

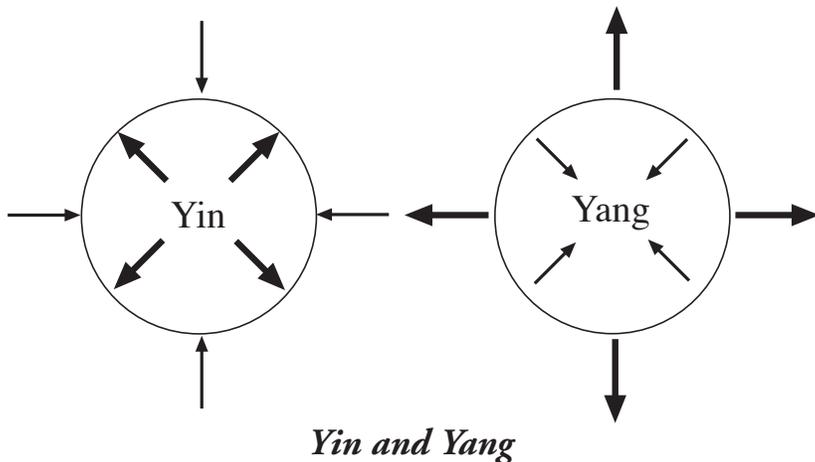
# Introduction to Emotional Anatomy

## Part One: Basic Principles

### My Story

- How I got involved in emotional healing work
- Why I believe emotional healing work is vital
- My thesis-everything is composed of energy-emotions are a form of energy that plays a critical role in the function of the body

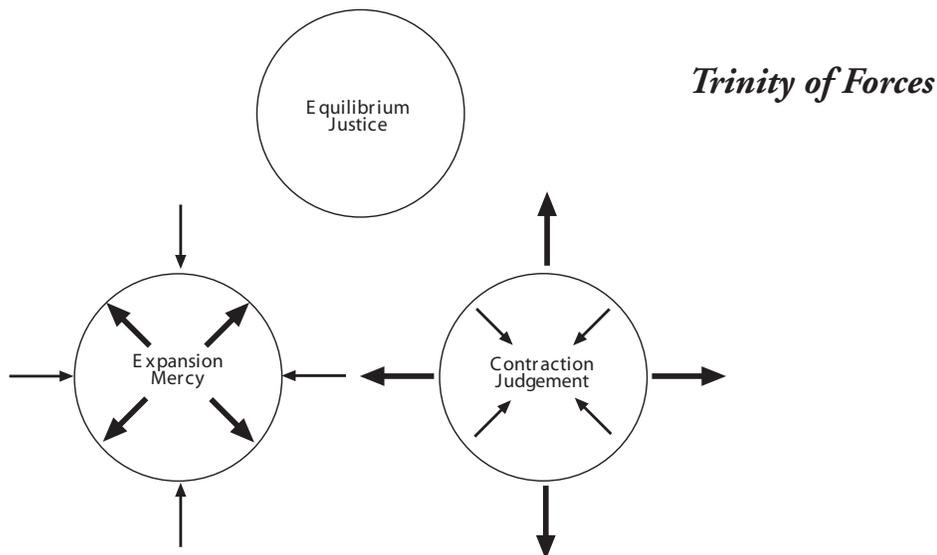
### Understanding Energy



Our body is the home for this life energy.

Is your “home” occupied, partially vacant, empty or “haunted?”

Emotional Healing is the Process of Reclaiming the Body



## Emotional Balance

- Having emotional balance means staying in inner equilibrium so that I act, instead of react, to my situations that arise in my relationships and environment

## The Holistic Nature of Memory

- Memory isn't just stored in the nervous system
- Memory is stored in every cell of your body
- Who and what we are is written all over us

## Emotional Trauma

- When we experience painful emotions, we tend to “hold our breath” and try to “numb” ourselves to avoid feeling the pain
- We “disconnect” from the part of our body where we feel the pain, a process called disassociation

## Disassociation from the Physical World

- Disassociation is a defensive mechanism against stress
- Disassociation causes us to lose awareness and presence
- The more disassociated (unaware) we are, the more mentally ill we become

### *Mental Illness as a Departure from Wholeness*



## “Feelings Buried Alive Never Die”

- We “disassociate” from feelings as a defense against pain and trauma.
- Disassociation helps us deal with trauma, but it disconnects us from our body.
- Healing is a process of reconnecting with that part of ourselves we previously disconnected from.

## Emotional “Hardness”

- Life is energy. Emotion is energy.
- To block emotion is to inhibit life energy.
- Blocking “negative” emotions also blocks “positive” emotions.
- We project our self-judgments (fears about facing the emotions we’ve blocked) onto others through the process of blame, thus creating separation and lack of wholeness.

