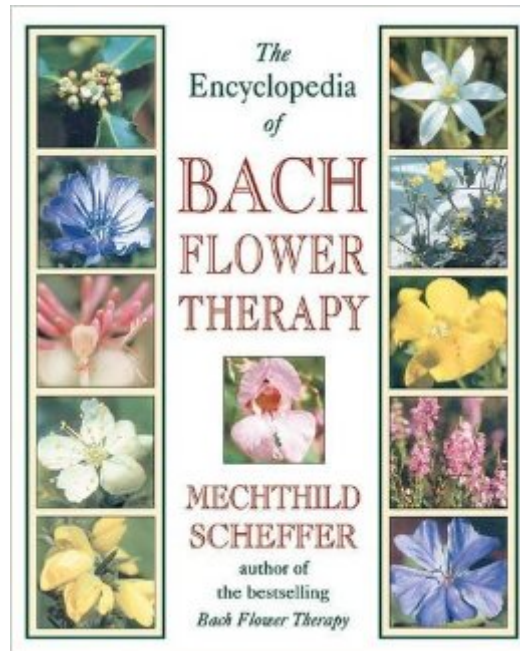


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# The Encyclopedia Of Bach Flower Therapy



## Synopsis

• The most comprehensive reference on Bach flower therapy in print. • Includes the latest information on Bach flower remedies, combination remedies, diagnosis, instructions for preparation, body maps, and more. • Illustrated with color plates of the Bach flowers and Kirlian photographs of the energy signature of each flower. Mechthild Scheffer's groundbreaking bestseller *Bach Flower Therapy: Theory and Practice* revolutionized the science of Bach flower remedies, detailing the healing properties of each individual flower. Now, for practitioner, student, and patient alike, she offers *The Encyclopedia of Bach Flower Therapy*, the most comprehensive and up-to-date reference available on this gentle, effective therapy. The first practitioner to recognize the psychological underpinnings of the Bach flower remedies, Scheffer demonstrates that emotional and physical well-being are inextricably linked and shows how flower therapies can be a powerful tool for healing individual symptoms and restoring balance to one's life. The author provides a therapeutic profile for each remedy and specific instructions for preparing combination remedies to heal more complex conditions. Thorough diagnostic guidelines, interview questions, progress evaluations, and body maps guide both the practitioner and novice to the proper remedies for innumerable emotional and physical ailments. The author also gives advice for using Bach flower remedies in pediatrics and veterinary medicine. With more than 120 color photographs, *The Encyclopedia of Bach Flower Therapy* is the complete reference for everyone who studies and practices this therapy.

## Book Information

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## Customer Reviews

I found this a difficult read. There was never anything to really get excited about and no new amazing insights. It simply repeated the accepted wisdom on Bach flowers. Her description of each flower remedy was a long discussion of the negative state given in the Bach Flower brochure. It's her opinion that it is the separation from the higher self and not listening to your inner voice that causes this negative state. For instance, when it comes to Chestnut Bud she focuses on the fact that they make repetitive mistakes. Chestnut Bud people have laser like focus, and can obsess on a tiny area of the universe. This makes them brilliant, but they miss many things outside of their field of interest, hence the mistakes. They are like the classic "absent minded professor". They have extreme talent in one area, but very little common sense. Many people with Asperger's will benefit from this remedy. If you ask a Chestnut Bud if he makes repetitive mistakes, he will answer with an emphatic "No!" because if he makes a mistake in his area of focus, he learns from it, and does not make the same mistake twice. Where he makes repeated mistakes is outside his area of focus, which he doesn't see, and often doesn't care about. But if you ask him "Can you focus intensely on something you're interested in, finding answers that no one else can think of?" He will answer, "Absolutely!" So yes, he makes repeated mistakes, but that's not how you need to approach him. Instead focus on his intelligence and problem solving capabilities, and show him how to balance it. She is very picky about how many drops to use, what kind of alcohol, and how to drink the water. They are flower remedies. They're an energy medicine.

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