

Healingherbs™

Flower Essences of Dr. Edward Bach



“... the most beautiful plants and herbs to be found in the pharmacy of Nature, ... divinely enriched with healing powers for the mind and body.” — Dr. Bach



Making the Gorse flower essence

I have used **Healingherbs** flower essences for many years ... a friend had a severe case of cancer. Within days of taking Gorse essence all feelings of hopelessness were eliminated.

Ken Cohen, health researcher, Payson, Arizona

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What are flower essences?

Flower essences are exquisitely refined herbal infusions, acting as Nature’s “liquid messengers” of inner health and harmony. They are highly effective, non-toxic herbal preparations that address core issues of wellness — especially emotions, stress, mental attitudes, spiritual values, and life purpose. Bringing balance in these areas is a major factor in developing sound mind-body health. The essences can be employed in a variety of contexts, from home health care to professional practice.

How were flower essences first developed?

Flower essences were first prepared in England in the 1930s by Dr. Edward Bach. Bach was a visionary healer who recognized the soul-spiritual dimensions of healing, decades before this awareness gained public acceptance. Bach was trained in conventional medicine, but knew that the physical symptoms he treated were intimately related to the emotional and mental conditions of his patients. He sought a natural, non-toxic method of addressing inner levels of human experience. Although widely recognized as an outstanding bacteriologist and homeopathic medical doctor, Bach left his practice to develop a new healing modality derived from the fresh blossoms of plants. During the time the world was suffering from the Great Depression, Fascism and Nazism, Bach developed a set of 38 flower remedies which could help the human soul overcome fear, despair, and depression.



Written by Patricia Kaminski and Richard Katz for Flower Essence Services with excerpts from writings of Julian Barnard.
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What happened to Bach's work after he died?

After Bach's death in 1936, the preparation of the flower remedies was continued by his devoted assistant, **Nora Weeks**. She directed the Bach Centre, and dispensed Dr. Bach's remedies to a small but dedicated group of practitioners around the world. **Nickie Murray** began working with Nora Weeks in 1962, and was trained in essence preparation and selection, including the identification of proper plant species and habitats. In 1978, Nora Weeks died, giving responsibility for carrying out Bach's work to Nickie Murray with the help of her brother John Ramsell. Nickie Murray left the Bach



Nora Weeks

Centre in 1988 to pursue spiritual service, and subsequently died in 1997. In 1988, **Julian Barnard**, who learned the preparation of Dr. Bach's remedies from Nickie Murray, began his own separate company, **Healingherbs**, to prepare flower remedies following the traditional methods of Dr. Bach. In 1991, the homeopathic company A. Nelson & Company, Ltd. (Nelsons), took over bottling and distribution of the Bach Remedies, and formally acquired the Bach Centre's business in 1993. Nelsons sells the flower remedies through their subsidiary NelsonBach, using the trade name "Bach Flower Essences."

Julian Barnard has been a close friend and colleague of mine for eighteen years. ... He has devoted his life to the work of Edward Bach. The Healingherbs™ are genuine Bach flower essences prepared in exactly the same way as shown by Dr. Bach. ... These essences are prepared with great care, love, and integrity to ensure perfection through simplicity, and to achieve the miracle of Nature's Healing, which is everyone's birthright. The Healingherbs are my own personal choice, and I wholeheartedly give them my recommendation and support.



Nickie Murray and Julian Barnard

Nickie Murray (1923-1997), former director of the Bach Centre

Who is Julian Barnard?

Julian Barnard, the founder of *Healingherbs* Flower Essences, is a professional counselor, teacher, writer, and herbalist who has a deep connection with the flower essence plants and their messages of health and wellbeing. Born into a family with connections to the great English botanists John Henslow and Joseph Hooker, he was brought up with a love of plants. Julian was educated at Oxford, and studied architecture and design, and subsequently journalism. He trained as a medical herbalist in Australia, taught in a Waldorf school in England, and worked as a counselor for an agency specializing in social healing.



Julian has been a student and scholar of Dr. Bach's work for over a quarter century. In 1978, he wrote *A Guide to the Bach Flower Remedies*, and for a number of years gave many lectures and seminars in cooperation with the Bach Centre. His next book, *Patterns of Life Force*, is an analysis of Dr. Bach's life within the cultural-historical context of flower essence therapy; *Collected Writings of Edward Bach* is a complete anthology of Bach's written works and public speeches; *The Healing Herbs of Edward Bach* is the first thorough investigation of the botanical and environmental qualities of Bach's original flower remedies. Julian's most recent book is *Bach Flower Remedies: Form & Function*, a substantive contribution in which Barnard's own original research and insights are artfully woven with a detailed rendition of Bach's own words and deeds. Julian Barnard is recognized today as the leading expert on the flower remedies of Dr. Bach, and he is a frequent presenter at conferences and seminars throughout the world.

Many of my clients have found that the *Healingherbs* flower essences were the only things that stood between them and mood enhancers; they have worked better than any prescription medication that they've tried. Some clients were so impressed by what the essences have done for them and their children, that they have purchased their own kit of essences. I often tell people that using flower essences is equivalent to months of therapy.

Dr. Jean Slatter, Author, Naturopathic Doctor, Loomis, CA

Perspectives from Julian Barnard:

The Role of Flower Essences in Our Technological World

Dr. Bach was concerned about the encroachment of technology and its impact on the soul life. His quest was to create remedies that had sufficient life force and vibrancy to counteract these hardening tendencies. I experienced these same intense states of suffering and longing in my own soul. When I was younger and living in industrial Manchester, England, I found myself gasping for green. My soul was so hungry. I remember discovering some young urban kids who were tearing down a small tree. I called out to them and said, “That is a living thing, and you’re killing it!” These city children had lost their feeling for life and death, and the cycle of the seasons. They didn’t experience the tenderness of growing things, they were separated from the life cycle of Nature. They couldn’t feel the destructive force of their actions, that they were killing something. Flower essences are intended to serve as a healing impulse to the devastating soul conditions of our time that alienate us from Nature and from our own true selves.

