

Preparation for Level 2

Using the remedies: the Remedy Journal

The best preparation for a Bach Centre-approved Level 2 course is to use the remedies whenever you need to. Try to identify your day-to-day feelings and the remedies that may apply, and make a note of what happens when you take those remedies. If you can practise helping friends and family identify the remedies they need, that too will be useful experience: but above all take them yourself.

During Level 2 you may be asked to draw on your experiences of taking remedies, and to share some of those experiences with other students on the course. To help you do this you will find it helpful to keep a *Remedy Journal*.

A Remedy Journal is a sort of diary: a day-to-day record of how you feel, the remedies you took and the outcomes you achieved. It's a personal document: you won't be asked to show it to anybody, only to select one or two incidents from it that you feel comfortable talking about to other people on the course.

Join an informal study or discussion group

Many practitioners run regular groups, often open to students, where you can talk about the Bach system with like-minded people. Some are face-to-face, others online. New groups come together all the time, in many different languages. To see what is going on now go to <https://www.bachcentre.com/en/education/informal-and-special-interest-courses/>.

Reading list

- Free downloads: <https://www.bachcentre.com/en/education/books-and-reading-lists/free-downloads/>
- Bach, Edward, *The Essential Writings* (contains *The Twelve Healers and Other Remedies* and *Heal Thyself*, Vermilion, 2005; ISBN 978-0091906726)
- Ball, Stefan, *The Bach Remedies Workbook* (new edition, Vermilion, 2005; ISBN 978-0091906528)
- Hyne Jones, TW, *Dictionary of the Bach Flower Remedies* (new edition, Vermilion, 2005; ISBN 978-0091906498)
- Wheeler, FJ, *The Bach Remedies Repertory* (revised edition, The CW Daniel Co, 1996, ISBN 978-0852073001)
- Ramsell Howard, Judy, *Bach Flower Remedies Step by Step* (new edition, Vermilion, 2005; ISBN 978-0091906535)
- Weeks, Nora, *The Medical Discoveries of Edward Bach, Physician* (The CW Daniel Co, 1940; 978-0852070017)

Compact Disc:

- *Getting to Know the Bach Flower Remedies* (Bach Centre, 2009; CD)