

PRACTITIONER BULLETIN

Issue 66

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Bach Foundation
INTERNATIONAL REGISTER

The *Bulletin* goes email... ↙

We have changed the format of the *Bulletin* several times in the past in order to try to improve it and make it more useful. Now, as part of a review of all Bach Centre activities and services, we have decided to move the *Bulletin* to an email and online newsletter from the first issue in 2008.

The change will mean that we will be able to make better use of colour and – we hope – produce a more attractive and appealing update for you. It will remove the space constraints of the current format. Not least, the increasing cost and unreliability of traditional postal services will no longer affect us.

Look out for the new electronic version of the *Bulletin* in your inbox next spring. We will also be posting the *Bulletin* online using links from the new practitioner-only forums.

Please get in touch if you aren't sure that we have your current email address on file.

... and the forums move! ↙

The Bach Centre forums are now at <http://bachcentre.phpbb24.com>. Alternatively use the link at www.bachcentre.com, which will be kept up to date with any future address changes.

If you haven't joined the forums yet, it is a great way to post questions about Dr Bach's system and receive answers from remedy users all over the world.

The forum is easy to use, and it costs nothing to join and take part. Just go to www.bachcentre.com and click on the 'Forum' link, then click the 'Register' link and follow the onscreen instructions to create a username and password.

Bach and pain control ↙

Director of the Bach Centre, Judy Howard, has written a study into the role the remedies could play in pain control. The paper, published by the journal *Complementary Therapies in Clinical Practice* (volume 13, issue 3, pages 174-183), gives the results of a retrospective case study analysis undertaken to establish how clients suffering painful conditions responded to the therapy.

Of the 384 cases examined, 41 dealt with clients who were suffering pain. Of these, the physical outcome was not known in 49% of cases – but 46% specifically mentioned a reduction in pain as one of their treatment outcomes. In addition, 88% of all subjects reported an improvement in their emotional outlook.

In the paper Judy highlights the benefits of the client shifting focus from physical pain to emotional outlook, and the importance in any therapy of the client-practitioner relationship. Her conclusion is that the remedies have real potential as a therapeutic agency in the relief of pain, and that further studies should lead to progress in this area.

For more information go to www.sciencedirect.com.



Bach and epilepsy ↙

By Sue Rigg BFRP, UK

Epilepsy takes many different forms and everyone's experience of it is different. One of my sons started having epileptic seizures when he was in his teens. He is now 32 years of age. The pattern for him has been similar throughout that time, and the present observations are based on his experience.

The condition itself is treated allopathically using a range of medications. In addition I find Bach remedies beneficial for the ongoing emotional effects and to aid recovery following a seizure.

For general management it is helpful to keep to a regular daily routine, including regular mealtimes. If possible it's best to avoid fatigue. At night epilepsy can bring a busy mind which prevents relaxation into sleep. For this we might consider remedies like White Chestnut, Vervain, Walnut and perhaps Honeysuckle, depending on the individual person. Mimulus is also helpful during periods when night seizures are occurring, if the person is fearful of another attack taking place.

Night seizures happen during sleep. Some epileptics die because of them. The sufferer wakes feeling strangely ill, then becomes aware of muscle tenderness and stiffness, often also various bumps, bruises and sometimes cuts. Rescue Remedy is of immediate help here.

My son's daytime seizures give no warning. He is suddenly thrown to the floor with a total loss of consciousness. His head and torso is then repeatedly lifted and hurled down to the ground with much force. When this happens in home surroundings injury can be prevented with care. When a seizure happens out of doors, however, injury can be considerable, including massive areas of bruising, swelling, and deep cuts that leave scars. Two years ago whilst having a seizure and being injured on a London pavement the contents of his pockets were robbed, leaving him without a penny. This as you will imagine adds other layers to the emotional after-effects.

Following a seizure the return to consciousness is not at first what it seems. Speech returns suggesting all is well, but this is only partial consciousness. At worst my son stands up in the grip of the fear and flight mechanism, which can send him running at speed utterly unaware of where he is or of any dangers such as traffic along a busy road. If not stopped he will plunge across into the oncoming traffic.