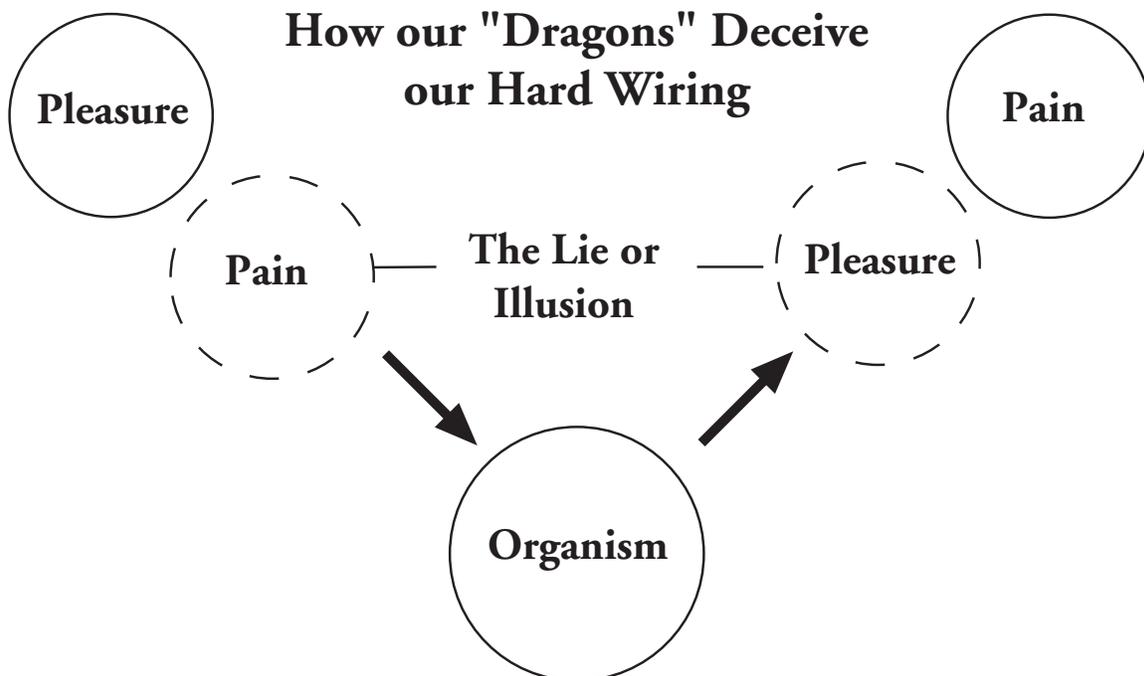
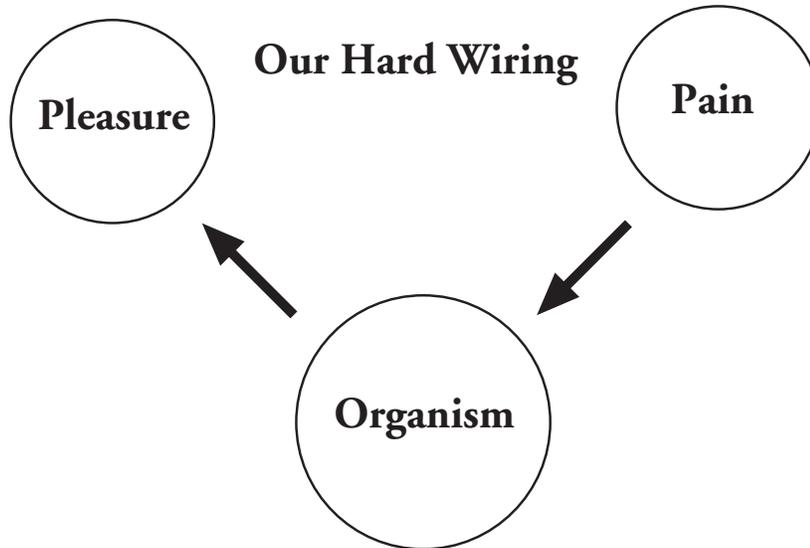
# Confronting Our Emotional “Dragons”

## Dysfunctional Belief Systems and Mental Programming

- Our thoughts are not who we are, they are programs running on autopilot in our brain “computer”
- We have the capacity to reprogram the brain “computer” with new thoughts

## What are Emotional “Dragons”?

- Dragons are simply illusions of perception (they aren’t real) and disappear when they are brought to the light of awareness
- Seeing through the illusions inside of us changes our inner perception, which changes the world we live in



## **Dragons Live in Darkness**

- Shame
- Fear
- Guilt
- Blame

## **To Heal is to Make Whole**

- You fix darkness by shining a light into it
- The light that will heal the world arises from inner equilibrium which unites (heals) the apparent opposites, combining
  - Strength and love
  - Kindness and truth
  - Courage and compassion

# **Part Two: Three Tools for Emotional Healing**

- 1. Flower Essences
- 2. Question Affirmations
- 3. Say “Yes” to Life (Acceptance)

## **Flower Essences**

### **Plants and People**

#### Plants

- Inhale CO<sub>2</sub>, exhale O<sub>2</sub>
- Fertilized by our waste
- Assimilates from the roots up
- Have unbound form, but bound action (movement)
- Express personality in form

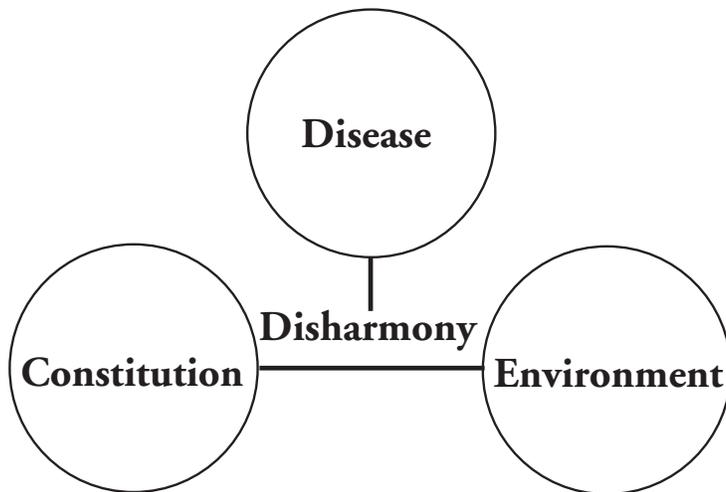
#### People

- Inhale O<sub>2</sub>, exhale CO<sub>2</sub>
- Nourished by fruits and vegetation
- Assimilates from the head down
- Have bound form, but freedom of action (movement)
- Express personality in behavior

### **Dr. Edward Bach**

- English physician and homeopath who developed flower essences
- Wanted to create a system of healing that wouldn't destroy anything

“Every healing plant, mineral or animal is the embodiment of a conflict in the environment which has been reconciled.” —Mathew Wood, *Seven Herbs: Plants as Teachers*



### **Methods of Selecting Flower Essences**

- Taking a case history and using references
- Using intuition and energy

### **How flower essences are made**

- Flowers are infused in the sunlight in pure water in a glass container
- Liquid is strained and preserved with brandy
- Remedies are homopathically diluted for use

### **Administering Flower Remedies**

- Mix pre-made dosage bottles with brandy and water or water and glycerin.
- Add 3-4 drops of each flower essence to dosage bottle.
- Label for client.
- 10 drops under tongue or in water 1-3 times daily or more.

## **Question Affirmations**

### **Question Affirmation Technique**

Find a positive statement (affirmation) about yourself that you can't make

Turn the affirmation into a question:

“How would it feel if...”

