

David Crow, LAc - ILLUMINATED Flower Medicine 2023

What You'll Discover in These 7 Modules

In this 7-part transformational course, David will guide you through the fundamental skills and competencies you'll need to understand the unique life-enhancing benefits of flower medicines – their healing properties and cosmological dimensions for your physical, mental, emotional, and spiritual health.

This course will feature step-by-step teachings and experiential practices with David. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to experience the healing properties and cosmological dimensions of flower medicines for your physical, mental, and emotional health – as you deepen your spiritual development.

Module 1: Flower Medicines to Rejuvenate Your Sensuality & Eros



The primary aroma of flowers is sweet, and **sweetness is the fragrance and taste that nourishes the body and promotes pleasure and longevity.**

Potently aromatic flowers – worn as perfumes, attars, and garlands and strewn abundantly at celebrations and festivities – have been used throughout history for their sensuality-enhancing powers.

When you're under the spell of floral intoxication, you can't help but **feel and act younger. Your heart remembers joy, and your relationship and intimacy improves with yourself** – and then with others.

In some cultures, it's said that flowers were given as gifts to humans by the celestial deities – and they have the capacity to **lift your consciousness into higher realms of happiness**.

In this module, you'll discover:

- The spirituality of flowers, Part 1 – **How flowers created humans**
- The **longevity-promoting benefits of sweet aromas**
- **The most sensual and erotically intoxicating flowers and their essential oils**, including champa, ylang ylang, lilac, osmanthus, ginger lily, and others
- Exotic flower oils for erotic perfumes, and **how to make simple perfume blends**
- **How to use sensual flower perfumes for spiritual practices**
- How to use botanical perfumes for their **mood-enhancing and immune-boosting** powers
- **An Illuminated Herbalism practice in which you'll offer flowers to the inner fertility deities**

Module 2: Flower Medicines for Deep Relaxation, Improved Sleep & Calming the Spirit



Flower medicines can have **powerful effects on your nervous system, heart, and spirit** – through their aromas when inhaled, and then through their chemistry when taken as teas.

A combination of floral aromatherapy and calming flower infusions can often **overcome most chronic forms of stress, tension, and insomnia...**

... especially when you use them in conjunction with relaxation and meditation practices.

Some flower medicines for stress and sleep disorders have been used in Asian and Western herbal traditions for centuries, while some have only recently been introduced into modern pharmacopeia.

In this module, you'll discover:

- The spirituality of flowers, Part 2 – **The mandala of flowers, heart, and spirit**

- Blue lotus flowers – an **ancient medicine for sleep, meditation, and dreaming**
- **Cannabis**, Part 1 – How to safely and effectively use one of the **strongest herbal sedatives**
- The primary flowers from Asia that **calm the spirit**, including mimosa and magnolia
- Rhododendron, clary sage, neroli, and other **highly effective essential oils for relaxation**
- Important flower medicines from North America that are commonly used in **sleep formulas**
- **Illuminated Herbalism practices to strengthen the relaxation powers of flower medicines**

Module 3: Improve Your Health & Wellbeing With Flower Medicines That Balance the Female Hormonal System



There's a direct biological relationship between the biorhythmic blossoming of flowers and the female hormonal system. This is clearly seen in the **hormone-balancing therapeutic benefits** of flower medicines for women's health.

Gentle – yet frequently highly effective – flower medicines can be used from a single species, or flowers can be combined together or with other categories of herbs.

The treatment of gynecological imbalances with flower medicines can be relaxing and enjoyable, as well as therapeutic. These therapies include **flowers in baths, floral oils for body oils, floral perfumes**, and other applications.

Some flower remedies work at deep levels of your endocrine system, and can **bring balance to chronic and acute conditions of your menstrual cycle and menopausal changes**.