Barnard’s Home on the Welsh Border:

A Crossing Point Between Wilderness and Civilization

If we are interested in aligning ourselves with what is helpful *for* life, then we have to align ourselves *with* life. It seems to me there is a great crying out from the earth at this moment. Nature is so generous and long-suffering. It is important that we work as much as possible with the wild and native elements still remaining. Living here on the border of Wales, one experiences a crossing point between wilderness and civilization. This place is a pure energy reserve. After study and travel in other parts of the world, and living in London, I made a conscious decision to return to Herefordshire. It is a similar feeling that Bach had when he left London to come to this area. I didn’t really think about it until much later, when it hit me. “That’s just what he did!” He got out of the train, walked along the river, and started to see the Clematis, Mimulus, and so forth.



Why does FES represent Healingherbs?

Since 1991, **Flower Essence Services** has been proud to be the North American distributor for Julian Barnard's Healingherbs flower essences. We recognize Julian Barnard's integrity and dedication to the legacy of Dr. Bach. Our research in collaboration with thousands of practitioners around the world confirms that **the Healingherbs flower remedies have the same potency, efficacy and vibrancy as those originally developed by Dr. Edward Bach.**

Julian Barnard writes:

Healingherbs was established in 1988 to prepare flower remedies to the highest standards, precisely **according to the original directions of Dr. Edward Bach.** That is why we place such emphasis upon preparing the mother tinctures in a natural environment, on perfect sunny days, using the trees and plants which are healthy and in full bloom. We are a small company where people work together in purpose-made buildings, isolated in the Herefordshire countryside, in harmony with our surroundings. **We put the living forces of nature at the heart of our production process.**

I have used the Healingherbs flower essences for many years in my practice as a Naturopath. I truly believe they can eliminate healing blocks and invoke transformational healing. My patients genuinely benefit from the profound healing the essences provide. I am very grateful for the work of FES.

Dr. Taryn DeCicco, MS, CCN, ND, D.Ac., Arlington Heights, IL

I have been using Healingherbs at Midas Touch Naturally Healthy Pets since 2002 with great success. Many of my customers are active in animal rescue and are seeking natural remedies. We have found the Five-Flower Formula to be a wonderful product.

Jo Bighouse, Midas Touch Naturally Healthy Pets, LLC, Berryville, VA

Today with all the stresses and strain of everyday life, we have seen excellent results using the Healingherbs with our clients who suffer from depression and anxiety. I have experienced the positive effects personally.

Lorrie Hargis, Jardin de la Terre, Bakersfield, CA

Are the Healingherbs flower essences prepared from the same sites that Dr. Bach used?

There are many changes in the original sites Dr. Bach used to prepare his remedies in the 1930s. Some have been overrun by development, others are polluted or disease-infested. Julian Barnard has a living connection to Dr. Bach's work and uses discrimination and sensitivity to select the proper environments for today's floral medicines. Often this involves many miles of travel and many days of patient observation. Each essence is made at a time when the plants are at the perfection of their bloom, in an environment in which all the life forces are in balance.



The English Elm (*Ulmus procera*), for example, has been ravaged by the Dutch Elm disease. The epidemic reached a climax in 1935, the year Bach prepared the Elm flower remedy. Barnard comments, “The thought that such handsome and majestic trees should be laid low by a passing fungus seems ironical, but the strongest of us can be assailed by weakness. That is the quality of the remedy state — it is for those who are succeeding in life but experience a temporary despondency when they feel they have more responsibility than they can carry and there seems to be a prospect of failure.” (From *The Healing Herbs of Edward Bach*.)

Julian Barnard travels to the very north of the country to make the Elm essence because it is the last area of England not affected by the Dutch Elm disease. Some have suggested using the Wych Elm (*Ulmus glabra*), which is mostly unaffected by the disease. However, the Wych Elm is broad and fan-shaped, whereas the English Elm has a tall columnar trunk. Barnard knows that it is important to use the tall, upright-standing Elm to capture the particular quality of inner strength and “uprightness” needed for this plant medicine.

Are the Healingherbs homeopathic remedies?

Different therapeutic principles

Flower essences and homeopathic remedies belong to a larger classification of healing substances that are “energetic” or “vibrational.” However, these two healing modalities are distinct and should not be confused. Dr. Bach was a well-recognized homeopathic physician who left his profession to found flower essence therapy. In an address to his homeopathic colleagues, Bach emphatically stated that flower essences are a departure from homeopathy because they do not work by the *Law of Similars*. This central principle of homeopathy dictates that substances are chosen to produce symptoms that match the condition of the client. On the other hand, flower essences work by introducing positive archetypes that stimulate conscious choices and self-awareness within the mental and emotional realms. As Dr. Bach emphasized, the method for choosing flower essences and the therapeutic goals and outcome are uniquely directed toward the soul life of the client.

A different method of preparation

In addition to a distinct therapeutic goal, flower essences are also prepared in an entirely new manner. The mother essence is made by an energetic imprint of the whole blossom into native water, embraced by a matrix of living forces found only at the peak of blossom, including the four elements and other environmental influences. By contrast, a homeopathic mother tincture is prepared by extracting properties from desiccated or pulverized minerals and stones, animal or human substances, or various plant parts, such as the root, bark, leaf, fruit or flower, which are then macerated in alcohol for several weeks. Homeopathic medicines are generally processed indoors in a laboratory setting and do not involve the “living” context required for flower essence preparation.

Classified as herbal supplements, not homeopathic drugs

Based on this unique method of preparation, the Healingherbs™ English Flower Essences are not labeled or prepared as homeopathic drugs, as are some brands of “Bach” remedies. Rather, they are prepared by Bach’s original methods, and labeled as herbal supplements.

The Healingherbs flower essences are an incomparable gift of grace for my work with clients. They bring the riches of Nature to enlighten our spirits, that we may be “rooted and grounded” in love, hope and the “fullness of God.” I consider the essences an essential part of my own spiritual path, and a beautiful way to invite the soul home from exile.

Rose Mattax, LCPC , From The Heart Center, Forest Park, Illinois

Did Dr. Bach give his essences a brand name?

