhappy.

b) community and cultural influences

Mexico is a country with strong socio-cultural traditions, with a mixture of indigenous and Spanish cultures, with which she feels very connected as part of her heritage.

She lived in Mexico City until the year 2002. Her husband and son decided to change residence to a small city close to Mexico City but allowing them to be in contact with nature and slowing down the busy capital lifestyle. There, they raised their son and grew new friendships. With all of this, they were able to have healthier boundaries with the rest of her family back in Mexico City, but never fully cut the interaction or communication with them or their conflicts. In some way, this isolated E and her family, which she says to appreciate but still yearns for old times having big family gatherings.

c) current family situation

E lives in a small city **near Mexico City with her husband of 34 years.**

Together they procreated a son who is now 33 years old and was diagnosed with diabetes when he was 10. This is a particularly sensitive theme in her life, which she describes as one of the major challenges for her family as her son's health deteriorates as the years pass. Her son recently moved to another city (a six-hour drive away) and got married, giving her a grandson. Her relationship with him is variable, going from being very close to not speaking to each other for a couple of months. She relates this to his strong-willed personality and her overprotective feeling towards him. This makes her very upset and sad.

She referred to having a happy marriage, with the normal ups and downs, but they enjoy and spend most of their time together. They have a respectful and loving relationship.

d) career or job-related information

As mentioned before, she started working at a young age. She finished high school as a Countable Assistant and English as a foreign language degree. This was a valuable degree that helped her find a job in an important company where she worked until her son was born. After this event, she decided to stay at home and take care of her baby and the household.

She had always enjoyed gardening, arts, crafts, and discovered her love for painting when she was in her forties.

In 2008 she joined the Red Cross in her community as a volunteer, becoming the Red Cross Ladies coordinator that same year. She refers to this work as fulfilling in so many ways because it allowed her to help others and stay socially active, which is not a natural tendency.

e) medical history

My client is a 66-year-old female, 5 feet tall, weighs 170 pounds, and

plans to lose about 20 pounds. She has a family background of diabetes and heart problems. She suffers from sore joints due to her weight, for which she takes natural supplements and vitamins. She has had the following surgical procedures: removing adenoids and a benign urethral cyst after pregnancy.

Since 25 years ago, she has had a progressive idiopathic hearing loss, apparently caused by the frequent use of antibiotics prescribed in her childhood to treat infections in the upper respiratory tract. As a matter of fact, she has lost about 90% of hearing in her right ear. E has an irreversible hereditary macular scar in the right eye, which makes her see a black dot and causes visual distortion from that eye; this was diagnosed three years ago, is progressive, and has no allopathic treatment.

She has suffered from migraines since she was a teenager, actually having two episodes every week.

She complains of frequent heartburn and digestive issues such as diarrhea.

In 2015 she was diagnosed with anxiety and depression after her oldest brother's death, for which the psychiatrist prescribed her to take Diazepam 10 mg and Citalopram 20 mg one tablet each at night.

f) a summary of major biographical life events

She remembers to be a shy girl that would cry easily, not really attached to her parents or siblings but to her grandparents, especially her grandmother with whom she spent most of the time and lived next door. She ended up living with her and taking care of her until her death when E was 17 years old, which she remembers to be the first approach to death, and it was devastating for her. Her mother's unexpected death at 65 years old and 4 years later of her father, both from complications of diabetes and heart failure, respectively, was a very somber and bitter time for her as she refers to it. She explains that she just wasn't ready to let go and still now

feels stuck in the past with their memories. She also mentions being very sensitive to smells, and even today, she remembers some odors from both of her parents.

Another difficult time in her life was when her son was diagnosed with diabetes at the age of 10, which changed the whole family's dynamic. She says that she has lived with a permanent worry and fear about him from that day and still doesn't understand why her son has to go through this instead of her. This past year, her son had presented a couple of medical episodes that threatened his life. In one of them, she witnessed herself. She saw her son unconscious; this was a visually terrifying and particularly profoundly disturbing experience for her.

Moving out of Mexico City was a positive experience, where they were able to slow down their lifestyle and strengthen their relationship.

The death of her oldest brother came in 2015, after years of dealing with bone cancer. He lived in precarious circumstances, and there were family disagreements that broke the family, both physically and emotionally. All this made this process tougher for my client to deal with. After her brother's death, E started presenting the "trembling sensations" that would wake her up frightened. She spent one year looking to explain this symptom and could not find any medical condition for this. She ended up consulting a psychiatrist who was diagnosed with anxiety and depression.

g) creative expressions and self-learning

As E mentioned in the interview, she needed to work hard to support her family since she was very young. She put aside her hobbies until she moved with her husband and son, when she started a more relaxed day to day life. She was able to have a garden, and she started to enjoy for the first time spending time outdoors and learned some gardening techniques. Besides that, she discovered her love for painting, and still these days, she finds it

relaxing and fulfilling, making her forget about her worries. After my recommendation, she's been coloring sacred mandalas and practicing meditation as a way to stay focused in the present time.

As part of my observation, her way of learning is visual, and it's very evident that a lot of the mental pictures in her mind come from the past. I see that the future scares her, directly impacting her physical and mental symptoms, such as nightmares and headaches.

h) life values and visions

She is Catholic and enjoys attending Sunday mass with her husband; she follows her religion's precepts and respects other beliefs. Even though she is open to other kinds of healing therapies and religious practices such as meditation and Chinese medicine (acupuncture and herbology), she still feels her and her family's destiny depends on God's will.

In this matter, she prays to Jesus Christ and the Virgin Mary every day for her son's health and her family's well-being.

She says she accepts death as part of the natural cycle but doesn't understand why some people as her parents, brother, and son, needed to suffer from illness and sorrow. She feels afraid of her loved ones and her own death.

She's looking for a way to get rid of the fear, grief, and disturbing thoughts that afflict her.

i) presenting issues or symptoms and reasons for seeking therapy

The main reason for coming to therapy is to find a way to resolve these panic attack episodes that appear every night and experience them multiple times during the same night, in which she wakes up with a trembling sensation that sometimes manifests in her leg, other times inside her head and more often in her chest. She describes it as if her body is physically shaking uncontrollably, like

gelatin, which worries her deeply. No one understands her nor gives her a medical explanation; it is not visually evident, only to her, she even obsessively checks her blood pressure, and it's always normal. She fears her death or that some terrible illness could be causing this. She also wants to wake up with energy and not feel exhausted after having a bad night's sleep, either because of the trembling sensation or the nightmares that chase her.

She knows she lives very much in the past and would like to resolve her oldest brother's mourning.

She describes herself to have a shy and frightened personality, for example; whenever she gets the vibration sensation, she fears she's going to die, she is scared to be alone in her house, especially at night, she constantly has thoughts that something bad is going to happen to her or her family which makes her be startled. She mentions that after any disturbing event, she unwillingly keeps visual images of these events and will stay as pictures in her mind for years, haunting her in her nightmares and daily life.

3. Your Healing Program for the Client: Goals and Values

Short-term

The overall goal was to resolve the 'panic attack' she was suffering at night, which, besides the episode by itself, was disturbing her daily life and her wellness in general.

Short-term goals: To restore her sleeping cycle, so she gets the rest and energy to function the next morning. For this, we need to address the "vibration sensation/ panic attack" that wakes her up and the nightmare episodes.

Strategies: Along with the Flower Essences' intake, try to calm down her mind and emotions that are distressing her. The practice of short meditations and breathing techniques was suggested to help her regain control of this mental state.

Medium-range

Medium-term goals: Find out where the vibration sensation comes from and how to resolve it, improve her physical and mental health in general, depression, anxiety, and her other symptoms and even consider stopping taking the antidepressant medication (determined in any case by her psychiatrist). Help her find a place in the present moment, that she feels safe and comfortable, for example, her marriage, the relationship with her grandson, etc., instead of looking with nostalgia.

Strategies: Explore her family history and take a look at the repetitive patterns (positive and negative ones) presented in it. Use her tendency for artistic expression (painting and coloring) as a way to calm her mind and emotions.

Long-term goals

Long-term goals: To accept the loss of her brother and find the courage to overcome life challenges, and look at them as an opportunity to grow and learn from them. Resolve her fearful and negative thoughts that are present in her daily life.

Strategies: Find a way for her to live the grieving process of her brother in such a way that she lets go of the sorrow. Make the therapeutic sessions a safe space for her to talk and share her fears, worries, and troubling memories of her past. Write a goodbye letter to her dead brother and other letters to her siblings with disagreements. These letters were not necessarily intended to be delivered to them, but it was an option if she felt like doing it. Furthermore, this was an exercise for herself, to put in words and release blocked feelings, to finally let that 'little girl speak up.' Look for alternative ways to switch from this thinking pattern into a constructive and positive one, for example, artwork, creative thinking, yoga, etc.

Discuss how these goals were met, or further assessed and possibly re-formulated, during the therapeutic process.

These goals were meant to help her understand the circle of life and death to enjoy life in the present moment and utilize the past as a platform instead of an anchor for her development.

She has experienced a major improvement in her symptoms, which was her main goal.

She's dealing with her obsessive cleaning and has been able to plan and organize her time to do household work without giving up family or personal time.

She is taking time for herself and doing stuff she enjoys; she has found alternative ways such as yoga and meditation to help her ease her mind and not engage in family disagreements.

In general, she's not frightened anymore and sees things with more clarity and not that uneasy reaction, which used to generate her upsetting feelings. She has accepted the loss, and she's in the process of moving forward with a different perspective about death. She still worries and feels overwhelmed about her son's health issues, but she is trying to accept it and let him take care and responsibility for his illness himself.

Please note or expand on their relationship to the MetaFlora levels of flower essence therapy

Level 1, trying to regain the balance of her emotions, with the help of the following flower essences: Angelica and Chamomile.

Level 2, by addressing her body and physical strength.

Level 3, to regain the mental strength and consciousness to embrace her life experiences and lessons.

Level 4, she realized to be experiencing a mid-life crisis. It was obvious the development of Level 5, as she has found a way to express herself and calm her down but still needs to explore it with her relationships.

Level 6 is still one of the most challenging areas to develop because the work needed to be done to move beyond her grief and overcome death's fear, which is constantly present in her thoughts.

Level 7, she has a strong sense of spiritual beliefs and practices devotion as a Catholic, and she has been incorporating other forms of cultivating her soul as meditation and Yoga.

She has developed a sense of respect and honor for the 'soul of Nature' (level 8), this was one of the reasons she turned vegetarian and is proud of how she has changed her daily practices.

4. Detailing the Essence Selection and Therapeutic Process

Session #1: Intake

Session headline (as defined in the detailed requirements)

Session 1 "Initial Session"

Mexico, 07/05/18.

This first meeting lasted one and a half hours, starting with E filling the intake form and giving her more detailed information about Flower Therapy, practical details regarding the intake method, dosages, and frequency of the sessions. As well as answering questions, closely listening to her story and issues she wanted to address.

Summary of the discussion which occurred during the session

E mentioned that she wanted to resolve or make it less uncomfortable or frequent the vibrating sensations every night. She

never named it as a 'panic attack' though I thought about it. Still, she decided not to tag on the symptom since she was so unhappy and embarrassed to say she was diagnosed with anxiety and depression and took antidepressant medication. She mentioned that she is convinced that she does not want to take this medication for the rest of her life. That's why seeking other therapy types was very promising for her, and she was willing to follow the therapy steps carefully to feel better in a more natural way.

She also shared how disappointed she felt about not finding the medical cause of this issue, neither a solution. While visiting different medical field specialists, she always feared they would find a terrible illness to cause this 'weird sensation.' Still, after having all her organ functions checked (blood pressure, heart rate, brain function, etc.), they finally referred her to a psychiatrist, making her feel even more desperate and alone because no one, not even her husband, understood how she felt. A couple of times, while having this symptom, she woke up her husband and asked him to take a look, searching for the movement she was feeling, but he couldn't perceive it at all. While telling me this, she was almost in tears of frustration.

Issues, concerns or goals arising out of the session

N/A

Therapeutic strategies for the client's next cycle

With the information gathered from my client through the forms she filled and her interview, I proceeded to think about the flower essences that could start addressing the unease and unbalanced emotions she was experiencing at this moment. For this, I looked for flowers that would work together, regulating her emotions and giving her strength and equanimity of thoughts.

The flower essence formula (attach images of formula diagrams)

Following my intuition and observation of E's case, I came up with two formulas:

A 'day time formula' (see attachment, figure 6) to take orally, 4 drops 4 times a day, prepared in a brandy-based blend which contained: Self Heal, White Chestnut, Red chestnut and Mimulus.

My intention with this formula is the interaction among these four essences. All of them make a colorful image, bringing a variety of aid to this blend in which Mimulus is set as a flower of personality in the center, Self-Heal is supporting it with its properties of 'the spiritual self' and waking up the inner healer, followed by White Chestnut providing mental tranquility to ease the worrying repetitive thoughts and having Red Chestnut surrounding them all to integrate serene thinking about the wellbeing of others and radiate positive thoughts instead.

I also prepared another formula called the 'night-time formula' (attached, figure 7) containing: Rock Rose, Lavender, Star of Bethlehem, and Angelica. Prepared in a brandy base, to take 4 drops right before going to bed and 4 drops whenever she wakes up having the 'vibrating sensation' that could be spaced and be taken orally every 10 minutes until the symptom resolves and she falls back at sleep.

The intention of this "nighttime formula" is included in the (additional comments section).

[Additional comments](#)

The 'nighttime formula' was prepared with the intention of giving her courage, the power to regain control, and overcoming this unpleasant feeling through calm and strength. Therefore, I thought to incorporate Star of Bethlehem in the base, as the flower to provide comfort and as a deep calming remedy and console in those 'panic attacks,' interacting with Angelica to provide her with spiritual protection guidance. Next, surrounding all of the flowers inside the diagram is Rock Rose to work directly with the gripping terror/ panic

attack and fear of death that she experiences whenever this symptom appears. Finally, to bring her out of this state, I added Lavender to soothe and stabilize the nervous system and help her go back to sleep easily afterward.

Session #2

Session headline (as defined in the detailed requirements)

Session 2 "Getting the first feedback."

Mexico, 08/09/18.

The session lasted for about one hour, where I asked her for some feedback about the intake of both formulas previously prepared. After this chat, I guided her into a short visual meditation regarding the way the flower essences, included in the formulas I prepared for her, would help her address her issues. I went through the color, gestures of the plant, etc.

At last, as part of the therapeutic session, I asked her to color 'the human diagram' (Figure 8), showing the areas where her physical symptoms are present. This was a free didactic and visual exercise for E to locate and color her body's areas where she feels pain or any other manifestation. Figure 8.

Summary of changes observed and their relationship to the flower essences chosen

She mentioned she felt less nervous and could sleep better, still woke up with the 'vibrating sensation' but these episodes are starting to present less frequent (about once per night, compared to multiple times every night) and following the intake suggestion that I gave her, she has been able to go back to sleep in half of the time that previously usually took her (one or two hours).

Possible role of other therapies

This visualization included a breathing technique to help her stay in the here and now and taught her how she could use it wherever she felt overwhelmed, worried, or in any distress. This breathing technique consists of slowly inhaling deeply through the nose, touching the front palate with the tip of the tongue, make a pause retaining the air and slowly exhale through the mouth slightly open, trying to get the same amount of air and during about the same time doing the inhale and the exhale and do this at least three times or until she feels relaxed. This exercise helps bring attention to the present time, exercise the lung capacity, improve the oxygenation of the brain, and calm the mind, among other benefits.

We continued practicing this breathing technique and talked about the different scenarios she could see herself doing this to calm down.

Issues, concerns or new goals arising out of the current session

During this month, she experienced the nightmares as usual, for which I asked her to share the content of them with me. They were very detailed dreams, all of them about losing someone dear or someone trying to harm her loved ones. She says that these are so real that she can remember 'everything' about them as if she watched a movie. I asked her about the idea of writing them down as a therapeutic way to let out what troubles her in her dreams, but she told me that she has never wanted to. Because she wants to forget about them, it is unsettling enough to have them in her mind that she wouldn't want to go back and check a journal about them. I suggested that she find a way to express these disturbing dreams, such as drawing, coloring, or talking about it with someone else.

As part of this session, she colored the human body diagram (see attachment, figure 8). It shows that the first symptom colored in red was the 'vibration sensations' pinpointed on her head (back and front), upper lip, chest, and legs. The next color she used was purple, covering fingers (front and back) and knees (especially the right

one), and at last, she colored in green the hearing loss and the macular scar, both on the right side. At the end of this exercise, she concluded that many of her issues are manifested on her body's right side. She even remembered an allergic reaction in her right cheek and her right ankle (both events were not mentioned to me before). I shared with her that from an energy point of view and other philosophies such as the Chinese and metaphysics, the body's right side represents the masculine force, masculine figures, the yang, etc. This information made a lot of sense to my client since she acknowledges that most of her issues are related to male figures, such as the problematic relationships in her life with her son and her brother, the unprocessed mourning from the loss of her oldest brother, the alcoholism of her father and brothers and what this brought along in her life, she even mentioned the lack of courage she has felt since childhood, all of this reflections were an important part of her understanding and listening to what her body is trying to say.

Therapeutic strategies for the client's next cycle

For this session, I decided to keep the same two formulas as in the previous month and prepared them accordingly.

