

FlowerEssencesRemedies
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Dr Bach believed that harmful emotions were the main cause of disease and he classified the various emotions into seven main categories. These seven categories were then divided further into 38 negative feelings covering all possible negative emotions a person could experience.

The seven main emotions are, fear, uncertainty, lack of interest in present conditions, loneliness, over-sensitivity, despair, over-concern for the welfare of others.

Only when there is a disharmony the door opens and allows diseases, weaknesses and depressions to enter.

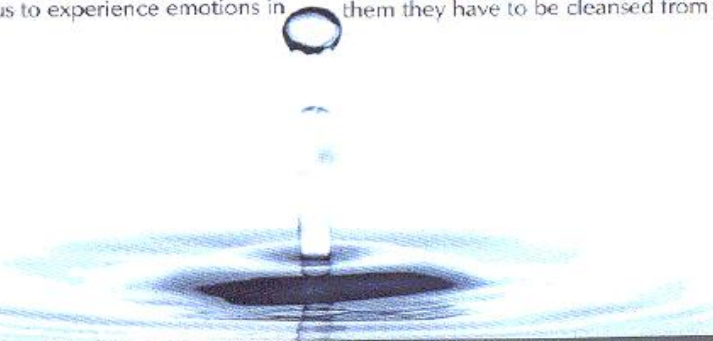
Rachel Singleton, founder of lightbringer essences created another whole range of flower remedies which also deal with emotional issues but from another perspective. "The remedies help foster an internal space of clarity, awareness between various levels of one's being" (quoted from lightbringer essences handbook). "On the emotional level they help to bring clarity and support to emotions so that we don't feel overwhelmed or in chaos within". They allow us to experience emotions in the most way needed.

The term "*flower remedy*" refers to any essences and remedies derived from flowers. Dr. Edward Bach believed that illness is a result of mental or emotional imbalance and that the energetic property of plants could be used to correct that imbalance. After lots of research, he came to the conclusion that the healing effects of plants might also be contained in the morning dew found on the flowers.

On the level of thoughts and beliefs, the essences help to make us more aware of the role our mind plays in our lives. "we begin to recognize aspects of our thoughts and behaviour that are no longer congruent, becoming more open to those parts of our nature we may have found difficult or uncomfortable to accept" (lightbringer essences booklet)

"The action of these remedies is to raise our vibrations and open up our channels for the reception of our spiritual self. They are able, like beautiful music or any uplifting thing which gives us inspiration, to raise our very natures and bring us nearer to our souls and by that they act to bring us peace and relieve our sufferings. They cure, not by attracting disease, but by flooding our bodies with the beautiful vibrations of nature". These were Dr Bach's words in trying to elaborate how remedies work during one of his lectures which took place in 1934.

The Flower Remedies simply work by flooding out negative feelings and emotions. Sometimes the emotions that are dealt with have been repressed for some time and in order to clear them they have to be cleansed from the system first.



The light bringer essences include remedies such as: Inner vision, guiding light, individual path, compassion and forgiveness, empowered male, empowered feminine, dissolving defences, embracing change.. and many more.

How the remedies are prepared and used:

Flower Remedies and Essences are liquid preparations created by boiling parts of plants in spring water or by placing the flowers onto the surface of spring water and leaving them to infuse by natural sunlight for a period of time. After these processes, the water is preserved and used as a remedy.

The Remedies are sold in concentrated form and a person can either take some drops directly on the tongue or dilute the concentrate in water. The number of drops depends on the remedy family selected.

The standard way of mixing the remedies into a treatment bottle is to put two drops of each selected remedy into an empty 30ml dropper bottle, and then fill this up with still mineral water.

Unlike drugs, if you take flower remedies for a long time your body will still benefit as long as it is the right remedy for you. When you take drugs, the body creates a tolerance level through natural adjustment to the different drug components which increases when the threshold is reached.

However, when using remedies, you may develop greater strength and self reliance and your need for the remedy disappears by time due to the balance the remedy has created.

Now mentioning some of the main Bach flower remedies and their uses:

Bach Flower Remedy	Uses
Arizona Fir	In cases of struggle with self development and spirituality.
Aspen	Vague unknown fears, for which there no explanation can be given. It is a terror that something awful is going to happen even though it is unclear what exactly. Sufferers may often be afraid to tell their trouble to others.
Centauray	Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavours. Their wish grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life.
Elm	Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity.
Gentian	Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.
Heather	Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time.
Holly	For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion.
Mimulus	Fear of, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life.
Olive	Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.

Some of the main bailey essences are used to treat the following:

Bailey Essence	Uses
Arizona Fir	In cases of struggle with self development and spirituality.
Betony	For unrecognizable fears and negative belief patterns.
Blackthorn	For depressions and despair.
Bluebell	For low self esteem, feeling of being stuck somewhere in life and unable to move on.
Bog Asphodel	For oversensitivity, emotional entanglement.
Charlock	For fear of responsibility, naivety.
Dog Rose	In difficult phases of life, it gives reassurance and pain relief.
Double Snowdrop	For those clinging to past beliefs, fear of change, inflexibility.
Firethorn	For unstable emotions, swinging between extremes.
Heather	For those yearning for the past, positive aspects are blocked.
Holly Leaf	For anger and resentment.
Ivy	For shocking situations.
Magnolia	Used to enhance unconditional love.
Meadow Rue	For greed and insecurities.
Milk Thistle	For insecurities and low self esteem.
Oxalis	Feeling constricted, blocked and strangled.
Siberian Spruce	Feeling weak and unable to speak out.
Star of Bethlehem	For sudden shock and trauma, using it reconnects us with reality.
White Head Nettle	For any sort of addictions.

It is very important to add that any of the above mentioned remedies- in cases of serious illnesses which are monitored by a medical doctor (like depression and addictions ..etc) - must be given in coordination with the treating doctor and can NOT substitute the regular course of treatment.