The name “Bach Flower Remedies” is a generic term used by writers and therapists across the world to refer to the particular plant discoveries of Dr. Bach. Dr. Bach himself did not give his work a brand name.

However, Bach’s name was trademarked in 1979 by the company, Bach Flower Remedies, Ltd. to designate their particular brand of the flower remedies. (BFR, Ltd., is now owned by Nelson & Co. Limited.)

UK Bach Flower trademark overturned

The appropriation of Dr. Bach’s name as a commercial trademark has been successfully challenged in court by Julian Barnard. The judgment was upheld on appeal, and again by the British House of Lords in a final appeal in 2000. The term “Bach Flower Remedies” is no longer a trademark in the United Kingdom.

This ruling provides legal clarification that **no company can claim exclusive ownership of Dr. Bach’s name and legacy**, which he intended to give freely to the world. Since Dr. Bach died in 1936, it is apparent that there are no more “original” Bach remedies being made.

The question becomes: who makes the medicines in such a way that the legacy of Dr. Bach is honored? Julian Barnard has devoted his life to carrying on Dr. Bach’s work by walking the fields and meadows to find the flowers blooming at the right time and place, with vibrant healing forces that make potent flower remedies. Healing*herbs* flower essences are made from the same plant species and with the original methods employed by Dr. Edward Bach in the 1930s.

As a psychotherapist, I have dealt for many years with clients in all kinds of emotional states. Often I have found flower essences to be the very catalyst that is needed in order to break through an issue. Many times a client has been able to avoid drugs with the use of these remedies, and some maintain their use of the flowers long after therapy has ended. In short, I have seen some amazing results using Healing*herbs* flower essences.

Dr. Laurie Pappas, Ph.D., Franklin, MI

I am quite sensitive and have found that the vibrational level of Healing*herbs* is preferred.

Suzanne Brown, Counselor, Colorado Springs, CO

How are the Healingherbs prepared and used?

The **mother essence** is prepared in one of two ways: in the **sun method**, fresh flowers are gathered at the peak of bloom where they grow in abundance, without interference from pollution or environmental disturbance. They are placed in a bowl of fresh spring water in the early morning of a sunny day, in the environment where the plants are growing. After several hours, the essence is gathered and preserved with organic grape brandy. Following Dr. Bach's indications, some of the essences — particularly many of the tree flowers — are prepared by the **boiling method**, in which freshly gathered flowering twigs are simmered in spring water and then placed in their natural habitat.

The mother essence is then prepared as **stock** by Flower Essence Services, under license from Healingherbs, using Biodynamic/organic brandy as a preservative. Stock bottles are sold in natural food stores or directly to home users and health practitioners. Flower essences can be taken directly from the stock bottle, mixed with water, diluted into a **dosage bottle** (dropper bottle) or **spray bottle**, mixed in creams or oils for **topical application**, or added to **bath water**. For more information, please consult the sources listed on the next page.

Healingherbs essences from FES are sold in two sizes:

$\frac{1}{4}$ -ounce (7.5 ml) – compact, easy to transport

1-ounce (30 ml) – economical, for busy practitioners

Complete sets are available in both $\frac{1}{4}$ -ounce sizes

and 1-ounce sizes, each with 40 bottles (the 38 essences, plus two bottles of Five-Flower Formula). Each set is handsomely packed in a two-box arrangement, secured with a colorful wrapper featuring photographs of the English flowers.



Organic and Biodynamic® Certification

With the use of ethically wild harvested flowers, preserved in organic and Biodynamic brandy, and prepared under the strictest standards, Healingherbs essences distributed by FES are certified organic by Stellar Certification Services and Biodynamic® by the Demeter Association.



Healingherbs flower essences are herbal supplements. The information provided in this brochure is not intended to diagnose, treat, cure or prevent any disease. These products and the statements made have not been evaluated by the Food and Drug Administration. Note also, that while flower essences will not interfere with other health programs, they do not replace professional medical care if that is appropriate.

Where is more information available?

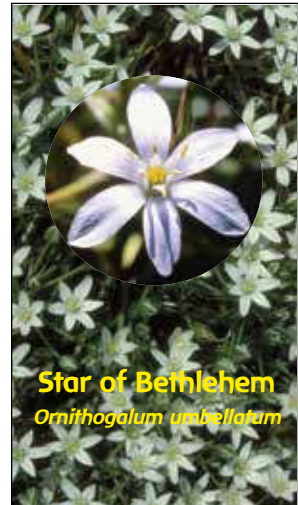
Flower Essence Society 800-736-9222, www.flowersociety.org for classes, memberships, literature and research. **Flower Essence Services** www.fesflowers.com, 800-548-0075 or your natural food or book store, for books, tapes, posters and photographs.

Also visit the **Healingherbs** at www.healingherbs.co.uk and the **Bach Flower Research Programme** at www.edwardbach.org.

Affirm a Flower Cards

Color Flower Photos with Affirmations:

I feel my Star. My Star finds me on Earth.
This communion provides calm for my Soul.
I remember who I am and why I am here.
My Star shines renewed and Whole.



Healingherbs poster



Video cassette



DVDs



Books by Julian Barnard

The Healing Herbs of Dr. Bach

Qualities and Healing Patterns

The following summaries are taken from the *Flower Essence Repertory*, by Patricia Kaminski and Richard Katz. Please consult the *Repertory* and other flower essence literature for full descriptions.