Returning to consciousness, he will at best listen to reassurances such as 'you are all right, you are in your bedroom, you have had a seizure.' Often this needs to be repeated, as he can't take in what is being said. Body temperature drops. When he is able to get up moving him into bed is best, this and making drinks as his mouth and throat are dry due to restrictions in the air supply. Rest and sleep are then needed and later when he is awake some food.

It is usual for there to be no recollection of the seizure. Information helping towards a diagnosis and clinical understanding needs to come from those who are witness to the seizures rather than from the sufferer himself.

Recovery time takes anything between one and three months before the brain clears and is usable again for anything more than simple daily practicalities. During this time body temperature is erratic, often dropping, and there is shakiness of hands and other co-ordination problems.

Rescue Remedy is the first helper immediately after a seizure, followed perhaps by the type remedy. Sometimes he has needed Sweet Chestnut and White Chestnut for the mixture of early confused worrying and the sense of there being no way out. Sometimes Elm helps to restore his self-confidence. Then there is Mimulus if he fears having the next seizure, Clematis to help reconnect to the present. Sometimes he needs Oak to give strength to start again at what feels like the bottom of yet another hill. In my son's case the epilepsy sometimes affects the amigdalas causing strong uncontrolled emotions, and Cherry Plum can sometimes help to bring these into balance.

In between seizures the condition can cause bouts of depression. On one level the depression could be due to changes within the brain – a Mustard depression as there is no external everyday cause. But depression can also be due to needs not being met, or altered social relationships, or difficulties due to being prevented from driving and so on. Here Gentian or Sweet Chestnut, Gorse or Elm, or sometimes Larch might be needed to restore self-confidence, energy and the will to start again.

As a parent one listens knowing that any bump can signal the onset of a seizure. There is the shock of seeing one's son in severe seizure, the holding together to help prevent injury, and the support afterwards. My own type remedy is always at hand along with Rescue Remedy.

Co-creating forum networks ↙

By Lynn Macwhinnie BFRP, UK

At every Bach remedy training course or conference – whether it is for potential practitioners, teachers or trainers – there is always a buzz in the air, an anticipation of what lies ahead, and a great deal of conversation. The delighted discovery of meeting kindred spirits creates an animated and engaging environment. It ignites the life force of that group and powers the learning experience that takes place over the ensuing days. As a facilitator, I feel it is a real privilege to witness the dynamics and exchanges and growth.

Everyone is encouraged to keep in touch and keep this new micro-network alive. Contact details are circulated and quite often someone in the group will suggest the idea of creating an online community. Some networks do in fact keep going in their entirety; while in other groups the contact is less regular – which is not surprising, as we all live busy lives.

I wonder if another reason groups don't keep in touch is that it's hard to sustain and nurture a collective experience without the contained physical environment of the classes – particularly when most practitioners are working in isolation. It can become all too easy to get caught in the groove of the one-to-one (and usually face-to-face) dynamic; and start to model that in our ongoing professional development. We lose sight of the diversity and vitality of a group and the benefits to be gained by discussing knowledge and experience.

Yet thanks to the internet, it's all there at the tip of our fingers. Access to information and discourse is immediate and inexpensive – which is why the Bach practitioner forums are such a great idea.

The forums are available in different languages - English, German, Spanish, French, Italian, Portuguese, Dutch – and all are BFRP-only. How incredible is that? Imagine how many thousands of lives each of us might touch as a ripple-on effect from those forums. Not to mention our own development.

I received a link via email today to an online newspaper – *Cuban Daily News* - which had an article on Bach remedies stating that they have been incorporated into the Cuban health system since 1999. So exciting – yet where else is this happening? Certainly not here in the UK and the National Health Service. What can we learn from Cuba's experience – is there anything we could do differently in our own countries? This could be one topic for discussion in any Bach forum, in any language.