### **Question Affirmations Bypass Dragons**

### **Affirmation Examples**

- I have forgiven myself (my father, my mother, my ex, etc.) completely
- I deserve to experience happiness (joy, pleasure, etc.) in my life
- I am safe and secure
- I have all the love (money, recognition, etc.) I need

# Say “Yes” to Life (Acceptance)

## Basic Concepts

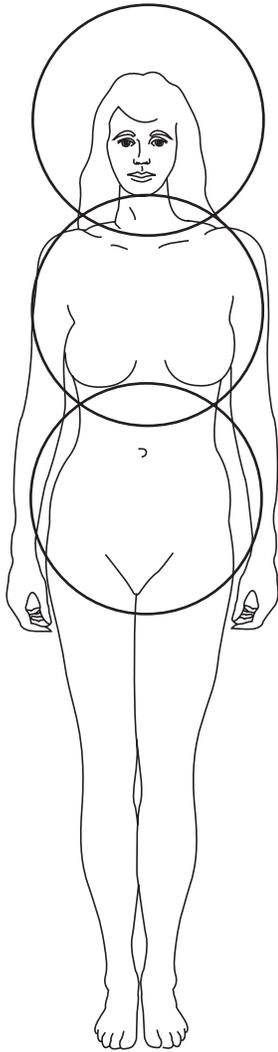
- Emotions are waves of energy that vibrate through the body and are also “transmitted” as energy frequencies to others.
- Emotions arise from the “heart” center and are the bridge between thought and feeling.
- Emotions move thoughts into physical actions, no one acts on a thought until it is turned into emotional energy.
- In other words, emotions are the energy that causes motion (E-motion) in the body.
- Emotions are always discharged through vocalization and/or movement. The only way to suppress an emotion is to “hold your breath” and “tense your body” to avoid moving or vocalizing.
- Chronic emotional suppression causes tension that distorts the body structure
- An emotion that is suppressed doesn’t go away. It becomes stuck energy that eventually interferes with body function.
- The bodies of children are soft and flexible. Most adults become increasingly rigid and inflexible as they age. This is due to the numerous “stuffed” emotions they are carrying around.
- Emotions are part of the world of our “being.” They communicate “heart” information that our head and body miss.
- Emotions are not right or wrong, they just are. How we act on emotions may be “good” or “bad,” but the emotion itself is neutral.
- When emotions are “stuck” it creates dysfunction in our lives and relationships.
- We “attract” situations that mirror to us the emotions we are unable to deal with inside of ourselves, but we resort to blame so we can avoid responsibility for what we feel. This destroys relationships.
- Emotional blocks also cause us to do things which are not good for us, that is we adopt addictive habits to “numb” our feelings and avoid them.

## The “Say Yes” Solution

- Step One: Breathe deeply
- Step Two: Turn your awareness inward and feel the sensations your emotions are creating in your body own body
- Step Three: Own the emotion, don’t project the blame for it onto others
- Step Four: Acknowledge the feeling (say “yes, I feel...”) and breathe through it
- Step Five: Allow yourself safe “space” to vocalize and act out your feelings, if necessary
  - The emotion will pass through you like a wave, leaving a feeling of peace and equilibrium
  - With practice, you can learn to do this even when someone is “pushing your buttons” trying to get a reaction out of you

# Part Three: Emotional Anatomy (Assessing and Correcting Unresolved Emotional Issues)

## *Three Worlds of Being*



Mind/Mental  
World of the Brain  
Thinking/Perceiving

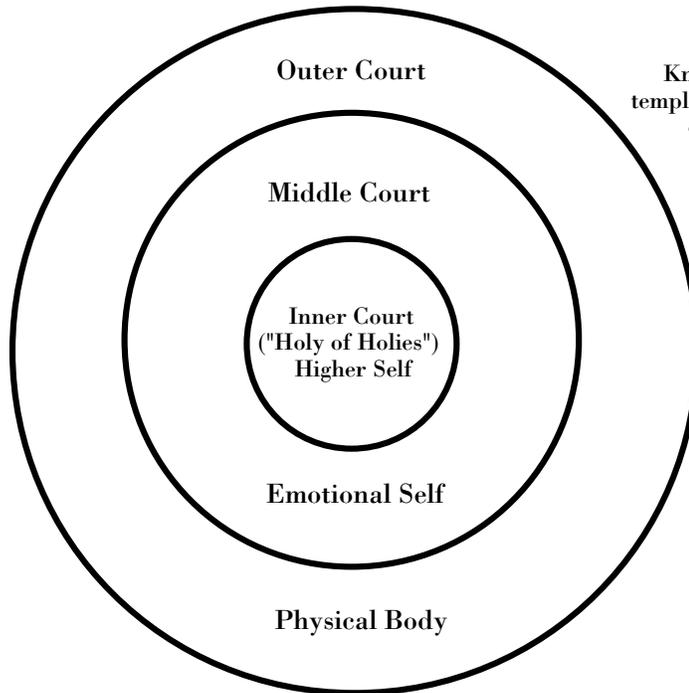
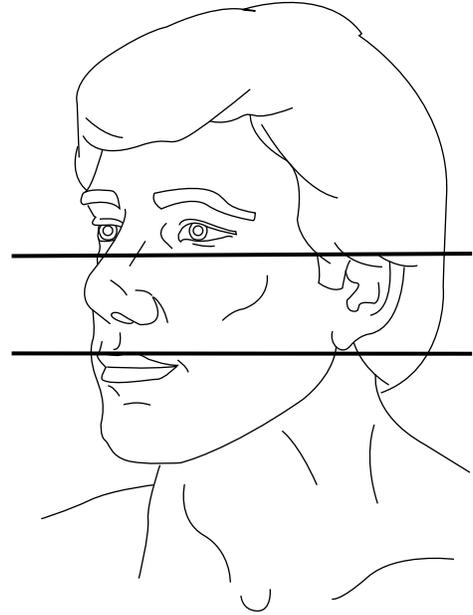
Spirit/Emotional  
World of the Heart  
Feeling/Being

