

THE
BACH
FLOWER
SCHOOL

Bach Flower Remedies

DISCOVER THE ASTONISHING POWER
OF SOME OF THE MOST POPULAR BACH
FLOWER REMEDIES

WITH ROSE TODD

HAVE YOU EXPERIENCED THE TRANSFORMATIONAL POWER OF BACH FLOWER REMEDIES?

Once you have seen how the remedies work – you'll become 'hooked' on this amazingly simple system of healing. In this guide you'll discover the amazing healing potential of 5 of the 38 essences. Here's what Maria has to say about the remedies ...



"I have used the Bach flower remedies for a number of years now to help me to lift my mood and spirit. I refer to them as "my best friends" as I can rely on them to work out any problem, fear or issue I am faced with. Whenever I need them, they are there for me and so is Rose who has supported and guided me through my difficult times and taught me the power of these wonderful essences. I would strongly advise you to get to know them as well."

| Maria, Essex

DR EDWARD BACH

Firstly, a bit of background. Edward Bach was born in England of Welsh parents, so his name is pronounced 'Ba-t-ch' (like a batch of biscuits) and not 'ba-rk' (like tree bark or the German composer).

However, whether you call him 'Batch' or 'Bark', the remedies work!

Bach was a sickly child and he always wanted to be a doctor. In the latter years of his medical practice, he became determined to find the cause of disease.

He also believed that there was a safe, natural and simple method of healing the stresses of daily life.

He left his successful Harley Street practice and went searching for what he called 'the healing herbs of nature' to help lift our emotions.

He discovered 38 different plants from which to make his remedies – one for every emotion that we feel. These cover the basic emotions of mankind from fears and anxieties, anger and revenge to grief, loneliness and despair.

To choose the remedies that will be helpful, we need to take into consideration what we're thinking as well as how we feel. We need to look at the thoughts behind the feelings.

NOW LET'S DISCOVER HOW THESE SPECIAL REMEDIES CAN HELP YOU...



IMPATIENS

This is the remedy for those in a hurry and are quick to anger. This was my introduction to the Bach Flower Remedies as it was the first remedy I took – and I was stunned by how quickly it worked and how different I felt.

Isn't it a beautiful delicate mauve? Also notice how the flower itself is balanced. It looks precarious, doesn't it?

Well, that's how finely balance their temper is.

They're always in a hurry and have a short temper. They lose their temper quickly when events and people are not going fast enough for them. Their anger seems to explode out of them.

If you're irritable or frustrated and have sudden outburst of anger because people or life is not going fast enough for you, then Impatiens is for you.

Impatiens is also one of the 5 remedies in 'Rescue Remedy'.

You may have noticed that emotions and feelings are rarely felt one at a time; we mostly feel several at once. This does make it difficult to choose the remedies you need.

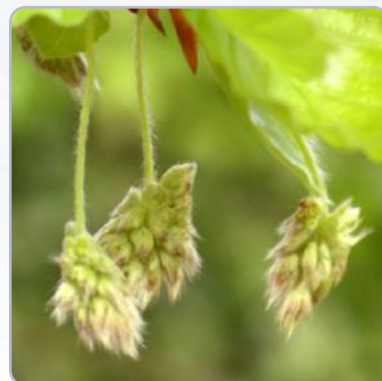
So, here's a remedy that works really well when you feel irritable that people and events are not moving fast enough.

BEECH

This is the remedy for when we're critical and intolerant. In our society, somehow, it's OK to be irritable, but we never think of ourselves of being critical and intolerant. After all, isn't it the 'others' who are not doing things the 'right way' (which naturally is our way.)

ROSE'S BACH TIP:

Impatiens and Beech go very well together as a combination. You'll be surprised how these two remedies can change the dynamic in any family argument!



NEXT ARE SOME REMEDIES FOR CONFIDENCE, ANXIETY AND WORRYING ABOUT 'GETTING IT WRONG'.

LARCH

Larch is the remedy for when we lack self-confidence.

When you lack confidence, you won't take on anything and expect to fail.

We also believe that someone can do it better than we can, so why bother?

And here is something you might not realise, that lack of self-confidence can lead to deep depression.

The next remedy is for anxiety – everyday anxiety.

