



# Emotional Intelligence

Emotions at Your Service

# Bach

Original  Method



# What are Bach Flowers?

**Bach Flowers** are preparations based on herbal ingredients, identified in the 1930s by Dr. Edward Bach and recognized by the **WHO (World Health Organization)**. According to Dr. Bach's vision, the **38 Bach Flowers**, appropriately extracted from wildflowers (with the exception of spring water from sources known for their particular properties), encourage the innate rebalance and harmonization capability in case of personality troubles or altered emotional states.



They can be taken **singularly or in association**, depending on the mood and the individual needs.

Each remedy reflects a **specific emotional and behavioural condition** that allows an individual to **develop, regain and express his/her own vital resources and inherent adaptation abilities**.

## Guna Bach Flowers: Tradition, Quality, Innovation

**Guna Bach Flowers** are prepared by using **mother essences**:

- of **top quality**
- **coming from the original places in Great Britain (UK)**
- certified by the **British Association of Flower Essence Producers (BAFEP)**
- **obtained strictly according to Dr. Bach's Traditional Method and original instructions**
- **prepared with organic brandy.**

**GUNA Bach Flowers** are:

- in a **stock concentration according to Dr. Bach's original instructions**
- in a **solution of organic brandy and water with characteristics similar to those of biological water** (see box);
- provided with a dropper with **guarantee seal**;
- provided with a **colour coding** identifying **Dr. Bach's 7 emotional categories**.

The **38 Bach Flowers** are classified in **7 groups defined by Dr. Bach** relating to the emotional states:

- Fear, anxiety and panic
- Uncertainty or lack of self-confidence
- Insufficient interest in present circumstances
- Loneliness
- Over-sensitivity to influences and ideas
- Despondency or Despair.
- Over-care for welfare of others.

## Remedies range

38 single remedies (see page six).

Ingredients: Water, Alcohol (organic brandy), Bach Flower.

Alcohol content 27%.

## Directions for use

Take remedies singularly or in association:

- Add **2 drops of each chosen remedy (4 if Resource Remedy)** to a **30 ml** amber glass bottle containing **natural mineral water** and **2 teaspoonfuls of brandy** (or another preservative, for example apple cider vinegar for children).

From this solution take **4 drops** directly under the tongue **3-4 times a day**.

- Another possibility is: **2 drops, undiluted from the stock bottle of the chosen remedies**, directly in the mouth or in a glass with a little natural water.

**Take this solution several times during the day.**

- Keep on taking it for a period of time ranging from **a few weeks to two months**.

## Packaging

- **10 ml bottle provided with dropper and guarantee seal.**
- **Complete Set of the 38 Bach Flowers + 2 Resource Remedies in 10 ml bottles.**

Guarantee seal

Colour coding according to Dr. Bach's 7 categories



## 12 Healers



Mimulus



Centaury



Rock Rose



Scleranthus



Agrimony



Clematis



Chicory



Cerato



Gentian



Vervain



Impatiens



Water Violet

## 7 Helpers



Olive



Gorse



Oak



Vine



Heather



Rock Water



Wild Oat

## 19 Spirituals



Honeysuckle



Pine



Cherry Plum



White Chestnut



Willow



Aspen



Red Chestnut



Chestnut Bud



Larch



Elm



Holly



Crab Apple



Hornbeam



Sweet Chestnut



Wild Rose



Beech



Walnut



Star of Bethlehem



Mustard



## Dr. Edward Bach



Was born on September 14<sup>th</sup> 1886 in Mosley, a village nearby Birmingham. **A bright thought, persistency, generosity, sensitivity and intuition are among his talents.**

**He loves nature and is a free spirit**, Edward Bach leaves his job at his father's brass foundry to dedicate himself to the study of medicine. He graduates at the **University College Hospital in London** in 1912. Very soon he becomes a smart professional, nevertheless he develops a certain unsatisfaction for the therapeutic methods of his time because they are too much focused on a physical and mechanistic vision and pay few attention to the character, behaviour and psycho-emotional aspects of the human being. Bach observes that **individuals having similar personality and character tend to react in the same way to stressful situations.**

His assignment as assistant bacteriologist at the **University College Hospital** at first, and later as bacteriologist at the **London Homoeopathic Hospital**, gives him the opportunity to identify **7 groups of intestinal bacteria** relating to 7 personality types. The appraisal for Dr. Bach's work results in more and more numerous people attending his praxis in Harley Street.

Nevertheless, he disregards his success and intends to carry on his research, as he is convinced that there must be **vital and harmless principles** in nature **that are able to come to resonance with a condition of wellbeing.** He finds these principles in the **wildflowers** growing in the Welsh countryside: he identifies the first three flowers (*Impatiens*, *Mimulus* and *Clematis*) in 1930. In the same year he understands, by observing them, that dew drops hit by the sun get impregnated with the essence of the plant on which they lay. Precisely from this intuition he develops the **Method of the Sun** for the preparation of Mother Essences.