Body/Physical  
World of the Guts  
Doing/Reacting

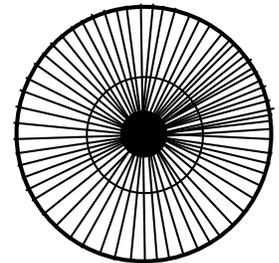
World of the Head

World of the Heart

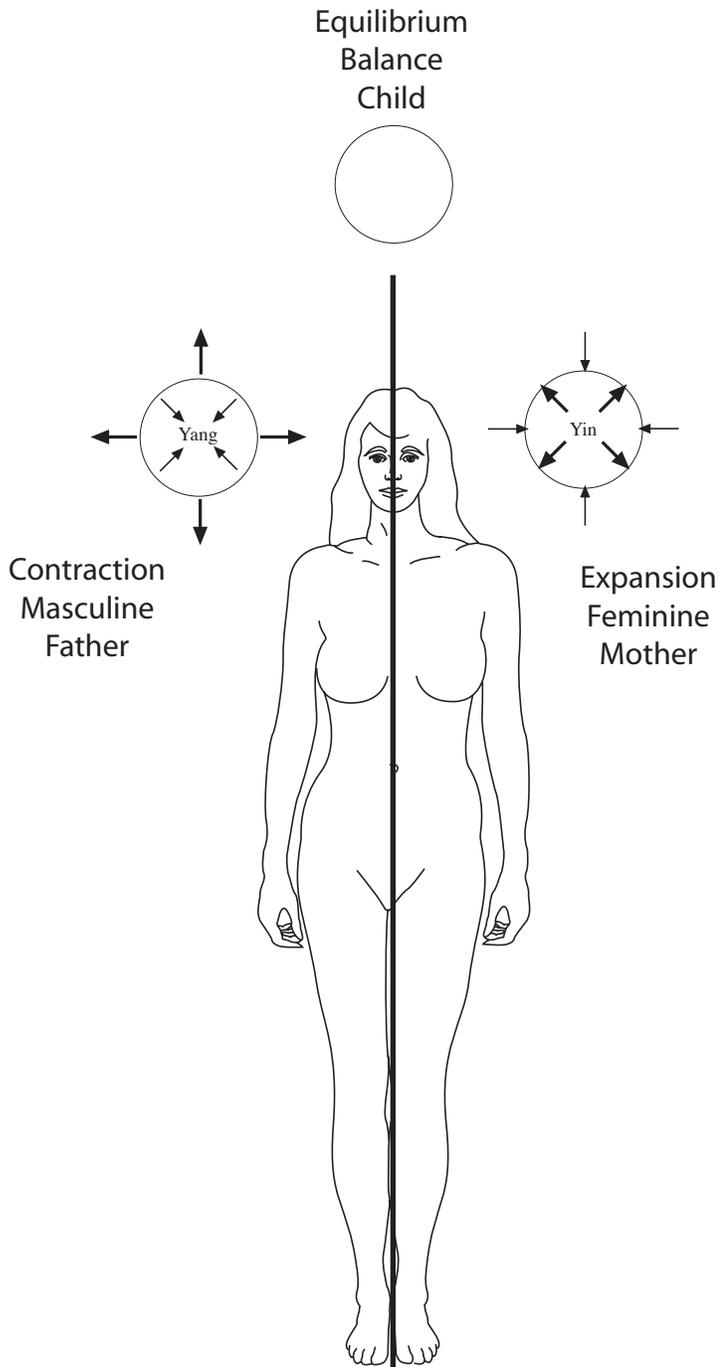
World of the Guts



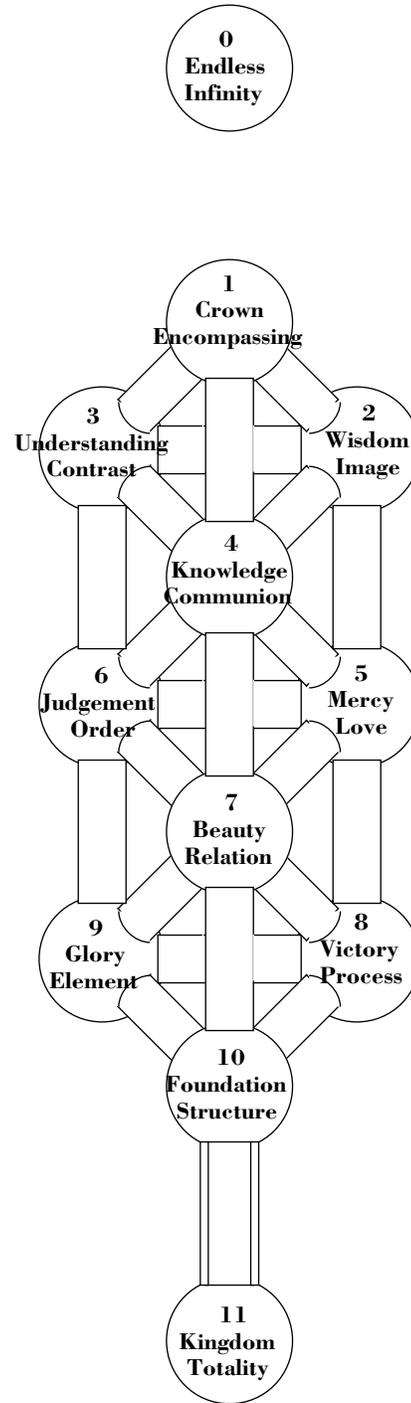
1 Corinthians 3:16  
Know ye not that ye are the  
temple of God, and that the Spirit  
of God dwelleth in you?



*Right, Left and Center*

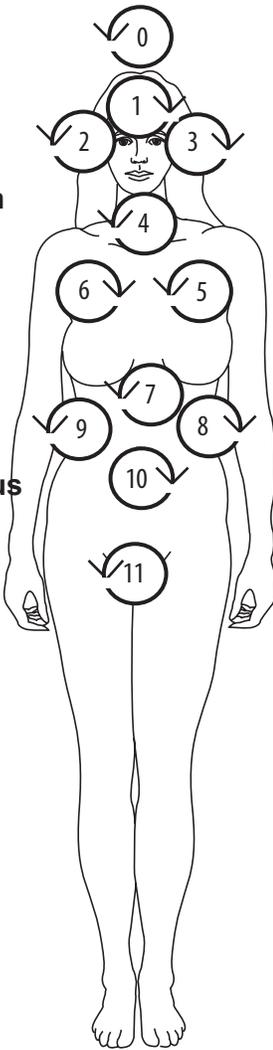


*Tree of Life*



## Emotional Energy Centers

- 0 = Crown  
(Pituitary)
- 1 = Third Eye  
(Pineal)
- 2 = Right Brain
- 3 = Left Brain
- 4 = Throat  
(Thyroid)
- 5 = Heart
- 6 = Thymus
- 7 = Solar Plexus
- 8 = Pancreas
- 9 = Liver
- 10 = Navel
- 11 = Root



### 0. Crown

**Basic Nature:** Connection to the infinite, being present and embodied. Balanced at 11) Root

**Weak** = disconnected, “beside” one’s self, spacey, not grounded, head “in the clouds,” disassociated, lack of faith.

### 1. Third Eye

**Basic Nature:** Perception, pure intelligence. Balanced at 10) Navel

**Weak** = not wanting to “see” reality, blocking of one’s insights or spiritual gifts, “closed,” unperceptive, “blinded.”

### 2. Right Brain

**Basic Nature:** Creative, spiritual mind. Balanced at 9) Liver and 3) Left Brain

**Weak** = blocked creativity, inability to see perceive new ideas or relationships, problems with artistic and concrete thinking.

