

Bach Flower Essences

For Vibrational

Healing

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This paper will explore the use of Bach Flower Essences for vibrational healing. I will explain what the Bach Flower Essences are, how they are made and how you take them. The subtle vibrational energies contained within the flower essences, catalyze the realignment of an individual's patterns of dysfunction. This reinstates the proper vibrational frequencies necessary for the restoration of health and well-being. I have included photographs of eight of the Bach Flower Essences for a visual image of their energy. Dr Bach's central message was that we are all healers. Everyone can use the remedies. Everyone can heal if in the process, understand who they are and take charge of their own destinies.

WHAT ARE BACH FLOWER ESSENCES?

The Bach Flower Essences were discovered by Dr Edward Bach who was a respected Harley Street Physician in London during the early part of the twentieth century

Dr Bach discovered 38 Essences. There are five essences to choose from for those who have **Fear**, in order to face fear. Six essences for those who suffer **Uncertainty**, to know your own mind. Seven essences for not having **Sufficient Interest in Present Circumstances**, to live the day. Seven essences for **Loneliness**, to reach out to others. Four essences for being **Over-Sensitive to Influences and Ideas**, to stand your ground. Eight essences for **Despondency or Despair**, to find joy and hope and four essences for **Over-Care for Welfare of Others**, to live and let live. They are totally safe, will not affect any other medications and can also be given to children, baby's (rubbed on forehead) and animals.

HOW ARE THE ESSENCES MADE?

There are two methods for making Bach Flower Essences. **The Sun method** (20 of the 38 essences) involves floating flowerheads in a clear glass bowl with natural spring water. This is left in bright sunshine for three hours, then the flowerheads are removed and the energised water is mixed half and half with brandy (preservative). The subtle effects of sunlight are critical in charging the water with an energetic imprint of the flower's vibrational signature.

The second method is the **Boiling method** (18 of the 38 essences). This method involves putting flowering twigs into a pan of spring water and boiling them for half an hour. The pan is then left to cool, the plant matter removed and again the water is mixed half and half with Brandy.

These two methods make the mother tincture. From the mother tincture are made the stock bottles and from the stock bottles can be made individual treatment bottles.

HOW DO YOU TAKE THE ESSENCES?

You can take two drops direct from a stock bottle or you can have an individual treatment bottle made up for yourself. A treatment bottle contains 5ml Brandy (as a preservative) and 25mls of pure water. Two drops (four of Rescue Remedy) of up to five different essences (some say 6 or 7), are then added to the bottle.

Take four drops from the treatment or stock bottle, four times a day. It can be put in any liquid, straight under the tongue or rubbed onto the skin. One takes the essence until you start to forget. This is thought to occur because you don't then need the essence any more.

These essences are considered to be pure vibrational remedies, used to treat as a form of subtle energy therapy. Dr Bach had discovered a link between stress, emotions and illness and sought to find a simple and natural way to return people to a level of harmonious balance.

Bach perceived that the illness-personality link was an out growth of dysfunctional energetic patterns within the subtle bodies. Illness was a reflection of disharmony between the physical personality and the Higher Self or Soul.

