



A Guide to Self Healing with Bach Flower Remedies



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Beauty in Nature
Abundance in Nature
Connection with Nature
Healing through Nature



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“The treatment of tomorrow will be essentially to bring four qualities to the patient.

First, Peace,

Secondly, Hope,

Thirdly, Joy,

And fourthly, Faith.”

• By Dr Edward Bach •

DR. EDWARD BACH (MB BS, MRCS, LRC, DP) (24-9-1886 - 27-11-1936)



- Dr. Edward Bach is the Father of modern day Flower Essence Therapy.
- Dr Edward Bach was a medical doctor, bacteriologist, immunologist, homeopath, researcher and healer.
- He succeeded in creating a simple and non-invasive system that people could use to heal themselves using the energy of flowers.
- Role of our outlook and emotions on ones health and well being.
- Introduction of Bach Nodoses In Homeopathy.
- His research to seek in nature a simple, gentle, and curative self help system that could restore health, led to the discovery of the 38 Bach Flower Remedies.
- He identified 37 English wildflowers + 1 water essence that correspond to 38 different human emotions.



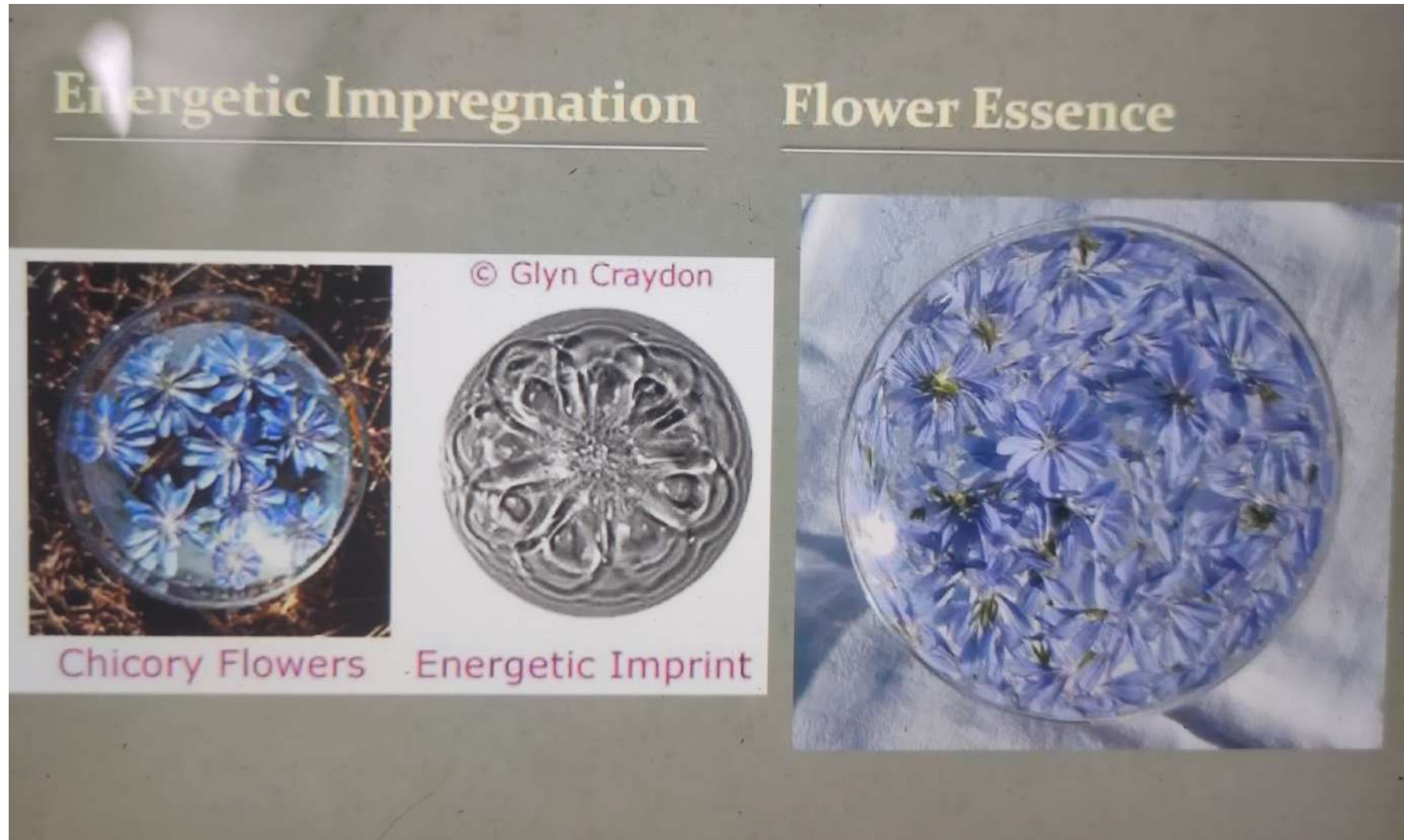


What is Bach Flower Remedy

- The Bach Flower Remedies are flowers discovered by Dr. Edward Bach between 1928-1935.
- The flowers are non poisonous and grow in the wilderness in England .
- They are the energetic imprint of the flowering plant within the water matrix called Mother Tinctures.
- Their action is energetic and not biochemical. They are Vibrational in Nature
- The Remedies work through the energy fields which in turn influence mental, emotional and physical wellbeing.
- Bach Flower Remedies are part of an emerging field of Non evasive Life enhancing subtle therapy.
- It is a complimentary therapy and can also be used as a Stand-alone therapy.
- The Bach Flower Remedies have been used in England & Europe for over 80 years.



Bach Flower Imprint in Water



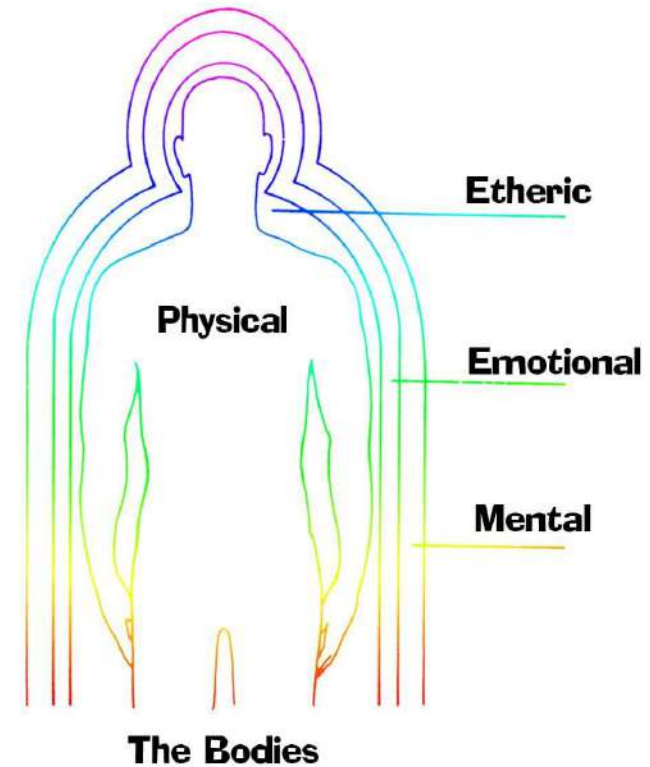
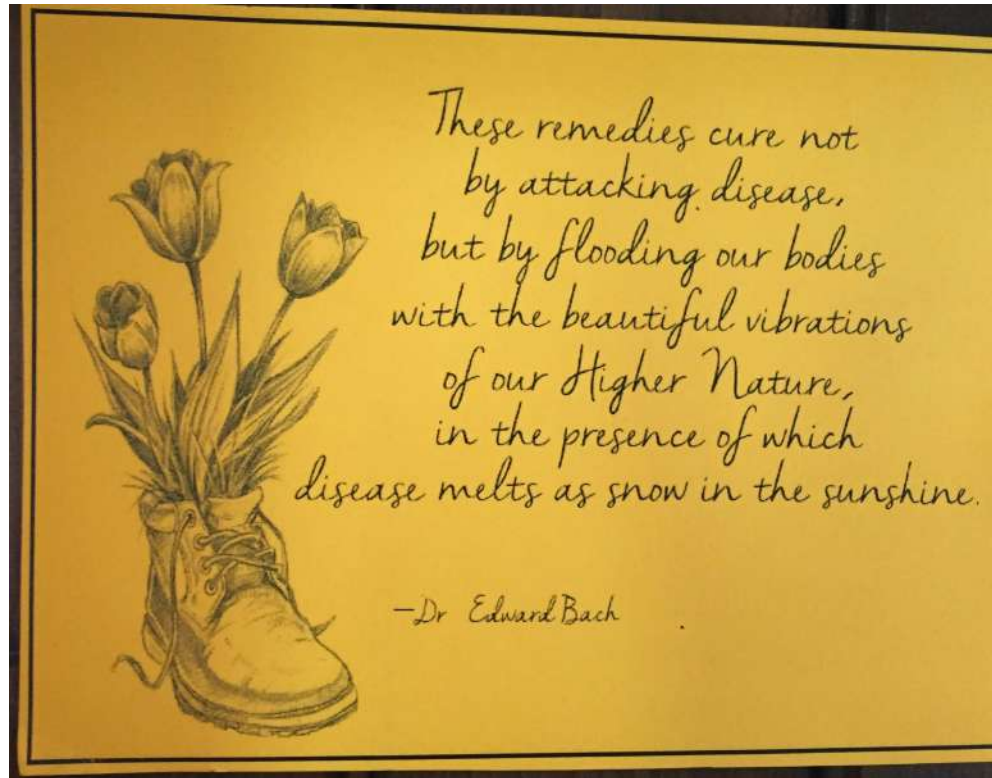