He dedicates himself to his research and to the publication of his discoveries, regardless of fame and economic return. He sells all his goods, he often offers his services for free and is content of worn-out clothes, sure that he will find in some way all that he needs, as this is what regularly happens. Later he discovers other flowers and in 1932 he completes the series of the first **12 flowers** that he will call "**Healers**". Between 1933 and 1934 he identifies other **7 flowers** that he calls "**Helpers**". Then he finds also the last 19 flowers that he declares to be more "**Spirituals**". Furthermore, as he has to prepare the Mother Essence of *Cherry Plum*, whose plant is woody and hard, at the beginning of the spring when the sun is still not particularly intense, he develops the **Boiling Method**.

**He died in sleep on November 26<sup>th</sup> 1936** after having concluded his work whose beneficial effects we can still enjoy.

# The 7 Groups of Bach Flowers

## FEAR, ANXIETY AND PANIC

Disharmony	Bach Flower	Positive Virtue
Terror, paralyzing fear, panic situations	Rock Rose	Survival / Heroism
Fear of known things (spiders, fly, darkness...), shyness	Mimulus	Safeguard / Courage
Fear of losing control	Cherry Plum	Instinctiveness / Self-control
Indefinite, unexplainable fears, bad feelings, foreboding	Aspen	Receptivity / Grounding
Anxiety and over-care for the beloved ones	Red Chestnut	Altruism / Optimism

## UNCERTAINTY OR LACK OF SELF-CONFIDENCE

Disharmony	Bach Flower	Positive Virtue
Doubt on one's ability to judge, s/he is always asking others for advice	Cerato	Comparison / Certainty
Indecision between two or more alternatives, uncertainty	Scleranthus	Integration / Decision
Easy discouragement, hesitation, wavering	Gentian	Thinking over / Confidence
Despair, surrender, pessimism	Gorse	Welcoming / Hope
Monday morning tiredness, doubt about having the capacity to face the day's duties	Hornbeam	Consolidation / Vigor
Uncertainty on the way to follow, unsatisfaction of one's lifestyle, inability to realize oneself	Wild Oat	Experience / Direction

## INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES

Disharmony	Bach Flower	Positive Virtue
Daydreaming, lack of interest in the present	Clematis	Creativity / Presence
One lives in the past, nostalgia	Honeysuckle	Memory / Overcoming
Apathy, resignation, little is done to improve the situation	Wild Rose	Adaptation / Vitality
Mental and physical tiredness, breakdown, lack of resources, burnout	Olive	Rest / Regeneration
Brooding over, repeated thoughts and obsessive worries	White Chestnut	Concentration / Peace
Melancholy, depression inexplicably coming and going	Mustard	Introspection / Joy
Difficulty in learning from experience, repetition of the same mistakes	Chestnut Bud	Spontaneity / Learning

## LONELINESS

Disharmony	Bach Flower	Positive Virtue
Orientation to loneliness, pride, discretion	Water Violet	Independence / Humility
Fear of being alone, excessive talkativeness	Heather	Sociability / Empathy
Impatience, hurry, easy nervousness	Impatiens	Dynamism / Patience

## OVER-SENSITIVITY TO INFLUENCES AND IDEAS

Disharmony	Bach Flower	Positive Virtue
Hidden problems and troubles behind a merry behaviour	Agrimony	Harmony / Openness
Difficulty to say no, anxious desire to please others	Centaury	Generosity / Assertiveness
Important changes in life, need for protection from external influences	Walnut	Sensitivity / Freedom
Extreme jealousy, envy, suspicion	Holly	Awareness / Love

## DESPONDENCY OR DESPAIR

Disharmony	Bach Flower	Positive Virtue
Lack of self-confidence, feelings of inferiority	Larch	Prudence / Daring
Guilt feeling, blaming oneself for others' mistakes	Pine	Responsibility / Forgiveness
Poor self-consideration, sense of interior dirtiness, despise of one's own physical aspect	Crab Apple	Purity / Acceptance
Deep despair, unbearable suffering	Sweet Chestnut	Metamorphosis / Rebirth
Temporary depression, feeling of responsibility overload	Elm	Dimension / Determination
Shock situations, also referring to the past, scare, traumatic events	Star of Bethlehem	Elaboration / Resolution
Excessive feeling of duty, incapacity to let oneself go	Oak	Perseverance / Flexibility
Grievance and self-pity	Willow	Reactivity / Comprehension

