

## Flower Essence Questionnaire: Plot Essences for specific behaviors, emotions and situations

Using these remedies as plot essences is a way to fill our pet's needs, correct faulty behaviors, and calm their fears. This questionnaire is designed to help you assess your pet's plot essences and invite you into the world of the animals you love. While an evaluation of this nature is somewhat general, many people find it a helpful way to learn about the essences. Some questions refer to issues that are species-specific (litter box problems) and others to issues that are more general (loneliness). The emotion of fear, for example, is the same for a horse and a hamster, so the animal's species is often irrelevant.

Answer the following questions fairly quickly, trusting your "first hunch." Place a checkmark by those statements that apply to your pet. If even one grouping is checked, this indicates your pet's need for that essence. If more than one statement per grouping is checked, it is best to prioritize the essences by the number of check marks for that essence, or by the immediacy of the issue. If you have checked some questions that are similar to each other in different groupings, indicating that both essences may be needed, first use the essence with the most checkmarks.

Also, please note that flower essences will not control or manipulate your pet's behavior. If you are wanting him to be more graceful, for example, a flower essence program will encourage this behavior only if it is in his nature to be so. Since flower essences do not directly treat physical symptoms, this questionnaire addresses the animal's emotional needs and behavioral issues.

You may wish to date and save your responses and re-test your pet at monthly intervals. We welcome your feedback on the overall helpfulness of this questionnaire. (To determine your pet's theme essence, based on his predominant positive qualities, please visit our home page questionnaire at [www.masterssences.com](http://www.masterssences.com).)



### Almond Blossom: Moderation

- Does your pet exhibit nervous, frenetic or obsessive behavior, i.e., does he over-groom, overeat, or overdo in any way?
- Does he need to adapt better to a domesticated lifestyle?
- Is he presently kept indoors after previously being allowed to roam freely outdoors?

### Apple Blossom: Peaceful Clarity

- Does your pet have chronic health problems, or does he have specific infirmities to which he needs to adjust?
- Do you suspect that he has picked up health-related fear, worry, or doubt from others in your household?
- Is he the runt of the litter?



### Avocado Blossom: Good Memory

- Is your pet dreamy, unresponsive, slow to learn new tasks, or generally disinterested?
- Are you working with him on training for specific behaviors?
- Does he fail to come home, or respond, when you call him?

### Banana Blossom: Humility, calmness

- Is your pet easily upset or inappropriately riled for no apparent reason?
- Does he tend to bully other animals in the home, or does he need to be easier to live with?
- Objectively speaking, do you think it would benefit him if his already gentle and sensitive personality were reinforced?

### Blackberry Blossom: Purity

- Is your pet unable to groom or care for himself due to illness or old age? (If places in your home have been soiled or sprayed, also use this essence in a misting bottle in that area.)
- Are there members in your home who exhibit negative behaviors or emotions to which your pet is exposed, or does he himself express negative behaviors?
- Has your pet been exposed to harmful chemicals? (Please note that medical attention may be necessary.)



### Cherry Blossom: Cheerfulness

- Is your pet often bad-tempered or is he prone to moods, or to picking up moods of other members in the household?
- Does your pet express being "spoiled rotten" through negative or difficult behaviors?
- Does he overstep established boundaries even with loving, consistent training?

### Coconut Blossom: Greater awareness

- Is your pet coping with a painful physical infirmity?
- Is he aging and dealing with limited movement or range of physical abilities, or is he recovering from surgery or injury?
- Are there difficult situations for other members in the home or property that might be affecting your pet?

### Corn Blossom: Fresh vitality

- Have there been any recent major changes in your pet's living situation, or has he recently joined your family?
- Is he behaving sluggishly, or is he disinterested in his environment and those with whom he shares it?
- Is he an older animal?

### Date Blossom: Tender sweetness

- Is your pet touchy or irritable, (please rule out medical causes), or does he seem to have a lot of "off days?"
- Does he pick on other pets in the household, or not get along well with other animals or people in the home/property?
- Is "unfriendly" a word that others use to describe his temperament?