How do Bach Flower Remedies work?



- Plants that grow in the wilderness ,or naturally have a different complex of forces at work which expresses the inner nature of the plant.
- The Bach flowers have high healing vibrational frequencies, their own life force and genetic intelligence.
- The Bach flowers carry the exact opposite vibration of the negative emotions .
- The Remedies Stimulate the Healer Within by energising the bodies own healing powers.
- Flowers – Natures most delicate creation.
- They restore balance between the mind and body and facilitate the body to heal and restore health.

THE SUBTLE BODIES



The Essence of our Being

BALANCE – (Inherent or Born with)

Peace	600 Hz
Kindness	500
Joy, Bliss	500
Love, happiness	400
Trust, Optimism	310
Wisdom	400
Awareness	400
Trust	250
Courage	200
Forgiveness	350

IMBALANCE –(Acquired through experiences)

Shame or Humiliation	20 Hz
Guilt & Blame	30
Apathy	50
Sadness	75
Fear	100
Pride Ego	125
Resentment	130
Hatred, Jealousy	140
Anger	150



Who can Benefit from Bach Flower Remedies

- Babies
- Children
- Children with learning disabilities
- Adolescents
- Adults
- Senior citizens.
- Pets
- Plants

FLOWERSSHEAL

Emotions & Conditions that can be healed with Bach Flower Remedies

EMOTIONS

- Anger/Annoyance/Rage
- Worry/Anxiety/Panic
- Grief/ Sadness/Melancholy
- Fears/Phobias
- Guilt
- Hatred/Jealousy/Envy/Revenge
- Hopelessness /Apathy/Despair
- Frustration/ Discontentment
- Shock OR Trauma
- Resentment/Bitterness
- Distrust/Doubt/Suspicion
- Shame/Embarrassment/Humiliation
- Nervousness/Shyness
- Disgust
- Loneliness
- Feeling worthless .

CONDITIONS

- Low self confidence/Self doubt
- Indecision/Confusion
- Impatience/intolerance/Irritable
- Giving up/ Procrastination/Lethargy
- Insomnia/repeated thoughts
- Disappointments or setbacks
- Lack of purpose or direction
- Exhaustion physical & mental
- Impulsiveness
- Stress
- Depression
- Poor concentration, Lack of Focus
- Negative thinking or pessimistic attitude.



THE 7 NEGATIVE EMOTIONAL STATES

1. Fear
2. Uncertainty
3. Insufficient interest in present circumstances
4. Loneliness
5. Oversensitivity to influences & ideas
6. Despondency & Despair
7. Over care for the welfare of others

FLOWERSSHEAL

1. The Flower Remedies For Fear

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|----|---|---|------------------------------------|
| 1. | Aspen : <i>The Flower of Trust</i> | From Vague unknown fears | To Inner Peace |
| 2. | Mimulus : <i>The Flower of Courage</i> | From fear of a known origin. | To Courage |
| 3. | Cherry Plum: <i>The Flower of Tranquillity</i> | From fear of loosing control of mind. | To Calm & rational thinking |
| 4. | Red Chestnut: <i>The Flower of Positivity</i> | From Excessive worry, anxiety for others . | To Positivity. |
| 5. | Rock Rose: <i>The Flower of Bravery</i> | From Terror, Panic, extreme fright. | To Presence of Mind |



2 . The Flower Remedies For Uncertainty.