The flower essence formula (attach images of formula diagrams)

Day time formula (Figure 6.): Self Heal, Mimulus, White Chestnut, and Red chestnut.

Nighttime formula (Figure 7.): Rock Rose, Lavender, Star of Bethlehem, and Angelica.

Additional comments

I met with my client for another therapeutic session on 09/06/18. She mentioned that this past month the migraines were back, happening at least twice a week. I asked her to describe how she feels when this happens, besides the headache, especially before

and after the episode. Doing so, I was trying to lead her into a deep inquiry of what triggers this symptom, what she was thinking or feeling, before and after, and how she practically deals with it. She doubts for a moment. After watching her having trouble with it, I proceeded with the breathing technique (previously described) and guided her with a visualization method bringing her to that foregoing moment. This exercise consists of asking her to situate herself just before the migraine starts, and to share with me where she was, what was going on in her thoughts and feelings at that moment, describing with as much detail, she can recall.

The result of this was an acknowledgment on her behalf about what sets off this manifestation. Mainly being the overwhelmed feeling about all the things she needed to do that day regarding household (cleaning and organizing stuff) and the apprehension about her son's health and her own. She also realized that when she wasn't able to have a good night's sleep because of the 'vibrating sensation' or having recurrent troubling thoughts, this was a cause for the headaches.

That's why I decided to add Chamomile to the 'Daytime formula' to act as a tranquilizer and help her to regulate her emotional range throughout the day. And included Self-Heal in another formula specially directed to the migraines, as I will explain.

The daytime formula ended up like this (see attachment, figure 9.): Chamomile, White Chestnut, Red Chestnut, and Mimulus.

And at last, I put together another formula to act directly with the migraine episodes; with this one, the indication was to take 4 drops directly in the mouth or a glass of water as soon as she felt signs of the headache or when she perceives the coming of it and every 10 minutes as needed until the symptom was gone.

This formula is represented in (see attachment, figure 10.) and contains the following flower essences in a brandy-based preparation: Impatiens, Self-Heal and Lavender. I considered

including these flower remedies to act from bottom to top as a calming remedy to soothe and transcend the pain, having the two purple/ violet flowers in the base of the diagram and at the top of it a pink one. Using Self-Heal to help her heal her body and spiritual self-being, Lavender is a balm to sedate the pain, relax the mind, bring heaven to earth (in a metaphorical way), and bring lucidity to her thoughts. Ultimately, incorporating Impatiens to bring tolerance and which I found to help with any physical pain, evoking its plan gesture 'it explodes, reacting to the minimal touch.'

The Nighttime formula stayed the same (Figure 7).

Session #3

Session headline (as defined in the detailed requirements)

Session 3 "A look at her inside and outside garden."

Mexico, 10/04/18.

This meeting went for one hour, starting with a 'breathing technique,' just as an exercise to settle down my clients' awareness in the present time, followed by counseling.

Summary of changes observed and their relationship to the flower essences chosen

She proceeded to share what she had noticed regarding the flower essences' action in her life since our last meeting. She started telling me how happy she feels every time she takes them, she has been noticing the different flowers she has in her garden (attachment, figure 11), and nowadays, she is more motivated to gardening and to do some paints of the flowers she finds in her walks (which she is doing more often because as she's sleeping better, she feels energized through the day).

As for the main issue she came to resolve when she looked for my help, the 'vibrating sensations' had diminished, happening

approximately 2 times a week. This was an improvement that reflects directly in her mood and energy level throughout the day.

We also talked about the nightmares, and she is now opening herself to tell her husband about them. This makes her feel to have a connection of trust and understanding with him, which has strengthened the communication within as a couple. She doesn't feel that lonely with these issues.

Possible role of other therapies

N/A

Issues, concerns or new goals arising out of the current session

She still feels obsessed with checking her blood pressure to make sure she is ok while having this symptom.

She's been constantly thinking about the cleanliness and order in her house, a lot of times triggering the headaches. Besides worrying about something bad happening to her or her loved ones, these repetitive thoughts take a lot of time in her daily activities. The difference she notices is that now she is aware of it and 'catches' herself in this pattern, finding herself lost in her memories of the good times in the past that she likes to remember and go over them through and through. With the view to keep her focused on something she enjoys and using her creativity instead of getting stuck with repetitive and worrying thoughts, I suggest she find something to color, paint or draw, such as coloring books, mandalas, or patterns might be interested in.

E doesn't like it when her husband is not around and still cannot sleep when he's out of town because of work. This makes her feel especially frightened and uneasy, making it difficult to rest at night, always worrying that someone would break in her house, and she feels obsessed with checking the lock of doors and windows multiple

times.

Therapeutic strategies for the client's next cycle

With all of this information gathered throughout this session, I decided to keep the 'Nighttime formula' as it is, containing (Rock Rose, Lavender, Star of Bethlehem, and Angelica as shown in Figure. 7), as well as the 'Migraine formula' (Figure. 10), which includes (Self-Heal, Lavender, and Impatiens). Both formulas with the same intake dosage as usual.

Besides these previous formulas, and based on my intuition and after what E reported this time, I made an important change in the 'Day time' one by adding Crab Apple and Honeysuckle to it (attachment, figure 12.).

Crab Apple intends to address the compulsive behavior she has been reporting to me and help her understand and accept at a certain point the imperfection as a natural way of things. And Honeysuckle, to start working on the nostalgia from the old times where she is trapped, anchor her into the present and push forward to regain her energy back, leaving the reminiscence alone.

The flower essence formula (attach images of formula diagrams)

The Nighttime formula was kept the same as shown in figure 7 and the "migraine formula" in figure 10; both formulas with the same intake and dosage as in previous months.

I changed the "Daytime formula" by incorporating Crab Apple and Honeysuckle (figure 12). The configuration for this formula is: Having Mimulus as the center, Honeysuckle pushing up/ forward and anchoring her to the present time, with Crab Apple at both sides giving bodily support, self-acceptance and working with her cleaning obsession, in the next level having Chamomile providing emotional and smooth balance and finally Red Chestnut all around liberating the repetitive and worrying thoughts, acting as an escape valve that releases all the pressure to the outside of her system.

Attach formula diagrams for this session

See session 3 attachments

Additional comments

After this session, I met with E two more times before the next report, one time on 11/01/18, where she reported major changes in her symptoms. The 'vibrating sensation' since last month is affecting her about one time a week while before, she was afflicted by them every single night and multiple times per night, and waking up only one time each night and allowing her to go back to sleep quicker and have a more restful sleep than before which promotes restful sleep, good mood, and energy to her daily tasks.

The migraines have been less frequent since her emotional and mental health has been improving. She feels more relaxed.

After analyzing the good reactions she was having with the flower essences, I decided to keep the same 'Nighttime formula' and the 'Migraine Formula.' I resolved to add an extra kick to the 'Day time formula' and to put some 'extra light' into the blend by adding Saint John's Wort, as this flower essence is intended to illuminate and anchor the consciousness, help with the disturbing nightmares and the fear of being in the dark among other properties.

The 'Daytime formula' (attached, figure 13.) ended up containing: Saint John's Wort, Chamomile, Honeysuckle, Crab Apple, Red Chestnut, and Mimulus. Looking at the diagram of this formula, there's Saint John's Wort at the top of it, irradiating light, bringing protection and strength to the soul, and interacting with the rest of the flower essences included in the blend.

The other time we met on 12/06/18, my client shared the progress and improvement with some of her signs and symptoms (her sleep pattern is better as the vibrating sensations have diminished by

about 90%, she feels energetic and calmer in general). And she hasn't had any headaches since last month. In this session, I worked along with her to review her family constellation. (see attachment for a full report, fig. 14, the diagram and translation).

I ended the session with the breathing technique that she is now used to doing and helps her balance emotionally and physically.

Session #4

Session headline (as defined in the detailed requirements)

Session 7 "Moving forward."
Mexico, 01/17/19.

The time spent in this session was one hour, starting with the 'breathing technique' and followed by a conversation concerning the changes experienced since last month.

Summary of changes observed and their relationship to the flower essences chosen

It's been 6 months since E started the flower essence therapy, and this time, she was delighted to share that with the support of the "migraine formula," she hasn't had any headaches for about two months now.

The Christmas holidays and New Year's went by quite peacefully, without confrontation with her son or siblings. She mentioned a couple of gatherings with some family members, and she was able to enjoy and not engage in disagreements. Still, she detached from whatever wasn't her concern, which made her feel in control of the situation. She is convinced that the intake of the flowers in the 'Daytime formula' has brought a different state of mind and mood to her.

As for the vibrating sensations, she hasn't had any of these episodes,

which has improved her in different areas of her life (mentally, emotionally, and physically). This was a major achievement, and she was pleased to regain control of her sleep finally, and she feels better in every way, recognizing the help of the flower remedies in the 'Nighttime formula.'

Possible role of other therapies

She went to her psychiatrist, and he has determined to lower the dose in half of both medicines that she was taking at night (Diazepam 10mg and Citalopram 20 mg half tablet each), the first time since 2015 when the doctor prescribed it for her. With this, she is on the way to reaching one of her goals, to reduce/ stop taking anti-depressant medication.

It's noticeable that flower therapy has brought to my client, but this change was a major one for her.

Issues, concerns or new goals arising out of the current session

Following my suggestion in the previous session, she shared with me the letter written to her brother L (see attachment, figure 15 and translation), with whom she feels the most broken relationship since they were young; this was a relief for her because she was able to write to him everything she has been feeling and accumulating through all of this years, this wasn't a reconciliation letter, she just expressed her feelings and found peace in herself to move forward, she hasn't decided whether she would ever send it to him or not, but for now she feels less upset with him and somehow relieved.

Therapeutic strategies for the client's next cycle

At the end of the session, I prepared the same blends as last month and suggested she follow the same intake regime.

Daytime formula (Figure13.): Saint John's Wort, Honeysuckle, Chamomile, Red Chestnut, Mimulus, and Crab Apple.

Nighttime formula (Figure 7): Rock Rose, Lavender, Star of Bethlehem, and Angelica.

The 'Migraine formula' (Figure 10.) is to be used as prescribed before she needs it.

The flower essence formula (attach images of formula diagrams)

The process of choosing the flower essences was based on my intuition, the observation of my client's evolution, and reports throughout the sessions. I visualize each remedy and its properties and how they all can interact together as a big family, bringing particular gifts and working together for one cause. That is how I ended up with these formulas and their diagrams, as I reported on the previous session and included in the attachments.

Daytime formula (Figure13.): Saint John's Wort, Honeysuckle, Chamomile, Red Chestnut, Mimulus, and Crab Apple.

Nighttime formula (Figure 7): Rock Rose, Lavender, Star of Bethlehem, and Angelica.

The 'Migraine formula' (Figure 10.) is to be used as prescribed before she needs it.

Additional comments

We had another therapeutic session after this report; we met on 02/28/19. In this session, which I titled "Keep improving my," the client agreed to give her a 'Reiki' session that lasted about 25 minutes, and after we started our therapeutic chat.

I propose the 'Reiki' technique to help her relax and healing technique besides the flower essence therapy.

Since our previous meeting, she has been feeling better in general, energized through the day, motivated. She has noticed that her compulsive behavior of cleanliness and over worrying hasn't been

an issue anymore. In her journal, she has been writing about how grateful she feels about the physical and emotional improvement she is experiencing at this moment.

She hasn't had the migraines nor the "vibrating sensations," her sleep pattern, energy level, and mood have improved tremendously, making her feel motivated to keep working on her relationship issues, specifically with one of her brothers and her son. In this family matter, and after the exercise of writing the letter to her brother, she started remembering and thinking more about her childhood and how she would've liked things to be different, so I suggested she write a letter to her inner child, probably the most important letter she has ever written. We could go over it together next session.

The preparation of the flower essence formulas was the same as last session and with the same prescription, having:

The daytime formula (Figure 13): Saint JW, Honeysuckle, Chamomile, Red Chestnut, Mimulus, and Crab Apple.

The nighttime formula (Figure 7): Rock Rose, Lavender, Star of Bethlehem, and Angelica.

And the migraine formula (Figure 10.) is to be used as prescribed before she needs it.

Session #5

Session headline (as defined in the detailed requirements)

"A setback."

Mexico, 04/11/19.

This meeting was one hour long, including the breathing technique, Reiki session, and a chat with my client to see how she feels. She told me that she felt like a step back in how she was feeling this

last month, had a migraine episode, suffered from sinusitis, and felt very sad and very worried about her son's health situation.

Considering her tendency to write, paint, and color to express herself, I asked her to color in the 'human diagram' the areas on which she feels the migraine. She chose to color red on both sides of her head and represent the fear; she used purple, pointing it right in the solar plexus represented by her, as a solid mass (see attachment, figure. 16.).

Summary of changes observed and their relationship to the flower essences chosen

On the other hand, she mentioned that the 'vibrating sensations' are completely gone, and her psychiatrist has determined to suspend all the medication she was taking. She is pleased about it but is starting to question herself if these episodes would come back. I talked to her about having the confidence and courage to confront whatever comes, especially after having a different perspective and therapeutic tools she has been gaining throughout this healing time and the good work she has done to solve and channel her fears and emotions in a more constructive way.

Possible role of other therapies

Since 2015, she was taking an anti-depressant medication, and after her emotional improvements, the psychiatrist has determined to suspend the medication. This was a happy moment for my client, where she felt excited and empowered to keep the good work to overcome her symptoms and improve her health and emotional issues. Convinced of the flower essences' role, she feels grateful and engaged with the flower essence therapy.

Issues, concerns or new goals arising out of the current session

She told me that she felt like a step back in the way she was feeling this last month, suffered from sinusitis, had a migraine episode, and

felt very sad and very worried about her son's health situation. Expanding on this subject, she shared that her son has been experiencing sugar blood unbalances. She blames him for neglecting himself and not taking his illness seriously. She is very concerned about his quality of life as time goes by. While spending some time at his parents' house, one morning, he suffered from a diabetic crisis that resulted in him losing conscience, having seizures, and needed to be hospitalized for a couple of days. This wasn't the first critical episode for him. Still, it was the first time E was present, and her impact was severe. She was terrified to lose him, and afterward, she felt depressed. She noticed this triggered the migraine, which presented one time during this past month, which leads her to not getting enough sleep and being over-worried all the time about her son. She described to me how she used the 'Migraine Formula' during these headache episodes as follows: Since she hasn't had a migraine since 9 months ago, she forgot to take the flower essence formula at the beginning of the symptom, until the headache was settled, when she started taking 4 drops approximately every 15 minutes and took 2 hours until the pain was completely gone. During this time, she needed to lay in bed and turn the lights off.

Therapeutic strategies for the client's next cycle

She brought to therapy the letter to her inner child (attachment, figure 17), where it shows how she perceived her childhood, and she was able to express for the first time her feelings towards one of her sisters and her mother.

E told me, as she was writing this letter, she felt sad and cried for a while, but after that, she felt released from those feelings and actually called her sister to check on her and went out to have dinner as good siblings. She now understands it wasn't her sisters' fault but the family situation, and she is looking forward to getting along with her from a different perspective.

After analyzing her 'step back' regarding the returning symptoms,

and as a personal reflection, this digging and reviving her childhood might be the cause of this stirred up of physical and emotional manifestations.

I have been preparing the past flower essence blends containing the same formulas since four months ago, with a notorious improvement in my clients' symptoms and emotional state until this time, for which I decided to reincorporate Star of Bethlehem for its power to 'console' into the 'daytime formula' (see attachment, figure 18.)

The flower essence formula (attach images of formula diagrams)

I thought about this powerful flower essence (Star of Bethlehem) since she started telling me about the shocking moment she experienced watching her son in such a critical condition, helping to overcome that pain and bring her hope, recover her inner power and heal the broken feeling (she mentioned that she felt like torn apart as nothing would ever be the same after this event and that no one could help him or her) as well as to heal the memories from her childhood, I also thought that this particular flower essence could help her with the sinus affliction, as a decongestant and to release the tears that haven't come after this painful situation with her son and the immersion she experienced with the letter for her inner child.

The 'Daytime Formula' (Figure 18) was prepared to contain the following essences: Saint John's Wort, Chamomile, Crab Apple, Mimulus, Star of Bethlehem, and Red chestnut, giving her the indication of taking it orally (4 drops 4 times a day).

The 'Nighttime formula' (Figure 7): Rock Rose, Lavender, Star of Bethlehem, and Angelica, with the same indications as previous months.

And the 'Migraine formula' (Figure 10.), to be used as prescribed before whenever she needs it.

Additional comments

There were 4 more therapeutic sessions with E before the closing of her case.

Session 10, titled "Just breathe" on 05/23/19 (see attachment for the full report of this session), where the highlights were that she hadn't had any headache, the nightmares are sporadic (about one every other month). Her reaction to them is calmer as the dreams are not that disturbing or frightening, and what makes her even happier is that the 'vibrating sensation' is completely gone for a couple of months. The visit with her psychiatrist went well, where he mentioned that soon she might be ready to suspend taking the medication prescribed by him.

The only issue that is still present and she wants to address is the situation with her son. She is always worried and thinking about what could go wrong with him concerning his health problems. These constant thoughts make her feel desperate and emotionally uneasy. This past month, she decided to write him a letter to tell him how she felt (Figure 19.). This time, keeping the same intake form and frequency as previous times:

Daytime formula (Figure 18.): Saint John's Wort, Chamomile, Crab Apple, Mimulus, Star of Bethlehem, and Red chestnut.