### 3. Left Brain

**Basic Nature:** Logical, physical mind. Balanced at 8) Pancreas and 2) Right Brain

**Weak** = unable to reject irrational thinking, blocked scientific or mathematical abilities, problems with logical and symbolic thinking.

### 4. Throat

**Basic Nature:** Communication, orientation. Balanced at 7) Solar Plexus

**Weak** = blocked self expression, unable to connect logic and feelings, disoriented.

### 5. Heart

**Basic Nature:** Mercy, compassion, “openness” to others. Balanced at 6) Thymus

**Weak** = hardened heart, suppressed grief and emotional pain, feeling unloved by others, inability to trust and connect with others emotionally.

### 6. Thymus

**Basic Nature:** Judgement, order, self-esteem. Balanced at 5) Heart.

**Weak** = low self esteem, poor self image, inability to recognize and respect appropriate social boundaries, poor judgment, lack of order and self-discipline.

### 7. Solar Plexus

**Basic Nature:** Centeredness, inner peace, balance, beauty. Balanced at 4) Throat

**Weak** = scattered, fearful, chronically worried, lack of inner peace, lack of the ability to cope with stress or stay “centered,” reacts instead of acts.

### 8. Pancreas

**Basic Nature:** Ability to receive pleasure, experience joy and laughter. Balanced at 3) Left Brain and 9) Liver

**Weak** = overly serious and intellectual, poor sense of humor, work-a-holic, craving for sweets, lack of joy or happiness in one’s life.

### 9. Liver

**Basic Nature:** Will to live, desire to survive, ability to push away pain and struggle against opposition. Balanced at 2) Right Brain and 8) Pancreas

**Weak** = depression, discouragement, suppressed anger, “doormat” personality, inability to get angry or defend one’s self, suicidal thoughts.

### 10. Navel

**Basic Nature:** Connection to mother, ability to receive nurturing to sustain life. Balanced at 1) Third Eye

**Weak** = inner belief in unworthiness to be loved or nurtured, hyper-achiever, inability to attract prosperity, weak digestion, inability to maintain normal weight, difficulty developing emotional bonds with others.

### 11. Root

**Basic Nature:** Connection to father, feeling safe and protected, find a “home” on earth. Balanced at 0) Crown

**Weak** = disconnected from the earth, feeling insecure or unsafe, unable to put down “roots,” difficulty enjoying sexuality, often signals abuse or neglect as a child.

## **Assessment Tools**

- Muscle Testing
- Physical Ailments
- Relationships
- Irritations

## 11. Root

### Flower/Herbal Remedies:

- Baby Blue Eyes: insecurity, cynical mistrust, father problems.
- Basil: polarizing sexuality and spirituality, marriage problems.
- Calla Lily: confusion about sexuality, gender.
- Fuchsia: false states of emotionality covering pain and trauma.
- Scarlet Monkey Flower: fear of intense emotions, sexuality.
- Sticky Monkey Flower: confusion about love and sexuality.
- Sweet Pea: wandering, social alienation.

### Aromatherapy:

- Myrrh
- Vetiver
- Patchouli
- Sandalwood
- Frankincense
- Nutmeg
- Sassafras

### Herbs and Supplements:

- Herbs stimulating reproductive hormones, such as: Ginseng, sarsaparilla, saw palmetto and damiana.

### Other Tools:

- Healthy sexual expression.
- Grounding exercise (demonstrated on video).

### Notes:

## 10. Navel

### Flower/Herbal Remedies:

- Calla Lily: confusion about sexuality, gender.
- Easter Lily: conflict about sexuality, prudishness or promiscuity.
- Fairy Lantern: immaturity, helplessness, dependency.
- Hibiscus: unable to express feminine sexuality.
- Mariposa Lily: alienated from mother.
- Pomegranate: confused about femininity.
- Quince: unable to reconcile feelings of strength with femininity.
- Star Thistle: fear of lack, unable to give.
- Star Tulip: feeling hardened or cut off.
- Tiger Lily: overly aggressive, competitive.

### Aromatherapy:

- Sweet Orange
- Clove
- Mandarin
- Rose Geranium
- Ginger

### Herbs and Supplements:

- Digestive enzymes.
- Digestive "bitters."
- Digestive Formulas (Chinese Anti-Gas Formula, Spleen Activator)

### Other Tools:

- Identify needs that need feeding.
- Learning to ask for help.

### Notes:

## 9. Liver

### Flower/Herbal Remedies:

- Blackberry: unable to translate goals into action.
- Fuchsia: false states of emotionality covering pain.
- Golden Ear Drops: repression of childhood pain and trauma.
- Gorse: discouragement, despair, hopelessness.
- Holly: suspicion, jealousy, anger.
- Impatiens: impatience, irritation, intolerance.
- Mustard: melancholy, gloom, depression.
- \*Oregon Grape: paranoid, projection of hostile intention.
- Pine: undue guilt, self-blame, self criticism.
- Sagebrush: need to let go of past abuse, old baggage.
- Scarlet Monkeyflower: fear of intense feelings like anger, sexuality.
- Tansy: lethargy, procrastination.
- \*Willow: resentment, bitterness.
- \*Can be used in herbal form, too.

### Aromatherapy:

- Lily of the Valley
- Violet
- Lemon
- Litsea cubeba*
- Grapefruit
- Helicrysum

### Herbs and Supplements:

- Bitter herbs (especially if tasted).
- Chinese liver formulas (Liver Balance, Blood Build, Mood Elevator).

### Other Tools:

- Forgiveness.
- Setting Boundaries.

### Notes:

## 8. Pancreas

### Flower Essences:

- California Poppy: seeking for the false "gold."
- Canyon Dudleya: inflated psychic life.
- Honeysuckle: nostalgia, living in the past.
- Nasturtium: overly dry and intellectual.
- Zinnia: lack of humor, overly somber.

### Aromatherapy:

- Honeysuckle
- Coconut
- Pink Grapefruit
- Anise
- Clove
- Neroli
- Peppermint

### Herbs and Supplements:

- Blood sugar stabilizing herbs: licorice, stevia, cedar berries, goldenseal.
- Chromium and zinc.
- Herbal Formulas: Target P-14, PBS, Sugar Reg

### Other Tools:

- Playful recreation.
- Children's music and stories.
- Appreciation of nature.

### Notes:

## 7. Solar Plexus (Adrenals)

### Flower/Herbal Remedies:

- Agrimony: anxiety masked by cheerfulness, denial of pain.
- Aspen: vague anxiety, hidden fears.
- Black-eyed Susan: avoidance or repression of trauma or pain.
- \*Chamomile: easily upset, moody and irritable.
- Chrysanthemum: fear of aging, mortality.
- \*Dandelion: overly tense, over-striving, over-planning.
- \*Dill: overwhelmed and overstimulated.
- \*Can be used in herbal form, too.

