



Dr. Shawn A. Schmidt

## Flower Essence Remedies and Healing

Dr Edward Bach studied medicine at the University College Hospital, London, and was a House Surgeon there. He worked in general practice, having a set of consulting rooms in Harley Street, and as a bacteriologist and later a pathologist he worked on vaccines and a set of homoeopathic nosodes still known as the seven Bach nosodes.

**Despite the success of his work with orthodox medicine he felt dissatisfied with the way doctors were expected to concentrate on diseases and ignore the people who were suffering them.** He was inspired by his work with homoeopathy. So in 1930 he gave up his lucrative practice and left London, determined to devote the rest of his life to the new system of medicine that he was sure could be found in nature.

Just as he had abandoned his old home, office and work, so now he abandoned the scientific methods he had used up until now. **Instead he chose to rely on his natural gifts as a healer, and use his intuition to guide him.** One by one he found the remedies he wanted, each aimed at a particular mental state or emotion. His life followed a seasonal pattern: the spring and summer spent looking for and preparing the remedies, the winter spent giving help and advice to all who came looking for them. **He found that when he treated the personalities and feelings of his patients their unhappiness and physical distress would be alleviated as the natural healing potential in their bodies was unblocked and allowed to work once more.**

In 1934 Dr Bach moved to Mount Vernon in Oxfordshire. It was in the lanes and fields round about that he found the remaining 19 remedies that he needed to complete the series. **He would suffer the emotional state that he needed to cure and then try various plants and flowers until he found the one single plant that could help him. In this way, through great personal suffering and sacrifice, he completed his life's work.**

Dr. Bach's remedies are still used today all over the world. And in fact Bach was not the first to use flower remedies. **The oldest know**



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**culture to use flower essences are the Aborigines. The Australian Flowers have been used for psychological, physical, spiritual imbalances as well as emotional.**

When a flower essences is taken orally or applied upon the skin it is said to work its way through the circulatory, nervous system and the meridian system where it interfaces between the subtle bodies and the physical body. **In simplest terms it allows our positive qualities to flourish thus removing the negative. Ultimately healing can then take place.**

For more information on flower essences you can read "Bach Flower Therapy" by Mechthild Scheffer and "Bush Flower Essences" by Ian White. Or go online to [www.floweressence.com](http://www.floweressence.com).