The possibilities for Bach discussions are as diverse as the potential combinations in a treatment bottle. We just have to be willing to ask a question (and please, no question is a silly question), or offer a comment – and get the ball rolling. In responding we need to be mindful that we are communicating with the converted, and hold a clear aim to enhance our mutual learning – personal and professional – and remember that the short and succinct contributions are always the very best.

I love to know how people in the Bach community are growing in their work; what strides they are making and to celebrate their successes – and I am sure others feel the same. It would be great to read more from you; your thoughts, your concerns, your ideas, your questions, your responses – because these will raise the bar in terms of energy; it will reconnect you to that shared

experience that you had on your course – and it will widen your network of contacts around the world, and the potentiality of our collective efforts. When we are engaged with the widest community we feel energised and uplifted – and reassured that we are not ploughing a solitary furrow, but helping to create a very different world where the Bach flower remedies are widely known and readily accessible.

So, I would urge you to sign up and make a commitment to network and contribute to the Bach forums at least once a week – it will enhance your own continuing professional development, and notice how great it feels to reach out and connect with your kindred spirits. Bring your voice to the party!

Molecules of Emotion ↙

Book review by Katja Bähr BFRP, Germany

In 1997 a book with a promising title was published: *Molecules of Emotion: Why You Feel the Way You Feel* by Candace B. Pert. Many of you will have come across it and some of you may even have read it. If so, it's worth re-reading.

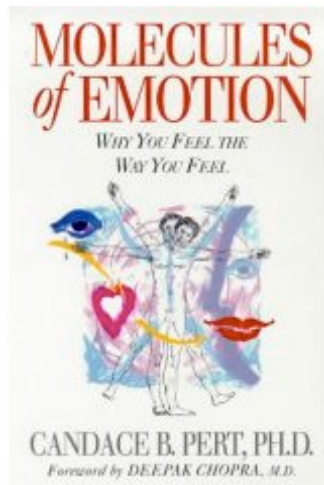
Candace is a scientist with an academic background, but she manages to present a complex topic in easy-to-understand language. Interwoven with her personal story she describes fundamentally new discoveries about human cells.

Initially Candace was looking at certain receptors in the cells of our bodies. She found a kind of key on top of certain cells, which fits with similar keys in opiates. This discovery led to other questions, in particular: Why do human cells have this key?

Her conclusion was, that if a key for opiates was there, it must mean that the human body is able to produce its own opiates. Surprising results followed from this discovery. The most important for BFRPs is scientific verification that there definitely *is* a two-way-relationship between body-mind-emotions. Each influences the other. This is why some medicines can have a negative effect on the emotions; and why positive emotions influence the healing process. In this book we begin to glimpse the bridge between our physical body and our invisible emotions.

The results of Candace's work show that our cells and thus all parts of our body are an intelligent system. Ten years after the launch of this book millions of people all over the world use another system - the internet – every day without knowing how and why it works. So where is the tiny missing link that holds back people from making their life easier with the help of the remedies?

Thanks a lot to Patricia from Italy who recommended this book, which may persuade a few sceptics to give the remedies a trial.



Letters ↙

We want you to use this bulletin to keep in touch with each other. If anything wonderful, funny, interesting or plain typical has happened to you in your work with the remedies, or if there are questions that have been nagging away at you, or you simply want to say hello, please write and tell us.

Send your contribution to the Foundation, **marking your letter clearly as being 'FOR PUBLICATION'**.

We can't promise to print every letter in the bulletin, but even if we don't use your contribution we always love to hear from you.



You might be interested to hear about my new book, which is a practical and evidence-based guide to using complementary therapies in the cancer care setting.

Details can be found at www.oup.com/uk/catalogue/?ci=9780199297559.

I'm hoping the book will make a worthwhile contribution to patient care, so please pass this information on to anyone who might benefit professionally or personally.

Jennifer Barraclough BFRP, New Zealand

Congratulations on the new book, Jennifer, and we hope it proves a great success. – Ed.

I would certainly endorse Lynn MacWhinnie's idea of responding to media stories and articles (*Bulletin no. 65*), where it is obvious that people would benefit from the remedies.