### Aromatherapy:

- Jasmine
- Chamomile (CO2)
- Lemon
- Lime
- Melissa (Lemon Balm)
- Lemon Verbena

### Herbs and Supplements:

- Adaptogenic herbs: gotu kola, ginseng, suma, etc.
- Licorice root.
- Vitamin C (and possibly the B-Complex vitamins).
- Chinese combinations for “fire” constitution (Nervous Fatigue Formula, Stress Relief).

### Other Tools:

- Meditation.
- Deep breathing exercises.

### Notes:

## 6. Thymus

### Flower/Herbal Remedies:

- Beech: critical, judgmental, intolerant.
- Buttercup: low self-esteem.
- Centauray: weak-willed, dominated by others, self-neglect.
- \*Echinacea: shattered sense of self due to trauma or abuse.
- \*Garlic: fearful, weak or easily influenced.
- Mt. Pride: unassertive, withdrawal in the face of challenge.
- \*Oak: strong-willed, inflexible struggle.
- Penstamon: self-pity, feeling of being persecuted.
- Pink Yarrow: overly sympathetic, undue merging with others.
- Scleranthus: hesitation, indecision, wavering between choices.
- Sunflower: distorted sense of self, low self-esteem or vanity.
- Water Violet: aloof, withdrawn, anti-social.
- Wild Oat: alienated from work, unable to serve through work.
- \*Yarrow: protection against environment, easily depleted.
- \*Can be used in herbal form, too.

### Aromatherapy:

- Myrrh
- Eucalyptus globulus*
- Eucalyptus radiata*
- Thyme
- Rosemary

### Herbs and Supplements:

- Immune building herbs: echinacea, ganoderma, barley grass, thyme, etc.

### Other Tools:

- Affirmations of self-worth and self care.

### Notes:

## 5. Heart

### Flower/Herbal Remedies:

- Beech: critical, judgmental, intolerant.
- Bleeding Heart: possessiveness, need to let go.
- \*California Wild Rose: apathy, unable to catalyze forces of heart.
- Chicory: possessive, needy, demanding, self-centered.
- Fuchsia: false states of emotionality.
- Holly: feeling cut off from love, jealousy.
- Mallow: socially insecure, afraid to reach out.
- Poison Oak: fear of intimate contact, overprotective.
- Sweet Chestnut: profound despair and anguish.
- \*Vervain: overbearing, fanatical.
- Vine: domineering, tyrannical.
- \*Walnut: overly influenced by others.
- \*Yerba Santa: constriction in chest, internalized grief.
- \*Can be used in herbal form, too.

### Aromatherapy:

- Rose Absolute
- Pink Grapefruit
- Neroli
- Inula
- Bergamot

### Herbs and Supplements:

- Hawthorn, Motherwort.

### Other Tools:

- Crying, sobbing and grieving.
- Releasing or “string cutting” rituals.

### Notes:

## 4. Throat (Thyroid)

### Flower/Herbal Remedies:

- Calendula: tendency to use sharp or cutting words, argumentative.
- Cerato: doubting self, uncertainty.
- Cosmos: unorganized, unfocused in communication.
- Forget-me-not: lack of awareness of spiritual connections to others.
- Heather: overly talkative in self-concerned manner.
- Larch: self-censorship, lack of communication.
- Larkspur: self-aggrandizing leadership.
- Snapdragon: verbally abusive and hostile.
- Trumpet Vine: lack of vitality or force in self-expression.

### Aromatherapy:

- Myrrh
- Blue Chamomile
- Red Myrtle
- Yarrow
- Elemi

### Herbs and Supplements:

- Thyroid supporting herbs and formulas (kelp, dulce, Thyroid Activator, TS II).

### Other Tools:

- Communication skills.

### Notes:

## 3. Left Brain

### Flower/Herbal Remedies:

- Elm: overwhelmed by responsibility.
- Indian Paintbrush: loss of creative or artistic energy.
- Iris or Blue Flag: lack of inspiration, creativity.
- Larkspur: leadership distorted by self-aggrandizement.
- Shasta Daisy: over-intellectualization, see pieces not whole.

### Aromatherapy:

- Lemon
- Rosemary
- Holy Basil
- Thyme
- Peppermint

### Notes:

## 2. Right Brain

### Flower/Herbal Remedies:

- \*Borage: courage and optimism in facing difficulty.
- Cerato: self-doubt, seeking inappropriate advice from others.
- Fawn Lily: withdrawn, self-protective, overly spiritual.
- Hound's Tongue: materialistic view of the world.
- Morning Glory: life out of harmony with natural cycles.
- Mt. Pennyroyal: negative thoughts taken on from others.
- Rabbitbrush: overwhelmed by details.
- \*Tansy: overcome procrastination, lethargy.
- \*Can be used in herbal form, too.

### Aromatherapy:

- Roman Chamomile
- Geranium
- Helichrysum
- Jasmine

### Notes:

# 1. Third Eye

## Flower/Herbal Remedies:

- Canyon Dudleya: inflation of psychic life by emotions.
- Chaparral: disturbed dreams, chaotic inner life.
- Filaree: worry, helps gain perspective.
- Hound's Tongue: too materialistic view of world.
- \*Lavender: nervous, overstimulated.
- Lotus: top heavy spirituality.
- Madia: easily distracted, unable to concentrate.
- Mullein: unable to hear inner voice of conscience.
- \*Peppermint: mental sluggishness, lethargy.
- Queen Anne's Lace: not wanting to see what is.
- Sage: unable to see higher meaning/purpose/wisdom in life.
- \*Can be used in herbal form, too.

## Aromatherapy:

- Amber
- Lavander
- Rosemary
- Alpine Juniper
- Ylang Ylang
- Marjoram
- Peppermint

## Notes:

# 0. Crown

## Flower/Herbal Remedies:

- Angel's Trumpet: fear of death, denial of spiritual world.
- Clematis: daydreaming, impractical visionary.
- Manzanita: estranged from earthly life, aversion to physical.
- Milkweed: extreme dependency and escapism.
- Morning Glory: dull, "hung-over" in morning, addictive habits.
- Shooting Star: birth trauma, alienation, not at home on earth.