Agrimony *Agrimonia eupatoria*

Positive qualities: Emotional honesty, acknowledging and working with emotional pain, ability to radiate genuine equanimity and inner peace

Patterns of imbalance: Anxiety hidden by a mask of cheerfulness; denial and avoidance of emotional pain, addictive behavior to anesthetize feelings



Aspen *Populus tremula*

Positive qualities: Trust and confidence to meet the unknown, sensitive attunement to the spiritual world; perceptive awareness of psychic realms

Patterns of imbalance: Fear of the unknown, vague anxiety and apprehension, hidden fears, nightmares; easily startled or frightened

Beech *Fagus sylvatica*

Positive qualities: Tolerance, acceptance of others' differences and imperfections, seeing the good within each person and situation; ability to offer praise to others

Patterns of imbalance: Criticalness, judgmental attitudes, intolerance; perfectionist expectations of others; hyper-reactive to one's social and physical environment due to underlying sensitivity



Centaury *Centaurium erythraea*



Positive qualities: Serving others from inner strength, while nourishing one's own needs; acting from strength of inner purpose, saying "No" when appropriate

Patterns of imbalance: Weak-willed, dominated by others, servile, acting to please; difficulty saying "No;" fatigue and related problems due to self-neglect

Cerato *Ceratostigma willmottiana*

Positive qualities: Trusting one's inner knowing, intuition; self-confidence, certainty

Patterns of imbalance: Uncertainty or doubt of one's inner wisdom and truth; invalidating what one knows, over-dependent on advice from others



Cherry Plum *Prunus cerasifera*

Positive qualities: Spiritual surrender and trust, feeling guided and protected by a Higher Power;

balance and equanimity despite extreme stress or adversity

Patterns of imbalance: Fear of losing control, mental and emotional breakdown; desperate or destructive impulses; acute tension and rigidity

Chestnut Bud *Aesculus hippocastanum*

Positive qualities: Ability to cultivate life wisdom, understanding the laws of karma; intelligence derived from life experience

Patterns of imbalance: Poor observation of one's experiences, failure to learn life's lessons, repeating the same mistakes



Suffering is a corrective to point out a lesson which by other means we have failed to grasp, and never can it be eradicated until that lesson is learnt.

Dr. Edward Bach, *Heal Thyself*



Chicory *Cichorium intybus*

Positive qualities: Selfless love given freely, respecting the freedom and individuality of others; emotional containment

Patterns of imbalance:

Possessive or manipulative behaviors disguised as love, demanding, or emotionally needy; getting attention through negative behavior; self-centeredness



Clematis *Clematis vitalba*

Positive qualities: Awake, focused presence; manifesting inspiration in practical life; conscious embodiment and interest in the world

Patterns of imbalance: Avoidance of the present by daydreaming; other-worldly and impractical ideals; fuzzy or vague states of floating consciousness

Crab Apple *Malus sylvestris*

Positive qualities: Cleansing and restorative, bringing a sense of inner purity

Patterns of imbalance: Feeling unclean and impure, needing to release physical or psychic toxicity; also: obsessed with imperfection or cleansing rituals



Crab Apple is a key component in our treatment program for fungus in horses.

Mimi Ellison, Flower Essence Practitioner working with animals, Sahuarita, AZ

Elm *Ulmus procera*



Positive qualities: Joyous service, faith and confidence to complete one's task; ability to shoulder tasks effectively

Patterns of imbalance: Overwhelmed by personal or work obligations, feeling unequal to the task required; dysfunctional or scattered response to responsibilities and commitments

Gentian *Gentiana amarella*

Positive qualities: Perseverance, confidence; faith to continue despite apparent setbacks

Patterns of imbalance: Discouragement after a setback; doubt; depression due to a sense of failure



Gorse *Ulex europaeus*

Positive qualities: Deep and abiding conviction and hope; equanimity and light-filled optimism

Patterns of imbalance: Pessimistic attitude, unable to trust or imagine a positive outcome for future events



Heather *Calluna vulgaris*

Positive qualities: Inner tranquility; emotional self-sufficiency; positive solitude

Patterns of imbalance: Talkative and self-absorbed; over-concerned with one's own problems; unconscious usurpation of others' psychic energy

Holly *Ilex aquifolium*

Positive qualities: Loving and inclusive gestures to others; heartfelt compassion; ability to express gratitude to others

Patterns of imbalance: Social isolation; jealousy, envy, suspicion, anger



Honeysuckle *Lonicera caprifolium*

Positive qualities: Being fully in the present; acceptance of current life conditions

Patterns of imbalance: Nostalgia; emotional attachment to the past, longing for prior condition which seems more appealing

Hornbeam *Carpinus betulus*

Positive qualities: Dynamic involvement in life's tasks; steady state of energy

Patterns of imbalance: Unexplained fatigue or weariness, correlated to daily tasks or responsibilities that do not fully engage soul commitment and interest



Impatiens *Impatiens glandulifera*

Positive qualities: Ability to flow harmoniously with time and daily rhythms, patient embrace of life events and the pace of others

Patterns of imbalance: Impatience, irritation, hypertension, intolerance; pain due to tension and resistance in the body

I have been using your *Healingherbs* line of products for over five years in my veterinary massage and rehabilitation practice. I'm so pleased with the results, as are my patients, their owners and their veterinarians. Several veterinarians are referring clients to me because the essences are effective and not debilitating like pharmaceutical sedatives. A favorite formula for thunderstorm and firecracker fear is Aspen, Mimulus and Five-Flower Formula.

Marcia Swanson, CVT/CVMRT, Quality Touch, Duluth, MN

Larch *Larix decidua*

Positive qualities: Self-confidence, creative expression, ability to be spontaneous and take risks

Patterns of imbalance: Lack of confidence, expectation of failure, self-censorship, unable to find one's voice or speak one's convictions



Larch is a conifer (cone-bearing tree) native to the Italian and Austrian Alps. Unlike other conifers such as Pine, Larch is deciduous. All of its leaves turn brown (lower right photo) and drop off each winter. Although it develops the straight trunk and upright gesture that characterize most conifers, Larch branches will droop down under the weight of the cones. Larch essence builds confidence to overcome the fear of failure, to spring back after a fall. Larch also gives confidence in verbal expression. It is often indicated for those who need to give voice to their thoughts and feelings.



