

Soul Medicine & Flower Essence Courses



Soul medicine helps us heal the subtle, intangible aspects of our being that are necessary to feel healthy, happy and whole. It draws on ancestral understandings of health, humanity, nature, and the cosmos. Whether you are seeking tools for personal growth or a seasoned practitioner, our courses integrate intuitive, imaginative, and experiential learning with formal research and study. For those with deeper interest, we offer a comprehensive Practitioner Certification program in collaboration with the Flower Essence Society.

We welcome into our 'Soul Squad' community of learners:

- **Modern mystics** who seek to cultivate self-awareness, engage in meditative presence, and bring consciousness to their personal evolution
- **Acupuncturists, massage therapists, and bodyworkers** who would like to address the mental, emotional and spiritual blocks underlying physical complaints
- **Healers and energy workers** who want to incorporate plant medicine and indigenous healing systems into their work
- **Mental health providers** seeking an integrative mind-body approach to shifting patients' limiting beliefs and stuck emotions
- **Parents and caretakers** seeking alternative and natural remedies to support their family through change and transition



Please visit OceansandRivers.com for updated course schedules and registration information.

Open Level Courses

Foundations of Plant Medicine

This workshop honors nature's sacred gift of transformational medicine for emotional, mental and spiritual health. We will explore the basic science of the subtle body, and the relationship between plant medicinals such as food, essential oils, flower essences, herbs and homeopathic remedies. Students develop a unique relationship with the plant medicinal of their choice, and integrate the Flower Essence Society's *Twelve Windows of Plant Perception* through observation, research, art, and active imagination. This class is rooted in eco-psychology, and invites us to explore how to maintain a spiritual connection to nature in a modern, technological society.



Embodied Light: Understanding & Transforming Stress

This workshop explores the mind and body's physiological, psychological and energetic responses to stress. Participants are supported in exploring their core stress responses and how to transform them for optimal health. This course explores special considerations for working with trauma, as well as evidence-based practices such as Mindfulness, Focusing, and Acceptance and Commitment Therapy (ACT) to navigate stress, anxiety and depression. We will cover Five Element-based expressions of stress and key flower essences to support them.

The Descent: 9 Stages of Soul Healing

Energetic medicine is a subtle, yet profound way to support the soul on its journey, which is filled with ups and downs, successes and failures. The journey feels spiral in nature as we suddenly and unexpectedly find ourselves revisiting childhood wounds that we thought we had healed, and rediscovering gifts we thought we had lost. This course explores the Sumerian Myth, The Descent of Inanna. As do all archetypal myths, the story is layered with symbols and meaning that have broad applications across times and culture. We'll explore how the 9 Stages of Soul Healing- from Containment to Emergence- are reflected in the healing process. We'll compare Inanna's transformation to modern myths, and the Transrational Model (TRM) of Change. This course also covers and learn how to set short- term, mid-range and long-term goals as mile markers as we monitor soul transformation in our selves and/or clients.



Formula Making and Sacred Geometry

Flower essence formulas are carefully constructed to facilitate archetypal shifts. In this course, you will apply the principles of sacred geometry to make flower essence blends that function as a synergistic whole. You will gain insight into the roles that flowers play within a formula: Mamas, Allies, Elders, and the Heart, and explore how to build formulas that honor relationship between each flower in the formula as it holds its position in the sacred geometric form. Through formula analysis and case studies, you will work collaboratively with colleagues to create dynamic and effective flower essence formulas.



A World Beyond: Soul Healing through the FES Metaflora System

This course expands on the magical aspect of flower essences and how they are used to amplify messages of the soul. Influenced largely by archetypal depth psychology and the work of Carl Jung, you will learn tools and strategies to more deeply engage your friends, family and clients in the process of soul alchemy. The goal of this course is to move beyond symptomatic use of flower essences and into a multi-layered therapeutic approach to ongoing inner alchemy. You will learn how to recognize key archetypal complexes, therapeutic values and strategies, and the flower essences that support alchemical transformation on a spiritual level. This course covers the curriculum of the Flower Essence Society Practitioner Course offered in Nevada City, CA.



My favorite part of the training was delving more in depth about the flowers; not just what each essence is indicated for and what it can do, but also looking at the flower itself and learning how the flower's orientation, colors, and characteristics point towards its' uses. I loved learning about geometry found in nature and coming to a much deeper understanding of how humans and plants are so closely interconnected...

Practice Management and Boundaries

Practice Management and Boundaries helps build a strong foundation for working with clients. You'll explore practical considerations for working in the field of holistic wellness, including how to establish practice boundaries, building a referral network, ethical considerations, treatment planning, documentation and follow-through.

Alchemy of the Elements

Alchemy of the Elements is designed to deepen your relationship with sacred medicine for the soul. In addition to live virtual lectures, practitioners engage through a private student discussion forum and reflection assignments as you develop an intimate relationship with plant medicine and alchemy, and a carefully curated selection of readings to deepen your understanding of magic and medicine.