If you say "I'm a worrier! My mother was a worrier, so there is nothing I can do about it". There is something you can do about it. You don't have to live with constant worry...



MIMULUS

Mimulus is the remedy for 'known anxieties'. In other words, if you know what worries you, then Mimulus will help.

Here is another way of putting it, if you're anxious about life in general, and you find you're worrying about something most of the day then Mimulus will help you.



ROSE'S BACH TIP:

If you don't have much confidence, you're going to be anxious about life aren't you? These two remedies, Larch and Mimulus go really well together as a combination.

PINE

Pine is the remedy for that dreadful guilty feeling that we've done something wrong, even if you know you've done nothing 'wrong'. As you get into bed your mind starts running over what you think you should or shouldn't have done, then Pine will help.



WE HAVE COVERED 5 POPULAR BACH REMEDIES

IMPATIENS

For those in a hurry and are quick to anger.

BEECH

For when we are critical and intolerant.

LARCH

For when we lack self confidence.

MIMULUS

For known anxieties.

PINE

For that dreadful guilty feeling that you've done something wrong.

ROSE'S BACH TIP:

You can simply take the remedies individually or you can mix up to 6 in one combination bottle.

HOW TO TAKE THE REMEDIES

There are 4 different ways you can take the remedies: one of them is no better than the others. All 4 methods work just as well as the other.

Firstly - You need to take the remedies at least 4 times a day – it doesn't matter which method you use.

Secondly - and this is most important, the more intense your feelings, the more frequently you need to take the remedies.

For example - If you've just received some bad news, you'll probably need to take the remedies every 5 minutes or so, perhaps for half an hour and then you'll need a dose every hour – and then about 8 or 6 times a day, until your feelings are not so intense that they control your life.

FOUR WAYS THAT YOU CAN TAKE BACH REMEDIES

1. Take 2 drops directly from the remedy bottle (that's the bottle you buy from the manufacturer). Don't let the dropper touch your tongue as it can contaminate the whole bottle. There are 5 different manufacturers, one is not better than the other, but personally I do have a 'favourite' brand called Healing Herbs.
2. Put 2 drops from the remedy bottle into a small glass of water (approximately 250ml) and sip frequently – every 5 minutes if needed, reducing it when your emotions are not so intense. Take at least 4 doses a day.
3. Make up a 30ml (1 ounce) Bach Flower Combination Treatment Bottle. Fill the bottle up to the shoulder with spring, mineral or filtered water. Add 2 drops of each of your chosen remedies into this bottle. (Edward Bach recommends that we mix no more than 6 remedies together). Then you take 4 drops from your combination treatment bottle, straight on the tongue, again don't allow the dropper to touch your tongue.
4. From your combination treatment bottle that you have made, you can put 4 drops into a small glass of water (approximately 250 ml) and sip it frequently during the day.

The Remedies are made in a very particular way so only the energy of the lower is passed into pure spring water.

The water carrying the remedy essence is preserved in brandy – this is why the remedies smell and taste like Christmas Pudding!

A Japanese scientist discovered that water has memory, so when we put the remedies into water (whether it's the combination treatment bottle or a glass of water), the water takes on the energy of the chosen remedies.

As the remedies are originally made in water, I like to put the remedies into a glass of water and sip it frequently.

HOW DO I FIND OUT MORE?

I hope that you have enjoyed leaning about the amazing power of these simple remedies. However there is so much more to these simple yet effective remedies.

We have only covered 5 out of the whole range of 38 remedies!

Each remedy heals our emotions but to get the most benefit, you need to use the 'right' remedy and there is lots more to discover.

If you would like to learn more we have lots more information, blogs and videos on the School's website:

TheBachFlowerSchool.com

You may also be interested to learn that we also have a beginner's online course called:

THE BACH FLOWER FOUNDATION COURSE

As a very special offer for being a new subscriber you can get **25% off** for a limited time:

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If you have any questions, please get in touch, I answer all my emails personally.
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Warm Wishes



Rose Todd Founder is the Bach Flower School and author of the book 'Simply Bach Flowers'.



“TRUE HEALING BRINGS A CHANGE OF OUTLOOK,
PEACE OF MIND AND INNER HAPPINESS.”

| Edward Bach