

SOULFUL FLOWER ESSENCE WORKSHOP



WHAT ONE ASPECT OF YOUR BEING CONTINUES TO OFFER YOU THE GREATEST OPPORTUNITY FOR FULLNESS AND JOY, WHILE SIMULTANEOUSLY PRESENTING THE MOST SIGNIFICANT CHALLENGE AND, THEREFORE, THE DEEPEST OPPORTUNITY FOR TRANSFORMATION AND SOUL DEVELOPMENT?

For example, does sensitivity to your environment and your surroundings prevent you from expressing your creativity out in the world? Does shyness tend to sabotage your desire for heart-felt intimacy?



This **Soulful Flower Essence Workshop** is a one-year, once-a-month, group gathering designed for those who want a purposeful experience of soulful awakening and personal development, utilizing the profound support of a skillfully chosen Flower Essence*; the support of a once-a-month gathering with others who've made the same commitment; and the compassionate and professional support offered by Jane Ellen.

*Participants will choose their individual Flower Essence from the 103 North American Quintessential Flower Essences offered by FES (Flower Essence Society), or the 38 English Flower Essences (Healing Herbs), also distributed by FES.



This workshop will offer participants the following opportunities:

- **To explore and discover**, through experiential exercises, what **core** theme, pattern, attitude, or habit is most calling for your attention and transformation;
- **To choose** a single Flower Essence that most powerfully resonates with the 'patterns of imbalance' **and** 'positive qualities' of the core theme, pattern, attitude, or habit;
- **To enter** into an intentional and meaningful relationship with one's chosen Flower Essence, for a commitment of one year;
- **To create** short, medium, and long-term goals that will support an alchemical transformation with regard to the particular core theme, pattern, attitude, or habit being addressed;
- **To invite** additional awareness to your process through observation of the supportive rhythms and cycles of Nature, including the seasonal markers of Spring

DATES

2007 Saturday dates: March 24, April 28, May 26, June 23, July 28, August 25, September 22, October 27, November 24, December 22

2008 Saturday dates: January 26, February 23

TIMES

****First Gathering:** 10 am - 4 pm (1 hour break for lunch from 12:30 pm - 1:30 pm)

Remaining Gatherings: 10 - 11:30 am

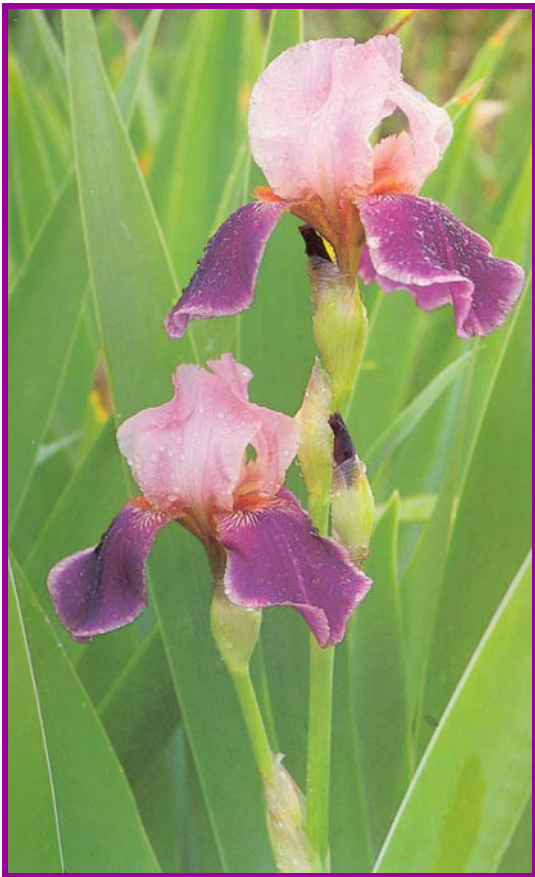
LOCATION

1614 Third Street, Santa Fe, New Mexico 87505
(Jane's home)

COST

\$240 (\$120 non-refundable deposit reserves your space in the workshop; \$120 balance due on first gathering. *See note on page 2.*)

******The first of these gatherings will be six hours in length (including a 1-hour lunch break), which will allow time for Jane to offer support for the exploratory process of discovering the most deeply resonant individual Flower Essence for you.



Equinox, Summer Solstice, Autumn Equinox, and Winter Solstice, in addition to the New and Full Moon's each month;

- **To receive** Jane's professional support in recognizing, tracking, and working positively with the 'four stages' of in-depth Flower Essence therapy;
- **To experience** the gift of a safe, strong, nurturing group container ('witnesses') for your healing journey (free of feedback or cross-talk);
- **To gain** a deeper understanding of the subtle and powerful offerings of the Flower Essences as allies for your soul growth and awakening;
- **To observe** the positive shifts and changes you are experiencing along the way;
- **To celebrate** one another's unique journey *through the practice of presence.*



Participants will receive their personal/individual Flower Essence on a daily basis, throughout the full year that the group will be meeting. (Receiving your individual Flower Essence on a regular basis, in conjunction with any personalized Flower Essence blend you may also be receiving during the same time, will be fine.)

RESERVING YOUR SPACE IN THE GROUP

A deposit of \$120 will reserve your space in the group, and the remaining \$120 is due at the beginning of the first group.

*NOTE: If you wish to request special arrangements for payment, and to reserve your space in workshop, contact Jane at 505-570-1208, or email her at: Jane@TransitionalIntegration.com.

Group size will be limited to 6 participants. The group will meet on the **fourth Saturday** each month, for 12 months. Handouts and references will be included. You may choose to purchase your personal Flower Essence directly from FES, or a retail store; or, you may have Jane prepare a personal Flower Essence dosage bottle for you, for \$10. The one-ounce dosage bottle she prepares will last approximately one-month, if receiving the recommended dosage of 4 drops, four times per day, and Jane will offer you the option of vegetable glycerin or brandy as the preservative for your dosage bottle.



Jane received her training through the Practitioner Training Program with the Flower Essence Society (FES) in California, in 2003. She is listed on the FES web site in their Practitioner Referral Network, and her Plant Study on White Yarrow is featured on their web site. She also draws on her background in mediation, non-violent communications, polarity therapy, and Hakomi Integrative Somatics for trauma recovery.