



FLOWERING ROUND FAQ

Who is Flora?

Flora is a Roman goddess who is the pulse behind flowering plants. Born as a nymph named Chloris, she undergoes her own transformation of trauma to become the Goddess of Flowers, called Mother Flora, by the people of Rome. The fields and flowers do not bloom without Her blessing; there would be no food or wine or honey without Her. In the myths, she oversees the stories of floral metamorphosis: the changing of those who the gods adore into flowers and plants. An annual festival to Her was celebrated every year in Rome, as Spring blossomed. The festival was full of drink, dance, feasting and play and was officiated by sex workers and those often excluded from Roman society.

Why is Flowering Round dedicated to Flora?

Flora is one of the reasons why I began my deeper studies of flowers and flower essences. She has encouraged play, ritual and deeper devotion to the plants. A flower essence is a tool of Flora; she is a deity who shows us how the flowers can transform us. She is our guide in our work over the course of the year.

Why is Turning Toward The Flower a pre-requisite? Can I take them back to back?

I want to make sure that you are solid in your essence making practice before committing to Flowering Round. Essence making is the foundation of our work in Flowering Round and you need to be comfortable in your own personal practice, whatever that may look like. If you have been making essences for over 2 years and you feel comfortable with your practice, just elaborate on that in the application. It might not be necessary for you to take TTTF.

You are more than welcome to take TTTF and Flowering Round in the same year, many students do! Just make sure to give me a heads up if you are planning to register for TTTF as well in your Flowering Round application, I will make sure to send you a discount code for TTTF.

What is the flow of the program material throughout the year?

While the syllabus might change each year based on wishes and desires of the group, the general flow is as follows:

- We begin with celebrating Flora. We learn about her rites, the celebration of Floralia and ways in which we can create our own floral ceremonies (that include essences, of course!). From there, we learn methods for proving essences: how do we know what our essences may or may not do? How do we tell their stories? How might we invite others into our proving work?
- We then move into essence selection: how to select the best essences for a client. We consider and learn about core themes, seasonal energetics, mythological patterns, ancestral backgrounds and more.
- The last months of class are dedicated to consultation skills, practitioner care and case studies.

Throughout the program, we work with 4 mystery essences which are the same for every member of our cohort. These mystery essences are a common thread throughout the year, where we drop into group synchronicity and proving skills together. We prove these essences every other month.

What is a mystery essence?

When you receive your mystery flower essences for Flowering Round, you will not have access to the names of the plants you are working with. They will remain a mystery until our “proving circle” after you work with this essence over the course of a month. Working with a mystery essence is a powerful experience: you get to work with the plant without expectation & preconceived notions. It is an experiment in trust: you will be asked to trust your experience with the essences (rather than looking at what other people say or think about a particular plant) and to trust your body.

Do I have to have a large collection of essences to participate in the program?

No, not necessarily. You will receive 8 essences of your choosing from my apothecary. This is meant to give you a steady base to work from throughout the year. I think it is best to start small and work with what you have. It’s a great opportunity to really learn a few plants really well! However, many students make a lot of essences throughout the program year and their essence collection really starts to grow. You will have plenty of opportunities to trade essences with classmates as well.

Do you have to want to be a practitioner to take this class?

Definitely not. This class is for anyone who wants to explore the medicine & nuance & poetry of flower essences. I think you just need to be really enchanted by flowers. This is a program that asks us to engage with how the plants are asking us to change. We observe change. That is all you have to be open to. While there are in class consultations and case studies, you are welcome to approach this work with your own background and intention. It does not have to be that you are trying to make this an income source or that you want to work with clients. You are welcome to tie these skills into work you are already doing (poets, artists, astrologers, writers, teachers, therapists, dreamers, chefs, parents, farmers, storytellers, dancers... I see you!). If you know you don't want to see clients, and we are covering in class consultations, you are invited to see this work as a way to support your community, getting more folks to the table to be in relationship with plants.

Can you tell me about in-class consultations?

Throughout the year we will have a few in class consultation sessions. You will learn how to do an intake with a client, how to ask potent questions, how to listen deeply. We will also cover the art of the follow-up; how to check in with folks about their essences and changes they have noticed. All of these consultations are done with fellow class members.

How much time do I need to set aside for class work?

Around 2 hours a month. More if you want to go deeper. You will have readings, formula making, proving practices, case studies and more to complete outside of class time. The more time you are able to put into this program, the more you will get out of it.

Are there requirements to complete the program?

Yes. You will have to complete case studies as well as a final project to graduate.

Will you offer this course next year?

It's all up in the air, I'm really not sure at this point! My intention is to move towards more in person teaching again after 2025, so this could be the last time this program is offered online.

Any other questions? Please reach out to me at liz@sisterspinster.net