



The Bach Flowers

Dr Edward Bach was a prominent Harley Street consultant in London during the 1920's. He undertook a search of the plant world to develop a healing system that could positively influence people at the subtle levels at which their illnesses developed.



The remedies of this healing system were prepared from the flowers of wild plants, shrubs and trees, picked at a time when the flowers possessed the optimal healing quality. During the course of this development, Dr. Bach used his sensitivity and scientific training to work with nature; the culmination of which produced the original thirty eight Bach Flower remedies.

The Bach Flower remedies while very effective, are non-addictive, and may be taken with other forms of medications and remedies with complete safety.

About Flower Essences

Flower Essences can help bring about profound improvements to our quality of life as well as many other benefits, by subtly working with our emotions, thoughts and energies. Flower Essences may be considered as tools to help a person remain positive on the physical, mental, emotional and spiritual levels that are so essential for general health and well-being. They are completely safe because the physical amount of plant substance in the remedy is so minute. Infants, children, the elderly and even pets respond positively to Flower Essence effects. They can assist a person to transform most negative states into the corresponding positive mind states. Flower Essences can assist a person to develop self-esteem, assertiveness, self-reliance and self-discipline.

Below are examples of the positive qualities of two Flower Essences:

- **Californian Poppy** *Escholzia californica*

Positive qualities:

Finding spirituality within one's heart; balancing light and love; developing an inner centre of knowing

Patterns of imbalance:

Seeking outside oneself for false forms of light or higher consciousness, especially through escapism or addiction; the "restless seeker"

- **Sunflower** *Helianthus annuus* (pictured opposite)

Positive qualities:

Balanced sense of individuality, spiritualized ego forces, sun-radiant personality

Patterns of imbalance:

Distorted sense of Self; inflation or self-effacement, low self-esteem or arrogance; poor relation to father or masculine aspect of Self

Flower Essences are most commonly prepared using the Sun Method. The recently picked blooms are placed over the surface of pure spring water in a crystal bowl. The bowl is then left out in full sunlight for a specified period of time, after which the flowers are removed from the bowl. The remaining sun-potentiated liquid is combined with an equal amount of brandy to preserve the remedy. This liquid is known as the Mother Tincture. The Boiling Method for the preparation of some remedies, is similar to the Sun Method, except that instead of being exposed to the sun, the plant material is boiled. A Stock Bottle for medicinal use is prepared by putting two drops of Mother Tincture in a small bottle filled with pure brandy to preserve the essence.