Nighttime formula (Figure 7): Rock Rose, Lavender, Star of Bethlehem, and Angelica.

The 'Migraine formula' (Figure 10.) is to be used as prescribed before she needs it.

Session 11, titled "Mimulus" on 06/20/19 (full report attached), her report in this session was very promising, and she was very enthusiastic about her progress throughout these months of taking the flower remedies. She hasn't experienced the "vibrations" anymore, nor the nightmares or migraines. She has noticed how she

has hidden in the past and even avoided looking at her family relations at this deep level. It has been a strong inner work she has done to go back and heal those personal and family issues.

After going through these reflections with her, I thought this was a convenient opportunity to reach out for Mimulus's support since this flower essence remedy has been present in the formulas I have been preparing for my client since the beginning of the therapy 10 months ago. Considering E's fondness for the art, I proceeded to show her an image of this specific flower and direct visualization in this regard (see attachment, figure 20).

Finally, the last session was named "Go Deep" on 07/22/19 (refer to the full report on the attachments), where after 11 months of this therapeutic process, the results of it were imminently positive. It's been 4 months that E is not taking any psychiatric medication (determined by her psychiatrist), one of her goals. Still, furthermore, her symptoms are gone. She has a healthy sleeping pattern that came after not presenting nightmares, migraines, or vibrating sensations that would cause her to wake up several times every night, bringing anxiety and depression.

5. Client's Soul Process

Attach relevant materials such as journal entries, artwork, etc.
Chronicle here quotes, dreams recalled, etc.

E's physical change after one year of treatment:

Before and after photos after one year of taking the flower essences: my client looks happier, she has lost some weight, and her entire attitude is more positive as her body language showed in the pictures, one thing noticeable is that she used to color her hair to try to hide the grays, nowadays she has embraced this new look and feels confident with going completely gray.

Gardening:

As she mentioned to me on session #4 with date: 10/04/18, she feels happy every time she takes the flower essences and notices the different flowers she has in her garden (refer to attachment, figure 11.). She is motivated to take care and enjoy gardening and paints the flowers she finds in her walks (which she is doing more often because as she's sleeping better, she feels energized through the day). She made the following reflection: 'By taking care of my garden and the birds that come and do their nests in my roof, I somehow fulfill the need to protect and nurture" .

Systemic constellation exercise:

During therapeutic session #6 on 12/06/18, E described and analyzed her family with a diagram and text, including all the family members (attachment, Fig. 14). The indication was for her to write something about each member. With her writing skills, she described the personality, a brief description of the family role, and what she would've liked to be different, especially towards her. This was a deep work for my client, where she acknowledged her codependence (as she described herself) and some recurrent issues present among the family, such as alcohol consumption. At the end of the exercise, her conclusion was the acceptance of being part of this family. They all have tried to stay together and work things out throughout the years, not having the results she would've wanted but known this is the family she belongs to.

Artistic Expressions:

Since the beginning of the therapy, E mentioned that she likes to express herself through drawing, coloring, and painting; that's why I thought about using her skills as part of her therapeutic journey. Some examples of this are the coloring of 'mandala shapes' that relax and calm her down, especially when distressing feelings come to her. (attachment, Fig. 25.) She has created some other paintings during this 11 months period of time while she was taking the flower essence therapy show how she has transformed her emotional and mental energy into art expressions and share it with the world (attachment, Fig. 26, 27, and 28).

In one corner of her house, she created this painting called 'Inocencia/ Innocence' in May 2019 (Fig. 26), inspired by the letter she wrote to her inner child (attachment, Fig. 17). Thinking over the idea of how many years she has been giving her back, hiding behind fear.

The painting shown in figure 27 was inspired by the Flower Essences, created at the beginning of the flower essence therapy 2018, after noticing the benefits she was getting from it.

Another painting she created (attachment, Fig. 28) was named 'Libertad/ freedom' in 2019.

In July 2019, she did an oleo paint of 'Mimulus' (attachment, Fig. 20), expressing how grateful she felt towards this flower essence.

Journalism:

During her therapeutic work, she discovered that journalism was a way to express to others what she could not tell, mainly because of her shy personality. She didn't want to upset others or set up an argument or disagreement, especially with her loved ones. She started writing letters (which she still is not sure to deliver or even show to others), but the healing and expressing work was achieved, and with this, she felt relieved and somehow lightweight in regards to her feelings with her brothers and son. (attachment, Figures 15, 19, and 21).

She wrote a letter to her inner child, which moved her very much, and she realized how lonely and scared she has felt since she was a little girl. (attachment, Figure 17).

On another note, she wrote appreciation phrases during a whole month (September 2018), two months after starting flower essence therapy, moved by the improvements she experienced in physical and emotional symptoms. Among other subjects, she felt grateful for highlighting some of these phrases directly related to the flower

remedies action, as shown in (attachment, Figure 29).

Body diagrams and coloring:

Throughout the therapy, I asked my client to color the 'human diagram' to represent the areas where she had her symptoms and visualize these manifestations and express them somehow. (refer to attachment, figures 8, 16, and 22).

6. Analysis of the Client's Developmental Process

Which stages of flower essence therapy (the Four R's) were most evident in your client?

Considering my client's response from the Four R's perspective, I can assess that 'stage one' was where the most evident changes were noticeable for her. Starting with the resolution of the 'panic attacks' that she was suffering from, she wanted to resolve the main issue when starting the therapy. With this came the shift to a better sleep pattern, allowing her to feel energized physically and mentally in the mornings. The nightmares' frequency and intensity went considerably down; she used to feel unsafe and without control during the night, being subject to these terrifying and vivid visions. She experienced the release of some of the emotions accumulated stress in her body, such as fear, anxiety, worry, and sadness. Finding a place to put these emotions was not always pleasant for her; with this came the release of tears, and sometimes she needed to put limits to her relationships to create a balanced center for her emotions.

She recognized what these unbalanced emotions were stored in her solar plexus, causing her all the stomach issues; this is an area my client is still working with.

At this point, it was clear for me that my client's response was touching 'stage 2' of the Four R's when she mentioned that now she

can recognize what triggered the migraine and the panic attacks: this was whenever she felt overwhelmed with things to do, or a had a lot of things going on in her emotional life; consequently, the symptoms were present. She also realized that she was constantly living in the past, feeling that those years were better than her present, covering up relationships and situations with unreal characteristics and missing the day by day treasures hidden in the simple things. Here is where I can see the work on 'Stage 3 the Regression and Reconciliation'; being aware of the constant fear since she was a kid was the other major insight for her. Accept and see herself as a witness of all those times and opportunities she avoided, just because of fear. This wasn't a pleasing moment for my client; she was facing her own shadow, particularly this dysfunctional pattern in herself. She has overcome the fear of being in the dark and being alone at night whenever her husband is out on a work trip. However, she still faces worrying about her son dealing with diabetes and watching his health deteriorating at his very young age.

This stage was difficult to transit; for some time, she avoided her childhood experiences' recapitulation. Still, it was an interesting one because, in the end, she was able to look at her wounds and see this 'past time' with a clear vision. She finally started to take away the sugar coat that layered these memories and confronted them with a reality that wasn't always a pleasant one for years.

Finally, the 'fourth stage' is still an area to work with my client, trying to transform the pain and sorrow from her losses into a learning experience and deeply let go of the sadness to start building future projections for her soul evolution. To start building a new way to interact with her siblings and her son, without trying to control them through fear or having these constant negative thoughts about what could happen, but instead, give them the freedom to choose and learn at their own pace and transforming this into a love that impulses and supports her and her surroundings.

Please evaluate your client with regard to the *MetaFlora Levels of Soul Transformation*.

In this particular case, I found that E has reached at some point and in different levels all the MetaFlora Wheel of the Soul, as I will explain in the following description, with the understanding that this path is a continuous exploration and evolution of her as a human being and spirit.

Based on the Metaflora levels, the therapeutic process of my client developed as follows:

MetaFlora level one was reached by helping her find an emotional balance, so her responses to life challenges wouldn't be excessive in such a way that needed to be expressed through her symptoms, but instead, find a way to release these stressful emotions in a less disruptive way and somehow understand them. The key flower essences that helped her in this matter were: Angelica and Chamomile. With this, E developed emotional boundaries and was aware of some dysfunctional beliefs and wounds from her childhood and family history, which marked her personality and how she confronts life. One of the issues she wanted to address was to get rid of the depression, to develop a joyful and positive way of looking at things, to find the inner calm and her emotional center beyond whatever was going on with her son or siblings.

MetaFlora level 2 was an important path for my client to work with, as she had multiple symptoms that manifested the imbalance of her physical awareness; her body was trying to communicate with her, a message she wasn't listening to, so the sensations needed to "shake" her in such a way to get her attention. For example, this has been expressed by her need for cleansing, her overweight, digestive problems, sore joints, hearing loss, and the rest of her symptoms. For all the above, I decided to incorporate the following flower essences: Crab apple, Self-Heal, Star of Bethlehem, and Lavender.

In MetaFlora level 3, where she is still working to calm down her thoughts and bring light into her consciousness, she is aware of these unproductive and repetitive thoughts, causing insomnia and anxiety.

At this point, she was mentally exhausted. For this reason, the help of Lavender, Angelica, and White Chestnut was of great importance.

E has been doing volunteer work at the Red Cross Organization, helping with cultural and recreational events at hospices, elderly houses, and hospitals. This work brings her joy. She's been able to develop social skills like never before, community awareness as she is in contact with people in need, putting her individualism aside to help others. Developing this MetaFlora level 4, she realized she was experimenting with a mid-life-crisis, for which I used Chamomile and Mustard as the key flower essences to work with.

Art expression has been present in my client's life since she and her family moved out of Mexico City, allowing her to live in a small city surrounded by gardens, clean air, wild birds, and butterflies. Being touched by this environment, and without the rush of urban life, she explored her artistic side by gardening, painting, and drawing, giving her development in MetaFlora level 5. Still needing to expand this expression towards her relationships, especially with her son and siblings, for which, at some point during the therapy, I incorporated Holly into her formula.

An important part of the therapeutic process with my client, touching MetaFlora level 6 utilizing Angelica, Forget-Me-Not, and Borage was very significant since one of the main issues was the way she was dealing with the passing of her loved ones, the fear of losing her close ones and even worrying about her own death. This was an important step for her to start mourning, and changing her point of view towards these old wounds, past realities, and overcoming fear was one of the most important changes she experienced. From my personal perspective, this is the level that needs more attention and therapeutic work since she is still healing her loved ones' loss.

As mentioned before, she has a strong religious life, as a Catholic, having as part of her daily rituals the prayer and devotion to The Virgin Mary and Jesus Christ, lately opening herself and incorporating other spiritual practices such as meditation and Yoga.

Again, Angelica was of much help in this process and Star of Bethlehem and Saint John's Wort.

Finally, analyzing MetaFlora level 8, I was able to link with this level as she expressed to me her determination to turn vegetarian 20 years ago and changing her lifestyle as well as her family's into a more responsible and respectful way of utilizing the natural resources, for example recycling, composting, etc. daily.

7. Consideration of an Archetypal Remedy

After accompanying my client through this healing process, I concluded that the flower essence that best typifies her is Mimulus. This flower essence is part of Dr. E. Bach 12 healers repertoire, 'fear' is the keyword that best outlines my client's soul gesture. Since she was a child, she describes herself as a girl in fear that would easily cry, act very shy and quiet, who frequently would give away her will to stronger personalities such as her father or her older brothers. This frightening feeling was part of her daily life until she started flower therapy, and even though she is still scared from many situations, she has developed the courage to confront them and after all, overcome some of these, for example: being scared of death, the darkness and staying alone in her house.

E has a meticulous, precaution, and introverted personality focused on the detail in day-to-day circumstances and getting caught by them, missing the opportunity to change her perspective (as a precaution) or experience different life situations because of this fear. She won't take risks in general and prefers to have a well-planned agenda in her life.

Her sensory system is hypersensitive when exposed to exterior events, especially: temperature changes, physical contact, visual and sound ones. Examples of these are: E can't stand cold weather, she doesn't like to be in loud or crowded places, speak in public, be the center of attention, she avoids disagreements or physical

confrontations, she doesn't like to watch or hear tv shows, movies or radio stations which have violent or scary content. If she does this, the images will stay in her mind for days. All of this leads her to withdraw from reality and go back to her memories with nostalgic longing, creating an unrealistic bubble for her to be contained, avoiding to face the reality which hurts her and dislikes.

Since the first flower essence blend that I prepared for her, *Mimulus* was the core remedy to use. She intended to give her the strength to face adversity and the rest of her daily situations that would prevent her from learning and developing her life lessons, from accepting herself and finding her the courage to face life and deal with her tormenting thoughts.

I've learned that this flower essence helps to accept structures without feeling caught in them. For example, she felt trapped in her childhood and adolescence but never had the courage to confront the authority and speak up for herself.

By the end of the flower essence therapy, in July 2019, she did an oleo paint of '*Mimulus*' (Fig. 20). It shows the deep work and understanding she has developed towards the vibrational action of this flower remedy.

8. Practitioner Reflection

The most significant learning opportunity for me, in this case, was to see the actual improvement in my client. The main goal was achieved (to get rid of the vibrating sensations/ panic attacks) that were distressing her sleep and life in general and stopping taking psychiatric medications. Along with this major improvement came her general wellness, in terms of sleeping pattern, mood, energy level, relationships, and most of all self-acceptance, the resemblance of her family history, and how to express herself and start to heal old wounds.

For example, she came to realize that most of her physical

symptoms are manifested on her right side (the hearing loss, the macular scar on her eye, a heel and wrist fracture she had years before, etc.) and how related all of this was to the troubling relationships with mainly masculine figures in her family (her grandfather, father, son and two brothers). The more I think about it, the more sense it makes to me, as it is the masculine energy-related to physical strength, courage, to be fearless, confrontative, take action, safety, take risks, to express herself, speak up, control, etc. all of which my client was in need to incorporate in her life.

As I pointed out previously, Mimulus was one of the key flower essences I used in her remedies and characterized her personality. Working together, we could call for positive qualities such as 'courage' found in this particular essence and much need by my client. My point of view to consider Rock Rose an important flower remedy for my client's healing process. I incorporated it since the beginning of the therapy in the 'Nighttime formula,' taking into account that its yellow sunlike energy will benefit E in so many ways. I perceive the mythological figure of the Phoenix as part of the ancient Greek folklore and compare it with Rock Rose and my clients' progress considering that what falls apart is the beginning of something new, coming out of the ashes regaining life from her predecessor, wounded but not defeated, with the capacity and inner strength to confront whatever comes.

I could also resemble the interaction and relationship between Mimulus and Rock Rose. Having Mimulus as a 'feminine force' and Rock Rose as a 'masculine force,' balancing themselves with solar energy but having a different approach, considers all the previous characteristics mentioned in this document before.

It was a deep journey for E, but she was brave enough 'talking about Mimulus again' to submerge into her past and start accepting, healing, and moving forward in her life.

Moreover, she now embraces her personality from a different perspective, working with the negative characteristics (fears,

apprehension, worrying thoughts, etc.) and enhancing the positive ones, as I mentioned before.

Her healing work is still in process as she faces the mourning of her oldest brother, which triggered her depression, still working on the worrying for the well-being of her son, etc.

Figure 8. Diagram of the Human body-colored by the Client.

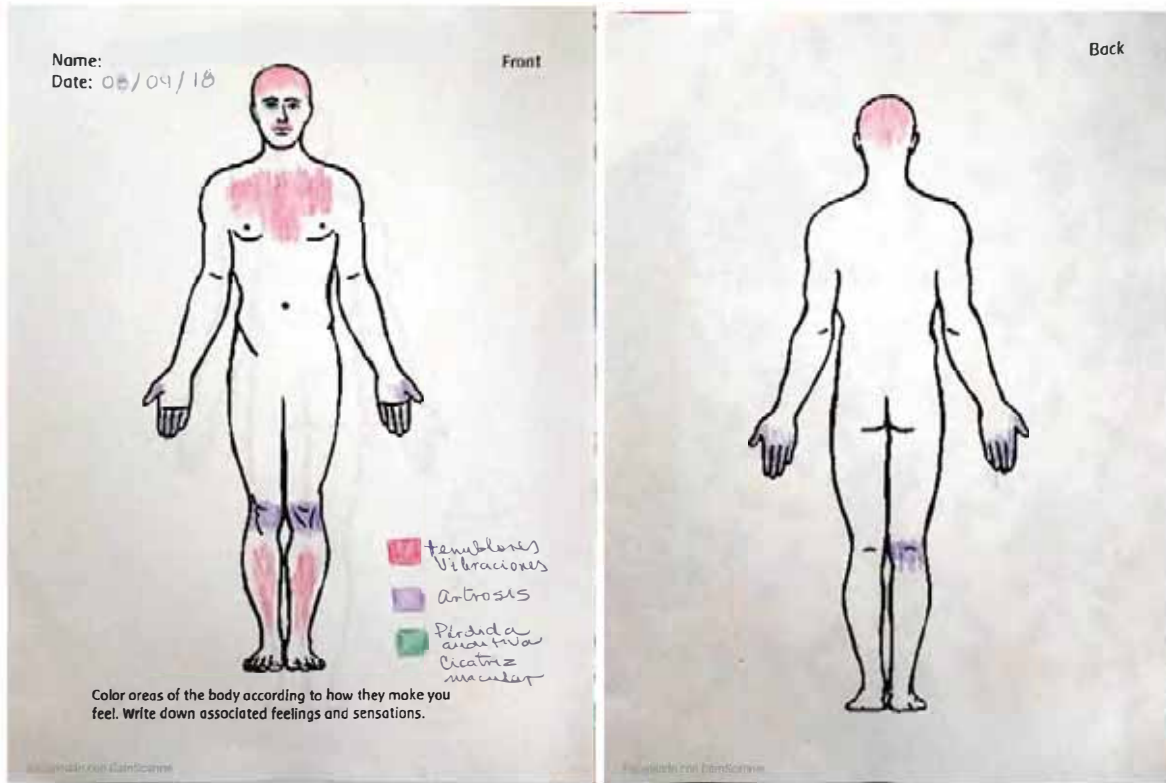


Figure 9. Daytime formula.