I have done this several times over the years, mostly without acknowledgement - but occasionally a reply is received. I judge whether a letter or e-mail is best sent as a practitioner or in a personal capacity, and I do agree that evangelising is to be avoided at all costs. There are countless opportunities to spread the Bach word in this way, so get writing!

Jill Woods BFRP, UK

I recently had a L1 and there was a 76 year old lady who participated. Is this perhaps a record? Talk about "life-long learning"....

Nicola Hanefeld BFRP, Germany

Proof that it's never too late to learn the remedies! – Ed.

Remember to tell us if you move or change your contact details

Now that the number of practitioners is increasing in our corner of the world, the Derry practitioners would be happy to host a meeting of BFRPs from Northern Ireland and Donegal, and further afield, for anyone who is interested.

Perhaps in the next practitioner bulletin you might ask practitioners to contact me via nancy.hynes@remedybottle.co.uk or 02871 266047 and we could set a suitable date?

Nancy Hynes BFRP, UK

Consider it done. - Ed.

It was vaccination day in school, every parent's and teacher's nightmare. We know it has to be done but we feel sorry for our child. My five-year-old daughter was one of the lucky ones today as it was her turn.

The day before we had a little talk about being brave and that sometimes in life we have to do things we don't like.

I gave her a dose of Mimulus, which is also her type remedy. She slept twelve hours through and ate a massive breakfast, along with a cup of milk with some more Mimulus.

On the way to school she told me, 'I want to be so brave, you just won't believe it, mum.'

I was still in a bit of a Red Chestnut state but I had forgotten to take it with me. Rescue Remedy did the trick for me instead.

Anyway, Michelle got her vaccinations without any fuss: not a tear, not a flinch, despite having two injections in both of her arms. The nurse and the doctor were full of praise and couldn't believe how well she behaved.

Michelle's comment to them was, 'I taked Mimulus for breakfast which makes you very brave!' As I later collected her from school she spoke to her granny on the phone: 'I taked Mimulus granny and with Mimulus you can do anything, it's like magic. You should try it then you will be brave just like me.'

She played 'injection day' the whole afternoon with her soft toys and dolls then she stopped in the middle of her game. 'Mummy, I need some Mimulus for my dolls their behave all like cry babies.'

A little flower with a great effect - thank you, Dr Bach.

Michaela Bertsch, Ireland



Web addresses to check:
www.bachcentre.com/found/bulletin/
www.bachcentre.com/found/guide/

Bits and pieces ↙

- The **Bach Foundation Teachers Programme** is aimed at UK-based BFRPs who want to improve their teaching skills and eventually run Bach Foundation-approved level 1 courses. The programme includes a two-day course at the Bach Centre followed by a period of supervised teaching. The next course will take place on the 25th and 26th June 2008. Contact us for more details and an application form.
- **Se habla español** - The Spanish version of the Bach Centre's web site is at www.floresbach.com, or click the link on the Bach Centre's main home page www.bachcentre.com. Spanish translations of the Bulletin are at www.floresbach.com/found/bulletin.htm.
- **Parlamos italiano** – a group of Italian practitioners have put up an Italian version of the Bach Centre's web site. Again, look for the link on the Bach Centre's web site or go direct to www.bachcentre.it.
- **Deutsch hier gesprochen** – and thanks to the efforts of BFRP Nicola Hanefeld, the first pages of a planned German-language mirror site are online now. Just click the German flag at www.bachcentre.com.
- Bach Foundation-approved Level 3 **Animal Practitioner courses** run every year at the Natural Animal Centre in Wales. The animal course is in three parts: Stage 1, a two day introduction; Stage 2, a 3-day course; and Stage 3, a 4-day course followed by a period of home study and supervised case studies. For more information contact the Natural Animal Centre, Penhill, Trawmawr, Carmarthen, SA33 6ND, Wales: Email natural@globalnet.co.uk or phone 0870 991 3334.
- Tessa Jordan's **Suffolk-based Bach friendly group** is a regular meeting of Bach practitioners and enthusiasts. If you would like to go along contact Tessa via her web site www.tessajordan.co.uk. or phone Tessa on 01473 728498. Go to the web site also for more on Tessa's supervision sessions.
- There is also a **Bach friendly group in Dorset** – for details contact Mary Marsh on 01202 842601.
- The **UK's Bach Practitioner Network North West** meets on a regular basis and is open to anybody able to attend meetings in the North West of England. For more information telephone 01253 885512.
- Two events to watch out for if you are near **Edinburgh**. First, the "Let's-talk-Bach" group is open to anybody who has completed level 2 or above. The group meets four times a year, and chooses two different remedies to discuss at each meeting. For details contact Linsey on 07949433344 or Teresa on 0131 622 5101.
- Also in **Edinburgh's** Gillis Centre, a "Back to Bach" day open to all with an interest in Dr Bach's work. The day is likely to run 10-4pm. Cost and programme to be confirmed. For details call Teresa on 0131 622 5101