## Aromatherapy:

- Patchouli
- Lavendar
- Ylang Ylang
- Frankincense
- Bulgarian Rose
- Red Mandarin
- Sandalwood
- Bergamot
- Peppermint

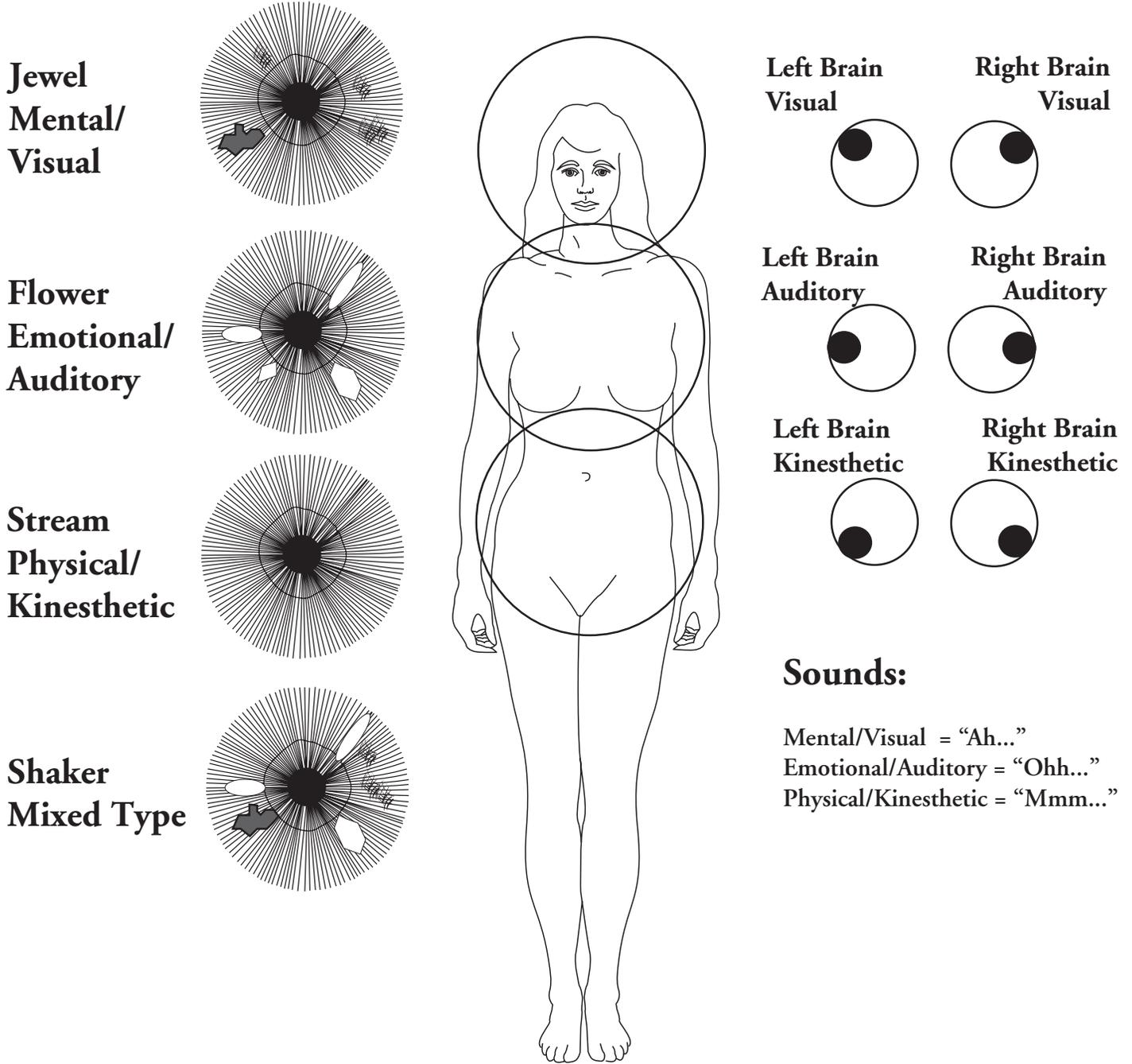
## Other Tools:

- "Grounding" exercises.

## Notes:

# Extra Material

## Iridology Correlations with the Three Worlds



## Sample Affirmations

**Directions:** Have the person read each affirmation out loud. Either muscle test them after each affirmation, or pay attention to their vocal tones as they read them. If the person has a “dragon” (unresolved emotional issue) surrounding any statement they will muscle test weak and/or their voice will falter as they read the statement. This shows which energy centers need work and what statements can be used as starting points for the question affirmation technique.

### 0. Crown

I am fully alive.  
I am fully present in this moment.  
I am fully present in my body.  
I am happy to be alive and present in this moment.  
I am connected to the Divine Source.

### 1. Third Eye

I see life clearly.  
I see other people clearly.  
I can see the difference between light and darkness for myself.  
I receive all the inspiration I need to help me with my life.  
I recognize and utilize my spiritual gifts.

### 2. Right Brain

I am wise.  
I am creative.  
I am artistic.  
I am open to new ideas.  
I love and appreciate art, music, and literature.

### 3. Left Brain

I am intelligent and can learn whatever I want to learn.  
I am able to perceive and work with parts and details.  
I love and appreciate science and mathematics.  
I am logical and reasonable.  
I am good with language and words.

### 4. Throat

I am able to express what I think clearly.  
I am able to express my feelings clearly.  
I am aware where I am at in my life and where I am going.  
I am able to reconcile my feelings and my logic.  
I can speak freely.

### 5. Heart

I have loving feelings towards other people.  
I am able to receive love from other people.  
I have friends or family members whom I can trust.  
I receive all the love I need from other people.  
I am able to cry and grieve when I need to.  
I have “let go” of all that I have lost in my life.

### 6. Thymus

I have forgiven myself for the mistakes I have made in my life.  
I am a person of infinite worth.  
I am orderly and organized.  
I recognize and respect other people’s boundaries.  
I set appropriate social boundaries with others.  
I can protect myself when other people violate my boundaries.

### 7. Solar Plexus

I have inner peace.  
I adapt well to stressful situations.  
I deal constructively with stress in my life.  
I recognize my fears and deal with them constructively.  
I am centered.  
I have balance and harmony in my life.

### 8. Pancreas

I live in a beautiful world, filled with joy and wonder.  
I play and have a good time whenever I want to.  
I enjoy tastes, colors, sounds and textures.  
I have a good sense of humor.  
I am free to smile and laugh whenever I feel like it.  
It is alright for me to experience pleasure in my body.

