

BACH REMEDY FLOWERS....

No matter what your difficult feelings are around parenthood, pregnancy, birth or post-birth, you can be rest-assured that there is support in the Bach Remedy Flowers system of treatment. Most of you will know about and may be regular uses of Rescue Remedy. It certainly is effective but keep in mind it is a general panacea and doesn't deal to your specific emotional picture. That's where the 38 individual flower essences come in. It doesn't matter what name your condition has because the BFR work on your feelings, emotions, what your thoughts are, your inner conversation/chatter, your personality and attitudes to life.

The Remedies are matched to certain human emotions eg Impatiens is for irritability and impatience. Every possible emotion is covered with the 38 Flowers and when you take them (up to 6 in your mix) they 'wash away' those feelings and replace them with the opposite - in the above case - patience of mind and body. I've just read the November 2002 TABS newsletter and I have highlighted the emotional states that can occur for people. Some of them can be acute, some could be part of your personality and then accentuated in stressful times and others connected to past experiences. The Bach Flower Remedies work very gently yet profoundly to restore you to a place of calmness, rationality, centred-ness, positivity - a place of wholeness for the mind, body and soul.

I'll list the emotions some of you can experience, what BFR matches it and what the result is.

ANXIETY - Aspen is for fear of the unknown, fears without foundation which create apprehension and anxiety. Positive: inner peace, security, fearlessness. A sense of adventure.

TERROR - Rock Rose is for feeling terror, terrified, frozen fear, helplessness. Positive: courage, presence of mind, calmness.

TRAUMA - Star of Bethlehem is for the after affects of shock -past or present - mental or physical. Feeling numbed, run-over emotionally, sadness, grief, pain/broken heart. Positive: the trauma is neutralized so you can recuperate and 'feel' again.

OVERWHELM/NOT COPING - Elm is for those feelings of it all seeming too much, then beginning to feel inadequate and not being able to keep up with events. Consequently you can feel depressed and exhausted with temporary loss of self-esteem. Positive : to be fully coping with whatever comes your way.

FEAR - the Bach Flower Mimulus is for the fears you can name eg fear of epidural, of pain, of needles, of birth, of failing etc. Positive : to restore your courage and to face difficulties with humour and confidence. **FLASHBACKS** - Honeysuckle is about reliving past incidences/experiences. Repeated nightmares, going over old memories etc. Positive: to live totally in the moment, now, in the present so therefore being able to be detached from the past.

DEPRESSION - Gentian is the BFR you need if the despondency, despair, depression has a cause. It's BFR Mustard if you feel like there's a black cloud that surrounds you for no apparent reason - no light, no joy. Positive : that difficulties will be overcome and a return of your joy and a feeling of stability and peace.

OBSESSIVE THINKING - Crab Apple is for those of you whose thoughts go into lots of detail or who have obsessive/compulsive behaviour. eg. -Fanatical about cleanliness, the way you look, self conscious, easily embarrassed. It is also the Flower for emotional and physical cleansing. Positive : acceptance of yourself and become more broadminded, able to control thoughts.

GUILT/SELF-DOUBT - when these feelings surface you need Pine. For those who growl at themselves. Positive - can accept and respect yourself.

SENSITIVE TO CHANGE - all sorts of changes. For the mind and body during pregnancy, for the stages of labour, changing from work to motherhood, to routines. If you don't adapt to changes easily this can trigger all sorts of other emotions. Walnut is the BFR to ease and adjust to the changes. It is also the Flower for the protection from any outside influences.

Most of us could probably say that we're not living to our true picture, being true to ourselves and feeling out of sorts or disharmony on some level. Dr Bach says that this is a reflection of the soul and the personality being in conflict. It is the task of the Bach Flowers to realign those 2 so that you are truly living your soul picture. You will know when that happens because you'll feel deep inner contentment and happiness. Having the feelings that are part of any TABS situation is totally real, but it also real to expect that you can rise above it, to move the shadows so your innate ability to shine can be what's on the surface. If you would like to try the Bach Flower Remedies as part of your healing journey I would be happy to work with you either by phone or email consultations(if you live on the mainland) or at my Waiheke clinic if you live here or fancy a lovely day trip! Warm regards to you all Di Stoddart <<http://www.bach-flower.com>> Di Stoddart BFRP Consultations by Ph. (09) 372 6311 by email di@bach-flower.com <<mailto:di@bach-flower.com>> @ Waiheke clinic (09) 372 5050

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Trust that this has been of interest to you, looking forward to hearing from you and if you are at this point parting company with us, thank you for being part of TABS for the time that you were.