### Fig Blossom: Flexibility

- Has your pet received inconsistent training, or has he been trained one way by a previous owner and now receives different training from you? Does he exhibit bad habits that you would like to retrain?
- Is he overly dissatisfied with his food (barring his natural expression of likes and dislikes)?
- Does he have a history of many changes of homes or ownership?

### Grape Blossom: Love

- Do any of the following circumstances apply: loss of a household companion, either human or animal; babies recently taken away; abuse, either cruelty or neglect; potentially dangerous behavior to other animals or people?
- Is your pet aloof and unapproachable by nature; clingy, needy, or prone to whining or crying for no apparent reason; bullying or jealous (expressed as soiling or other difficult behaviors), or acting inappropriately territorial (possibly marking)?
- Is he left alone for long periods of time without companionship while you are gone for the day or on vacation?

### Lettuce Blossom: Calmness

- Is your pet nervous or restless by nature, or agitated by newcomers to the household?
- Does he express what looks like anger for no apparent reason?
- Is he young with a short attention span, or does "bouncing off the walls" describe his temperament?

### Orange Blossom: Enthusiasm, joy

- Do any of these circumstances apply to your pet: just given birth; been previously abused or treated badly; lost a companion, either animal or human; allowed outdoors and now kept inside; reflecting the depression of another member in the household; acts listless or despairing?
- Has he been declawed, debarked, or otherwise altered, excluding neutering?
- Does he have a terminal or debilitating illness, or is he expressing an impaired ability to move or care for himself?

### Peach Blossom: Unselfishness

- Is your pet overly demonstrative, was he weaned too early, or does he chew or suckle other animals or objects of clothing?
- Does he need to get along better with other pets in the household?
- Have your pet's babies recently been given away?

### Pear Blossom: Peacefulness, "Emergency Essence"

- Is your pet recovering from an accident, illness, surgery, or about to undergo a medical procedure; traumatized or injured in any way, either physically or emotionally, including being attacked by other animals; in crisis; expressing panic, anxiety, or disorientation; experiencing a significant upset in his normal routine; biting in ways other than playful?
- Is his past history unknown?
- Does your pet need to be left overnight at the veterinary hospital or boarded away from home; transported by car, plane, or other forms of travel; in a time of transition, such as giving birth or nearing death? (Pear is also recommended for the owner in these situations.)

### Pineapple Blossom: Confidence

- Does your pet need a stronger sense of his own identity, or excessive amounts of praise, especially in a multiple-pet or person household?
- Is your pet the runt of the litter, or has he been in a kennel, shelter, foster home, or a series of different living situations?
- Has he been in shows, competitions, or county fairs, or are you preparing him for these activities; or is he an older animal who is no longer suited to those roles, after being in the limelight of shows or having a specific job on the property?

### Raspberry Blossom: Kindness

- Does your pet seem emotionally wounded from being harshly disciplined; or does he act slighted, unappreciated, offended or somehow replaced?
- Is he receiving less attention than usual due to household changes, such as a new relationship or the arrival of new pets or babies?
- Is he exhibiting "lashing out" behavior, expressed as barking, hissing, soiling, spraying, shredding of furniture, or other destructive behaviors; or does his play express an uncommon or inappropriate viciousness?

### Spinach Blossom: Simplicity, playfulness

- Is your pet "acting old before his time," or is he an older animal who has been "put out to pasture"?
- Is he living in a stressful household, or does he have to cope with certain tensions in adjusting to a domesticated life?
- Has he suffered abuse or neglect during his early years; or is he acting "not quite himself" after an injury, illness, or surgery?

### Strawberry Blossom: Dignity

- Has your pet lost the ability to groom, feed, evacuate, locomote, or otherwise care for himself in illness or old age; or is he nearing his time of passing, especially after a debilitating illness?
- Has there been a divorce or separation in the household, or any situation that would be considered ungrounding for your pet, including any persons in the home who are dealing with a strong lack of self-worth?
- Is there any reason lately for your pet to feel that his territory or "space" is threatened, or has his innate sense of dignity been overstepped in any way?