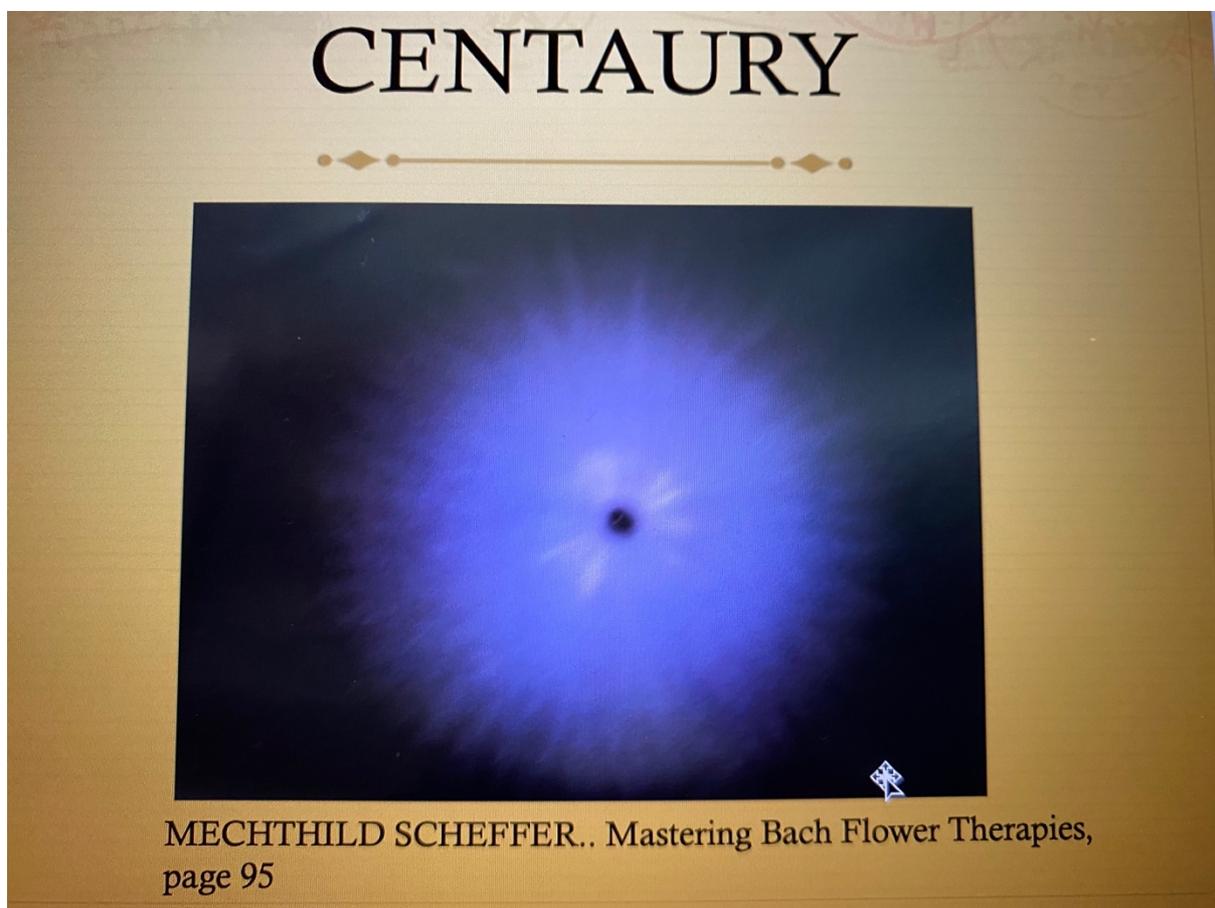
The energetic patterns contained within the flower essences work at the level of the emotional, mental and spiritual vehicles. There is a creation of internal harmony and an amplification of the higher energetic systems that connect human beings to their higher selves. The subtle energy of the flower essences work their way through the physical circulatory systems of the blood stream and nerves to reach the meridians. From the meridians, the energies reach the chakras and the various subtle bodies. The initial upward flow of the flower-essence life-energies to progressively higher energetic levels is the opposite to the usual downward flow of higher energies into the physical. It is as if energy is retracing its footsteps to progressively more subtle levels in order to be reintegrated from the appropriate higher frequency domains. There are various quartz-like crystalline structures in the physical and subtle bodies that augment the impact of the vibrational essences. In the physical body, these areas include: cell salts, fatty tissue, lymph, red and white cells, and the pineal gland. Crystalline structures work on sympathetic resonancy. There is an attunement between Crystalline properties in the physical and subtle bodies, the ethers and the flower essences. These properties in the body magnify the life-force of the vibrational essence to be assimilated and distribute to their appropriate paths of action.

The pictures included with this paper, provide a visual image of the energy of eight of the Bach Flower essences. A colour plate system, developed by the German engineer Dieter Knapp as a refining of the Kirlian photography was used. A tiny drop of Bach Flower essence was dropped onto a special film and then scanned with a laser beam. It turned out that the radiation pictures of the flowers that mainly affect the mental sphere, such as Scleranthus and White Chestnut, show crisper, more pronounced structures, whereas the photographs affecting the emotional planes, such as Pine and Star of Bethlehem, show hazier structures. Flowers with weaker energetic potential such as Centaury, Pine and Star of Bethlehem, manifest themselves in weaker optical forms as well, whereas the more powerful energetic potentials of Cherry Plum, Chestnut Bud and Holly are represented equally as strong in the