Chamomile, White chestnut, Red chestnut and Mimulus.

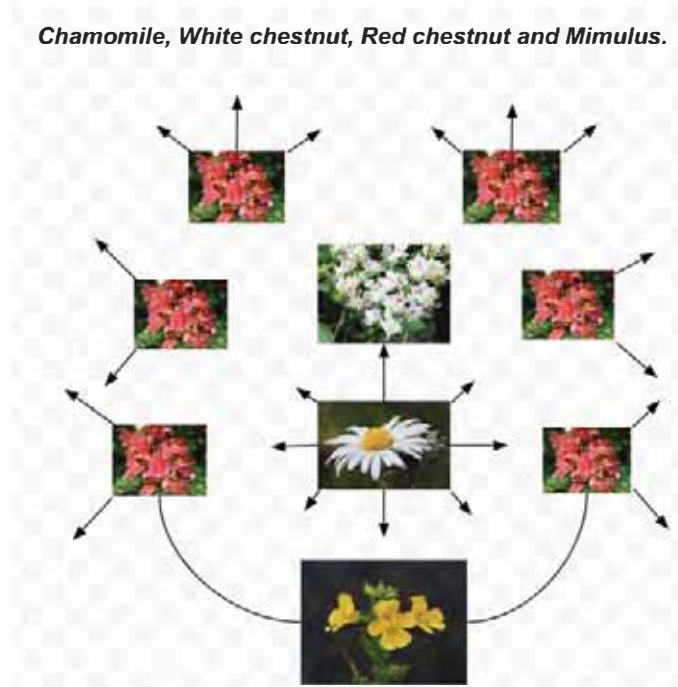


Figure 10. Migraine formula

Self heal, Lavender and Impatiens.

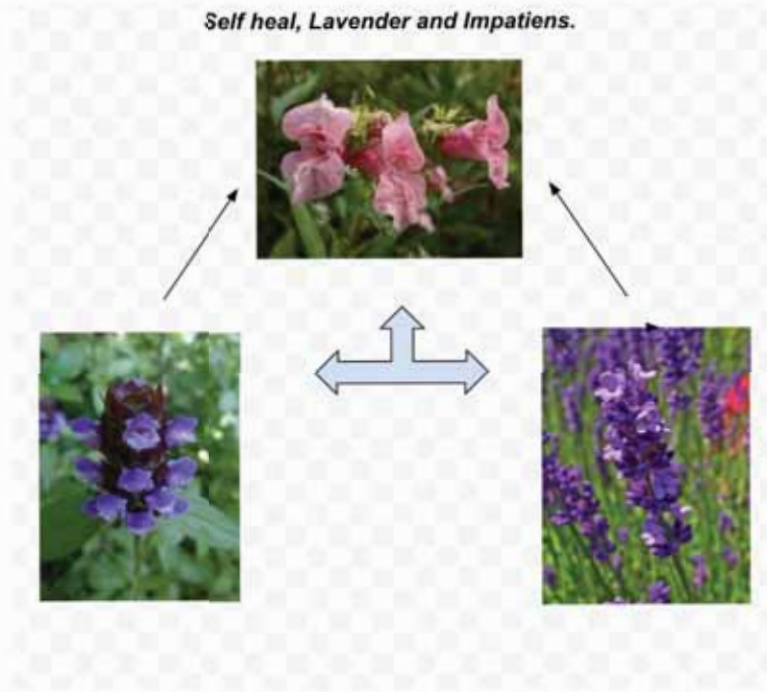


Figure 12. Daytime formula.

Chamomile, Honeysuckle, Crab Apple, Red chestnut and Mimulus.

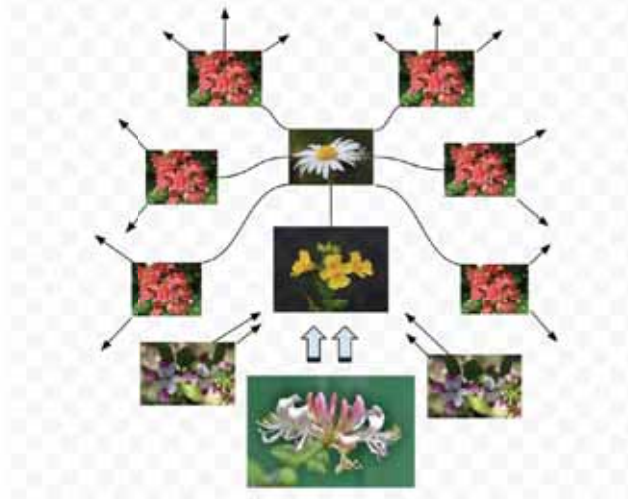
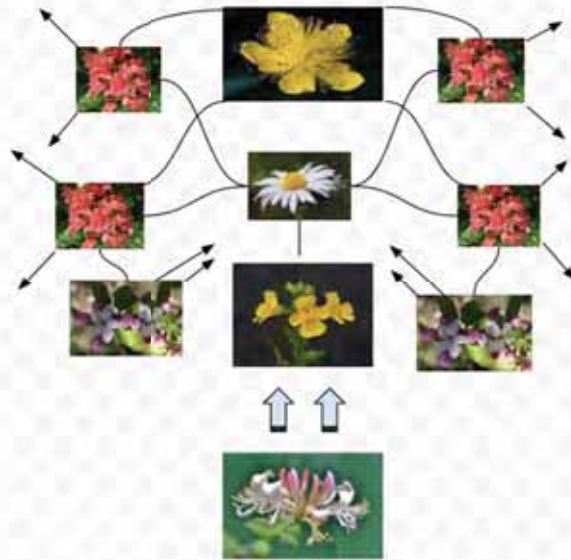


Figure 11. E's garden.



Figure13. Daytime formula.

Saint John's Wort, Chamomile, Honeysuckle, Crab Apple, Red chestnut and Mimulus.



Session 6 “Family constellation analysis”

Mexico, 12/06/18.

Taking into account that Christmas celebration is coming and this time of the year is a complicated one for her, because of all the tension among the family members. This month is a particularly tough one as it makes Elsa go back with nostalgia from the good old times, making her sad and depressed because of the actual family situation, her son would be spending the holidays with her inlaws and her brothers and sisters are split into two bands which won't interact with each other, she shared with me how different was in old days, when the whole family would spend this special time gathering in one same place sharing and enjoying as one big family.

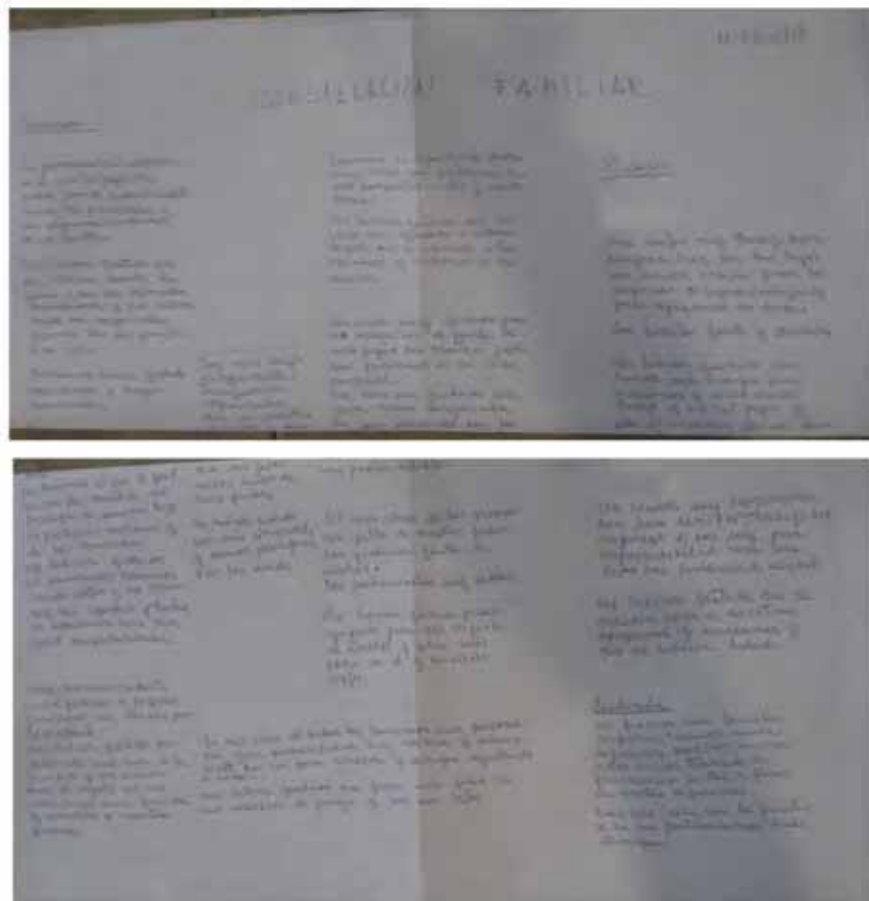
In this session, I worked along with my client and reviewed her family constellation.

It was hard for her to write down her family constellation, especially at the end, when she saw the whole picture and all of her relatives that have passed, I told her to see if she could find a repetitive pattern or a link

among them and how this made her feel? The conclusion of this session was that she was able to analyze and somehow find a place in her heart for all of them besides the disagreements or difficulties they have experienced in the past. Furthermore, to understand that as individuals, they all have their own path and although they share the same background they all experience it differently. She still feels that the communication is broken, for what I suggest her to write a letter to those family members to which she felt the need to say something, even to her dead brother, and that she would decide later on what to do with these letters, the main purpose of this was to help her release her thoughts and emotions that have been stored and untold because of the actual circumstances.

I ended the session with the breathing technique that she is now used to doing and helps her balance her emotionally and physically.

Figure 14. Systemic family constellation diagram.



Translation of figure 14:

12/06/18.

Family Constellation.

Siblings:

G: strict personality, It was given the role of the father because of the absence of our father. He had the privileges and responsibilities of a grown-up.

I wish he wouldn't die that young from that devastating illness, and that he would've had a better relationship with his daughter and couple.

I would've also liked to know him better and to have a better understanding of them.

L: This is the brother who had the burden of the first-born, always under the mother's and sister's wing.

I wish we could've had a better relationship and not been so selfish and try to get along without hurting each other.

E: an absent sister, she never took part in family projects, always driven by the material world.

I wish she would've been closer to the family and that she would've given us the respect we deserved as a family, especially to my parents. R: very independent from a young age, with behavior problems and alcoholism. I wish he could be less obstinate and open himself to different interests and points of view.

E: I am a codependent woman, hardworking, responsible with a timid personality and I think I lack the love of my parents.

I wish I would've been more open and to worry less about others.

R: she is the sister who was affected the most by my parents' relationship, with a strong personality and a lot of personal problems in her life. I wish she could be less complicated in her relationships and for her to find a couple.

V: The youngest of the brothers, hurt by the absence of our father and strong problems with alcohol consumption. With noble feelings. I wish I could help him to stop drinking, be closer to him and know him better.

V: The youngest of all, she has a great personality, very successful and outstanding, with a great heart and always helping others. I

wish she could be happier in her couple relationships, with her daughter and son.

Parents:

D: A hard-working woman, taking care of her children, with great business vision, always working to help us all. With a strong disposed personality. I wish she would've had more time for us, less work and that my father and she could get along.

A: A very charismatic man, with a gentle personality, hardworking, with multiple sentimental relationships with women besides my mother, irresponsible towards us and alcoholic.

I wish he would've dedicated time to us, to know us and that he didn't have alcohol abuse.

Conclusions:

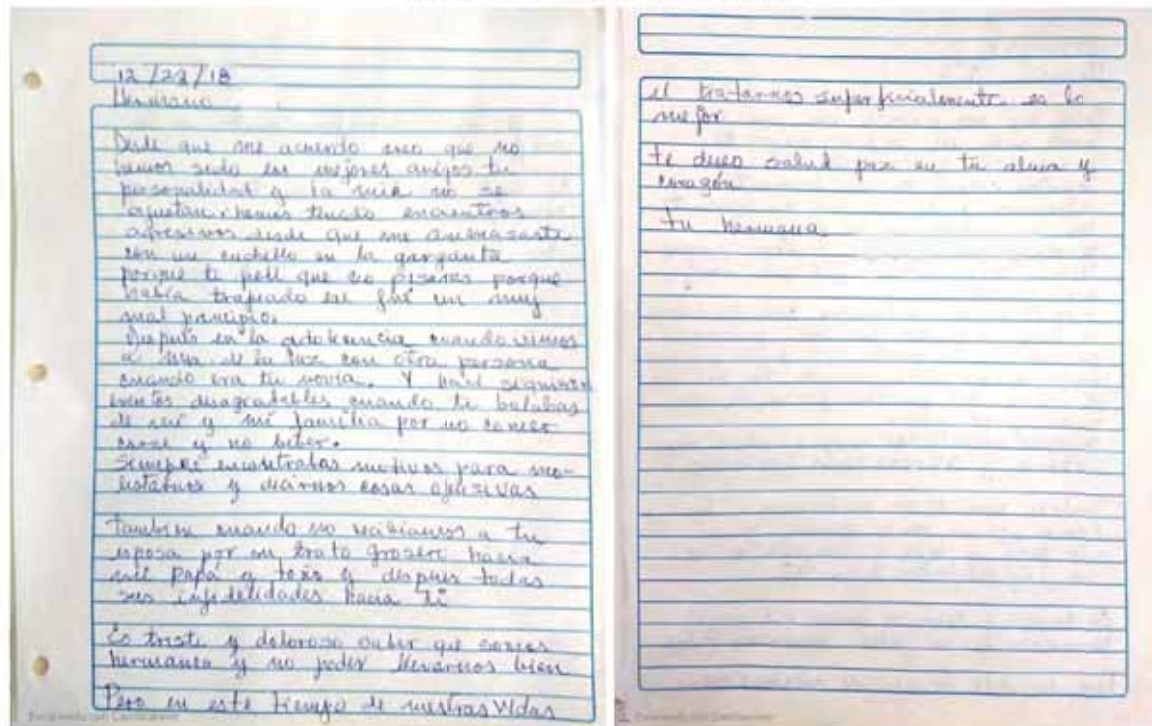
We are not a perfect family, we have a lot of differences, but for years we have tried to stay together despite our discrepancies.

I believe this is the family we all belong to since ever".

I resolved to keep the same formulas as last month:

- The 'Nighttime formula' stays the same: *Rock Rose, Lavender, Star of Bethlehem and Angelica* (Figure 7).
- The 'Migraine formula' (Figure 10.), to be used as prescribed before whenever she needs it.
- Daytime formula (Figure 13.): *Saint John's Wort, Honeysuckle, Chamomile, Red Chestnut, Mimulus and Crab Apple.*

Figure 15. Letter to her brother



Translation of figure 15. the letter she wrote to her brother

"Brother: Since I recall we have never been best friends, your strong personality and mine do not go along. I remember since we were young, we have had violent confrontations like when you threatened me and put a knife on my throat when I asked you not to step on the wet floor that I just had mopped because you will get it dirty, that was a really bad start. Another time, when we saw M with another man while being your girlfriend. And so we had multiple unpleasant events, for example when you mocked and made fun of me and my family for being vegetarian and not drinking alcohol. You would always find ways to annoy us and say offensive things. Also when we wouldn't accept your wife's visit because of her disrespectful way of treating my dad and our brother T and after her infidelities to you. It's sad and painful to know that we are siblings and couldn't get along. But at this moment of our lives, it's better to have a superficial relationship. I wish you good health and peace in your soul and heart. Your sister."

Figure 16. Location of the migraine and the fear.