### Tomato Blossom: Strength, endurance

- Do any of these behaviors apply to your pet: exhibiting fears in ways other than instinctive or appropriately self-protective; acting skittish or easily spooked; jumping at loud voices or noises; barking excessively or somewhat hysterically?
- Are any of the following activities unusually upsetting to him: visits to the vet; transportation; the smells, sights and sounds of city life; or extreme weather conditions, such as thunder.
- Do these conditions apply to your animal: is he easily bullied and unable to stand up for himself; is his previous history unknown; does he have a "job" serving people, such as being a police or guard dog?

## Spirit-in-Nature Essences

A recent Gallup survey shows that 66 percent of pet lovers in America wouldn't trade their cats or dogs for a million dollars. These findings show the degree to which we love our animals—yet how can we provide the best quality of life for them?

Flower essences are herbal infusions for strength and balance. They address specific behaviors, emotions and situations without directly treating physical symptoms.

They allow our pets to return to their natural state of harmony. Why are these herbal infusions so effective for animals? Pets don't exhibit the common mental blocks



of doubt, skepticism or the "placebo effect," which is why they often respond even more quickly than people to these herbal remedies.



Animals live in their feelings and instincts, and they are highly receptive to flower essences.

Founded in 1977 by Lila Devi Stone, **Spirit-in-Nature Essences**—the oldest essence line outside the U.K.—has received countless pet testimonials worldwide. Completely safe, herbal, non-habit-forming and nontoxic, these 20 extracts, prepared from fruit and vegetable blossoms, stimulate your pet's ability to live a more balanced and happy life.

*"Properly trained, a man can be dog's best friend."*

—Corey Ford, American novelist

*"The smallest feline is a masterpiece."*

—Leonardo da Vinci

## How The Essences Are Made

**Spirit-in-Nature Essences** were first interpreted by the Indian sage Paramhansa Yogananda (1893-1952), who explained that specific positive characteristics are inherent in certain foods—cheerfulness in cherries and peace in pears. The most effective and immediate way of obtaining these qualities is to extract them from the fruit or vegetable blossoms, which contain 90 percent of the life force of the plant.

Our essences are prepared in the clean desert air of the Sierra Nevada foothills at Ananda Village, outside Nevada City, California; the tropical varieties are made in Hawaii. The blossoms of the particular plants or trees are carefully selected and then floated on pure spring water in a glass bowl. After sitting in direct sunlight for 3 to 4 hours, the flowers are discarded. This "mother essence" is stored out of heat and sunlight in a dark bottle half-filled with a brandy preservative. From this solution, the Stock Concentrate is prepared. The essences will retain their potency for 6 to 10 years.

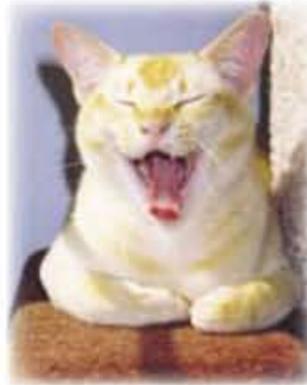
## Dosage Directions

Four times a day using one or more of the following methods is recommended, preferably not with meals (10 minutes before or 1 hour afterward if possible), or every few minutes

in emergency or acute situations. Add 4 drops of Stock Concentrate to a fresh water bowl, or 16 Stock drops to a watering trough. You may also drop several drops on the coat or apply them to your palm and stroke them on your pet's fur, feathers or scales. Some animals like the essences rubbed on their gums or paw pads, around their nostrils, or behind their ears. Four Stock drops added to water in a misting bottle to spray bedding, stalls, kennels, cars or carriers is also effective. (See *Flower Essences for Animals* to prepare a Dosage Bottle.)

If you're not sure which essences to use for your pet, Pear is a good "first essence" that often helps to clarify other essences in the program. "The Big Three" for animals with an unknown history are Pear, Grape and Tomato, in that order.

Often, at least the beginning of a behavioral change will



be noticed within the first 3 days of treatment. Our research, based on decades of direct testimonials and case histories, shows that single-essence formulas yield fast-acting and noticeable results, with 1 to 2 weeks or longer recommended on each essence. People often like to take essences concurrently with their animals.

