Personal
Flower Essence Journal

This journal lays out five steps for selecting and using flower essences. For further information about each step, please refer to the corresponding chapters in *The Art & Technique of Using Flower Essences* by Cynthia Athina Kemp Scherer. For in-depth information on the patterns and qualities of each desert flower essence, you can refer to *The Alchemy of the Desert*, by the same author.

This journal can be used to select flower essences for yourself. If you are selecting flower essences for others, it is recommended that each person have his or her own journal. The journal can help folks clarify their issues before a consultation and support their ability to recognize the flower essences' effects for a follow-up consultation session. These journal pages can be downloaded from Desert Alchemy's web site at:

www.desert-alchemy.com.

Name : _____

Date : _____

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

Following are a few qualities to which that you might want to refer when you define your goals and intention. You can add other qualities to this list as you are inspired.

- clarity
- focus
- love
- healing
- wisdom
- deliverance
- joy
- playfulness
- humility
- compassion
- understanding
- integrity
- tenderness
- creativity
- mercy
- kindness
- goodness
- benevolence
- holiness
- full self-expression
- purity
- warmth
- balance
- sacredness
- blessedness
- peace
- harmony
- generosity
- abundance
- gentleness
- selflessness
- harmlessness
- calmness
- centeredness
- groundedness
- unity with God or the Creator
- bliss
- gratitude
- enthusiasm
- patience
- humor
- delight
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

Step 1. Invocation

(See Chapter 6)

Invoke your healing team:

Step 2. Defining Your Intention

(See Chapter 7)

A. What is provoking you to want flower essence support at this time? Write about what is creating discomfort for you right now.

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

B. What are the qualities that you want to enhance that will help you with this issue? See list on page 2.

C. Using the qualities you selected above, write down one or more phrases that indicate the goals with which you want flower essence support.

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

Step 3. Selecting Flower Essences

(See Chapter 8)

Select the flower essences using your favorite method. Write down the essences you have selected. Read about each essence you selected. Next to each essence write down one or more of the patterns of disharmony that seem true for you. You can also record any harmonizing qualities that you feel would help you. Also, record any of your own insights about how you think this essence might help you.

essences selected	patterns of imbalance & harmonizing qualities

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

Step 4. Using the Flower Essences

(See Chapter 9)

Cycle Time (length of time to use the essences): _____

Insights about yourself and your inner and outer processes as you use the flower essences:

date	insights

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

Step 5. Evaluating the Effects

(See Chapter 10)

Date: _____

How often I used the flower essences: _____

_____

_____

_____

Essences used: _____

_____

_____

_____

_____

_____

Significant events that happened during this time: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

General observations about myself since using these flower essences: _____

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.

List each essence and discuss whether you noticed any of the patterns of imbalance, the harmonizing qualities, or other insights about that particular essence.

essence used	insights, patterns, and qualities I noticed

© 2002 Cynthia Athina Kemp Scherer. All Rights Reserved.