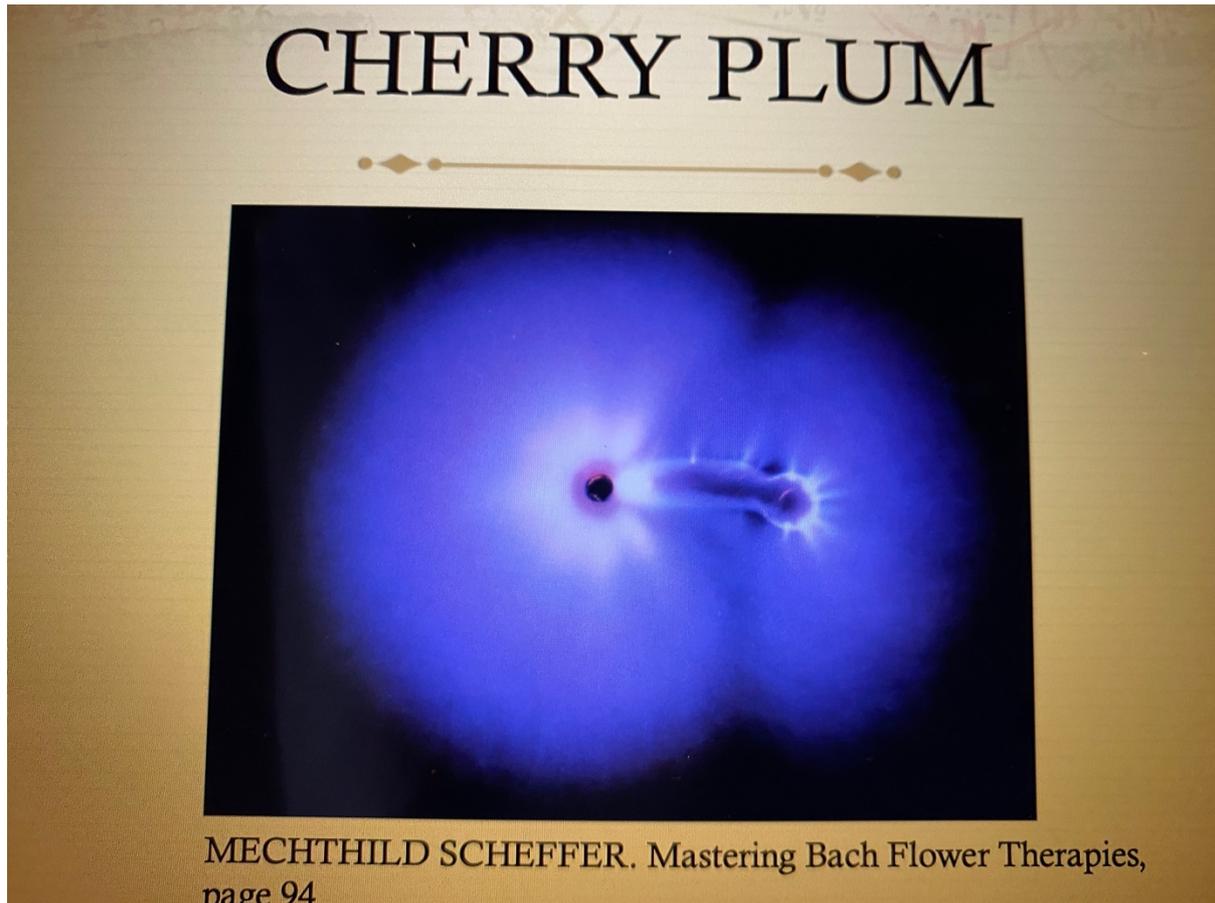
photographs. The powerful essences with a slowed dynamic, such as Cherry Plum and Chestnut Bud, reveal a dynamic image in their photographs.

