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THE ORIGINAL  
***Master's Flower Essences™***  
Remedies for Inner Well-Being

## Theme Essences Questionnaire — Just For Fun

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We all know what our faults are, perhaps better than anyone. But how many of us recognize our strengths? The term theme essence is just that: a way to acknowledge the positive traits in our personalities. Are you cheerful and even-minded under all circumstances? Then you're probably a Cherry theme. Do you love learning new things and challenging your mind? You are most likely an Avocado theme.

Try this simple quiz just for fun, to see which flower essence, or essences, you resemble. Check the qualities that best describe your personality, and then use the list of essences on the back panel as the Answer Key. Three out of three checks indicates your theme essence; two out of three, or an additional three out of three, means a possible sub-theme, or secondary predominant personality strength. If you find you have several of each, as many people do, try to prioritize which qualities are uppermost in your nature.

When should you take your theme essence? When you feel out of sorts or not quite yourself. Taking your theme essence provides a general balancing effect. It is good to remember that we have within us all of the flower essence qualities no matter what our theme essence is.

- |  |   |  |  |
|--|---|--|--|
| 1. <input type="checkbox"/> Self controlled<br><input type="checkbox"/> Moderate<br><input type="checkbox"/> Tranquil    | 6. <input type="checkbox"/> Cheerful<br><input type="checkbox"/> Even-minded<br><input type="checkbox"/> Bubbly             | 11. <input type="checkbox"/> Loving<br><input type="checkbox"/> Committed<br><input type="checkbox"/> Warm-hearted | 16. <input type="checkbox"/> Self-assured<br><input type="checkbox"/> Charismatic<br><input type="checkbox"/> Expressive |
| 2. <input type="checkbox"/> Health -minded<br><input type="checkbox"/> Balanced<br><input type="checkbox"/> Positive     | 7. <input type="checkbox"/> Uplifting<br><input type="checkbox"/> Solution-oriented<br><input type="checkbox"/> Persevering | 12. <input type="checkbox"/> Calm<br><input type="checkbox"/> Creative<br><input type="checkbox"/> Non-emotional   | 17. <input type="checkbox"/> Kindhearted<br><input type="checkbox"/> Compassionate<br><input type="checkbox"/> Forgiving |
| 3. <input type="checkbox"/> Good memory<br><input type="checkbox"/> Love of learning<br><input type="checkbox"/> Focused | 8. <input type="checkbox"/> Energized<br><input type="checkbox"/> Willing<br><input type="checkbox"/> Quick-thinking        | 13. <input type="checkbox"/> Joyful<br><input type="checkbox"/> Hopeful<br><input type="checkbox"/> Smiling        | 18. <input type="checkbox"/> Simple<br><input type="checkbox"/> Childlike<br><input type="checkbox"/> Straightforward    |
| 4. <input type="checkbox"/> Humble<br><input type="checkbox"/> Quiet<br><input type="checkbox"/> Non-reactive            | 9. <input type="checkbox"/> Sweet<br><input type="checkbox"/> Non judgmental<br><input type="checkbox"/> Friendly           | 14. <input type="checkbox"/> Unselfish<br><input type="checkbox"/> Nurturing<br><input type="checkbox"/> Caring    | 19. <input type="checkbox"/> Dignified<br><input type="checkbox"/> Beautiful<br><input type="checkbox"/> Responsible     |
| 5. <input type="checkbox"/> Pure<br><input type="checkbox"/> Truthful<br><input type="checkbox"/> Insightful             | 10. <input type="checkbox"/> Flexible<br><input type="checkbox"/> Accepting<br><input type="checkbox"/> Fluid               | 15. <input type="checkbox"/> Peaceful<br><input type="checkbox"/> Earthy<br><input type="checkbox"/> Unflappable   | 20. <input type="checkbox"/> Fearless<br><input type="checkbox"/> Strong<br><input type="checkbox"/> Life-affirming      |

## **Congratulations! You have just discovered your theme, and possible sub-theme.**

The specific fruit and vegetable blossoms from which our essences are made, and their positive qualities, are listed below. This list is also the **Answer Key** to the **Theme Essence Questionnaire** listed above::

- |  |   |
|--|---|
| 1. <b>Almond</b> - Self-control, moral vigor     | 11. <b>Grapes</b> - Love, devotion              |
| 2. <b>Apple</b> - Peaceful clarity               | 12. <b>Lettuce</b> - Calmness                   |
| 3. <b>Avocado</b> - Good memory                  | 13. <b>Orange</b> - Enthusiasm, joy             |
| 4. <b>Banana</b> - Humility rooted in calmness   | 14. <b>Peach</b> - Unselfishness                |
| 5. <b>Blackberry</b> - Purity of thought         | 15. <b>Pear</b> - Peacefulness, for emergencies |
| 6. <b>Cherries</b> - Cheerfulness                | 16. <b>Pineapple</b> - Self-assurance           |
| 7. <b>Coconut</b> - Uplifted spiritual awareness | 17. <b>Raspberry</b> - Kindness, compassion     |
| 8. <b>Corn</b> - Mental vitality                 | 18. <b>Spinach</b> - Simplicity, guilelessness  |
| 9. <b>Dates</b> - Tender sweetness               | 19. <b>Strawberry</b> - Dignity                 |
| 10. <b>Figs</b> - Flexibility, self-acceptance   | 20. <b>Tomato</b> - Mental health, endurance    |

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