

Preparation for Level 1

The Level 1 course you are about to experience teaches the system of 38 flower remedies in its completed form. You will be introduced to all the remedies and taken through all the basic skills needed to use the system.

Reading list

You don't need to read too much or too deeply before you attend Level 1. Some students, though, like to come to class feeling they already know something about a subject. If that sounds like you, we suggest the following three books.

The first in particular would be a useful tool to bring with you – and it's free!

- Free downloads: <https://www.bachcentre.com/en/education/books-and-reading-lists/free-downloads/>
- Ball, Stefan, *Principles of Bach Flower Remedies* (2nd edition, Singing Dragon, 2013; ISBN 978-1848191426)
- Ramsell Howard, Judy, *Bach Flower Remedies Step by Step* (new edition, Vermilion, 2005; ISBN 978-0091906535)
- *The 38 Flower Remedies* (Wigmore Publications, 2002; ISBN 0-946982-15-5)

Some books on the remedies include ideas that complicate the system. Some focus on concepts that Dr Bach experimented with, and later abandoned. If you do read more widely before you attend Level 1, read with awareness, and come prepared to ask questions.