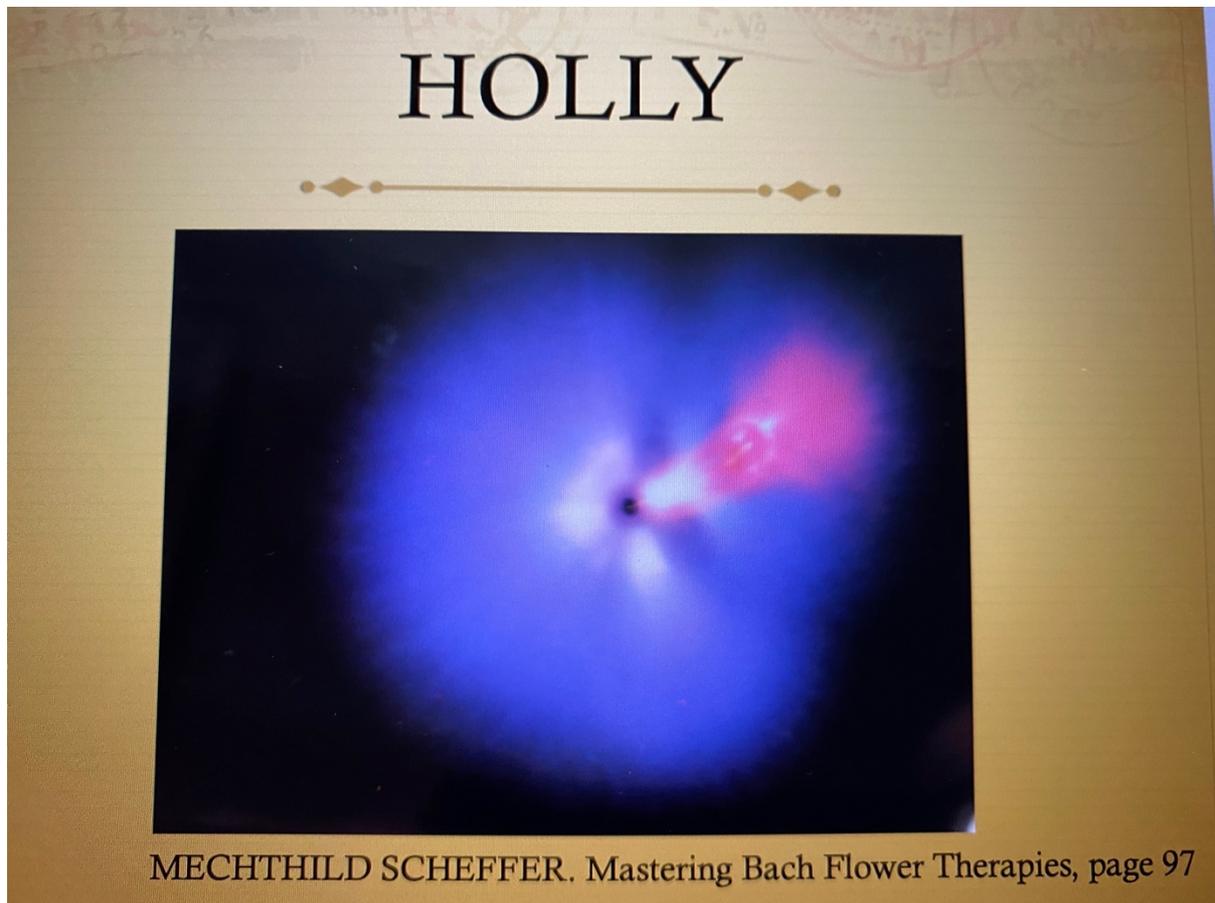
This Bach Flower Essence system of healing, helps treat our fears, cares and anxieties, that can open the path to the invasion of health imbalance. Thus, by treating our fears, cares and worries, we can help balance our energies and be happier and better in ourselves and follow the path of our Soul.