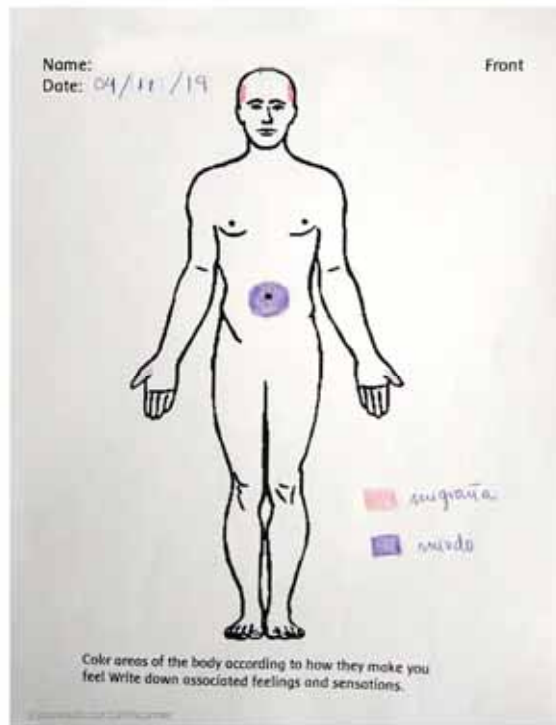
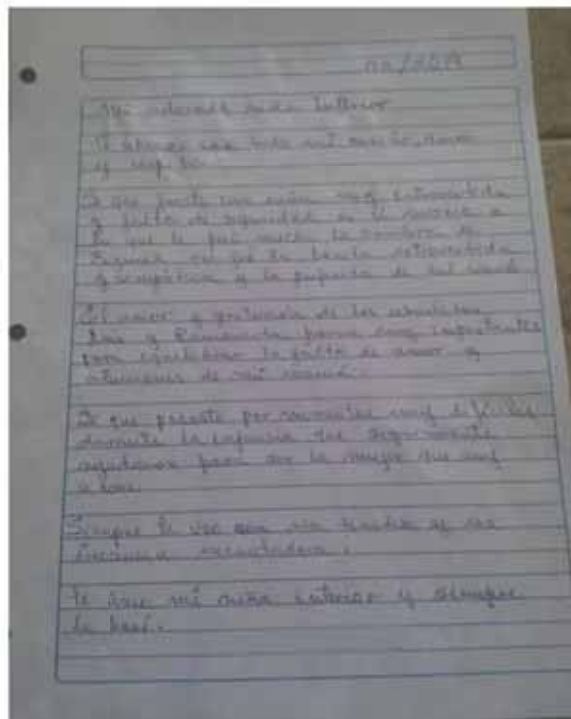


Figure 17. A letter to her inner child.



Translation of figure 17. The letter to her inner child:

"02/2019

My adorable inner child:

I embrace you with all my tenderness, love, and respect.

I know you were a very introverted girl and lacking self-confidence, to whom the shadow of my sister E was tough to bear; she was always the pretty, extroverted, and charismatic one, mom's favorite.

The love and protection from grandpa L and grandma R were fundamental to me because it somehow compensated for my mother's lack of love and attention towards me.

I know you went through callous times during childhood,, which surely enough helped me to become the woman I am today.

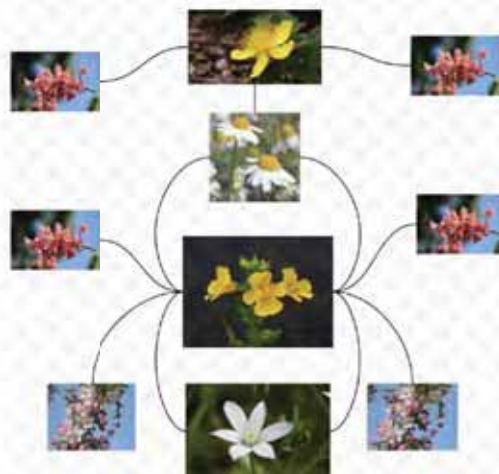
I always look at you with that shyness and charming innocence.

I love you, my inner child, and I always will.

E"

Figure 18. Daytime Formula

Saint John's Wort, Chamomile, Crab Apple, Mimulus, Star of Bethlehem and Red Chestnut



Session 10 “ Just breathe”

Mexico, 05/23/19.

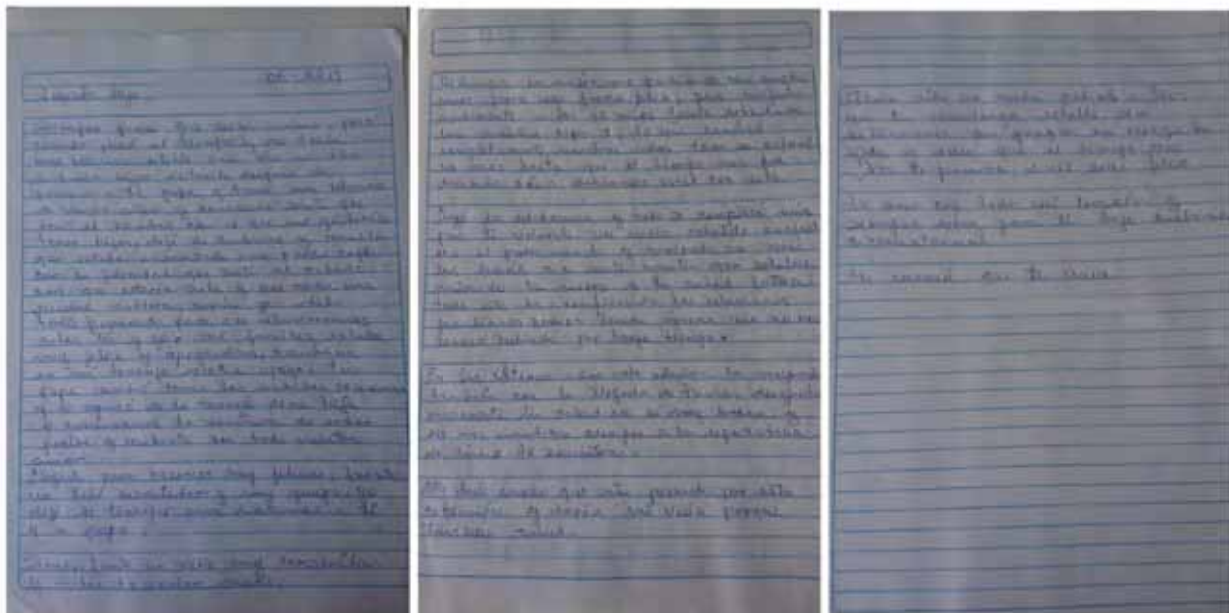
The session went on for about one hour, as in previous sessions, I started asking her to do the ‘breathing technique’ a couple of times, which she practices on a regular basis as part of a calming and relaxing way, and has helped her regain her focus and awareness. In this matter, she shared with me the situations in which she has found this technique to be useful to her and now she is practicing it with her husband. Whenever she feels overwhelmed with things to do around the house, having worrying and repetitive thoughts about her son’s health situation, when she is alone in her house or starts experiencing any sign of distress, etc. She expressed how beneficial this ‘breathing exercise’ is in her daily life, where, in some way, she feels to have more control of her mind, body and emotions.

E was glad to report to me her improvements since our last therapeutic meeting: she hasn’t had any headache, the nightmares are sporadic (about one every other month) and her reaction to them is calmer as the dreams are not that disturbing or frightening, and what makes her even happier is that the ‘vibrating sensation’ is completely gone since a couple of months and the visit with her psychiatrist went well, where he mentioned that soon she might be ready to suspend taking the medication prescribed by him. The only issue that is still present and she wants to address, is the situation with her son. She is always worried and thinking about what could go wrong with him in regard to his health problems, these constant thoughts make her feel desperate and emotionally uneasy. This past month, she decided to write him a letter to tell him how she felt (Figure 19.), where she included everything she wanted to say to him, but because of his strong personality and different perceptions, she is not capable of doing in-person being worried to upset him in such a way that the relationship might be damaged, as it has happened before.

The exercise of writing letters has been a way to express herself without fear and having the courage to tell whatever she thinks without being criticized or intimidated by others’ reactions. She is debating whether to give her son this letter or keep it to herself as an exercise to release her emotions. As she mentions to me, this was a catharsis in which she

realized that all that she's been worrying about is completely out of her control, understanding that her son is an adult and he is the one who must take care of himself and assume that responsibility. All of this still makes her feel sad and still doesn't understand why his son has to suffer from this degenerative illness.

Figure 19. Letter to her son.



Translation of figure19. The letter to her son:

"05/2019.

My dear son:

I always wanted to be a mother, but as time went by and I didn't have a stable relationship I thought I would never have children, but then I met your father and after being together for a couple of years, I knew he was the man I wanted in my life and to be the father of my kids, after that I stopped taking the birth control pills and soon enough I was pregnant. I can't describe the happiness to know I was expecting you, I thought I was all by myself on this and that I would raise you as a single mother, in my mind I thought everything would be fine if it was only you and I. My whole

family was very happy and supportive, even at work, I felt I was being supported. To my surprise, your father did what he needed and divorced his daughter's mother. And so, we started the journey together and welcomed you with all our love.

Your arrival made us very happy, you were a charming and super cute baby, I stayed home to take care of you and your dad.

You were always a charismatic kid and everyone loved you.

We did all we could with all our love to make you happy, but unfortunately, when you turned 10 years old you were diagnosed with type 1 diabetes, which changed our lives completely, everything was chaotic until time taught us how to live with this.

You became an adolescent and everything was even more challenging because you turned into a rebel teenager who was very angry because of his health issues, trying to be as your friends were, without understanding that you were hurting your body and future health. All of these have damaged our relationships, there have been long periods of time without being in touch.

In recent years our relationship has somehow improved mostly because of the arrival of P unfortunately, your health is deteriorating and with this, we are always worried about you.

It really hurts to see what you are going through and I would give my life for you to be healthy.

For now, all we can do is pray to God to keep you stable without any incident that would put your life at risk and I wish God grants you happiness for as long as you live.

I love you with all my heart and I will always be here for you and under any circumstances.

Your mom loves you.

E”

This time, I prepared the flower essence blends were as follows, keeping the same intake form and frequency as previous times:

Daytime formula (Figure 18.): *Saint John's Wort, Chamomile, Crab Apple, Mimulus, Star of Bethlehem and Red chestnut.*

Nighttime formula (Figure 7): *Rock Rose, Lavender, Star of Bethlehem and Angelica*.

The 'Migraine formula' (Figure 10.), to be used as prescribed before whenever she needs it.

Session 11 "Mimulus"

Mexico, 06/20/19.

Her report in this session was very promising and she was very enthusiastic about her progress throughout these months of taking the flower remedies. She hasn't experienced the "vibrations" anymore, nor the nightmares or migraines. She has noticed how in the past she has hidden and even avoided looking at her family relations at this deep level. It has been a strong inner work she has done to go back and heal those personal and family issues.

After going through these reflections with her, I thought this was a convenient opportunity to reach out for the support of *Mimulus*, since this flower essence remedy has been present in the formulas I have been preparing for my client since the beginning of the therapy, 10 months ago. Considering E's fondness for the art, I proceeded to show her an image of this specific flower and direct visualization in this regard. She told me she was moved by the essence and energy of 'Mimulus' that she wanted to express it by doing a painting of it. The result as shown in figure 20, was an intense and beautiful representation of this flower, she wrote multiple times the word "gracias" which means 'thank you' in Spanish because she felt so grateful for the help and company from this specific flower essence. She shared her reflection about 'Mimulus', describing it as a light that she can visualize and stays with her whenever she feels scared or overwhelmed, bringing her out of the darkness of her mind and lightening up any scenario she would be dealing with.

Figure 20. Mimulus drew by E



I prepared the flower essence formulas with the same ingredients as last time and with the same indications for dosage and frequency:

Daytime formula (Figure 18.): *Saint John's Wort, Chamomile, Crab Apple, Mimulus, Star of Bethlehem and Red chestnut.*

Nighttime formula (Figure 7): *Rock Rose, Lavender, Star of Bethlehem and Angelica.* With the specific indication for her to take 4 drops before going to sleep and in case she wakes up feeling the vibration take 4 drops as well.

The 'Migraine formula' (Figure 10.): *Self-heal, lavender and impatiens.* (She hasn't had headaches, so she has not taken this remedy anymore).

Session 12 "Go Deep"

Mexico, 07/22/19.

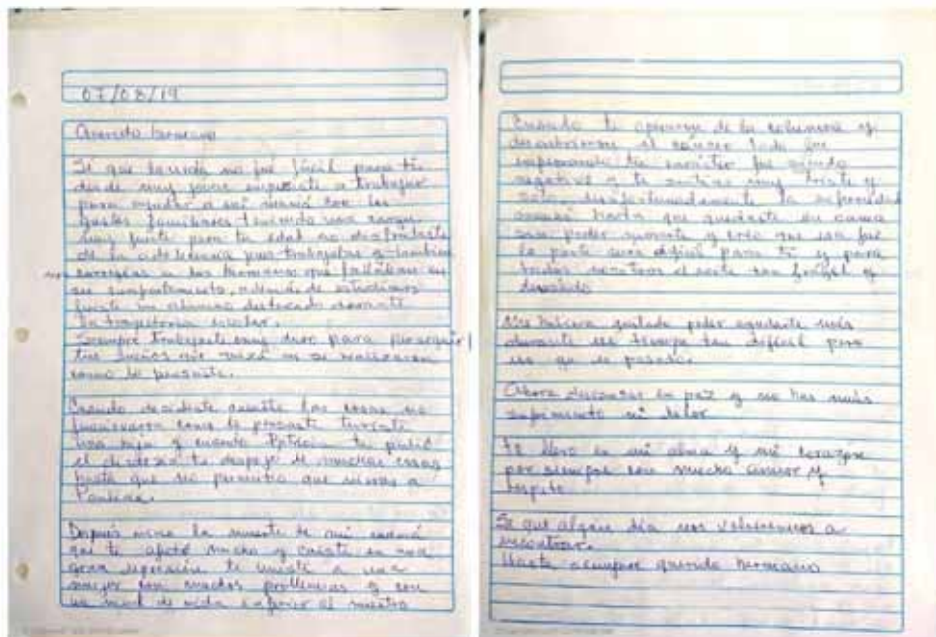
After 11 months of this therapeutic process, the results of it were imminently positive. It's been 4 months that E is not taking any psychiatric medication (determined by her psychiatrist) which was one of

her goals, but furthermore, her symptoms are gone, she is having a healthy sleeping pattern that came after not presenting nightmares, migraines nor the vibrating sensations that would cause her to wake up several times every night bringing anxiety and depression.

She came to the session with a positive attitude and the will to keep the deep work on the subject of her family relationships.

During the therapy session, she showed me the letter she wrote to her oldest brother (Figure 21), who died from cancer in 2015 and triggered most of E's symptoms. In this letter, she let out her contained emotions and realized all she still has remorse and pity for herself and for the situation he went through during his illness, but after this inner work by writing him the letter, she felt a sense of relief and peace. As I have mentioned before, the exercise of writing letters has been a truly deep and healing process for my client, with this, she found a way to express herself no matter the time, distance, or situations between her and her family members, finding the courage to overcome the fear of telling others what she thinks, hurts or what she is not being fine with.

Figure 21. A letter to her dead brother.



Translation of figure 21. The letter to her dead brother:

"My dear brother.

I know that life wasn't easy for you, you start working at a very young to help our mother to support the family making this a heavy burden for your age, you didn't enjoy your adolescence because besides working you took care, lecture and punish your younger siblings that were always misbehaving, besides this, you also studied and you were an outstanding student through your scholar period.

You always worked so hard to reach your dreams, those that were never fulfilled.

When you got married, things didn't go as planned, you had a daughter and when P asked for the divorce, she took away everything, she even wouldn't let you see P again.

Then came the death of our mother, which caused you unbearable suffering that led you to depression, and then you moved with another woman who had many problems and was from a completely different reality as ours.

When you had surgery on your back and the doctors discovered you had cancer everything went even worse, you became moody, bitter and negative, always feeling sad and lonely. Unfortunately, the illness took over until you were prostrated in bed until you couldn't move and I believe this was the worst for you and all of us, to see you so fragile and helpless.

I wish I could've helped you more during that hard time but it is what it is and that is in the past.

Now you can rest in peace and there is no suffering.

You are always in my spirit and my heart with all of my love and respect.

I know someday we will meet again.

Farewell, my dear brother."

As an exercise for her to be able to directly observe the changes throughout this 11 month period, I ask her to color the human body diagram with the conscience on how she feels right now, both physically and mentally (Figure 22), where she colored with flowers the areas she used to

feel those vibrations (head and chest) and wrote the word 'gracias' which in Spanish means 'thank you'. At the bottom of the drawing, she wrote: 'I'm so happy for not feeling those vibrations anymore'.

Figure 22. Coloring of the human body diagram.



My client is willing to continue the healing process on a deeper level specifically on the mourning process of her deceased brother and start improving the way she reacts to her family and other stressful situations that still make her frightened, worried and anguished, trying to understand

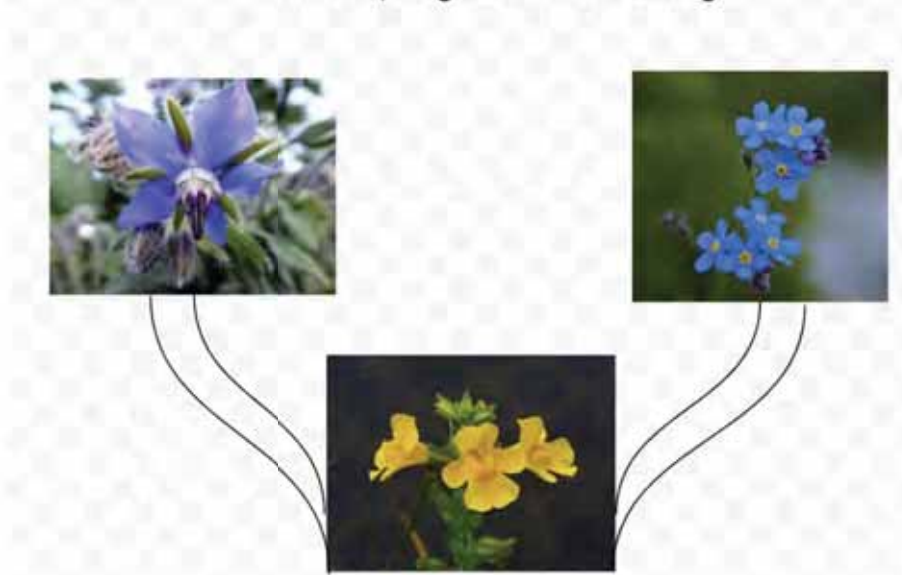
the story behind these and accept them as lessons that cultivate and heal her soul/heart.