In this module, you'll explore:

- The spirituality of flowers, Part 3 – **The biological unity between flowers and human reproduction**
- How to use the biorhythms of flowers to **restore and balance human biorhythms**

- The primary essential oils and their applications for **reducing menstrual and menopausal discomfort**
- Butterfly pea, an **ancient remedy for women's health and wellbeing**
- **Flower essences**, which are subtle remedies for sensitive people
- **Illuminated Herbalism visualization practices for enhancing assimilation and increasing the medicinal potency of herbs for the endocrine system**

Module 4: Flower Medicines for Healing Your Skin & Supporting Your Eyes



Flower medicines have been used by cultures around the world for millennia for **treating infections, wounds, and skin conditions**.

Prepared as teas, medicated oils, poultices, baths, and other forms, they're **cooling, soothing, anti-inflammatory, antimicrobial, skin-regenerating, and wound-healing**.

Some species of flowers are **rich in nutrients that are especially beneficial for strengthening and protecting the eyesight**.

In fact, there's a unique biological link between the colors of these flowers, their nutrients, and how they can strengthen your vision.

In this module, you'll discover:

- The spirituality of flowers, Part 4 – **The sense organs** and flowers
- Flower baths and herbal washes for **healing skin conditions**
- How to safely use floral essential oils for **skin healing and regeneration**
- Helichrysum, **the miracle oil for skin regeneration**
- **Illuminated Herbalism meditation methods to circulate nutrient-rich, vision-protecting herbs into the eyes**

Module 5: Flower Medicines as Antivirals & Antimicrobials to Enhance Your Immunity, Purify Your Environment & Improve Your Respiratory Health



Flower medicines have been included in traditional Chinese herbal formulas for **treating acute and chronic respiratory conditions** for over 1,500 years.

Many of these species are now the subject of research for their **antiviral powers** against SARS-CoV-2 virus and as applications for acute and long Covid-19 infections.

Species such as echinacea are common in home pharmacies, while others, such as bee balm, are found in gardens and local environments.

When you use them as **essential oils in aromatherapy**, they can become a potent addition to purifying blends that **remove pathogens from the atmosphere and strengthen your respiratory immunity**.

In this module, you'll discover:

- The spirituality of flowers, Part 5 – Flowers, pollinators, the food chain, and **human survival**
- Flower teas and tinctures for **increasing respiratory immunity**
- Aromatic salves, steam treatments, and herbal baths with flower medicines **for the lungs**
- Floral essential oils for **antimicrobial protection and atmospheric purification**
- Floral honeys and syrups for **coughs and congestion**
- Flower medicines from your local countryside for **treating the lungs** – including elderflowers, honeysuckle, bee balm, mullein, and more
- **Illuminated Herbalism practices that combine herbs and meditation to increase the purifying and protective powers of flower remedies for respiratory conditions**

Module 6: Flower Medicines to Heal Your Digestive System



Some of the most effective herbal remedies for digestive problems are flowers.

Numerous species have well-known benefits for **improving the appetite and protecting gut immunity**.

Many species can be used in different forms **for their antimicrobial and anti-inflammatory powers**, while others are important **antispasmodics and digestive relaxants**.

There are also numerous flower medicines that can **benefit your dental hygiene**.

In this module, you'll discover:

- The spirituality of flowers, Part 6 – The nectar of flowers and **nutritional rejuvenation**
- How to effectively use well-known flower medicines, such as chamomile and calendula, and lesser-known species from Chinese and Ayurvedic medicine
- How to **combine flower teas with aromatic abdominal massage**, using floral essential oils
- **Illuminated Herbalism techniques to activate the gut-brain axis and promote the healing of digestive ailments**

Module 7: Flower Medicines for Detoxification, Pain Relief & Anti-Inflammatory Uses



Detoxification is an important aspect of healing and is directly related to **pain relief and anti-inflammatory benefits**. Using flower medicines for detoxification requires specific knowledge about how to get the best results.

Numerous flower medicines can gently support your body's natural detoxification processes, and others are stronger **purgatives and purifiers**. Some work by assisting the **cleansing of your blood**, some work by **enhancing lymphatic drainage**...