Centauri is taken if you have difficulty saying no and are anxious to please



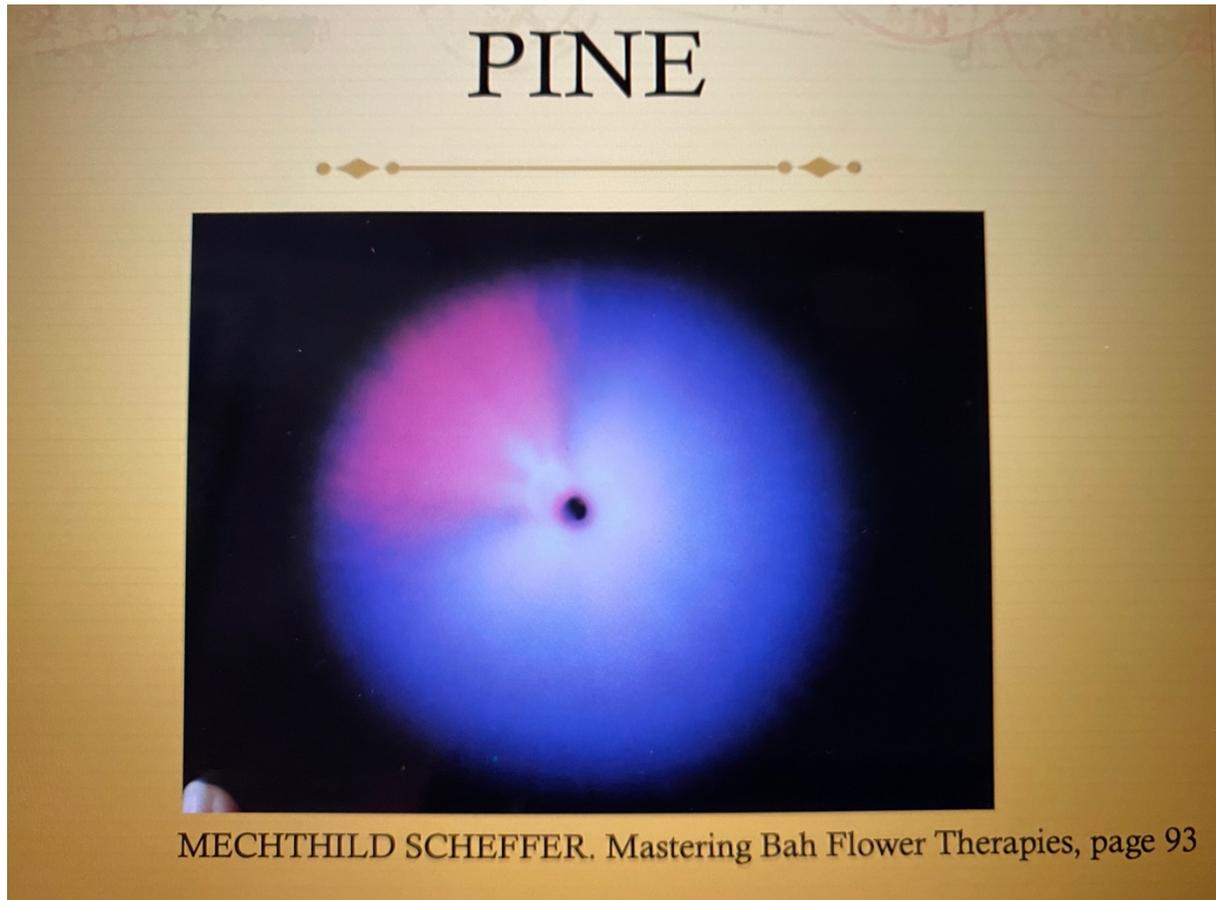
Cherry Plum is taken if you have fear of losing control, having sudden outbursts of rage