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|----|---|-------------------------------------|----------------------|
| 1. | Cerato : <i>The Flower of Intuition</i> | From Doubt in one's ability. | To Certainty. |
| 2. | Scleranthus : <i>The Flower of Balance</i> | From Indecisive | To Decisive |
| 3. | Gentian: <i>The Flower of Faith</i> | From Doubt & discouragement. | To Belief |
| 4. | Gorse: <i>The Flower of Hope</i> | From Hopelessness & despair | To Hope |
| 5. | Hornbeam: <i>The Flower of Vitality</i> | From Tiredness, weariness | To Vitality |
| 6. | Wild Oat: <i>The Flower of Purpose</i> | From Uncertainty | To Direction |



3. The Flower Remedies For Insufficient Interest In Present Circumstances

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|----|---|--|----------------------------|
| 1. | Clematis: <i>The Flower of Focus</i> | From Inattention | To Focus in Present |
| 2. | Honeysuckle: <i>The Flower of Movement</i> | From Nostalgia, living in the past. | To Moving ahead |
| 3. | Wild Rose: <i>The Flower of Motivation</i> | From Resignation & Apathy | To Motivation |
| 4. | Olive: <i>The Flower of Rejuvenation</i> | From Exhaustion , fatigue | To Rejuvenation |
| 5. | White Chestnut: <i>The Flower of Clarity</i> | From Persistent thoughts. | To Peace of Mind |
| 6. | Mustard: <i>The Flower of Joy</i> | From Melancholia, gloom | To Joy |
| 7. | Chestnut Bud: <i>The Flower of Awareness</i> | From Failure to learn from mistakes | To Awareness |



4. The Flower Remedies For Loneliness

1. **Water violet:** *The Flower of Communication* **From** Isolation **To** Approachable
2. **Impatiens:** *The Flower of Patience* **From** Impatience, irritability **To** Patience
3. **Heather:** *The Flower of Identity* **From** Self obsessed . **To** Understanding others



5. The Flower Remedies For Oversensitivity To Influences & Ideas.

- | | | |
|---|-------------------------------------|------------------------------|
| 1. Agrimony: <i>The Flower of Acceptance</i> | From Humour masking turmoil | To Acceptance |
| 2. Centaury: <i>The Flower of Assertiveness</i> | From Unable to say NO | To Being Assertive |
| 3. Walnut: <i>The Flower of Transition</i> | From Challenging change | To Transition |
| 4. Holly: <i>The Flower of Love</i> | From Hatred, envy, suspicion | To Unconditional Love |



6. The Flower Remedies For Despondency & Despair

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|----|---|---------------------------------|---------------------------|
| 1. | Larch: <i>The Flower of Confidence</i> | From Lack of confidence. | To Confidence |
| 2. | Pine: <i>The Flower of Self Acceptance</i> | From Guilt | To Sound judgement |
| 3. | Elm: <i>The Flower of Responsibility</i> | From Feeling overwhelmed | To Able to cope |
| 4. | Sweet Chestnut: <i>The Flower of Self conviction</i> | From Despair | To Faith |
| 5. | Star of Bethlehem: <i>The Flower of Comfort</i> | From Shock or trauma | To Comforting |
| 6. | Willow: <i>The Flower of Forgiveness</i> | From Resentment | To Forgiveness |
| 7. | Oak: <i>The Flower of Strength</i> | From Overwork | To Rest |
| 8. | Crab Apple <i>The Flower of Purification</i> | From Self disgust. | To Self Acceptance |



7. The Flower Remedies For Over Care For Welfare Of Others

1. **Chicory:** *The Flower of Altruism*
2. **Vervain:** *The Flower of Poise*
3. **Vine:** *The Flower of Leadership*
4. **Beech:** *The Flower of Tolerance*
5. **Rock Water:** *The Flower of Flexibility*

From Possessiveness

To Unconditional Love

From Over enthusiasm

To Poise & Discipline

From Dominating

To Understanding

From Intolerance

To Tolerance

Form Self denial, rigidity of thoughts.

To Acceptance





RESCUE REMEDY or CRISIS FORMULA

Bach Rescue Remedy is the most popular Flower Remedy and is also called the Crisis formula.

It is a combination of 5 Flower essences (Impatiens, Cherry Plum, Star of Bethlehem, Rock Rose & Clematis) which help us to cope when we are shaken up by events of accident, loss of loved one, shock, arguments, bad news, doing something out of our comfort zone, examinations, interviews, going to a dentist etc.

