

## **Clare Midgley The Bach Flower Remedies**

'Many of you already know that 'Bach' relates to a unique system of 38 plant and flower remedies developed in the 1930's by Dr Edward Bach, a well-qualified and respected doctor and homeopath.

Dr Bach was innovative in his approach to healing and ahead of his time. He suggested that emotional distress or imbalance was the root cause of disease: 'As the herbs heal our fears, our anxieties, our worries, our faults and our failings, it is these we must seek, and then the disease, no matter what it is will leave us.'

Dr Bach's system of flower remedies are chosen or prescribed according to a person's emotional outlook, mood, character and personality, not on a physical illness or symptom.

In this way, emotional harmony or balance is restored and 'disease melts away as snow in sunshine'.

This allows us to be the best we can be - truly ourselves. (It also strengthens the immune system by allowing us to cope with the things in life that can't be changed - e.g. bereavement)

The Bach Flower Remedies have been an integral part of my life for 19 years. I have progressed from a deep suspicion of their healing powers to being a committed and passionate practitioner and teacher - a true measure of the self-development aspect of the Remedies.

Dr Bach's intention was that the system should be simple and accessible to all. To this effect the Bach Centre offers its practitioners the chance to progress to become Bach teachers.

All registered practitioners are encouraged to empower their clients with the knowledge of how to use the remedies for themselves, truly to 'Heal Thyself' as Dr Bach intended: 'It has the power to cure disease; and, in its simplicity, it may be used in the household.'

So how do you 'choose? In day-to-day life, we come across challenging and distressing situations - It could be an unexpected bill that you can't pay, redundancy, bereavement, or even a visit to the dentist that you expect to be painful.

Any of these situations will cause an emotional stimulus or response in the brain that may lead to dis-ease if not dealt with. As Dr Bach explains: 'Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort.'

Each of us is unique and reacts in our own way to given situations. This is the key to using the system successfully. One person with painful arthritis will take to their chair or bed and lose hope that anything more can be done to improve the situation (the Bach Flower Remedy Gorse would be indicated here for very great hopelessness) - such a person has given up the belief that more can be done for them.

A different person may well 'soldier on', fulfilling their responsibilities when in great pain and actually making their physical condition worse and expending energy when they can't spare it (Bach Flower Remedy Oak is needed here for such a person will fight on, discontented with themselves if illness interferes with their duties or helping others).

You will note that the physical condition is the same, but the outlook of the 'patient' is different, so the remedy choice is different.

The Bach system is extremely safe to use, with high quality standards (It is a licensed medicine)

It can be used for babies, the elderly, the dying, even those having chemotherapy. Anybody!

Bach does not interfere with prescribed medication, and can be used alongside any therapy or healing modality.

It should be also noted that this system stands alone as a valid and effective healing system and self-development tool.

The remedies are robust, and not easily interfered with. They are preserved in grape alcohol (weak brandy) and this gives rise to the one contra-indication to the system - If you are a reforming alcoholic using a drug such as Antabuse to stop you ingesting alcohol, then you will react to these remedies.

Don't let the number of remedy choices put you off trying this system - if a 'wrong' choice is made, no harm is done whatsoever.

Indeed, if you are dealing with a complicated or chronic situation, then the remedies can be mixed into a one ounce dropper bottle of mineral water for long term use - up to 6 or 7 maximum at any time. Take 4 drops of the mixture 4 times a day.

If you would like to know more about this system, or feel that a consultation would be of benefit than please contact me.

I work to a specific code of practice in that the remedies are selected via the consultation - by 'talking'.

This allows the client to articulate their problems, perhaps for the first time, and thus is a crucial step in the healing process.

Any other way of choosing remedies removes the system from ordinary people, which is in itself contrary to Dr Bach's intention, but it does not discount intuition and inner knowing.

A final note - to buy or to use genuine Bach Remedies prepared according to Dr Bach's original instructions kept by the custodians of the Bach Centre at Mount Vernon, Oxfordshire, please look for the Bach signature on the bottle alongside Original Flower Remedies.

There are many copies also called Bach remedies, but missing that vital signature. Dr Bach predicted that this would happen and that it was necessary so that people would learn to tell ' the gold from the dross'."