Mimulus *Mimulus guttatus*

Positive qualities: Courage and confidence to face life's challenges; radiant light that shines outward to the world

Patterns of imbalance: Over-exaggerated concern for daily life events; extreme apprehension of new thresholds of experience



Mustard *Sinapis arvensis*

Positive qualities: Emotional equilibrium, ability to integrate suffering and joy into a positive whole

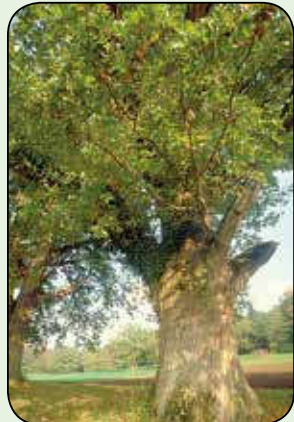
Patterns of imbalance: Overly susceptible to depression or despair due to fluctuating life events; bouts of mania followed by depression

Oak *Quercus robur*

Positive qualities: Balanced strength, accepting limits, knowing when to surrender

Patterns of imbalance: Iron-willed, inflexible; over-striving beyond one's limits; taking on more than one can inwardly sustain

The mighty English Oak, with its massive trunk, and muscular branches, stands as a sentinel of strength in the English countryside. The Oak tree soldiers on despite assaults by fire and storm, while giving its forces to support the life of insects, mosses and fungi. Like the Oak tree, the Oak-type is strong and reliable, enduring many hardships. His or her lesson is one of release, learning to let go of the struggle for a while and cultivate receptivity.



male catkin (left)
and female flower
(right)





Olive *Olea europaea*

Positive qualities: Rejuvenation of life force; energetic depth and longevity; sense of wellbeing; ability to cultivate the conditions for deep rest and renewal

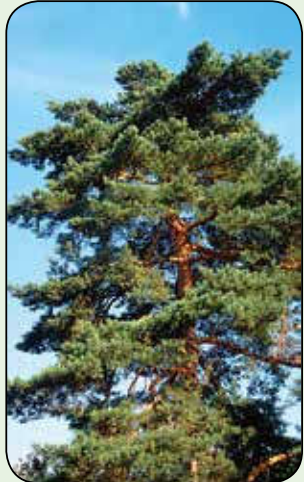
Patterns of imbalance: Complete exhaustion or physical collapse usually due to extreme demand on one's physical forces; resistance to deep rest

Pine *Pinus sylvestris*

Positive qualities: Self-acceptance, self-forgiveness; freedom to move forward despite past mistakes

Patterns of imbalance: Melancholic obsession with past events; over-emphasis on guilt or self-blame, paralysis due to excessive self-criticism

Scots Pine is a long-lived ever-green conifer, holding on to most of its leaves throughout the year. Its tall, straight trunk and linear needles, give an image of upright-ness, reaching for the light, from the dark forest floor below. Pine flower essence encourages a healthy relationship to the past. Rather than being a source of burden or remorse, one's past can build confidence to move forward into the future.



flowers:
male - left
female - right





Red Chestnut *Aesculus carnea*

Positive qualities: Compassionate and trusting awareness of others; calm and serene disposition when considering the situation of others or life events

Patterns of imbalance: Obsessive fear and apprehension for wellbeing of others, anticipation of problems accompanied by mental agitation or repetitive worry

Rock Rose *Helianthemum nummularium*

Positive qualities: Transcendent courage when facing adversity; ability to assume control in catastrophic situations by remaining grounded and present

Patterns of imbalance: Gripping terror, panic; fear of death or annihilation; lack of embodiment and presence for the immediate situation



Rock Water *solarized spring water*

Positive qualities: Flexibility, spontaneity, and flowing receptivity; apprehending the spirit rather than the letter of the law

Patterns of imbalance: Rigid standards for oneself or others, asceticism, self-denial; bound by rules, regimens or regulations

Scleranthus *Scleranthus annuus*

Positive qualities: Decisiveness, inner resolve, ability to weigh choices and make judgments

Patterns of imbalance: Hesitation, indecision, confusion and ambiguity; wavering between choices or values



Star of Bethlehem *Ornithogalum umbellatum*

Positive qualities: Unity with deepest part of the Self; sense of inner divinity and wholeness

Patterns of imbalance: Shock or trauma, either recent or from a past experience; need for healing and comfort from the spiritual world

Sweet Chestnut *Castanea sativa*

Positive qualities: Spiritual depth, faith derived from encountering adversity; solitude rooted in spiritual communion

Patterns of imbalance: Pronounced despair and agony; feeling of aloneness or abandonment due to a “dark night of the soul”



Vervain *Verbena officinalis*

Positive qualities: Ability to practice moderation, tolerance, and balance; “the middle way;” passionate and embodied idealism

Patterns of imbalance: Overbearing or insistent behavior regarding one’s beliefs; intensity bordering on fanaticism; nervous exhaustion from over-striving



Vine *Vitis vinifera*

Positive qualities: Selfless service, recognition of the individuality of others; inner authority derived from connection to higher spiritual identity

Patterns of imbalance: Domineering, tyrannical, forcing one’s will on others; need to subjugate others in order to gain ego strength



Walnut *Juglans regia*

Positive qualities: Freedom from limiting influences, making healthy transitions in life, inner strength to follow one’s own path and destiny

Patterns of imbalance: Overly influenced by the social expectations or values of family or community, past experiences or beliefs that inhibit the soul’s evolution

I use Walnut for transition, when transplanting and moving plants from one area to another. I’m finding that plants, just like people and pets, appreciate their energies being balanced.

Linda Marie Webber, Bellingen, Australia



Water Violet *Hottonia palustris*

Positive qualities: Dignity and inner composure balanced with social connections to others; ability to share one’s gifts with others

Patterns of imbalance: Aloof, withdrawn, disdainful of “lower” relationships; making distinctions based on class, race or social status that ensure separation from others; false pride



White Chestnut *Aesculus hippocastanum*

Positive qualities: Tranquil disposition, spacious mental state that transcends personal or petty thoughts

Patterns of imbalance: Worry-bound repetitive thoughts, chattering mind; restless and agitated mental condition; insomnia

Wild Oat *Bromus ramosus*

Positive qualities: Work as an expression of inner calling; manifestation of one's true goals and values; work experiences motivated by a clear life purpose and conviction

Patterns of imbalance: Confusion and indecision about life direction; trying many activities but chronically dissatisfied or restless, lack of commitment or focus; work for survival rather than service



Wild Rose *Rosa canina*

Positive qualities: Will to live, joy and commitment to life despite trials or pain

Patterns of imbalance: Resignation or apathy; inability to embrace life; pain or suffering that paralyzes body and soul; lingering illness which does not resolve itself

Willow *Salix vitellina*

Positive qualities: Acceptance, forgiveness, taking responsibility for one's life situation, adaptable to changing fortunes and circumstances

Patterns of imbalance: Feeling resentful, inflexible or rigid emotional memories which turn to bitterness; tendency to blame others or see oneself as the victim



Willow trees are full of vitality and life force. They can be pollarded (cut severely) and they will spring back with vigorous growth.