... some work by **improving digestive power and restoring the gut membrane and microbiome**, and some work by **supporting liver and kidney functions**.

Numerous flower medicines have **significant anti-inflammatory and analgesic powers** that can be helpful for both acute and chronic conditions. Some are in the form of essential oils that can be prepared into liniments... some are best taken as tinctures and teas... and some can be used in herbal baths.

Flower medicines in various forms are used for treating **dysmenorrhea, headaches, inflammation in the digestive tract, musculoskeletal pain and inflammation**, and many other conditions. These medicines are often milder than their modern synthetic counterparts, but work at a deeper level of healing and with **far fewer side effects and adverse reactions**.

In this module, you'll discover:

- The spirituality of flowers, Part 7: – **Flowers, moonlight, and cooling the mind and body**
- **Cannabis**, Part 2 – How to safely and effectively use **one of the strongest herbal analgesics**
- Flowers that promote **healthy detoxification of the kidneys**, including goldenrod and corn silk
- Flowers that **treat specific types of pain**, such as St. John's Wort for shingles
- Flower medicines **for headaches and migraines**
- Flowers that **treat pain, swelling, and bruising of soft tissue injuries**, including helichrysum and arnica

- Important **anti-inflammatory flowers**, such as meadowsweet and calendula
- How to use flowers and flower essential oils together for **external treatments for musculoskeletal pain and inflammation**
- Important Ayurvedic flowers, such as Nagkesar, for **detoxification and pain relief**
- Numerous **ways to prepare and combine flower medicines** for treatment of pain and inflammation
- **Illuminated Herbalism methods of potentizing anti-inflammatory herbs with visualization and invocation**

The Illuminated Flower Medicine Bonus Collection

In addition to David's transformative 7-module online course, you'll receive this special bonus collection to complement the course and take your understanding and practice to an even deeper level.

Flowers, Pollinators & Humans

Video Teaching From David Crow



As humans, we're dependent on flowers and their pollinators for survival. We're creatures that live on the nectar of flowers. Without it – and them – there would be no food chain as we know it. There would be no grains, fruits, vegetables, nuts, or seeds, and most foods for animals would be gone. Discover that the basis of pollination is the sweet nectar of flowers, and the final result of metabolizing our food is glucose. According to Chinese and Ayurvedic medicine, this nectar is the basis of longevity, endurance, and vitality – all of which become depleted as we age. You can use flower medicines to rejuvenate the nutrient essence, boost your immunity, prevent illnesses, support your spiritual practices, and enhance your cognitive functions.

The Flowers of the Human Body & Subtle Nervous System

Video Teaching From David Crow



The opening and closing of flowers is a metaphor found in mystical and spiritual teachings. In Taoist medicine, the sense organs are described as flowers that open and close according to the cycle of waking and sleeping – allowing the prana of consciousness to project into and withdraw from the outer world. The chakras of yoga and Tantra are described as flowers of higher consciousness waiting to blossom. Learn how many flowers can be used in a variety of forms to support your meditation practices – from euphoric blue lotuses to uplifting roses to intoxicating plumerias.

Herbal Supplier Discount Package

10% Off 2 of David Crow's Favorite Herb Companies



David's extensive knowledge of plant medicine means he has years of experience in selecting the best suppliers for his formulas. As part of your participation in this course, receive 10% savings on purchases made from two of David's recommended herbal suppliers below. *No purchase is required for the course*, and it's not required to use products from these particular brands. You may use whatever products you'd like for your learning.

10% Discount at Banyan Botanicals

Banyan Botanicals produces the highest-quality Ayurvedic products using certified organic herbs that are sustainably sourced and fairly traded.

10% Discount at Herbalist & Alchemist

Herbalist & Alchemist's mission is to develop, manufacture, and distribute herbal supplements that are of the highest quality, manufactured from plant material that originates in harmony with the environment: organically grown, ethically wild-crafted, or sustainably harvested.