### 9. Liver

I am able to recognize and accept my own anger.  
I am forgiving of everyone who has wronged me in my life.  
I am free of grudges, hatred and bitterness.  
I am able to overcome obstacles in my life.  
I am able to defend myself when people who try to hurt me.  
I am free of resentment towards everyone.

### 10. Navel

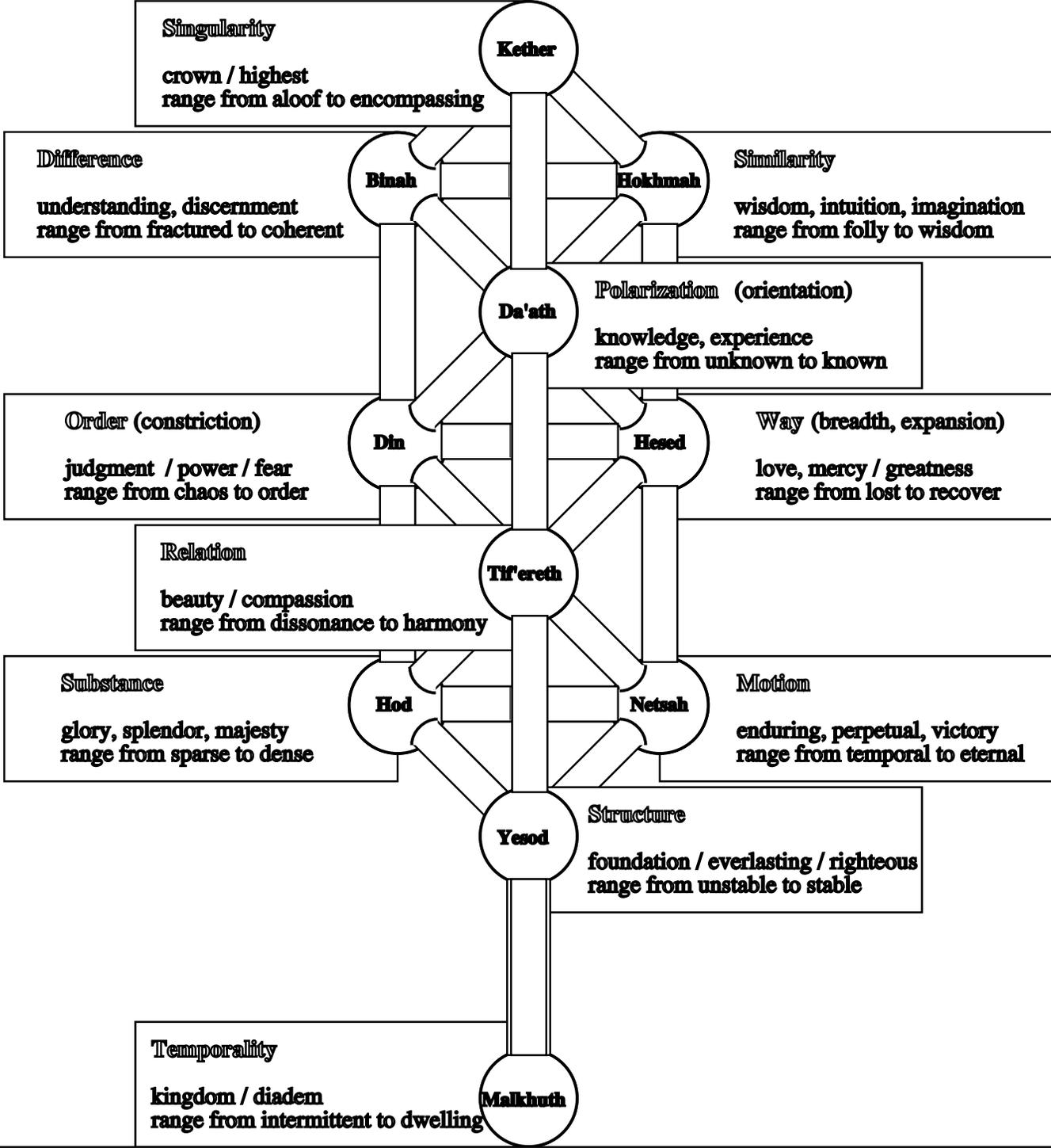
I have everything I need to sustain my life.  
My body receives all the nourishment it needs to be healthy.  
I have all the money and financial prosperity I need.  
I have all the love and nurturing I need from others.  
I am comfortable allowing other people to nurture me.  
My mother (and other women in my life) love and nurture me unconditionally.

### 11. Root

I fully experience and enjoy my sexuality.  
I am happy that I am a man (or a woman).  
I am safe and protected.  
I have a place in this world.  
I sense my connection to the earth and feel grounded.  
My father and other men love and protect me unconditionally.

Note: The Tree of Life model on the next page was the inspiration for developing the 12 energy center model and these affirmations.

**Ein-Sof** Infinity  
 endless, infinite, eternal  
 range from infinite to nothingness



# Recommended Reading

## Flower Essences

Australian Bush Flower Essences by Ian White\*  
Bach Flower Therapy: Theory and Practice by Mechthild Scheffer  
Flower Essence Repertory by Patricia Kaminski and Richard Katz\*  
Flower Remedies Handbook by Donna Cunningham  
Seven Herbs: Plants as Teachers by Matthew Wood\*  
The Book of Herbal Wisdom by Matthew Wood  
The Complete Book of Flower Essences by Rhonda Pallasdowney

## Aromatherapy

Enchanting Scents by Monika Junemann  
Medicines for the Soul (Aromatherapy Course) by Hakim G.M. Chishti  
Subtle Aromatherapy by Patricia Davis  
Applied Aromatherapy Course by Steven Horne, Carl Robinson and Kim Balas

## Emotional Healing

Feelings Buried Alive Never Die by Karol Kuhn Truman\*  
Love, Sex and Your Heart by Alexander Lowen\*  
The Betrayal of the Body by Alexander Lowen  
The Language of the Body by Alexander Lowen  
The Dragon Doesn't Live Here Anymore by Alan Cohen  
Anatomy of the Spirit by Caroline Myss  
The Body Has It's Reasons

## Relationships

Passionate Marriage by David Schnarch  
The Nine Types of Lovers by Daphne Rose Kingma  
Why Men Don't Listen (And Women Can't Read Maps) by Barbara and Allan Pease  
Staying Married and Loving It by Patricia Allen  
His Needs/Her Needs by William Harley  
Buyers, Renters and Freeloaders by William Harley  
Love Busters by William Harley

## Other

What the Eye Reveals by Denny Johnson  
The Myth of Male Power by Warren Farrell

\*Highly Recommended