



Bach Flower Remedies Form and Function

Julian Barnard

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“Today, disease and death control us ever more strongly with a litany of viruses, cancers, and heart disorders. The causes may be vaccinations, environmental poisons, despoliation of food, or pollution of the elements?earth, water and air. For Bach the cause was clear and it is clear today: ‘It is only because we have forsaken Nature’s way for man’s way that we have suffered, and we have only to return to be released from our trials. In the presence of the way of Nature disease has no power; all fear, all depression, all hopelessness can be set aside. There is no disease of itself which is incurable.’” **Julian Barnard**



Clematis prepared by the sun method

In the 1920s, the physician and homeopath Dr. Edward Bach made his great discovery of the healing effects of various flower essences. Intense and revelatory, his experiences in nature resulted in thirty-eight “flower remedies.” He describes these as bringing courage to the fearful, peace to the anguished, and strength to the weak. But the therapeutic effects of the remedies were never limited to emotional states. They are equally effective in the treatment of physical disorders.

Barnard begins the process of explaining this phenomenon. He describes how Bach made his discoveries and examines the living qualities of the plants in their context and how the remedies are actually produced. The result is remarkable. The author recounts his observations so that readers can experience, in a living way, the complex ways in which the remedy plants grow?their gestures and qualities, ecology, botany, and behavior.

This exciting book is a trumpet call to attend to nature in a new way. Fully illustrated.

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Ashley Staley:

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