Willow flower essence helps one accept life's trials, let go of bitterness and let life's new possibilities spring forth.



*flowers:
female - left
male - right*



Many of our clients suffer from lower back pains, spasms and joint pains. The Healingherbs Willow essence helps them to bend emotionally, and in turn, helps with the back problems.

Carol Pate, Therapist, Little Rock, AR

The Five-Flower Formula™

The Emergency Relief Remedy Developed by Dr. Edward Bach

Contains: Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of Bethlehem

Positive qualities: Calmness and stability in any emergency or time of stress

Patterns of imbalance: Panic, disorientation, loss of consciousness; acute trauma or pain



This formula may be used in any kind of emergency, trauma, or in circumstances when one needs immediate help, before and after moments of difficulty, for accidents and upsets. It has a calming influence, helping to restore peace and emotional balance. It is especially effective with children. It is also good for plants and animals, with the addition of other single essences as appropriate. **Keep several bottles of Five-Flower formula conveniently located in your car, your briefcase or purse, and in your kitchen or medicine cabinet. Buy it in the economical 1-ounce (30 ml) size (dropper bottle or spray) for ready use whenever needed. It is also available in a non-alcohol glycerin-based formula.**

I have been a chiropractor for 30 years, and I love your Five-Flower Formula. I've been using it for a decade now in my practice. I use it to calm patients down, if they are nervous coming in for treatment, and for people with allergic reactions to foods.

Dr. Bettie Stuber, DC, Kansas City, MO

Healing Messages of the Bach Flowers

Each flower of Dr. Bach is a living archetype within the Soul of Nature and the human soul. The following excerpts are offered as introduction to the vast treasury of wisdom contained in Bach's work. They are summarized from interviews with Julian Barnard, or from his writings.

Rock Water — the “Mother of All Flower Remedies”

Rock Water is the mother of all flower remedies; it is typically an entry-point remedy that softens the soul's disposition and introduces the individual to a realm beyond the hardness of the physical body and the material world. Rock Water is not an environmental remedy or a remedy made from rocks. Dr. Bach intended that all flower essences be prepared with vibrant spring water, and Rock Water is the base element that is foundational to all genuine flower essences.

In the native healing tradition of the Celtic World, living spring water was called Rock Water — it is the water that emerges out of the depths of the earth into the light. Water that is revived in the dark womb of the earth and finds its way again to the light is a re-born substance.

The source for the Rock Water is high up in a region called the Black Mountain, where the water flows out of the heart of a massive rock structure. It is from an old sacred well, called the Well of St. Thomas — associated with a local healer who helped the villagers, and used these vibrant waters in his ministry. It seems significant that the well is embraced by the roots of a massive Holly tree, one of the plants beloved by Dr. Bach and by traditional Celtic healers.



“Rock Water” at Saint Thomas Well

The quality and efficacy of the Healing*herbs* is unsurpassed. I tell my customers Healing*herbs* are more cost effective, more reliable, and have a higher energy quality. Many customers tell me how impressed they are with the essences and thank me for the recommendation.

Audrey Simmons, Audrey's Good Vibrations, Venice, CA

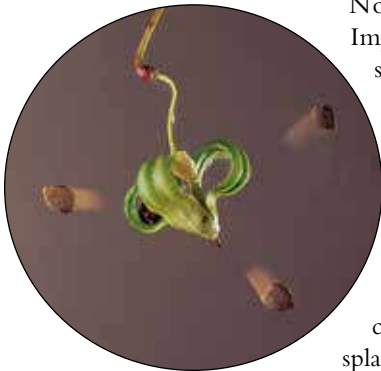
Impatiens: Easing Explosive Tension

Impatiens glandulifera is known as Himalayan Balsam, and was introduced into Britain in 1839. It is not the species of *Impatiens* common in gardens.

Impatiens is an annual, which grows from seed each year. ... Compared to most annuals, its growth is rapid, maybe twenty-five millimeters a day, so that speed is a quality to note. The structure of the plant is simple. The stem, like a bamboo, is constructed in segments with structural rings to strengthen it. It is fleshy and hollow, the whole plant being heavy with water. ... The leaves are dark green, strong in chlorophyll. The side stems rise at an angle of sixty degrees to the main stalk, which is round, like the shaft of a spear. The leaves are elegant, large and lanceolate (spear shaped) with a broad midrib. The pattern of growth is erect, cardinal, directed, strongly structured. On the main stem we can see the energy lines drawn on the surface like the straight, stretched muscles which hold the stem erect.

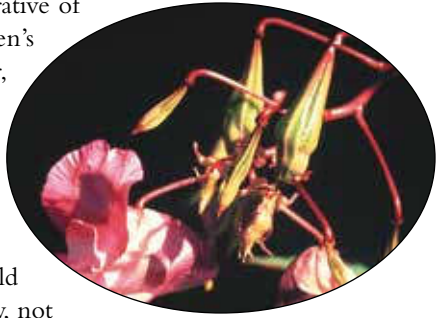


Already we have information about the plant which is describing it in a language that corresponds to the human state. To pick out a few of the key words: speed, strength, spear-shaft, structure, tension. An image is beginning to appear. What is being suggested here is that the language used in description gives information about the gesture of the plant. More than that, the picture of the plant is equivalent to the picture of the human emotional state. We have the gesture of the person: the gesture of the plant. ...



Now, a strange thing happens with the *Impatiens* plant. When the pods are ripe the seeds are shot away from the plant with an explosive force, like bullets from a gun. You can experience this if you touch the pods or if any movement nearby triggers them. The sides of the pod break open, drawing back like a coiled spring, and all with such force (action and reaction being equal and opposite) that the seeds can be fired several yards. You hear them splattering like lead shot on the leaves nearby.