Therefore, I decided to prepare a new flower essence formula containing *Forget-Me-Not* and *Borage* to work precisely with these grieving feelings and leaving *Mimulus* as the base remedy as I consider this one to be E's archetypal remedy and so to give support to the formula. The intention of this blend remedy was to help her overcome the loss of her brother and the other losses of dear ones in her life, for this, I add *Forget-Me-Not* to help her understand that beyond this life, love prevails and she can still love his brother and feel his presence without feeling that sorrow, to recover her peace and not be afraid of death but to understand it as a natural process that could be experienced in a calm way. To let go of that sadness she has had since his brother's death. I included *Borage*, to give her an emotional uplift, help with the depressive feelings and specifically to give her the 'courage' to go on.

Day time formula (Figure 23.): *Mimulus*, *Forget-me-not*, *Borage*. To be taken orally, 4 drops 2 times a day (morning and evening).

Figure 23. Daytime formula

Mimulus, *Forget me- not* and *Borage*.

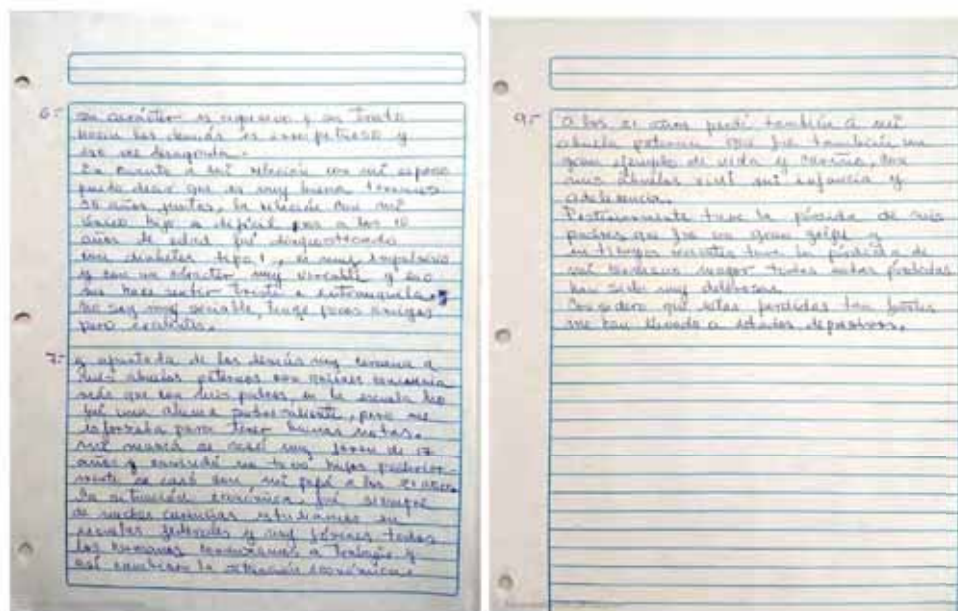


Nighttime formula (Figure 7): *Rock Rose, Lavender, Star of Bethlehem, and Angelica*, with the indication of taking 4 drops before going to bed.

The 'Migraine formula' (Figure 10): *Self-heal, lavender and Impatiens*, to be used as prescribed before whenever she needs it.

Figure 5. Prescription order from 2015, for the psychiatric medication.

Flower Essence Therapy Client Intake Form (Fig. 31):



Translation of the flower essence therapy intake form Figure 31:

Today's date: July 05, 2018.

Name E Sex: F

A

Date and place of birth: 1954, Mexico City.

Brief description of living situation including marital status: married and dedicated to my household.

Employment or daily household responsibilities: House chores, food preparation and running the family financials.

1. Please describe your general lifestyle including hobbies, artistic interests and creative expressions: Socially active in recreational activities inside and outside my home, I like to do handicrafts, painting, gardening, and baking, I also like to go to concerts and museums.
2. Please provide a brief description of your basic state of health, including key medical history, diet, exercise, physical weight, energy level, etc: I don't eat red meat since 25 years ago, I don't smoke, I exercise a little bit, I weight 75 kgs, I consider myself to have a low energy level, I have a 90% of hearing loss on my right ear, a macular scar on my right eye,

arthrosis in knees and wrists, I have suffered from headaches since I was very young, and I also suffer from heartburn, when I was young I had somnambulism and nowadays I have frequent nightmares. I was diagnosed with depression and anxiety in 2015.

3. *Are you currently engaged in other therapies or significant healing programs? Are you taking any pharmaceutical medications? Are you following a specific diet or any related health measure?:* I'd rather take homeopathic remedies when needed instead of antibiotics, I am currently taking "horse chestnut" a natural remedy to improve my circulatory system, Glucosamine and chondroitin for my joints, vitamins and antioxidants for my vision, Diazepam 10 mg. and Citalopram 20 mg one tablet of each every night.
4. *How do you feel about your work and other vocational interests?:* I enjoy being a stay home wife, to take care of my home, and do chores, I also like being the coordinator of the volunteer ladies from the Mexican Red Cross, I love to paint and attend yoga lessons, and I visit hospitals to learn about the patient's needs and I'm actually in charge of leading a group of 35 women at the Red Cross.
5. *Are you involved with the community or other volunteer activities?* I like to help the people in my community all the time.
6. *Please comment on your relationships with others, including family, community and work. Please specify how these relationships might differ from each other:*
We are a family of 8 siblings, I am the fourth, everyone with a different personality and character, which sometimes could be problematic, in general, I get along well with everyone except the second of my brothers, older than me, we have never had a good relationship, he has an aggressive character and his behavior with others is unrespectful and I don't like it.
Talking about the relationship with my husband, I can say it's very good, we've been together for 35 years. The relationship with my only son is difficult since he was diagnosed with diabetes type 1 when he was 10 years old, he is very impulsive and moody which makes me feel sad and uneasy. I am not very social, I have few but good friends.

7. *Briefly discuss your family of origin and any significant childhood events:* My family of origin consists of 10 members, a family with multiple personalities, my childhood it was fun because there were multiple kids around, I was a very introverted child distant from the rest but close to my grandparents from my father's side with whom I spend most of the time even more than with my own parents. At school, I was never an outstanding student but I tried my best to have good grades. My mother got married for the first time at a very young age, she was 17, but became a widow and had no children from this union, then she married my father when she was 21 years old. Our socioeconomic situation was always very austere with a lack of day-to-day commodities, went to public schools and we all needed to start working at a young age to help improve the family situation.
8. *Please give an overview of your spiritual values or moral experiences that have shaped your life:* I am a devoted Catholic, I like to attend church, I like meditation and yoga, I am disciplined, responsible, I also like cleanliness and order.
9. *What aspects of life have been more challenging to date, or have provided recurrent themes for learning and development?* When I was 14 years old I had the very significant loss of my grandfather from my father's side with whom I had a close and strong relationship, he was my role model and father figure. When I was 21 I lost my grandmother on my father's side who was also a loving role model for me. I lived my childhood and adolescence with my grandparents. After that, I also lost my parents which was a very hard time for me. And more recently I lost my oldest brother, every one of these deaths has been very painful. I consider that all of these losses have brought me to depressive states.
10. *Please share what you'd like to achieve through flower essence therapy, including specific symptoms and overall goals:* With the intake of the flower essences I would like to get rid of the 'vibrations' or at least to make them less severe, to get better from the rest of my symptoms, to release the stress and to improve my attitude and mood because the Diazepam and Citalopram make my nightmares worse.

Figure 6. Daytime formula

Self heal, White chestnut, Red chestnut and Mimulus.

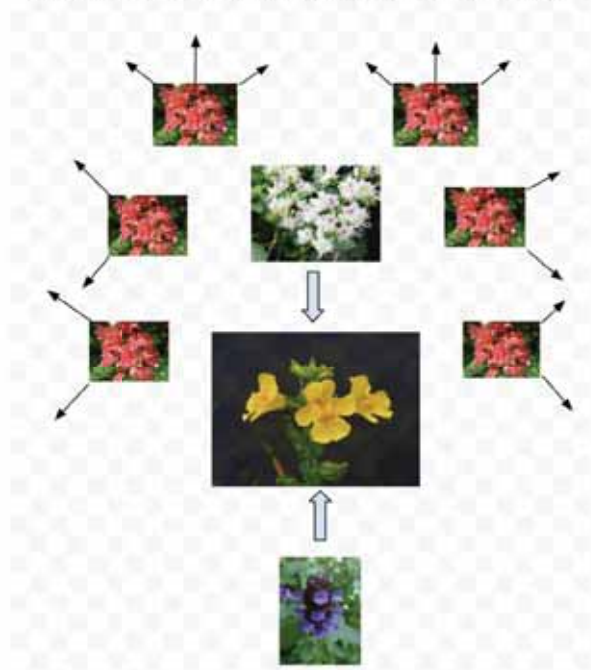


Figure 7. Nighttime Formula.

Rock Rose, Lavender, Star of Bethlehem and Angelica

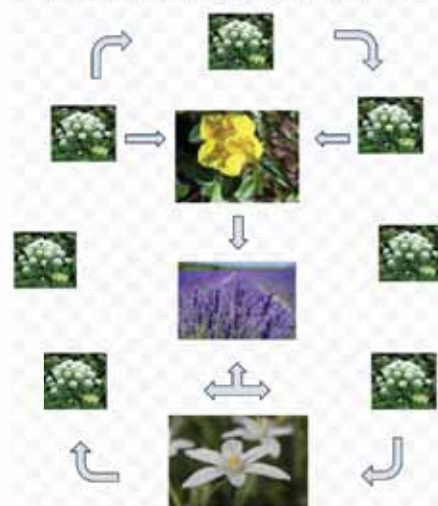


Figure 2. and 3. E provided pictures with other Mexican Red Cross volunteer ladies.
They have been deleted for purposes of privacy.



Figure 4. Diplomas and certificates issued to E from the Mexican Red Cross.

Gardening:

Figure 11. E's garden.



Systemic constellation exercise:

Figure 14. Systemic family constellation diagram.



Translation of figure 14:

12/06/18.

Family Constellation.

Siblings:

G: strict personality, It was given the role of the father because of the absence of our father. He had the privileges and responsibilities of a grown-up.

I wish he wouldn't die that young from that devastating illness, and that he would've had a better relationship with his daughter and couple.

I would've also liked to know him better and to have a better understanding of them.

L: This is the brother who had the burden of the first-born, always under the mother's and sister's wing.

I wish we could've had a better relationship and not been so selfish and try to get along without hurting each other.

E: an absent sister, she never took part in family projects, always driven by the material world.

I wish she would've been closer to the family and that she would've given us the respect we deserved as a family, especially to my parents. R: very independent from a young age, with behavior problems and alcoholism. I wish he could be less obstinate and open himself to different interests and points of view.

E: I am a codependent woman, hardworking, responsible with a timid personality and I think I lack the love of my parents.

I wish I would've been more open and to worry less about others.

R: she is the sister who was affected the most by my parents' relationship, with a strong personality and a lot of personal problems in her life. I wish she could be less complicated in her relationships and for her to find a couple.

V: The youngest of the brothers, hurt by the absence of our father and strong problems with alcohol consumption. With noble feelings. I wish I could help him to stop drinking, be closer to him, and know him better.

V: The youngest of all, she has a great personality, very successful and outstanding, with a great heart, and always helping others. I wish she could be happier in her couple relationships, with her daughter and son.

Parents:

D: A hard-working woman, taking care of her children, with great business vision, always working to help us all. With a strong disposed personality. I wish she would've had more time for us, less work and that my father and she could get along.

A: A very charismatic man, with a gentle personality, hardworking, with multiple sentimental relationships with women besides my mother, irresponsible towards us, and alcoholic.

I wish he would've dedicated time to us, to know us and that he didn't have alcohol abuse.

Conclusions:

We are not a perfect family, we have a lot of differences, but for years we have tried to stay together despite our discrepancies.

I believe this is the family we all belong to since ever”.

Artistic Expressions:

Figure 25. 'Mandala shape' drawings made by E 2018-2019



Figure 26. 'Inocencia/ Innocence', by E. 2019.



Figure 27. 'Esencias Florales/ Flower Essences' 2018. Painted by E.



Figure 28. 'Libertad/ Freedom' 2019, by E.

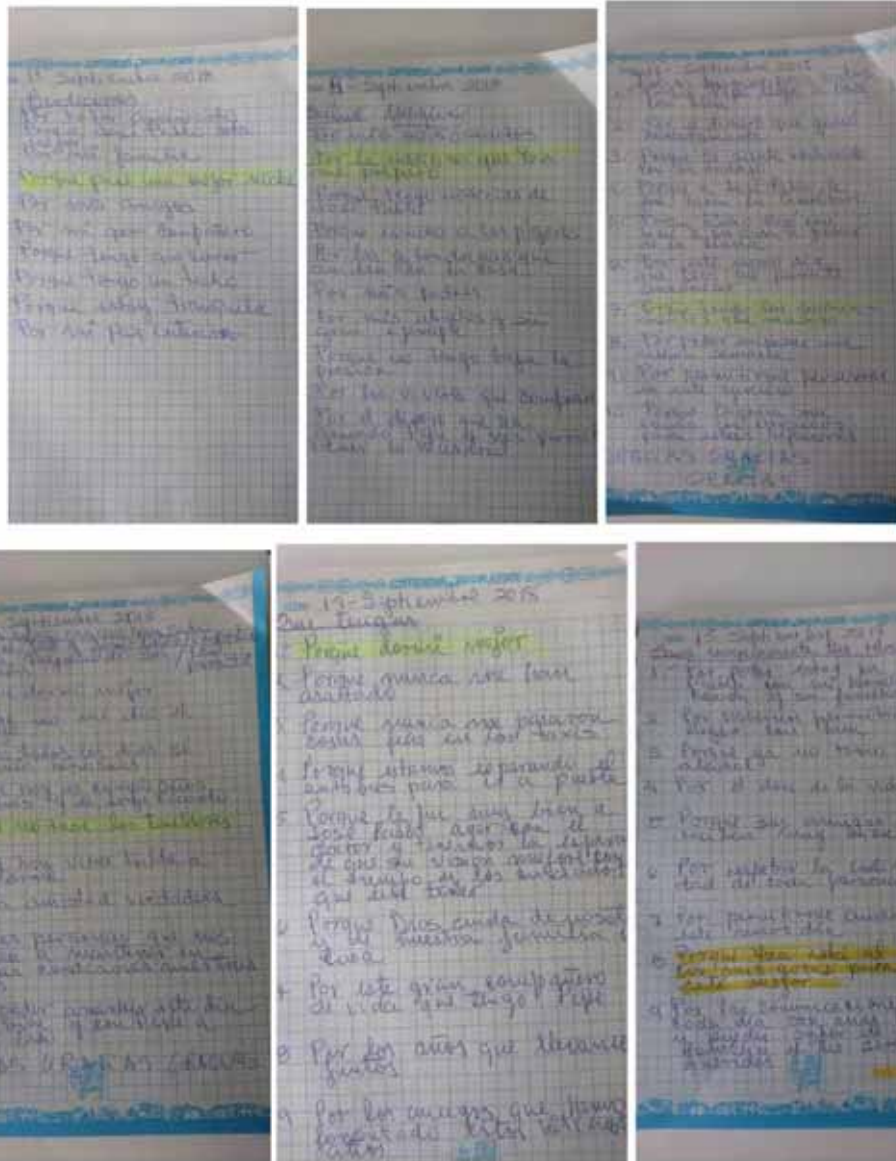


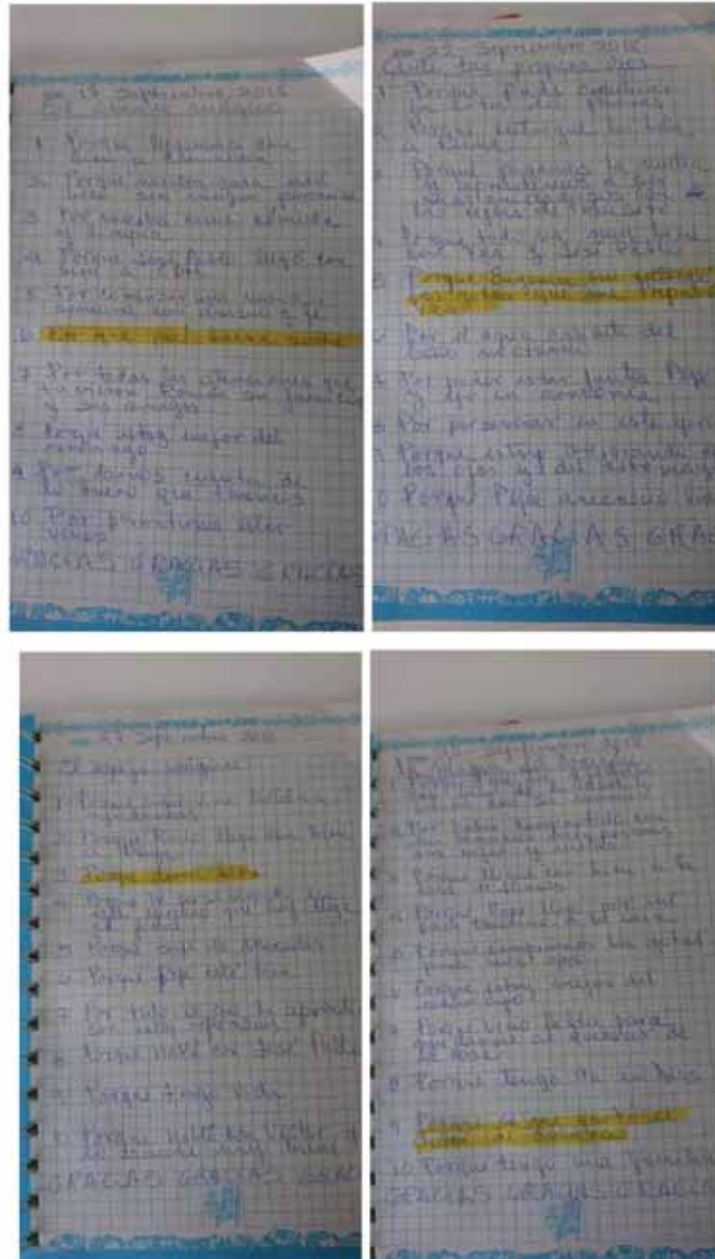
Figure 20. Mimulus drew by E



Journalism:

Figure 29. Picture of E's journal and notes. 2018-2019.





