

## **Caitlin Graham-Jones abstract**

### *Contemporary Use of Flower Essences to Restore Balance and Function in the Body*

This presentation will look at the history of flower essences, as well as their contemporary applications for therapists.

Their complimentary use in body work will be explored, focussing on the emotional shifts needed for restoration of balance and function within the body.

Key essences and combinations will be discussed, with a focus on themes of trauma, self-sabotage, overwhelm, and restoration of energy flow to the meridian systems. Caitlin will demonstrate how these states are somatised and subsequently balanced using the essences, with muscle testing used to communicate before and after results.

Finally there will be time for questions and answers, where participants will be encouraged to ask questions to aid in their understanding of this safe and effective modality.