This explosive tension is very illustrative of the Impatiens type. Remember Bullen's comment on Bach — 'quick to anger, but quickly over'? This is the sparky irritability of the Impatiens which shows itself in unexpected outbursts of energy. ...



Bach was specific, right from the start, only the pale mauve flowers should be selected for their therapeutic quality, not the red, although the red outnumber the mauve by ten to one. Consider this from the point of view of colour alone and it seems most probably that the red flowers are heating, the mauve cooling....

The impact of the remedy plant upon consciousness...extends to all five senses and beyond. Touching the plant leads to the discovery of the exploding seeds, but the flowers, leaves and stems can also be felt and more information obtained. The smoothness of the "skin" is most striking — being filled with water, the stems are cool to touch. Yet for all the boldness of growth, the plants are rather delicate and crush easily. ...

To be with the plant is to sense the gentle easing of the mind, the peace of forgiveness, restfulness, the release of mental tensions and desperation, the admitting of spiritual light and truth — all phrases which describe what Bach felt about the remedy in its positive state. The positive aspect, often forgotten in the mass of negative indications, is what the plant shows of itself. This is the plant's consciousness, perceived with our sixth sense.

(From Barnard, Julian, *Bach Flower Remedies: Form & Function*, pp 33-44.)

As a professional nurse, I work with clients who suppress emotions — for example, overwhelming stress that leads to ulcers. Flower essences are a multi-dimensional healing system that is safe and effective for correcting emotional imbalances within the body. I have seen some tremendous health improvements and changes in my clients by having them use *Healingherbs* and other flower essences.

Lunaria Lewis, LVN, HHP, CiHom, Philadelphia, PA

I find the *Healingherbs* essence line to be very consistent and reliable in its potency and I recommend them to people around the globe with confidence.

Jennifer White, Animal Practitioner, Laughing Dog Enterprises, Woodinville, WA

Water Violet Stands Aloof

Water Violet grows, not just by the river, like Mimulus and Impatiens, but actually submerged in water. ... Only in May and June do the stems rise clear of the water, straight and elegant, as they lift flowers into the sunlight. Bach wrote of the Water Violet soul type:

These are very beautiful people in mind and often in body. They are gentle, quiet, very refined and cultured and yet are masters of their fate and lead their lives with a quiet determination and certainty.

This statement is apt as a description of the plant, too. For these are flowers which lead their lives with great precision, clarity and purpose.

Water Violet has always been relatively scarce, growing only in slow-moving but pure water, in ditches and ponds where it will not be disturbed. By nature, it is fastidious and cannot abide any form of pollution. Perhaps it does not like competition and that is why it withdraws to water where it can spread out undisturbed. Certainly, Water Violet people will withdraw into their own space and do not like intrusion — like a cat, some say. But the withdrawal from land to a water habitat signals more than a desire for peace and solitude; it is symbolic of the transition to a higher plane of being. ... Water Violet is a plant which has only the slightest contact with earth, living in water and pushing a stem to open flowers in the air. ... Although it is a perennial, it has only the frailest of roots — a few fine white threads which dangle from the green stems. They serve only to absorb minerals for the plant and do not anchor it to the land: Water Violet has freedom. The leaves and stems are ‘spongy’, containing many air spaces which allow the plant to float, just below the surface. The rosette of leaves, pinnatifid (deeply cut into segments), looks like a green star in the water, delicate and refined, yet somehow inspiring and exciting.

But interesting changes in behavior occur as the water level drops, if the pool dries in July or August. The roots then play a more important part, anchoring the plant to the mud, keeping it alive by transmitting moisture. In these conditions, the leafy stems grow rapidly and spread outwards to prevent any other plant or seedling from obtaining light and space. Water Violets are capable of asserting themselves and will not tolerate interference from others. Equally, this is indicative of the growth and gain for Water Violet people if ever they



involve themselves in the physical world. When the water rises again, the rooted plant releases the individual stems and leaves through a process called ‘stolon budding’ and they float upward to cover the available space.

Bach commented directly on this pattern of growth with unattached roots and freedom to float:

If so, the beautiful Water Violet, which floats so freely on the surface of our clearest streams, will help you ... to stand absolutely alone in the world, gaining the intense joy of complete freedom.

And later: *They do not often form strong attachments even to those nearest them.*

(From Barnard, Julian, *Bach Flower Remedies: Form & Function*, pp 123-125.)

The Heather Plant and the Holy Longing of the Soul

The Heather is indicated for those people who “button-hole,” by absorbing or depleting the attention and psychic forces of others. They are over-talkative people who gravitate to anyone who will give them attention. But, we have to go deeper into the plant if we want to understand its true gift. Its magenta color indicates a tremendous vitality. Dr. Bach designates it as a remedy for loneliness, along with Water Violet and Impatiens. The native habitat for Heather is a very high place – covering the barren open spaces in the highlands. It has a close relationship to the sky, and endures the elements of wind and weather in the most open manner. The Heather is like fire on top of the earth, aligned with the air and moving out into space.



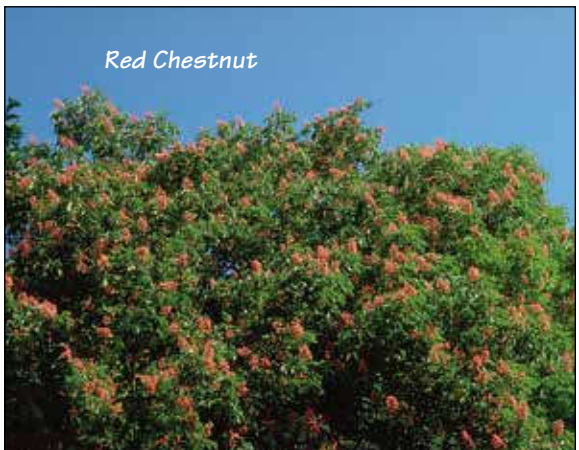
Heather is a remedy for people who feel the separation from their place of origin. Such people have an intense longing for soul companionship and for meaning in life. Heather helps them to deal with their innate sense of aloneness, by transforming it into beneficial solitude and self-sufficiency. The positive state of the Heather is the sense of communion with all of life.