It swiftly brings us back to feeling centred and grounded to enable us deal with the crisis and COPE with the situation allowing us to Pause and remain calm and composed to be able to take the right decisions.

YOU YOURSELF CAN HEAL YOURSELF- DR.EDWARD BACH

Healing is a Lifelong Process.....

There is no true healing unless there is a change in outlook, peace of mind and inner happiness

Edward Bach

Seek the outstanding mental conflict in the person, give him the remedy that will overcome that conflict and all the hope and encouragement you can, then the virtue within him will, itself do all the rest.

Edward Bach

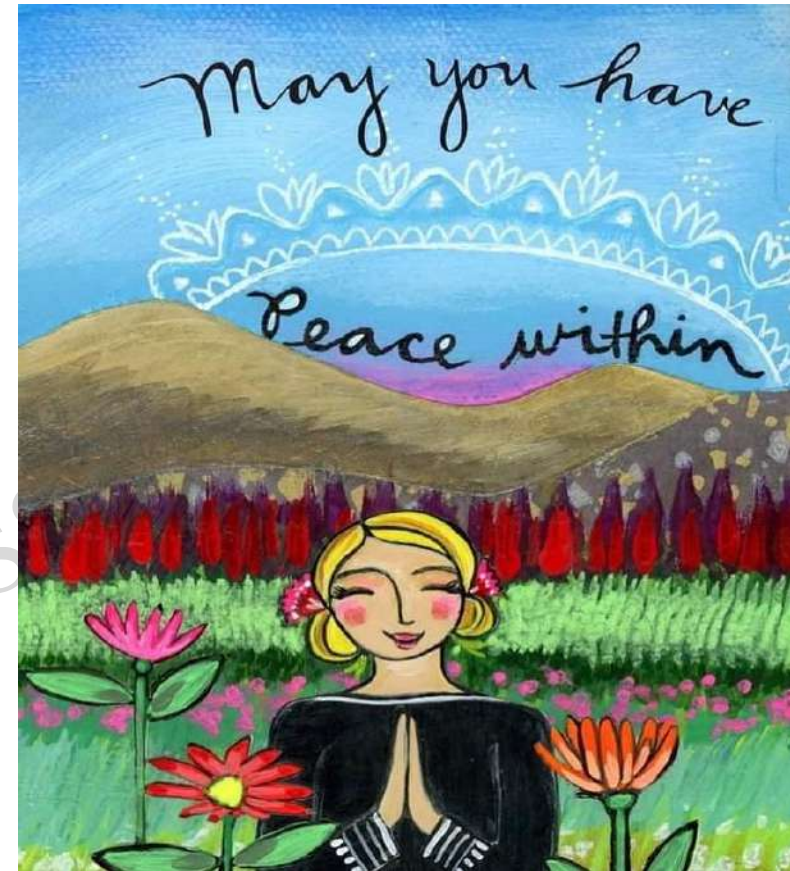
FLOWER



BENEFITS OF BACH FLOWER REMEDIES

- Inner Peace & Tranquility
- Awareness and clarity of thought .
- Feel connected to ourselves and sense of well being.
- Cope with any situation without stress or anxiety
- Take the right decisions.
- Worthy, Confident and Happy.
- Improved Immunity
- We heal on all levels emotional, mental and physical.

We become the BEST version of who WE ARE.



SIMPLICITY



“ They who will obtain the greatest benefit from this God-sent gift, will be those who keep it Pure as it is, free from science, free from theories, for everything in Nature is SIMPLE.”- Dr Edward Bach





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I am a Trained, Certified Bach Flower Practitioner, Registered with THE BACH FOUNDATION INTERNATIONAL UK.

Healing is a process which begins with Oneself. It is a personal journey that each one of us embarks on . Having experienced my own healing with the Bach Flower Remedies inspired me to learn and specialize in using the Bach Flower Remedies with adults and children.

Bach Flower Remedies allows our body to heal naturally , restore balance and increase our immunity thereby helping us lead a healthier life free from stress, anxiety and many other negative emotions which are the root cause of disease. It increases awareness and brings balance to cope and change the fight or flight situation to a pause and plan situation Bach Flower Remedies help us bounce back to our own natural state of equilibrium and remain rooted in our essence without getting caught up in the negative emotions .

I offer consultations in Bach Flower Remedies and conduct introductory talks to spread awareness of this Simple yet Profound healing system. The remedies given are **Original Bach Flower Remedies**.

“Healing is only as effective as the Healer is Healed.”





“When We Heal Emotionally, We Cure Physically”

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