We are always looking for contributions to the Bulletin.
This is your chance to share experiences, questions and ideas with
other BFRPs. Contributions can be emailed to:
stefan@bachcentre.com

Venue hire: use the Bach Centre! ↙

The Bach Centre's purpose-built training rooms can hold up to 16 people in comfort. As well as a dedicated seminar room with TV, video, overhead screen and projector and flip chart there is a separate fully-equipped kitchen/seating room where students can relax and prepare their own food.

Tea and coffee facilities are available, and there are separate toilets. All this, plus the chance to enjoy the house and garden in the breaks.

Why are we telling you this?

At the moment the training rooms are not used to their fullest potential, and we're keen to make them available to people who will appreciate them.

If you are planning an event – maybe a class, or a meeting, or even a special trip to the UK for a group of clients or students – and you would like to make use of our training rooms, let us know.

The rooms are available to hire all year round, so for more information and rates contact kathy@bachcentre.com.

And if you don't need to hire the training rooms, but just want to come along to visit, see the garden and visit the shop, go to the web site www.bachcentre.com/found/visitors.htm for information on opening times and help with finding us.

Casual visitors need no appointment, and we are always happy to welcome BFRPs to their second home.



Welcome to... ↙

Since the last issue of the bulletin was prepared, 156 new practitioners have joined the register:

- in Argentina, Viviana Edith Bergmann, Miriam Pérez Bali, Maria Alejandra Dabos, Susana Ucha, Bordenave Patricia Esperanza, Mercedes Beatriz Neto, Cristina M Suarez, Marcela Alejandra Montes Vásquez, Carlos Francisco Angeleri, Néstor Norberto Bau, Maria Haydee Perata, Anahí María Relmú Carro Isasi, and Lidia Noemi Montes;
- in Australia, Vivienne Catherine Hill, Natasha Brake, Angela Antoniou, Penny Cockle, and Yi Lin;
- in Austria, Martina Burzin, and Barbara Heine;
- in Belgium, Vinciane Raiglot, and Christel Opgenhaffen;
- in Brazil, Denise Lima Paiva, Angela Maria Furtado da Rocha Paranhos, Denise Dos Santos Miranda, Vania Kipriadis Ferro, Neusa Maria Oro, Marcia Martins Couto, Regina Máris, Morgana Elizabete De Melo Battipaglia, Marina Picazzio Perez, Margareth Gruba Silva, Maria Luiza

Honorato de O. Freitas, José Everardo Suliano Monteiro, Suely Aparecida Lazarck Venturini, and Rosa Macedo Barroso;