My clients prefer the *Healingherbs* flower essences because they are prepared by hand, in keeping with the spirit of Dr. Edward Bach’s original intentions. Julian Barnard is very sensitive to the plants and the earth, and prepares his remedies personally with great love and care. The quality of the *Healingherbs* is superb, producing consistently excellent results.

Bram Zaalberg, Teacher and Practitioner, The Netherlands

Dr. Bach's Chestnut Remedies – Breaking Free to Inner Stillness

Each plant has been redefined in my experience of working with it ... not only in making the essence but in my deep encounter with the plant. What is the relationship between the various Chestnut essences (Red Chestnut, White Chestnut, Chestnut Bud and Sweet Chestnut)? What do they hold in common? You will see that, as essences, they are designed to fracture and break a pattern of thought, to de-structure a thought form. There is something quite crystalline in the geometry of these trees. This gives us insight into the type of fear we are treating.



The quality of the tree is often observed in the bark, and in the trunk. In the bark of a Chestnut tree the lines of force are broken. The bark is actually peeling, and breaking into pieces. It's almost like torn pieces of paper coming away from the tree. In the Sweet Chestnut, we can see great, swirling forces in the trunk and the bark. The strong flower spike faces in all directions, as if establishing a new center of awareness. The Sweet Chestnut is a remedy for profound transitions in the soul, typically experienced as an abyss or a deep well of anguish. The fresh new potential of emerging forces in the Chestnut Bud remedy helps those stuck in repetitive karmic patterns that drag down the soul consciousness. In the White Chestnut, the thought patterns are repeating over and over again, while in the Red Chestnut, we see obsessive worry fixated upon another. The white is a color directed toward the interior of the soul, while the red color rays out into another's experience. In all of these remedies, the primary question is, can one break free and reach inner stillness?

— From an interview with Julian Barnard



The radial flower spikes of the Sweet Chestnut



Chestnut Bud, showing the "broken" bark of the White Chestnut tree



The "great, swirling forces" of the Sweet Chestnut tree

Holly and Wild Oat: Initial Catalysts for Healing

Dr. Bach's flower essence therapy is epitomized in the two remedies Holly and Wild Oat. Nora Weeks quotes Bach as saying, "If ever a case does not respond to treatment, give either Holly or Wild Oat, and it will be obvious which other Remedies may be required. In all cases where the patient is of the active, intense type, give Holly. In patients who are of the weak, despondent type, give Wild Oat." (Chancellor, Philip, *Handbook of Bach Flower Remedies*.)



The Holly-type of personality is extroverted, but in an unbalanced way, often exhibiting hostility, anger, envy, or jealousy. This is an affliction of the heart, a lack of trust in the world and in others that separates one from what Dr. Bach called "the Unity of all things." The resulting free-floating hostility is one of the characteristics of the "Type A" personality that has been correlated with heart disease. The path of healing for the Holly type is to find the inner source of love that creates a nourishing heart connection to others.

The Holly plant has an ancient tradition of healing, from the Druidic Holly King of the Winter to the use of Holly at Christmas time. Even the name "Holly" is related to the words "holy," "whole," and "heal." The dark green leaves have their sharp spines, often associated with the "Crown of Thorns," the white flowers are sweet and fragrant, the berries a vibrant red. Thus, Holly is a study in contrasts, polarities. In the words of Julian Barnard, "Holly as a remedy acts at a point of choice." As one wrestles with light versus dark, compassion versus anger in one's soul, Holly points the way to the transforming power of love. Once the heart opens to this journey, it will reveal which other flower essences can assist along the way.

The understanding of the Unity of all things: that the Creator of all things is Love, and that everything of which we are conscious is in all its infinite number of forms a manifestation of that Love, whether it be a planet or a pebble, a star or a dewdrop, man or the lowest form of life. — Dr. Bach, *Heal Thyself*



Male Holly flowers



Female Holly flower



Holly berries and leaves

Wild Oat



The second key flower essence of Dr. Bach is the Wild Oat. Bach commented, “It is a remedy that may be needed by anyone, and in cases which do not respond to other herbs, or in cases in which it seems difficult which to give.” (Bach in Barnard’s *Collected Writings*, page 56.)

Bach’s Wild Oat is the wild grass, related to, but not a true oat. This unassuming plant is found along roadsides and paths, and on the borders of woodlands. It grows tall and thin, yet droops



down as it creates its simple flower, a green spikelet without petals, and barely visible stamens and stigmas. Wild Oat is a member of a plant family of grasses and grains (Gramineae or Poaceae), which serve humankind by greening our earth and providing our staple foods. They are wind pollinated, without showy petals or fragrances to attract the insect world.

Wild Oat is the flower essence that shows us how we can serve, helping us find our true vocation, or “calling,” in life. It is for the indecisive or scattered person, the underachiever who seeks to manifest his or her creative gifts in the world. Once Wild Oat helps align the will with one’s spiritual purpose, then other essences can be chosen to assist with the confidence, creativity and clarity necessary to fulfill that purpose.

Let us find the one thing in life that attracts us most and do it. Let that one thing be so part of us that it is as natural as breathing; as natural as it is for the bee to collect honey, and the tree to shed its old leaves in the autumn and bring forth new ones in the spring. — Dr. Bach, *Free Thyself*

I’ve worked with the Healing*herbs* essences for many years with wonderful results. The patients love them because there are no side effects and they address specific emotions. My clients deal effectively with stress and balance, resulting in decreased tension in the nervous system.

Dr. Greg Pittman, Family Tree Chiropractic, West Chester, Ohio

Heather
Calluna vulgaris

Sugarloaf Mountain
near Healingherbs
on the Welsh border



Bach Flower Therapy helps patients remove negative emotional and spiritual patterns which are blockages for the healing process. I have successfully used these supplements for over twenty-five years in my dental, acupuncture, and nutritional practices. The **Healingherbs** flower essences are a core component of my work.

Dr. S.E. Kacherski, D.D.S., M.S., Certified in Nutrition and Acupuncture,
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