## OVER-CARE FOR WELFARE OF OTHERS

Disharmony	Bach Flower	Positive Virtue
Hyper-possessiveness, excessive attachment to one's beloved, expecting them to comply with one's own values	Chicory	Lovingness / Autonomy
Excessive enthusiasm, fanaticism, desire to convert others to her/his own point of view	Vervain	Passion / Moderation
Strong will, tendency to dominate and inflexibility	Vine	Charisma / Service
Intolerance and criticism towards others	Beech	Perfectionism / Tolerance
Inflexibility towards oneself, strictness of principles, tendency to set too high objectives	Rock Water	Discipline / Malleability

## DISTRESS OR EMOTIONAL EMERGENCY

Disharmony	Ready Mix	Positive Virtue
Situations of strong distress as well as physical or mental emergency	Resource Remedy	Adaptation / Overcoming

# Guna Bach Flowers: Unique with Super-Coherent Water

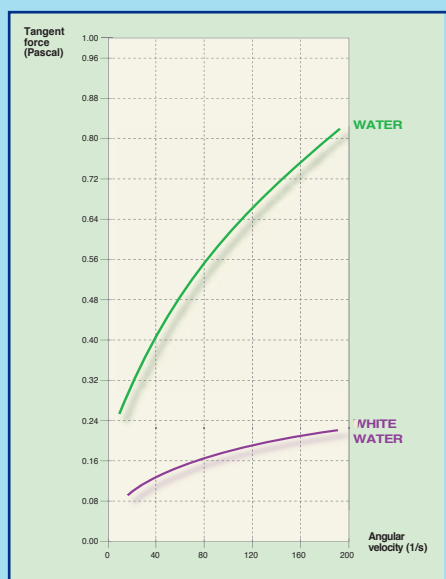
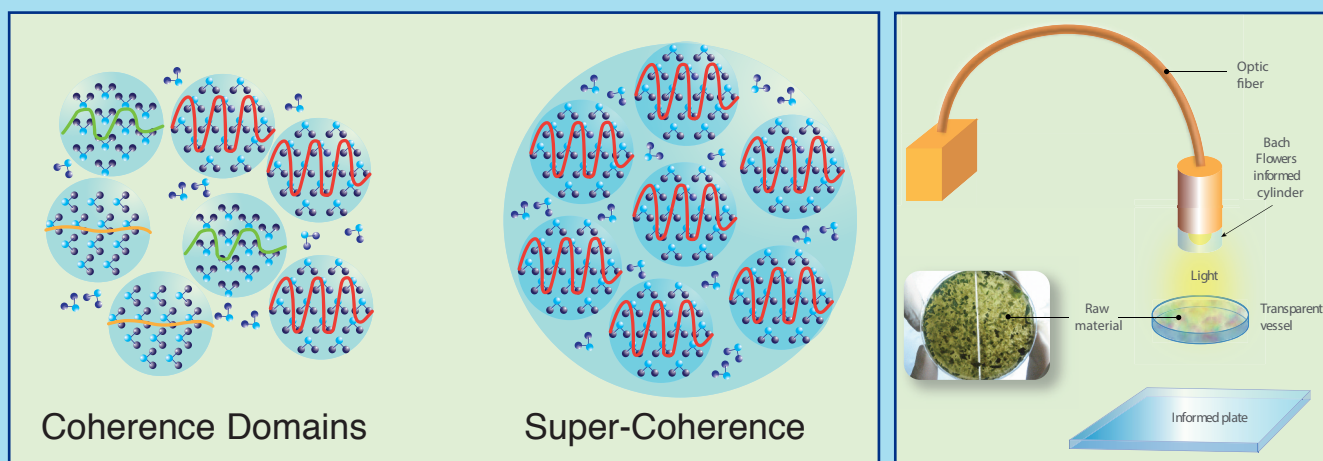


**Water** is the essential component of biological systems: about **99%** of their molecules number and **60-70%** of their weight.

Though having one single chemical composition ( $H_2O$ ), **water molecules** can express **two different phases**:

- in one phase they are **organized in structures characterized by a common oscillatory rhythm** known as **Coherence Domain (CD)** (1). Coherence domains are in resonance with electromagnetic fields of specific frequencies,
- in another phase they are **free and located among the Coherence Domains**.

The water of the living systems is **Super-Coherent**, that is to say it has a **wide organization and a collective oscillatory rhythm among the Coherence Domains** (coherence among CDs) (2, 3).



Dynamic viscosity, measured through rotational viscometer (7).