- in Canada, Barbara L Klassen, Nella Cribbie, and Carol Higeli;
- in Chile, Maria Liliana Suazo Santelices, Virginia De La Fuente, Erika Scarlett Holtheuer Del Pino, Jorge Antonio Ferrada Cubillos, Patricio Chavez Herrera, and Paz Lizana;
- in China, Vernee Lo Pui Chun, and Jimmison Cheung Wai-Sing;
- in Denmark, Elsebeth Krogh, Sussie P Jørgensen, and Ulla Fischlein Madsen;
- in England, Ann Walker, Christine Leach, Diana Gatrill, Clare Helen Phillips, Katherine Shields, Heather Pinfold, Filomena Cristallino, Sarah Charlotte Dixon, Abigail Fox, Nina Thorstensson, Tracey Irene Owens, Erica Sheppard-Aldecoa, Jemma Reason, Annette Feyereisel, Sally Diana Stokes, Klaire Higgins, Sarah Stephenson, Gráinne Warner, Lynne Perry, Elisa Rowley, and Elizabeth Budden;
- in France, Karine Derrac, Chrystel Hourdou, Annie Attal, Dominique Sautarel Romiguiere, Monique Estenaves, Christine Cescon, Christine Chautemps, Marie-Noëlle Fetiveau, Mireille Liborel, Isabelle Jaillot, Amandine Sellès, Jeane Freer, Ludovic Guy, Judith Ann Grainger, Pascale Cochez, Carole Bontemps, Benedicte Gosselin, Agnès Coste, Marie Teil, Philippe Moine, Anne Blampain Schroeter, and Brigitte Blondaux;
- in Germany, Doris Loewecke, Heidi Dick, and Anja Fallgatter;
- in Ireland, Mary Whelan, Gráinne O'Reilly, Patricia Reynolds, and Lyn Hagin Meade Halton;
- in Italy, Silvana Tosi, and Elena Toraldo;
- in Japan, Masako Matsumoto, Miki Yoneshiro, Takeshi Fujimori, Etsuko Masuda, Susume Tomomi, Atsuko Yasuda, Kaoru Nakamura, Yurie Yamazaki, Masako Uchiyama, Akemi Matsutani, Kimiko Hanawa, Miyuki Jimma, Michiyo Nemori, Yuka Ito, Rie Saito, Junko Wakatsuki, Masumi Ogawa, Mayumi Aoki, Yukihiko Nishinouchi, Ritsuko Horie, Keiko Sakamoto, Chika Tanikawa, Nanase Aikawa, and Yoshimi Azegami;
- in Luxembourg, Elisa Greoli;
- in Mexico, Ma. Susana Finck Pastrana, Marcela Edith Leyva Lira, Maria Liliana Tello de Meneses Teufer, and Marcela Teresita Esparza Marquez;
- in the Netherlands, F. T. van Bruggen-van Steenberg, Brenda Ruijg, Berdy Reynebeau-Wubben, and Marjonne Claryntje Westercappel;
- in New Zealand, Rachel Maguire;
- in Norway, Kari Roisgard;
- in Peru, Odette Velez, and Cecilia Ferreyros De Nash;
- in Scotland, Irene Smith, and Roushan Martens;
- in Spain, David Alcalde Montserrat, Sonia Sanchis Tasa and Sofia Armada Alcantarilla;
- in Switzerland, Anne Sechaud;
- in the U.S.A., Marina Sarai Valenzuela-Serrano, Annita Stansbury, Rev. Esther L. M. Vitale, Amy Shaffer Crawley, Amy D Cohen, Paulette M, Louis, Joan Regalbuto and Kathleen Furze-Spencer;
- and in Venezuela, Jacqueline Blasco, Zeus Alejandro Machado and Lydia Ortiz Princz.

There are now 1,946 practitioners on the register.

Advertising with the Bach Centre ↙

From next year we will be offering paid advertising space on the Bach Centre's web site. If you are interested in using www.bachcentre.com to reach the average of 13,000 unique visitors who visit it every month, email stefan@bachcentre.com for more information.

Note that we won't accept paid ads for any BFRP-related services, as any work you do in that respect can be listed free of charge as part of our supporting your work as practitioners.

A new year's resolution ↙

It's always easier to start being better tomorrow. That's why New Year's resolutions are usually made before the new year starts. Every kind of self-control looks possible when you've got a cigarette in one hand and a good few drinks under your well-stretched belt.