Translation of figure 29. The appreciation notes were written by my client:

"-September 01, 2018. I count my blessings.

For waking up today.

Because son is feeling better.

For my family

For sleeping better.

For my friends.

For my great husband.

For having food on the table.

For having a house to live in.
Because I feel calm.
For my inner peace.”

“-September 04, 2018. Magic health, I'm grateful for:
My medicines.

For the medicine that Y prepared for me.

Because I have news from my son
Because I can hear the birds singing.
For the sparrows that make their nest in my garden.
For my parents.
For my grandparents and their good example.
Because my blood pressure is fine.
For the goods, I am able to buy.
For my husband's work and the money he earns that allows us to have all we need.”

“-September 10, 2018. Magic dust for everyone:

1. Because my husband came back from his trip.
2. For what he honestly earned.
3. Because he feels fulfilled with his work.
4. For the successful work of my son in Querétaro.
5. Because my sister went back home safe after the storm.
6. For this new day that God allows me to wake up.
7. For having the medicine I need.
8. For this starting week.
9. To have the will to keep writing this journal.
10. To my sister, because she encourages me to keep doing this reflective journal.

THANK YOU, THANK YOU, THANK YOU.”

“-September 12, 2018. Magical and important people for me.

1. Because J is improving his relationships with others.
2. Because I am sleeping better.
3. Because I didn't feel the heartburn.

4. For every day that I have communication with my sisters.
5. Because today is the birthday of my brother and my nephew.
6. Because I didn't feel the vibrations.
7. Because H comes today to help me with the housekeeping.
8. For true friendship.
9. For those who help us maintain in good shape our homes.
10. Because I woke up with my husband by my side. THANK YOU, THANK YOU, THANK YOU."

"-September 14, 2018. I have:

1. Better sleep.
2. Because I've never been robbed.
3. Because I've never had a bad experience getting into a taxi cab.
4. Because we are waiting for the bus to go to Puebla.
5. Because yesterday we had good news from my son's doctor, and we have hope that he will improve his vision with the time and care he needs.
6. For God taking care of us, our families and homes.
7. For this wonderful life partner, I have.
8. For all these years we've been together.
9. For our friends, we made throughout this last year."

"-September 15, 2018. Magically healing my relationships:

1. Because we were able to spend time with my brother and his family in Puebla.
2. For arriving safely.
3. Because I don't drink alcohol anymore.
4. For being alive.
5. Because my brother's friends are very welcoming.
6. For being respectful about everyone's individuality.
7. For waking up this morning.
8. Because Y is preparing and taking care I have the flower remedies for me to feel better.

9. Because communicating is more effective every day and I'm able to reach out to my loved ones."

"-September 17, 2018. The magical check:

1. For coming back safely to Cuernavaca.
2. Because our house is fine, without any issue.
3. For our clean and comfortable bed.
4. Because my son is safely in Mexico City.
5. To start a new week with hope and faith.
6. Because I slept well.
7. For all the politeness from our hosts in Puebla, and his family and friends.
8. Because my stomach feels better.
9. To acknowledge everything we have.
10. To be alive.

THANK YOU, THANK YOU, THANK YOU."

"-September 20, 2018. Magic heart.

1. Because my husband went safely back and forth to Mexico City to visit his mom.
2. For the reunion with my sisters, cousins and their granddaughter.
3. Because I went safely to J's house.
4. Because P picked me up and drove me home.
5. Because I bought my eyedrops.
6. Because my stomach is better.
7. Because H came to help me out with the housekeeping.
8. For having faith in God.
9. Because the headache went away.
10. For having a family.

THANK YOU, THANK YOU, THANK YOU."

"-September 22, 2018. Right before your eyes.

1. Because I was able to change the appointment with P.

2. Because I delivered the materials to R.
 3. Because we paid for the ticket and learned to be more careful with traffic rules.
 4. Because things are improving with my son.
 5. Because E brought me the flower remedies prepared by Y.
 6. For a nice hot shower.
 7. Because P and I are together in harmony.
 8. For persevering in doing this journal.
 9. Because my eyes and digestion are improving.
 10. Because P woke up feeling better.
- THANK YOU, THANK YOU, THANK YOU.”

“-September 27, 2018. The magic mirror.

1. Because H came yesterday and helped us.
 2. Because my sister arrived safely in Playa.
 3. Because I slept well.
 4. For persevering doing this journalism exercise that I'm finishing today.
 5. Because I got news from M.
 6. Because P is doing well.
 7. For everything, I had learned to do these reflections.
 8. Because I talked to my son.
 9. Because I'm alive.
 10. Because I talked to V (brother) and he's doing well.
- THANK YOU, THANK YOU, THANK YOU.”

Body diagrams and coloring:

Figure 8. Diagram of the Human body-colored by the Client.

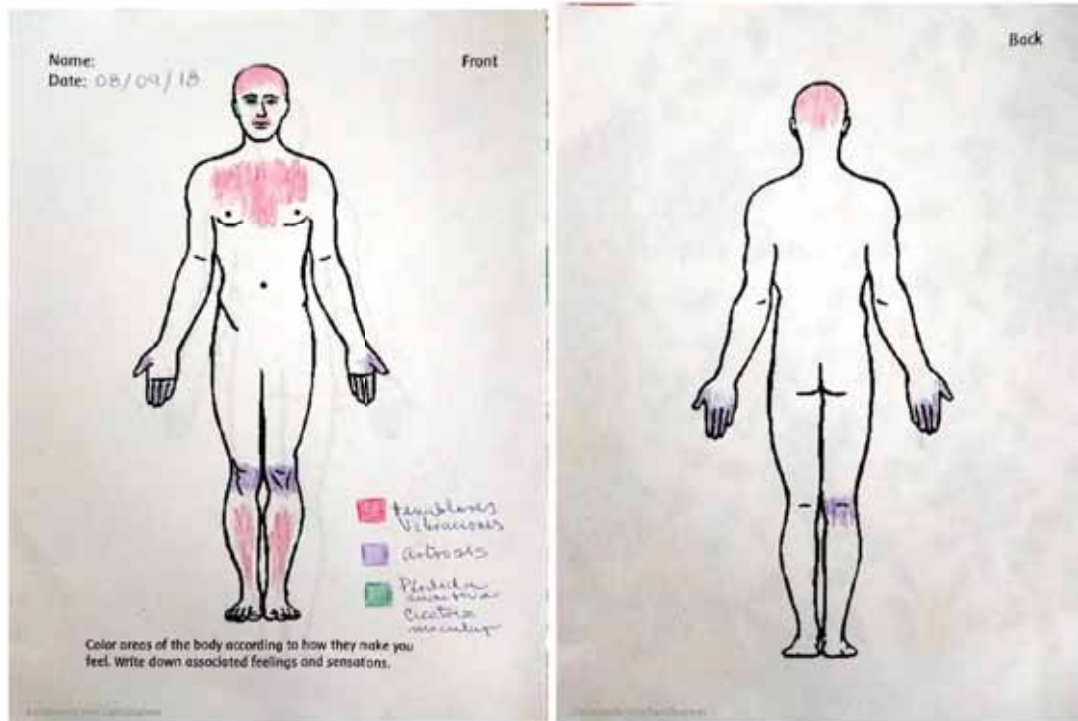


Figure 16. Location of the migraine and the fear.

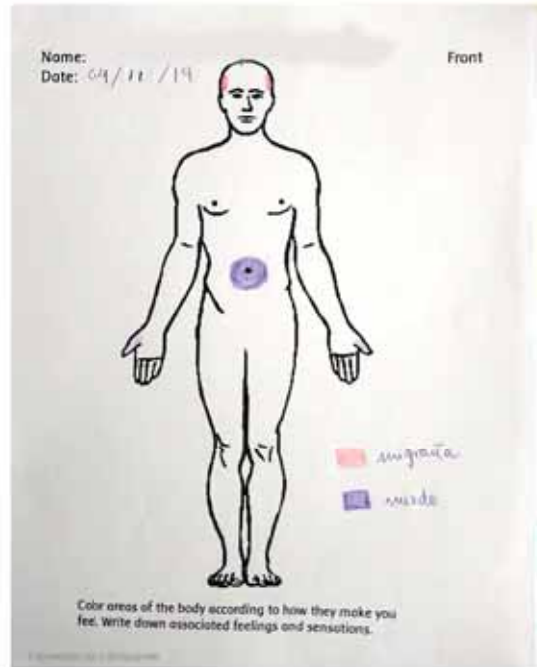


Figure 22. Coloring of the human body diagram.



Submitted documents.

FES case Study Release Form (Fig. 30):

Figure 30.

The Flower Essence Society
A Division of All India Society, Inc.
1100 Broadway, New York, NY 10036-2008, USA
Tel: (212) 691-1100, Fax: (212) 691-1101, Email: info@flowersociety.org

FES Case Study Release Form

I hereby give permission to the Flower Essence Society to use my case study for research and/or educational purposes, as noted below. If permission is granted, case studies may be mentioned in published articles or presented during instructional classes in flower essence therapy.

Please check any boxes that apply:

- Please enter my case in your general research files, but do not refer to it specifically in any written or oral presentations. This is the minimum level of permission required for participation in the certification program.
- Please keep my name and location confidential. You may print my initials and city/state.
- You may print my full name, profession, and city/state.
- Please protect my anonymity by making the changes listed below.

Additional information, comments or restrictions:

Name: _____
Signed and dated: 10-01-19
Additional signature of parent/legal guardian if client is under the age of 18: _____
Signed and dated: _____
For questions to the staff: Case #15
Practitioner Name: Yoge Brijesh Gupta

A portion of the information contained herein may be used in the Flower Essence Society's newsletter, website, and other publications. © 2019 Flower Essence Society, Inc.

Flower Essence Therapy Client Intake Form (Fig. 31):

Flower Essence Therapy Client Intake Form

Directions: please complete this form in your own handwriting unless disabled or otherwise unable to do so.

Today's date: 5-June-2016
Name: _____ Sex (M/F):
Address: _____ Phone: _____
City/State: _____ Email: _____
Date and place of birth: _____
Brief description of living situation including marital status: Married

5. Are you involved with the society or other volunteer activities? *Yes, I am a member of the society.*

6. Please describe your health condition and any other health conditions you are currently experiencing. *I am a member of the society and I am interested in the society. I am currently experiencing health issues related to my heart and I am interested in the society's programs.*

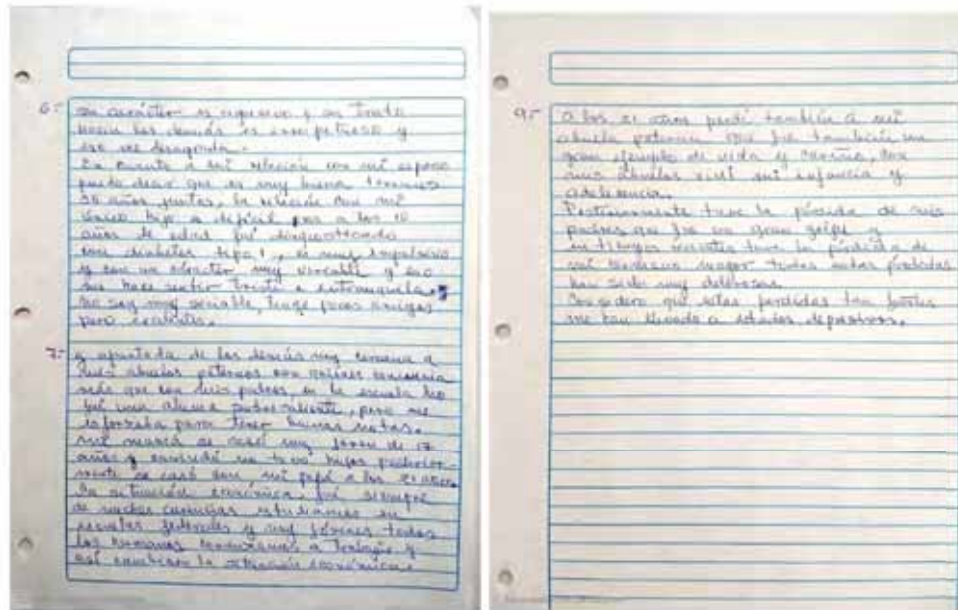
7. Please describe your general lifestyle including habits, eating, exercise and other patterns. *I am a member of the society and I am interested in the society. I am currently experiencing health issues related to my heart and I am interested in the society's programs.*

8. Please give an overview of your spiritual beliefs or any religious practices you follow. *I am a member of the society and I am interested in the society. I am currently experiencing health issues related to my heart and I am interested in the society's programs.*

9. What aspects of the society most interest you? *I am a member of the society and I am interested in the society. I am currently experiencing health issues related to my heart and I am interested in the society's programs.*

10. How do you feel about your work and other responsibilities? *I am a member of the society and I am interested in the society. I am currently experiencing health issues related to my heart and I am interested in the society's programs.*

If you wish, you can use another piece of paper to answer the above questions or short anything further about yourself. All information is strictly confidential.
© Flower Essence Society www.flowersociety.org



Translation of the flower essence therapy intake form Figure 31:

Today's date: July 05, 2018.

Name E Sex: F

A

Date and place of birth: 1954, Mexico City.

Brief description of living situation including marital status: married and dedicated to my household.

Employment or daily household responsibilities: House chores, food preparation and running the family financials.

1. Please describe your general lifestyle including hobbies, artistic interests and creative expressions: Socially active in recreational activities inside and outside my home, I like to do handicrafts, painting, gardening, and baking, I also like to go to concerts and museums.
2. Please provide a brief description of your basic state of health, including key medical history, diet, exercise, physical weight, energy level, etc: I don't eat red meat since 25 years ago, I don't smoke, I exercise a little bit, I weight 75 kgs, I consider myself to have a low energy level, I have a 90% of hearing loss on my right ear, a macular scar on my right eye,

arthrosis in knees and wrists, I have suffered from headaches since I was very young, and I also suffer from heartburn, when I was young I had somnambulism and nowadays I have frequent nightmares. I was diagnosed with depression and anxiety in 2015.

3. *Are you currently engaged in other therapies or significant healing programs? Are you taking any pharmaceutical medications? Are you following a specific diet or any related health measure?:* I'd rather take homeopathic remedies when needed instead of antibiotics, I am currently taking "horse chestnut" a natural remedy to improve my circulatory system, Glucosamine and chondroitin for my joints, vitamins and antioxidants for my vision, Diazepam 10 mg. and Citalopram 20 mg one tablet of each every night.
4. *How do you feel about your work and other vocational interests?:* I enjoy being a stay home wife, to take care of my home, and do chores, I also like being the coordinator of the volunteer ladies from the Mexican Red Cross, I love to paint and attend yoga lessons, and I visit hospitals to learn about the patient's needs and I'm actually in charge of leading a group of 35 women at the Red Cross.
5. *Are you involved with the community or other volunteer activities?* I like to help the people in my community all the time.
6. *Please comment on your relationships with others, including family, community and work. Please specify how these relationships might differ from each other:*
We are a family of 8 siblings, I am the fourth, everyone with a different personality and character, which sometimes could be problematic, in general, I get along well with everyone except the second of my brothers, older than me, we have never had a good relationship, he has an aggressive character and his behavior with others is disrespectful and I don't like it.
Talking about the relationship with my husband, I can say it's very good, we've been together for 35 years. The relationship with my only son is difficult since he was diagnosed with diabetes type 1 when he was 10 years old, he is very impulsive and moody which makes me feel sad and uneasy. I am not very social, I have few but good friends.

