

[Author's note: "Your Path to Balanced Emotions: Bach® Flower Essences" was published in *Living in Balance Magazine* with an editor's error in the sixth paragraph. The corrected paragraph is available below. Continue scrolling down to read the entire article.]

By taking Bach Flower Essence liquids either by mouth or by rubbing the drops on pulse points, you alone take charge of restoring balance to your emotions. No one but you knows what and how you are feeling and which emotional or mental states you are ready to address. For example, if you are overwhelmed by responsibilities, try the essence "Elm" to help prioritize tasks and feel more capable to get back on track. Or, restore your courage to face worries without fear with "Mimulus" or "Rock Rose" (used for more intense fears or panic). Quiet your racing thoughts, repetitive worries or mental arguments with "White Chestnut."



Your Path to Balanced Emotions: Bach® Flower Essences

BY ALICIA SIRKIN



Dosage Instructions for Rescue Remedy®

Straight from the
10-ml or 20-ml bottle
(sold over-the-counter)

- Put 4 drops directly on or under the tongue. Do this as often as needed, every 3 to 5 minutes, if necessary, until you feel better. You cannot overdose. Also use diluted, with the same potency and results as above.
- For immediate use, put 4 drops into a small glass of water. Sip frequently, as often as every three to five minutes, until you feel better. Minimum daily dose is four sips.
- For long term use, put 4 drops of Rescue Remedy into a clean one-ounce amber glass dropper bottle. Fill the bottle to the shoulder with spring water. Add one teaspoon of a preservative (brandy, apple cider vinegar or vegetable glycerin). Take 4 drops from this dilution bottle on or under the tongue. Do this at least 4 times a day, or as often as every 3 to 5 minutes, if needed.

Note: Rescue Remedy can be taken orally as above, or it can be rubbed topically on pulse points.

What do actress Sissy Spacek, golfer pro Chris Tschetter and *Miami Herald* writer Lori Yearwood have in common?

They all use Bach® Flower Essences to effectively balance emotions and manage stress.

Imagine you are with someone who is trying to push your emotional buttons, yet you remain calm and non-reactive. Now visualize a situation in which you must make a quick decision without important background information. With clarity of mind, conviction and fearless courage, you make a clear-cut and sound decision. Are you dreaming? No, you are simply enjoying the countless benefits of Bach® Flower Essence therapy.

Made from English wildflowers, the thirty-eight odorless liquids restore balance and harmony to your thoughts and feelings. A simple self-help therapy for stress relief, the non-toxic and non-addictive essences are often sought when psychotherapeutic drugs are not considered an option. When taking the correct flower essences, your ability to cope with challenges improves as emotional equilibrium returns, thus reducing stress. Simultaneously, your personality is affected for the better—powered by positive thoughts. You attract more of what you want in life.

Gentle and subtle, the essences address everyday stresses such as: anxiety, overwhelm, insecurity, fear, depression, anger, mental tiredness, grief, difficulty with transitions and separation.

How To Use The Essences

Using the essences is simple. First, identify any emotions, thoughts, attitudes or parts of your personality that are problematic. Then select the appropriate restorative essence or essences by consulting a book, chart or Bach® Foundation Registered Practitioner (B.F.R.P.). A qualified practitioner will help you get results by pinpointing and clarifying your emotions, matching the indicated essences, teaching the correct dosages and providing important in-depth background information.

By taking Bach® Flower Essence liquids either by mouth or by rubbing the drops on pulse points, you alone take charge of re-storing balance to your emotions. No one but you knows what and how you are feeling and which emotional or mental states you are ready to address. For example, if you are overwhelmed by responsibilities, try the essence, *Elm*, *Mimulus* or *Rock Rose* to help prioritize tasks in order to get back on track. Or, restore your courage to face worries without fear (used for more intense fears or panic). Quiet your racing thoughts, repetitive worries or mental arguments with *White Chestnut*.

Many newcomers to this form of healing therapy first try Rescue Remedy®, a pre-mixed combination formula of Bach® Flower Essences in both liquid and cream form specifically designed for stress in emergencies. Rescue Remedy® has often saved me from losing it after crises like accidents, computer crashes, hearing bad news, a bereavement, fear of flying and emotional upsets. Quickly restoring calm, Rescue Remedy® always seems to take the edge off my stress levels.

In the Beginning

Flower essences are the brainchild of Dr. Edward Bach, a British physician and scientist who in the 1930s discovered and created a new system of healing—heal the mind to heal the body. A pioneer in body/mind medicine, he believed that emotional imbalances caused physical symptoms. Dr. Bach's focus was to preserve, strengthen and balance the personality and today, scientists worldwide agree. Currently sold in 66 countries and approved for sale in the U.S. by the FDA, Bach® Flower Essences have been proven effective by both licensed health professionals and the general public. **lib**

Alicia Sirkin is a leading expert in the field of Bach Flower Essence therapy and one of only 60 Bach Foundation Registered Practitioners (B.F.R.P.) in the United States. She can be reached by telephone toll free at: 1-800-875-6753 or on-line at: www.flowerhealing.com