Unfortunately the new year arrives all too quickly. The festive fug that cosseted us through late December are soon just a memory. If we are going to be better this new year we have to put away the cigarette lighters and the ice-cold beers. The excuse of 'one last time' looks much thinner in January's light than it did in December's.

To make things worse, January is a bad time for self-denial. There are too many obligations and not enough parties.

No wonder so many of us backslide within hours of making our hearty resolutions, and creep back to the newsagent or the bar pretending that we never make resolutions because, well, we always break them, don't we?

But what if you are determined to stick to a resolution - giving up smoking, for example? Can the Bach remedies help you to stick to your guns?

There are a few remedies that naturally spring to mind for this kind of situation. One would be Walnut, the link-breaker. Walnut is used to help us when our forward progress through life is interfered with by some outside influence, such as an old habit, or someone else's opinion. It is also used at any time of change when the change has been made (we have stopped smoking) but we don't feel at ease in the new situation (we feel on edge).

Crab Apple's ability to rid our minds of feelings of contamination and dirtiness could come in useful in this situation, as could Impatiens to help calm those frenetic, agitated, restless feelings that can come over the former smoker.

For those who weaken, and take a cigarette after vowing by all the gods never to smoke again, Chestnut Bud might be appropriate, especially if the fall from grace happens the same way it has in the past – sitting in our usual seat in our usual Sunday lunchtime bar, perhaps. And for those who give up giving up because they can't refuse a forcibly offered cigarette, the answer could lie in Centaury's ability to help us to say no and mean no.

Giving up smoking is something that even smokers tend to see as a worthwhile goal. It's a positive thing, and an affirmation of your body's freedom to enjoy life more. Few people would accuse a reformed smoker of denying

herself an honest, harmless pleasure, purely for the sake of the love of suffering.

What do we think, however, of those people whose resolutions take more extreme turns? Is there a remedy to help the already healthy man who decides to give up tea on principle? Or the ravier-thin woman who will never under any circumstances eat a single piece of the chocolate that she and her body crave?

Often people in this state will look first at the same sorts of remedies as the poor struggling habit-breaker. They take Walnut to cast off the evil influence of the pleasure; Centaury to help say no to the pleasure; Crab Apple to cleanse their evil bodies of desire for the pleasure; Chestnut Bud to stop them falling once more into a state of sin by consuming the pleasure...

This is unfortunate, because it is looking in the wrong direction for the answer. Like the man who marches into a practitioner's office and states without room for argument that he needs all 38 remedies except Vine, the last remedy these people select is the one they need: Rock Water.

Rock Water is used to rebalance people who are very strict and unforgiving towards themselves. They take pleasure in denying themselves pleasures. They don't want to allow themselves a piece of chocolate or a cup of tea because that would be to fall from grace. Instead they want to give up more and more things in the (often unexpressed) hope that perfection will follow the final renunciation. Today chocolate, tomorrow the mortal world of sin and death.

This is a state of spiritual pride, and Dr Bach had some interesting things to say on this subject. 'In main principal,' he wrote, 'the fault on earth is the desire for worldly things, but the greater danger is the greed and too great desire for spiritual things. The desire to be good, the desire to be God, may be as great a hindrance in spiritual life as the desire for gold or power is in earthly experience.'

In other words, most of the time we are too attached to possessions and worldly ambition, and that is the where we go wrong. But we can also go wrong by trying too hard to be perfect.

'The further one advances the greater must be the humility and the patience and the desire to serve,' Dr Bach said. 'It is the state of being, not aspiring, the being brings its own reward. There must be no desire for rapid improvement or perfection, but to wait humbly content in any station or service until called to a higher. The way is impersonal service not for the sake of gaining spiritual promotion but just for the desire to serve.'

As we are not perfect, so our design for perfection will itself be imperfect. Rock Water can help us when we want to go too fast, and hasten towards what we currently think of as perfection. It can help us to be ourselves, and learn from our lives now, so that we can indeed evolve, but at the pace that is right for us.

The best New Year's resolution, then, could be this: I resolve to be myself, and learn from the experience. That's one resolution the Bach remedies can certainly help us keep.