7. *Briefly discuss your family of origin and any significant childhood events:* My family of origin consists of 10 members, a family with multiple personalities, my childhood it was fun because there were multiple kids around, I was a very introverted child distant from the rest but close to my grandparents from my father's side with whom I spend most of the time even more than with my own parents. At school, I was never an outstanding student but I tried my best to have good grades. My mother got married for the first time at a very young age, she was 17, but became a widow and had no children from this union, then she married my father when she was 21 years old. Our socioeconomic situation was always very austere with a lack of day-to-day commodities, went to public schools and we all needed to start working at a young age to help improve the family situation.
8. *Please give an overview of your spiritual values or moral experiences that have shaped your life:* I am a devoted Catholic, I like to attend church, I like meditation and yoga, I am disciplined, responsible, I also like cleanliness and order.
9. *What aspects of life have been more challenging to date, or have provided recurrent themes for learning and development?* When I was 14 years old I had the very significant loss of my grandfather from my father's side with whom I had a close and strong relationship, he was my role model and father figure. When I was 21 I lost my grandmother on my father's side who was also a loving role model for me. I lived my childhood and adolescence with my grandparents. After that, I also lost my parents which was a very hard time for me. And more recently I lost my oldest brother, every one of these deaths has been very painful. I consider that all of these losses have brought me to depressive states.
10. *Please share what you'd like to achieve through flower essence therapy, including specific symptoms and overall goals:* With the intake of the flower essences I would like to get rid of the 'vibrations' or at least to make them less severe, to get better from the rest of my symptoms, to release the stress and to improve my attitude and mood because the Diazepam and Citalopram make my nightmares worse.

Case Evaluation Forms (Fig. 32, 33, 34, 35 and 36):

Figure 32.

Case Evaluation Form

This form is intended for the client to complete as part of the follow-up interview after each major cycle of flower essence use. It should be completed in the client's own handwriting unless disabled or otherwise unable to do so.

Name: _____ Phone: _____
 Time period essences used: 1 mes Today's date: 08-09-18
 Which essences did you use? Self Heal, white chestnut, red chestnut, Mimulus, Lavender, Star of Bethlehem, Angelica, Rock Rose
 How were the essences administered? orally topically other:
 Briefly describe the frequency and consistency of use: Di día 4 gotas 4 veces al día, al momento de despertar y antes de ir a dormir. Se usó también en momentos de crisis.
 Please list other therapies engaged in during the time of using the essences:
 Please discuss significant life experiences during this time period:
 Please mark one or more categories regarding your results using flower essences:
 ...resolution of negative or painful emotions
 ...improvement in relationships with others
 ...greater clarity about life work and direction
 ...improvement of self-image and personal identity
 ...enhanced creativity and self-expression
 ...positive lifestyle changes
 ...reduction in general anxiety or stress
 ...greater spiritual awareness
 ...reduction in acute physical symptoms
 ...generally feeling more positive and resilient
 ...resolution of a life crisis
 ...noting long term inner growth and change
 ...marked increase in dreams or related psychic phenomena
 ...noting general improvement, but hard to capture
 ...not sure about change due to multi-level factors
 ...there has been no noticeable improvement or change to date

Please provide further details on the areas you have marked above: Me sentí mucho mejor después de usar los aceites, pero también me gustó más la sensación de poder estar en contacto con la naturaleza.

(continued on other side)

Describe your experience of taking the flower essences. Did you notice any direct effects, or the results in retrospect? me sentí más tranquila y puedo dormir mejor.

Do you think the flower essences stirred up any new issues in your life? No

Discuss any inner experiences, such as dreams or insights you had while taking the essences: Seguí con pesadillas que eran más o menos sobre cosas que me pasaron.

Have others noted differences in your emotions or behavior? Please comment: mis amigos me notaron que me sentí más tranquila y que estaba más tranquila por eso.

Are you continuing to take the flower essences at this time? SI

All information on this form is strictly confidential, unless a signed release form has been received.

Flower Essence Society Research Program
 P.O. Box 430, Nevada City, CA 95959 USA
 Tel: 800-734-4122 or 530-264-9962 Fax: 530-265-0588 www.FlowerEssence.org

Translation (Fig. 32):

Name: E
 The time period the essences used: one month. Today's date: 08/09/18.
 Which essences did you use? For the headache: Self-heal, lavender and Impatiens. (Day time) Self Heal, white chestnut, red chestnut and Mimulus. (Nighttime) Lavender, Star of Bethlehem, Angelica and Rock Rose.
 How were the Essenes administered? Orally.
 Briefly describe the frequency and consistency of use: Daytime 4 drops/ 4 times a day. Nighttime 4 drops right before bedtime and 4 drops if I wake up having

the vibrating sensation and 4 drops every 10 minutes until it's gone. For the headache, I take 4 drops once the pain starts and 4 drops every 10 minutes until it's gone.

Please list other therapies engaged in during the time of taking the essences: None.

Please mark one or more categories regarding your results using the flower essences:

X Reduction in general anxiety and stress.

Please provide further details on the areas you have marked above: I felt less nervous and slept better, but I still have recurrent nightmares and I'm only waking up with the vibrating sensation once per night.

Describe your experience of taking flower essences. Did you notice any direct effects or the results in retrospect? I feel more tranquil and can sleep better.

Do you think the flower essences stirred up any new issues in your life? No.

Discuss any inner experiences, such as dreams or insights you had while taking the essences. I'm still having very real and distressing nightmares as usual.

Have others noted any differences in your emotions or behavior? My husband has noticed that I'm sleeping better and he is not that worried about me.

Are you continuing to take flower essences at this time? Yes.

Figure 33.

The image shows two pages of a 'Case Evaluation Form' for flower essences. The form is titled 'Case Evaluation Form' and contains several sections with handwritten responses in blue ink.

Section 1: Patient Information
Name: [Handwritten name] Phone: [Handwritten phone number]
These flower essences used: [Handwritten list of essences] Date: [Handwritten date]

Section 2: Experience of Taking Essences
Describe your experience of taking the flower essences. Did you notice any direct effects or the results in retrospect? I feel more tranquil and can sleep better.

Section 3: New Issues
Do you think the flower essences stirred up any new issues in your life? No.

Section 4: Inner Experiences
Discuss any inner experiences, such as dreams or insights you had while taking the essences. I'm still having very real and distressing nightmares as usual.

Section 5: Others' Observations
Have others noted differences in your emotions or behavior? My husband has noticed that I'm sleeping better and he is not that worried about me.

Section 6: Continuing Use
Are you continuing to take the flower essences at this time? Yes.

Section 7: Results Categories
Please mark one or more categories regarding your results using flower essences:
- reduction of negative or painful emotions
- improvement in relationships with others
- greater clarity about life work and direction
- improvement of self image and personal identity
- enhanced creativity and self expression
- positive thoughts/changes
- reduction in general anxiety or stress
- greater spiritual awareness
- reduction in self physical symptoms
- generally feeling more positive and better

Section 8: Other Categories
- reduction of life stress
- learning long term your growth and change
- spiritual increase in dreams or related states, phenomena
- ability personal transformation, but hard to pattern
- did not notice change did not do best before
- pain has been no noticeable improvement in change in pain

Section 9: Further Details
Please provide further details on the areas you have marked above. I'm still having very real and distressing nightmares as usual.

Section 10: Confidentiality
All information on this form is strictly confidential, unless a signed release form has been received.

Section 11: Contact Information
Flower Essence Society Research Program
P.O. Box 432, Nevada City, CA 95959 USA
Tel: 530-236-9222 or 530-263-2943 Fax: 530-263-0388 www.floweressencesociety.org

Translation (Fig. 33):

Name: E

Time period the essences used: Three months. Today's date: 10/04/18.

Which essences did you use? For the headache: *Self-heal, lavender and Impatiens*. (Day time) *Chamomile, White chestnut, Red chestnut and Mimulus*. (Nighttime) *Lavender, Star of Bethlehem, Angelica and Rock Rose*.

How were the Essenes administered? Orally.

Briefly describe the frequency and consistency of use: Daytime 4 drops/ 4 times a day. Nighttime 4 drops right before bedtime and 4 drops if I wake up having the vibrating sensation and 4 drops every 10 minutes until it's gone. For the headache, I take 4 drops once the pain starts and 4 drops every 10 minutes until it's gone.

Please list other therapies engaged in during the time of taking the essences: None.

Please mark one or more categories regarding your results using the flower essences:

X Reduction in general anxiety and stress.

X Reduction in acute physical symptoms.

X Marked increased in dreams or related psychic phenomena.

Please provide further details on the areas you have marked above: The migraines are back but I realized what triggers them. I feel happier and motivated by the improvement I have noticed.

Describe your experience of taking flower essences. Did you notice any direct effects, or results in retrospect?: I am only waking up about 2 times a week with the 'vibrating sensation' and I'm sleeping better. As well as the unproductive worrying and scary thoughts.

Do you think the flower essences stirred up any new issues in your life? I am starting to realize that to be worrying all the time and being so apprehensive makes me stressed out.

Discuss any inner experiences, such as dreams or insights you had while taking the essences: I still have very realistic nightmares that anguish me but I'm starting to notice which emotions unease me and generate the vibrations I sense.

Have others noted any differences in your emotions or behavior? I started to tell my husband about my nightmares and he has noticed me calmer and happier.

Are you continuing to take flower essences at this time? Yes.

Figure 34.

The image shows two pages of a 'Case Evaluation Form' with handwritten responses. The form is titled 'Case Evaluation Form' and includes several sections with checkboxes and lines for text. The handwritten text is in black ink and provides details about the user's experience with flower essences.

Page 1 (Left):

- Name:** E
- Time period the essences used:** 6 months
- Today's date:** 01/17/19
- Which essences did you use?** For the headache: Self-heal, lavender and Impatiens. (Day time) Chamomile, Crab apple, Red Chestnut, Mimulus, Honeysuckle, and Saint John's Wort. (Nighttime) Lavender, Star of Bethlehem, Angelica and Rock Rose.
- How were the Essenes administered?** Orally.
- Briefly describe the frequency and consistency of use:** Daytime 4 drops/ 4 times a day. Nighttime 4 drops right before bedtime and 4 drops if I wake up having the vibrating sensation and 4 drops every 10 minutes until it's gone. For the

Page 2 (Right):

- Do you think the flower essences helped you in any way?** Yes
- Describe any other symptoms you had while taking the essences:** The vibrating sensation in my head during the day and at night. I also had a headache during the day and at night. I also had a vibrating sensation in my head during the day and at night.
- Have you noted differences in your symptoms or behavior? Please describe:** Yes. I noticed a difference in my symptoms and behavior. I noticed a difference in my symptoms and behavior.
- Are you continuing to take the flower essences at this time?** Yes

At the bottom of the form, there is a logo for 'Flower Essence Society Research Program' and contact information: P.O. Box 448, Nevada City, CA 97931 USA, Tel: 530-438-8000 or 530-261-0002, Fax: 530-267-0000, www.floweressencesociety.com

Translation (Fig. 34):

Name: E

Time period the essences used: 6 months. Today's date: 01/17/19.

Which essences did you use: For the headache: Self-heal, lavender and Impatiens. (Day time) Chamomile, Crab apple, Red Chestnut, Mimulus, Honeysuckle, and Saint John's Wort. (Nighttime) Lavender, Star of Bethlehem, Angelica and Rock Rose.

How were the Essenes administered? Orally.

Briefly describe the frequency and consistency of use: Daytime 4 drops/ 4 times a day. Nighttime 4 drops right before bedtime and 4 drops if I wake up having the vibrating sensation and 4 drops every 10 minutes until it's gone. For the

headache, I take 4 drops once the pain starts and 4 drops every 10 minutes until it's gone.

Please list other therapies engaged in during the time of taking the essences:

Breathing exercises.

Please discuss significant life experiences during... I enjoyed the Christmas holidays with my family without any complicated situations or problems.

Please mark one or more categories regarding your results using the flower essences:

X Improvement in relationships with others.

X Reduction in general anxiety and stress.

X Reduction in acute physical symptoms.

Please provide further details on the areas you have marked above: I was able to enjoy Christmas time with my family without getting involved in disagreements, I haven't had headaches, in general, I feel calmer.

Describe your experience of taking flower essences. Did you notice any direct effects, or results in retrospect? I am reducing the dosage of the medication, I don't feel the vibrations any more nor the migraines since two months ago.

Do you think the flower essences stirred up any new issues in your life? No.

Discuss any inner experiences, such as dreams or insights you had while taking the essences: I felt compelled to write a letter to my brother Luis in which I told him the problematic situation in our relationship, I felt relieved. Still don't know if I would ever send it to him.

Have others noted any differences in your emotions or behavior? My husband and son have told me that I seem calmer, happier and more energetic.

Are you continuing to take flower essences at this time? Yes.

Figure 35.

The image shows two pages of a 'Case Evolution Form' with handwritten responses. The form is titled 'Case Evolution Form' and contains several sections for patient information and treatment details. The first page includes fields for Name, Date, and a section for 'Please describe your symptoms during this time period.' The second page includes a section for 'Please check all that apply' with a list of symptoms and a section for 'Are you continuing to take the flower essences at this time?'. The form is filled out with handwritten text, including the name 'E', the date '04/11/19', and a list of essences used for headaches: 'Self-heal, lavender and Impatiens' for daytime and 'Lavender, Star of Bethlehem, Angelica and Rock Rose' for nighttime. The form also includes a checklist of symptoms such as 'irritation of the skin', 'itching', 'nausea', and 'vomiting', with 'itching' and 'nausea' marked as present. The form is signed at the bottom by 'E' and dated '04/11/19'.

Translation (Fig.35):

Name: E

Time period the essences used: 9 months. Today's date: 04/11/19.

Which essences did you use: For the headache: *Self-heal, lavender and Impatiens*. (Day time) *Chamomile, crab apple, red chestnut, Mimulus honeysuckle and Saint John's Wort*. (Nighttime) *Lavender, Star of Bethlehem, Angelica and Rock Rose*.

How were the Essenes administered? Orally.

Briefly describe the frequency and consistency of use: Daytime 4 drops/ 4 times a day. Nighttime 4 drops right before bedtime and 4 drops if I wake up having the vibrating sensation and 4 drops every 10 minutes until it's gone. For the headache, I take 4 drops once the pain starts and 4 drops every 10 minutes until it's gone.

Please list other therapies engaged in during the time of taking the essences:

Breathing exercises and Reiki.

Please discuss significant life experiences during this time period... My son has had serious health issues and that makes me feel overwhelmed and very worried because I don't know what could happen in the future.

Please mark one or more categories regarding your results using the flower essences:

X Not sure about change due to multi-level factors.

Please provide further details on the areas you have marked above: I don't feel the vibrations anymore but I am very worried about my son's health issues, I haven't had a good sleep.

Describe your experience of taking flower essences. Did you notice any direct effects or the results in retrospect? I don't feel the vibrations anymore.

Do you think the flower essences stirred up any new issues in your life? No, but because of my son's situation, some of the symptoms came back.

Discuss any inner experiences, such as dreams or insights you had while taking the essences: I've been thinking that my son's health problems are beyond my reach and I can't solve them, he should be the one taking care of them and solve them somehow, those are not my problems.

Have others noted any differences in your emotions or behavior? No.

Are you continuing to take flower essences at this time? Yes.

Figure 36.

The image shows two pages of a handwritten 'Case Evaluation Form' from the Flower Essences Society Research Program. The form is filled with cursive handwriting. The left page contains the first four sections of the form, and the right page contains the remaining sections and a footer. The form is titled 'Case Evaluation Form' and includes a preface and several numbered sections for data collection.

Translation (Fig. 36):

Name: E

Time period the essences used: 10 months. Today's date: 06/20/19.

Which essences did you use: (Day time) Chamomile, red chestnut, Crab Apple, Mimulus, Star of B and Saint John's Wort. (Nighttime) Lavender, Star of Bethlehem, Angelica and Rock Rose.

How were the Essenes administered? Orally.

Briefly describe the frequency and consistency of use: Daytime 4 drops/ 4 times a day. Nighttime 4 drops right before bedtime. And I haven't used the 'Migraine formula' anymore.

Please list other therapies engaged in during the time of taking the essences: None.

Please discuss significant life experiences during this time period: I feel more at ease in general, the relationship with my family members has improved, especially with my son.

Please mark one or more categories regarding your results using the flower essences:

X *Resolution of negative or painful emotions.*

X *Improvement in relationships with others.*

X *Enhanced creativity and self-expression.*

X *Reduction in general anxiety or stress.*

X *Reduction in acute physical symptoms.*

X *Generally feeling more positive and resilient.*

Please provide further details on the areas you have marked above: I am not taking the medication anymore, I haven't had the vibrating feeling that used to wake me up, I'm able to sleep the whole night through, I wake up energized after a good night sleep, I haven't had migraines nor nightmares and I have been enjoying and writing a lot.

Describe your experience of taking flower essences. Did you notice any direct effects or the results in retrospect? I don't have the vibrations that used to wake me up, nor the migraines or the nightmares, I am not taking the medication anymore. I feel calm, I sleep better, the issue with the cleaning doesn't bother me that much and I am not that much worried for my loved ones as I used to.

Do you think the flower essences stirred up any new issues in your life? No.

Discuss any other experiences, such as dreams or insights you had while taking the essences: I have acknowledged and understand that I don't have to do everything perfectly at home and with everything around me, neither being over worrying about my son or things that are still not happening.

Have others noted any differences in your emotions or behavior? Yes, especially my husband has noticed me calmer and energized. He is not worried anymore about the vibrations I felt and used to wake me up.

Are you continuing to take flower essences at this time? Yes.