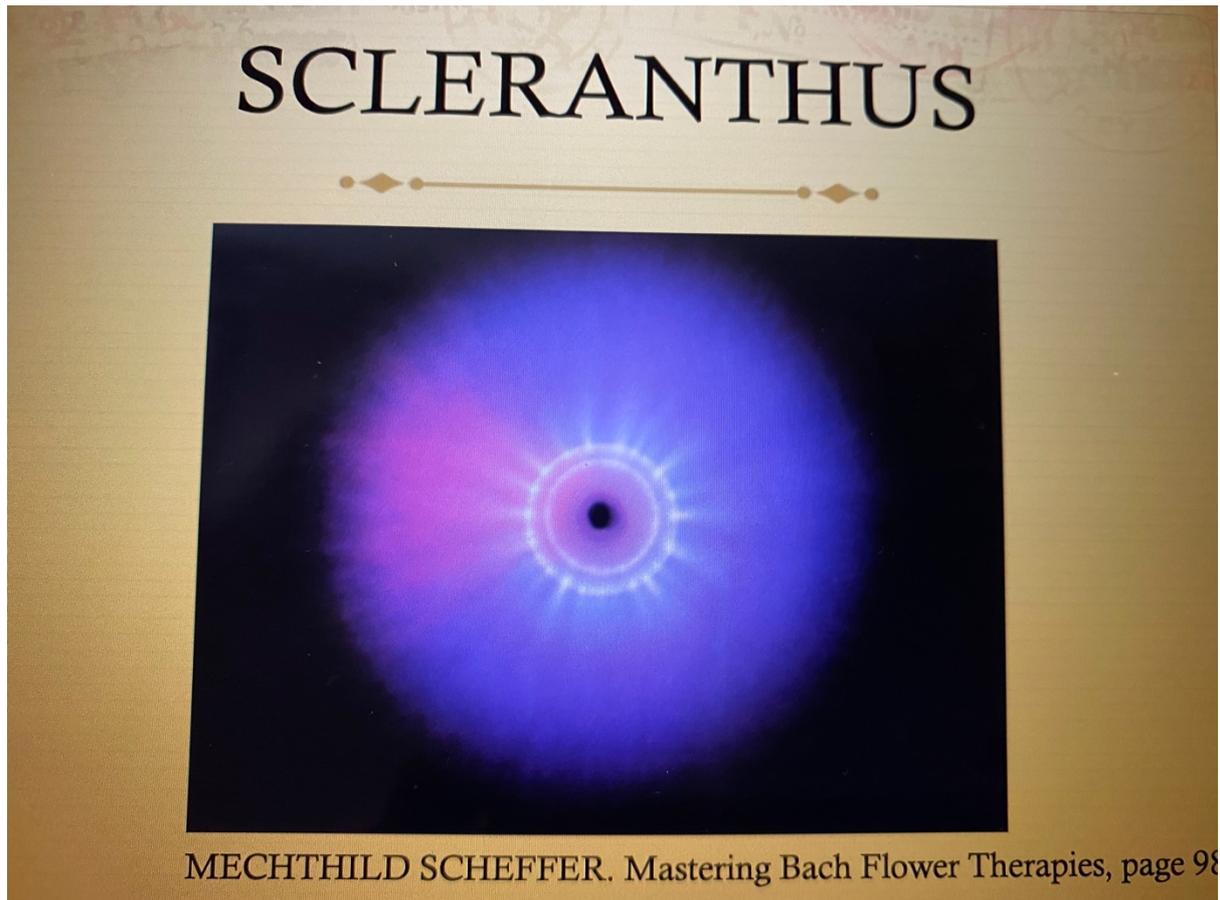


Holly is taken for feelings of jealousy, envy and suspicion

Pine is taken for feelings of guilt, blaming yourself for other people's mistakes.



Scleranthus is taken for suffering from indecision, uncertainty and hesitancy.



Star of Bethlehem is taken if you have experienced shock, grief or fright.



WHITE CHESTNUT



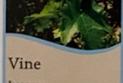
MECHTHILD SCHEFFER. Mastering Bach Flower Therapies, page 99

White Chestnut is taken for unwanted thoughts, preoccupations and worries.

Chestnut Bud is for failing to learn from experience, repeating the same mistakes.



The 38 Bach Original Flower Remedies

 Agrimony OPENNESS	 Aspen REASSURANCE	 Beech TOLERANCE	 Centaury ASSERTIVENESS	 Cerato GUIDANCE	 Cherry Plum COMPOSURE
 Chestnut Bud INSIGHT	 Chicory RELEASE	 Clematis FOCUS	 Crab Apple PURIFY	 Elm SUPPORT	 Gentian ENCOURAGEMENT
 Gorse HOPE	 Heather BE HEARD	 Holly GOODWILL	 Honeysuckle PRESENCE	 Hornbeam RESOLVE	 Impatiens PATIENCE
 Larch CONFIDENCE	 Mimulus COURAGE	 Mustard BRIGHTNESS	 Oak STRENGTH	 Olive RESTORATION	 Pine ABSOLUTION
 Red Chestnut PEACE OF MIND	 Rock Rose FEARLESSNESS	 Rock Water FLOW	 Scleranthus DECISIVENESS	 Star of Bethlehem COMFORT	 Sweet Chestnut SOLACE
 Vervain UNWIND	 Vine INSPIRE	 Walnut CONSTANCY	 Water Violet CONNECT	 White Chestnut TRANQUILITY	 Wild Oat DIRECTION
 Wild Rose ENTHUSIASM	 Willow POSITIVITY	<ul style="list-style-type: none"> ■ Find Joy & Hope ■ Face Your Fears ■ Know Your Own Mind ■ Live & Let Live ■ Stand Your Ground ■ Live the Day ■ Reach Out to Others 			

The Bach Original Flower Remedies help us manage the emotional demands of everyday life. We are all challenged by our emotions from time to time, maybe by fear or self-doubt, grief or negativity. The Bach Original Flower Remedies help convert negative emotions into positive feelings, helping us reach our true potential.

Directions for use: 2 drops 4 times a day
- Directly under the tongue or in a glass of water



For more information about the remedies, where to buy & Bach Flower courses go to:
www.martinandpleasance.com



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