

# The Bach Flower School

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## Discover Deep Emotional Healing with Bach Flower Remedies:

First Use through to Certified Practitioner with

*The Bach Flower School.*

# Bach's 5 Principles

# Edward Bach's Five Principles

Discover how the Five Principles of Edward Bach can help you lead a happier life

Edward Bach's Five Principles in his book *Heal Thyself* not only give us the foundation for his healing system, but also are a good guide to live a happy and fulfilling life.

## #1. We're all one

*"Man has a soul which is his Real Self and a Divine and mighty being – and is part of the Creator."*

When you think about it this, therefore makes us part of the Divine too.

I always believed I had a soul. But as I used and studied the Bach Flower Remedies, I came to realise that I didn't *have* a soul, but I **am** part of my soul. In fact, *we are the physical expression of our souls.*

Your soul never leaves you. However, just as you can tune a radio away from the clear reception of the transmitter, you too can tune yourself away from your soul. You can move away from your soul, but your soul is always with you!

There is no separation between the Divine, our Soul and ourselves. And this comes down to ... we are all one.

## #2. The purpose of life

*"As we know ourselves in this world: our personalities came down here to gain knowledge and experiences from the living of life: and develop virtues which we're lacking, righting the 'wrong' that's within us **for the evolution of our soul.**"*

Bach is saying that the purpose of our lives is the evolution of our soul (through the conscious choice our personalities).

Bach is also saying that our negative beliefs and feelings need to be healed, which allows our positive virtues to shine through. By healing our feelings our personalities become more aligned with our soul, and as we begin living a life of love and joy, our soul evolves.

## # 3. Evolution

*"This life time is just one short part of our evolution. It's like one day at school, in comparison to the 15 years at school."*

Our souls are immortal and our personalities and bodies are temporary and are merely the vehicles we use to live this life. They are the instruments we use to do our work.

We get so tied up in what's going on in our lives; with the judgements we make about ourselves and others, that we rarely take time to step back and evaluate what troubles us.

When we do this, perhaps through taking the remedies, meditation, mindfulness, or purely by being aware that there is a bigger picture, it heals our problems and concerns.

To discover the deep healing benefits of the Bach Flower Remedies through The Bach Flower School go to [www.thebachflowerschool.com](http://www.thebachflowerschool.com)

#### **#4. Harmony. Joy and Peace**

*“So long as our Souls and personalities are in harmony, all is joy, peace and happiness – and health. It’s when our personalities are led astray from the path laid down by the Soul, either by our own worldly desires or by the persuasion of others, that conflict arises. This conflict is the root cause of disease and unhappiness.”*

Bach is saying that if we want joy, peace, happiness and health (and we all do) then to attain this, we have to be in alignment with our soul. If we allow the negative side of our personality to stray, or we allow ourselves to be ‘persuaded by others’ we’ll move away from the soul, and become ill. Bach saw this separation from the soul, either as a result of the beliefs of the personality or by being led astray by others, as being the cause of disease.

And how do we know when we’re in alignment with our souls?

***The quality of ‘being there’ is the process of ‘getting there’.***

Emotions are the language of our soul, so when we’re enjoying life; we are at peace and are happy, we’re in alignment with soul – whose qualities are harmony, joy, peace and happiness.

#### **#5. Unity of all things**

*“Understand of the Unity of all things: that the Creator of all things is Love, and that everything of which we are conscious is in all its infinite number of forms of manifestation, is Love, whether it be a plant or a pebble, a star or a dewdrop, man or the lowliest form of life.”*

This takes us back to the first of Bach’s principle – that we are part of the divine, and so is everything and everyone – and there is no separation. We are all connected – and affected by everything and everyone one. *(Science is now proving this).*

If we take this a little further, it means that when we judge another, that judgement hurts them and us too. When we kill or blame another, it affects everyone of us in one way or another. And when we’re kind and generous, then that also affects everyone and everything.

There is no isolation and everyone is affecting everyone and everything, all the time.

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