

Bach Flower Therapy

The alternate therapy of Bach Flower Remedies is a system of 38 flower remedies discovered by Dr. Edward Bach, a Harley Street doctor, in England more than 80 years ago. These are plant-based remedies for particular mood states which impact on our mental, emotional and physical health.

The Bach Flower Remedies remove negative emotions by flooding the emotional system with the positive energies of the flowers. In combination, the 38 Bach Flower Remedies can restore happiness and joy in humans and animals. I have also used them effectively upon plants.

Physical symptoms are correlated with emotional causes that are responsible for the dis-ease. E.g. Nerve pain, and aching joints arise from intolerance and blame, Rashes and skin eruptions disclose suppressed resentment, frustration, obsession and so on.

Dr. Edward Bach wrote *'Disease of the body itself is nothing but the result of the disharmony between soul and mind. Remove the disharmony, and we regain harmony between soul and mind, and the body is once more perfect in all its parts.'*

To have a personal session with me **CONTACT** me here.

Also available is the book, Bach To A Healthy Life, co-authored by Jogita Jagwani and me. **Please visit the section on Charts & Journals to get more details.**

WORKSHOPS:

Bach Flower Therapy is as simple as it is effective, and can be learnt by anyone, even teenagers.

Bach Flower Remedies, discovered by Dr. Edward Bach, are flower essences that are effective in restoring emotional-mental balance. To avail of the Group Workshops, and get the optimum fee structure, a minimum of 10 confirmed participants is advised. These workshops can be customized to suit the requirements of the group requesting the program. To make inquiries **CONTACT** here.

The workshops are co-facilitated by Jogita Jagwani and I. There are five workshops that are a part of this program:

1) Bach Flower Remedies & The Human Microcosm – Basic Level
2-day workshop

This level teaches all the Bach Flower Remedies in detail, and by means of case studies helps participants to be accomplished enough to heal emotional and mental disharmonies of self, and family members and friends.

2) Bach Flower Remedies & The Human Microcosm – Advanced Level
2-day workshop

This level follows the Basic Level. It focuses upon diagnosis based upon Dr. Bach's 12-7-19 Categorization Method. Detailed case studies are undertaken so that participants are confident about practicing this remarkable alternate healing method.

3) Bach Flower Remedies & The Human Energy System
1-day workshop

Participants interested in this workshop require basic working knowledge of all the Bach Flower Remedies. This workshop is geared to help and support alternate healers practicing various healing modalities, as it focuses its attention upon chakras, meridians, and organs.

4) Bach Flower Remedies And Emotional-Mental Balance of Children & Teenagers
1-day workshop

This is a workshop that focuses its attention upon parents, teachers, and caretakers who desire the emotional and mental wellbeing of children and teenagers, so that the angst and pain of growing up years are dealt with, with understanding and ease. No prior knowledge of the remedies is required.

5) Bach Flower Remedies For The Advanced In Age 1-day workshop

This workshop recognizes the special needs of those who are advanced in age. Not only does the physical body create its own set of challenges, but also fears, insecurities and inadequacies that often cannot be expressed. These create considerable emotional and mental conflict. No prior knowledge of the remedies is required.