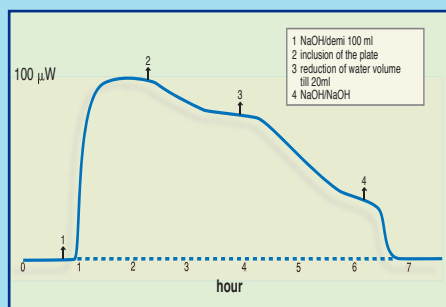


Diagram power-time of the flow-mix calorimetry. Point 2: insertion of the WHITE plate (7).

The **WHITE technology** exploits materials that have been **informed by specific electromagnetic fields generated by a light passing through biological vegetal filters characterized by high biodiversity and bioactivity that is coherent with biophotons emission** (4). In turn these materials inform the liquid element, thus obtaining **Super-Coherent Water** (5, 6, 7).

By adding an **informed filter with the frequencies of the 38 Bach Flowers**, a specific resonance of the 38 essences is obtained and this makes the **liquid more receptive and amplifying towards the information of the latter**.

**Guna Bach Flowers** and **Resource Remedy** are the unique preparations at a **stock concentration** level according to **Dr. Bach's Original Method**, in a solution of organic brandy and **Super-Coherent water** obtained thanks to the **WHITE method**, in order to make them:

- **highly resonant with the living systems**, as they have similar characteristics to those of biological water and
- **highly resonant with the Mother Essences of the 38 Bach Flowers**, thus further amplifying their information (8).

## References:

- 1) Preparata G. - QED Coherence in Matter – World Scientific, **1995**.
- 2) Del Giudice E., Elia V., Napoli E., Tedeschi A. - The role of water in the living organisms. Neural Network World, 4, pp. 355-360, **2009**.
- 3) Del Giudice E. & Tedeschi A. - Water and the autocatalysis in living organisms. Electromagnetic Biology and Medicine, 16, pp.28, **2009**.
- 4) Popp F.A. - About the Coherence of Biophotons, Macroscopic Quantum Coherence. Boston University and MIT, World Scientific, **1999**.
- 5) Tedeschi A. - Is the living dynamics able to change the properties of water?, Int. J. of Design & Nature and Ecodynamics. The Nature of Water, Vol. 5, No. 1, pp. 60–67, **2010**.
- 6) Elia V., Del Giudice E., Napoli E., Tedeschi A. - Prime evidenze sperimentali di "informazioni" all'acqua con l'uso della tecnologia WHITE. La Medicina Biologica, gennaio-marzo **2008**.
- 7) Del Giudice E., Tedeschi A. - La vita come forma di organizzazione dell'acqua. La Medicina Biologica, ottobre-dicembre **2008**.
- 8) Del Giudice E., Tedeschi A. - La respirazione dell'acqua come base della dinamica della vita. La Medicina Biologica, ottobre-dicembre **2009**.

# Flower Power

**Flower Power** is a water-alcohol solution of Water and organic Brandy, ready for the preparation of personalized mix of Bach flowers according to Dr. Bach's original specifications. It is an ideal basis to create flower complexes because it is prepared with **organic brandy and Holographic technology WHITE Bioresonance®**.

## DIRECTIONS

Dilute 2 drops of each selected Bach Flower in a bottle, shake vertically and take 4 drops 3-4 times daily.

## PACKAGING

30 ml bottle with tamper-evident seal and dropper included separately in the package.

## INGREDIENTS

Water, Alcohol (organic Brandy). Alcohol content 12%.



# Resource Remedy

**Resource Remedy** is an Optimal, Synergistic and Complementary Combination of Dr. Bach's Flower Archetypes to evoke your inner resources and your inner adaptability when you want **to relax, calm down and manage your stress**.

*Cherry plum* represents **self-control**, *Clematis* **presence**, *Impatiens* **tranquility**, *Rock Rose* **courage**, and *Star of Bethlehem* **elaboration and resolution**.

**It is useful to have appropriate resources to face strong emotional alterations due to everyday's stressful events:**

- before an important meeting (job interview, examination)
- before appearing in front of an audience (début, inauguration, conference)
- fear of flying
- dental phobia, fear of blood sampling or injections
- any accident or insect bites
- bad news
- birth shock (both for the mother and the newborn)
- children's fit of tears and fear
- before a sports competition



## DIRECTIONS

4 drops directly in the mouth, or diluted in a little water. Take the drops 3-4 times daily. It is possible to repeat the intake at intervals of 5-10 minutes for one hour.

## PACKAGING

10 ml and 20 ml bottle with dropper and tamper-evident seal. 10 ml bottle with spray dispenser.

## INGREDIENTS

Water, Alcohol (organic brandy), Bach Flowers: Rock Rose (*Helianthemum nummularium*), Clematis (*Clematis vitalba*), Impatiens (*Impatiens glandulifera*), Cherry Plum (*Prunus cerasifera*), Star of Bethlehem (*Ornithogalum umbellatum*). Alcohol content 27%.



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