In addition to a flower essence program for your pet, it is important to consider other factors, such as: the influence of other pets, adults, and children in the household/property; layout of the house and/or yard; owner-caused problems; diet, exercise, and health-related factors; and most importantly, the presence of a committed caregiver. Always rule out medical causes with proper veterinary treatment. And remember that flower essences work best when supplemented with love.



## The Book

"Our job in caring for our animal friends may be great, but our rewards are many."

—Lila Devi Stone, author of *Flower Essences for Animals: Remedies for Helping the Pets You Love*

The idea that animals feel emotions—a concept that pet owners have known all along—is now becoming accepted by the scientific community. *U.S. News and World Report* recently substantiated the popular belief that animals do indeed have feelings and express rich emotional natures. This evidence comes from scientists who have found that emotions in both animals and humans arise from regions in the brain that have been conserved throughout evolution in many species.

Now **Spirit-in-Nature Essences** founder Lila Devi Stone takes this concept to a deeper level, explaining the benefits of treating animals holistically, based on their personalities. *Flower Essences for Animals* (softcover, 248 pages, including a 70-page reference guide) is brimming with simple solutions for administering the best possible care to animals in both daily life and emergency situations. Also available: *The Essential Flower Essence Handbook* with a chapter on pet care.

*"A common challenge is the animal with a behavioral imbalance. These animals are commonly passed on to unsuspecting new families, or destroyed. The use of flower essences has not only made a great difference in how these animals respond but has provided a roadmap into understanding their emotional makeup."*

—RENA FERREIRA, D.V.M.

*"If I didn't see it with my own eyes, I don't think I would've believed the change in our dog Lou after a day on Pear. And there was even more improvement over the next few days. Even though the other dogs barked at him and he perked up, there was almost no barking on his part."*

—R. C., PET OWNER

*"The first day I used the essences with the ferals I am caring for, I noticed almost instantly a deep sense of relaxation in them. I'm hoping that, with their continued use, these cats will calm down more fully from their fear of human contact."*

—K. S., FERAL RESCUE WORKER

*"Our birds have all settled down so nicely. I had the noisy one on Almond and then Lettuce. He is changing day by day and our house is so peaceful now!"*

—K. K., SHELTER VOLUNTEER

*"My cat started on Grape last Monday, and he's like a different cat. He's been more of a 'lovebug' with me, seeking out my lap and purring more than usual."*

—R. J., PET OWNER

The specific fruit and vegetable blossoms from which our essences are made, and their positive qualities, are listed below.

1. **Almond** - Moderation
2. **Apple** - Peaceful Clarity
3. **Avocado** - Good Memory
4. **Banana** - Humility, calmness
5. **Blackberry** - Purity
6. **Cherries** - Cheerfulness
7. **Coconut** - Greater awareness
8. **Corn** - Fresh vitality
9. **Dates** - Tender sweetness
10. **Figs** - Flexibility
11. **Grapes** - Love
12. **Lettuce** - Calmness
13. **Orange** - Enthusiasm, joy
14. **Peach** - Unselfishness
15. **Pear** - Peacefulness, "Emergency Essence"
16. **Pineapple** - Confidence
17. **Raspberry** - Kindness, compassion
18. **Spinach** - Simplicity, playfulness
19. **Strawberry** - Dignity
20. **Tomato** - Strength, endurance

### Spirit-in-Nature Essences

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Receive 5 free Dosage Labels - full-color, gold watercolor background for your formulas - when you mention this ad by call or click.

Please call or visit our website for more information on our books, *Flower Essences for Animals* and *The Essential Flower Essence Handbook* (also in Italian); "The Flower Essence Music Collection" CDs; Formal Home Study Courses (bi-level pets & animals and tri-level comprehensive); international distributors; or stores near you. Wholesale information available on request.

*Note: Flower essences do not replace proper medical treatment by a licensed veterinarian.*

THE ORIGINAL  
*Spirit-in-Nature Essences*<sup>™</sup>



**Natural Pet Care  
for Animals...and  
the People Who  
Love Them**