Topics include:

- indigenous healing perspectives on health and wellness
- how to work deeply with flower essences to for inner soul work and transformation
- key indications and combinations of FES, Bach, and Alaskan flower essences
- how to use the 5 Elements as a diagnostic filter
- your unique place within community committed to aligning their wellness practice with spiritual and holistic equity



This certification refined my understanding of archetypes as it relates to the flowers and our clients. In addition, it has improved my confidence and passion for this work. I feel that my approach to servicing my clients was enhanced and I gained more clarity of the importance of client connection with the flowers.

Oceans & Rivers trainings provide support, growth and connection. You feel complete at the conclusion of the program because of the level of instruction and guidance. The learning you receive expands and deepens your understanding and expertise. The connections you make are invaluable.

Clinical Training & Professional Certification

The Clinical Training & Professional Certification courses are open to experienced practitioners and advanced students. They are designed to support you as strengthen your foundation working with clients and deepen your work with flower essence therapy. Students are also supported as they complete their final research portfolio for practitioner certification.

Intro to Case Presentations

This workshop prepares students to discuss cases in workshop settings. It outlines the basics of Case Presentation, including how to present SOAP notes and confidentiality. This 1.5 hour workshop is recommended for all students taking Open-Level courses.

Introduction to Clinical Case Studies

Clinical Case Studies are at the heart of the Flower Essence Society Practitioner Certification Program. During this seminar, advanced students learn how to set up and write their case study research reports. They will learn best practices from practitioners who have completed the program, as well as review in detail the specific requirements the Flower Essence Society research portfolio.

This seminar is required for practitioner certification.



Clinical Grand Rounds

Clinical Grand Rounds model the integration of core practitioner skills in real time: formula-making, creating safe space, patient-practitioner dynamics, and reflective listening. During grand rounds, practitioners observe a patient intake and collaboratively prescribe flower essences for that patient in a supported classroom setting. A Case Analysis discussion follows each session, where students incorporate their knowledge of the flower essence repertory, the FES Metaflora levels, the 9 Stages of Soul Healing, and Five Element diagnostic filters.

Clinical Supervision and Mentorship

Though open to all practitioners, the Mentorship program is designed to provide clinical supervision as students complete case studies, research essays, and the FES certification portfolio. During the mentorship, practitioners see clients for flower essence therapy, write flower essence prescriptions, and complete clinical research case studies. This mentorship provides scheduling flexibility, as well as one-on-one support through areas of interest and clinical challenges.

Professional Certification

Practitioner Certification Program is offered in partnership with the Flower Essence Society (FES), and consists of a series of required courses and elective credits. After the required course work is completed, students begin their clinical case studies, which are at the heart of the certification program. During the case study process, you will cultivate your unique approach as a practitioner, support your clients with carefully crafted flower essence formulas, and document clinical outcomes. The program culminates with a Portfolio Review, which is an in-depth review and evaluation of all components of the Practitioner Portfolio:

- 3 Reflective Practice Essays
- Plant Study Paper or Presentation (completed in Foundations of Plant Medicine)
- Archetypal Essay
- 3 in-depth clinical case studies
- Annotated Bibliography

Lindsay Fauntleroy, Clinical Director

Lindsay Fauntleroy is an acupuncturist and educator who was introduced to mind-body medicine through during her journey to fertility. When reproductive specialists told her it would be impossible for her to conceive a child, Lindsay turned to indigenous ways of healing. She immersed herself in the soul medicine practices she shares in this book- which resulted in the natural conception and birth of her vibrant daughter. Lindsay founded Oceans & Rivers, now celebrating its tenth anniversary, to support others on a similar journey to physical and emotional wellness, meaningful transformation, and personal evolution. Her approach weaves together Eastern medicine, western psychology, and African ancestral principles of spirituality and self-cultivation.



Lindsay also provides emerging healers and practitioners with training in the Five Elements and soul medicine. Practitioners of various healing modalities come to Lindsay to learn how to integrate flower essences into their practice, indigenous approaches to healing, and how to use the Five Elements as a diagnostic framework. Lindsay's practitioner certification program is the first program to be authorized by the Flower Essence Society (FES) in the United States. In addition, Lindsay is a certified instructor for the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), which allows licensed acupuncturists to receive post-graduate continuing education credits for her courses. Finally, Lindsay is a faculty member of A New Possibility- an international community of acupuncturists and healers committed to personal and global transformation. Within this network, Lindsay teaches plant medicine, indigenous psychology, and courses on the intersection of racism and the holistic wellness industry.

Lindsay firmly believes that the power to heal should rest in the hands and hearts of all communities. In 2016 she created a line of Five Element-inspired flower essence remedies, the Elementals, designed to serve as "soul-first aid" in home medicine cabinets. These archetypal formulas align with each of the soul lessons offered by Water, Wood, Fire, Earth and Metal. The Elementals are available in retail outlets and wellness apothecaries across the country, as well as internationally.

Lindsay has a deep commitment to the healing arts and the indigenous cultures out of which they emerge. Her formal education includes a Master of Arts from New York University as well as Master of Science from Tri-State College of Acupuncture. Her clinical training includes Traditional Chinese Medicine (TCM), Kiiko Matsumoto style Japanese acupuncture, and myofascial Trigger Point release. Lindsay is also a registered yoga teacher (RYT), and currently pursuing a PhD in Mind-Body Medicine & African Indigenous Psychology.