How to get started with Bach Flower Remedies

Checklist & Tips
Welcome!

I am Susanne Winberg, Bach Flower lover & artist. Thank you for taking the time to learn more about Bach Flowers. It is an investment that will pay off for you. Once you know how to work with Bach Flowers, you will have a great tool to achieve emotional balance again and again.

Here is an easy-to-follow guide to get you started with Bach Flower Remedies:

1. **Start:** How to pick the right Bach Flowers
2. **Checklist:** Things you need to make your blend
3. **Three Steps:** Make your personal blend
Bach Flower Remedies are a gentle way to clear your emotions and to reconnect to your soul. No matter how big or small your emotional problem is, the Bach Flowers can help you to find inner peace and balance in a natural way.

Every one of the thirty-eight remedies carries a positive message, a healing power. For example: „Holly“ transforms anger into love, „Mimulus“ transforms fear into courage. Out of the thirty-eight remedies you pick those, that resonate with your emotional state.

1. Get started - How to pick the right Bach Flowers:

I. Get clear about your problem:

What is it that bothers you?
For example, if you feel stressed: is it exhaustion, being overwhelmed, suppressed anger or a specified fear that lies behind the stress? Try to get very specific.

How do you want to feel instead?
This could be moving from exhaustion to regeneration, being overwhelmed to being in charge, from suppressed anger to release, from specific fear to courage to take the next step. Setting an emotional goal helps to start the healing process.
II. Choose 1-7 Bach Flowers by using the following method(s):

a) Quick research:
Use a book (I love the books from Mechthild Scheffer) to learn more about Bach Flowers or use google (search for „Bach Flowers for exhaustion“ - put your defined term in the search-form). There are so many good websites out there that explain the thirty eight Bach Flowers.

b) Intuitive methods: Use the pendulum, muscle test or oracle cards to pick the Bach Flowers that address your problem. If you don‘t know how to use the methods you can start with Bach Flower cards. Pick a card online at www.bach-flowers-online.org.

c) Get help: A Bach Flower practitioner knows all thirty-eight remedies very well and is trained to find the right ones for you in a Bach Flower consultation.

Do you want to dive deeper into Bach Flowers?
Intuitively draw a Bach Flower Remedy every day, take one drop on your tongue and read the meaning in a book or online. See how the flower essence resonates over the day. This is a very nice way to get to know the Bach Flowers.

Just get started, don‘t be afraid to choose the wrong Bach Flower Remedy. Even if one doesn‘t work, the other ones do.
2. Checklist: What you need for making your personal Bach Flower Remedy blend:

To make your personal remedy by yourself:

- **Set of 38 Bach Flower Remedies.** I like the Bach Flower Remedies from Crystal Herbs (England). To save money get the 10ml ones in a card box.

- **Clean 30ml glass dropper bottle**

- **Alcohol** (e.g. brandy) for preservation (if you want to use the blend for more than a week, otherwise you just use water)

Don’t want to invest in the whole set? You can **have your personal blend made by an online shop** (just google “Bach Flower personal mix”) and you get your mix send home.

Not sure what to do? Start with one bottle of ready mixed so called „Rescue Remedy“ for stressful situations.
1. Combine up to seven remedies in a glass dropper bottle (two drops of each remedy).

2. Top the bottle up with spring water (2/3), adding some brandy (1/3) as preservative.

3. Take four drops of this remedy a minimum of four times a day.

Note: It is also just fine to make a combination in a drink for daily use. Put four drops of each remedy required in a glass or water bottle.

And this is how you know, if they work:

After taking them you
- cannot think about the problem you had or how it felt before you took the remedy
- feel calm and peaceful
- forgot to take them or lost the bottle. This is usually a sign that you can stop taking them or that it is time for a new blend.

Don‘t worry:
The Bach Flower Remedies are harmless, you cannot overdose.
Congratulations!

By reading this short guide you opened yourself up to a wonderful tool and got yourself ready to make your first Bach Flower Remedy blend.

I know that it can be overwhelming to pick the right remedies out of 38 and to make your own mixture. Therefore, I created a **Bach Flower Oracle Card deck**. It is the perfect tool, if you want to work intuitively with Bach Flowers.

**I wish you lots of wonderful experiences with the Bach Flowers!**

You find all 38 Bach Flower Oracle Cards with descriptions at:

www.bach-flowers-online.org

--> just pick a card online <--
Susanne Winberg

„I am the creator of the Bach Flower Oracle cards, inspirational writer, light-hearted artist, intuitive coach and loving mama and wife.

By introducing flower essences, writing inspirational words and sharing my art I give guidance and clarity to creative woman for making healthy decisions and powerful steps towards a fulfilled and abundant life.“

WANT MORE?
Visit my website, www.susannewinberg.com

Order your set of Bach Flower Oracle cards here:
www.susannewinberg.com/bach-flower-oracle-cards