

# Energy Therapies

Session 7

Vibrational Medicine

Reiki

Bach Floral Remedies

Hypnosis

Aura and Chakra Manipulation

Emotions

# **ENERGY HEALING**

# Principles

- The mind-body connection exists and operates mainly under the level of conscious awareness.
- The energy of the human psyche can influence all body systems and functions.
- Chronic stress is the main contributor to many psychosomatic illnesses.

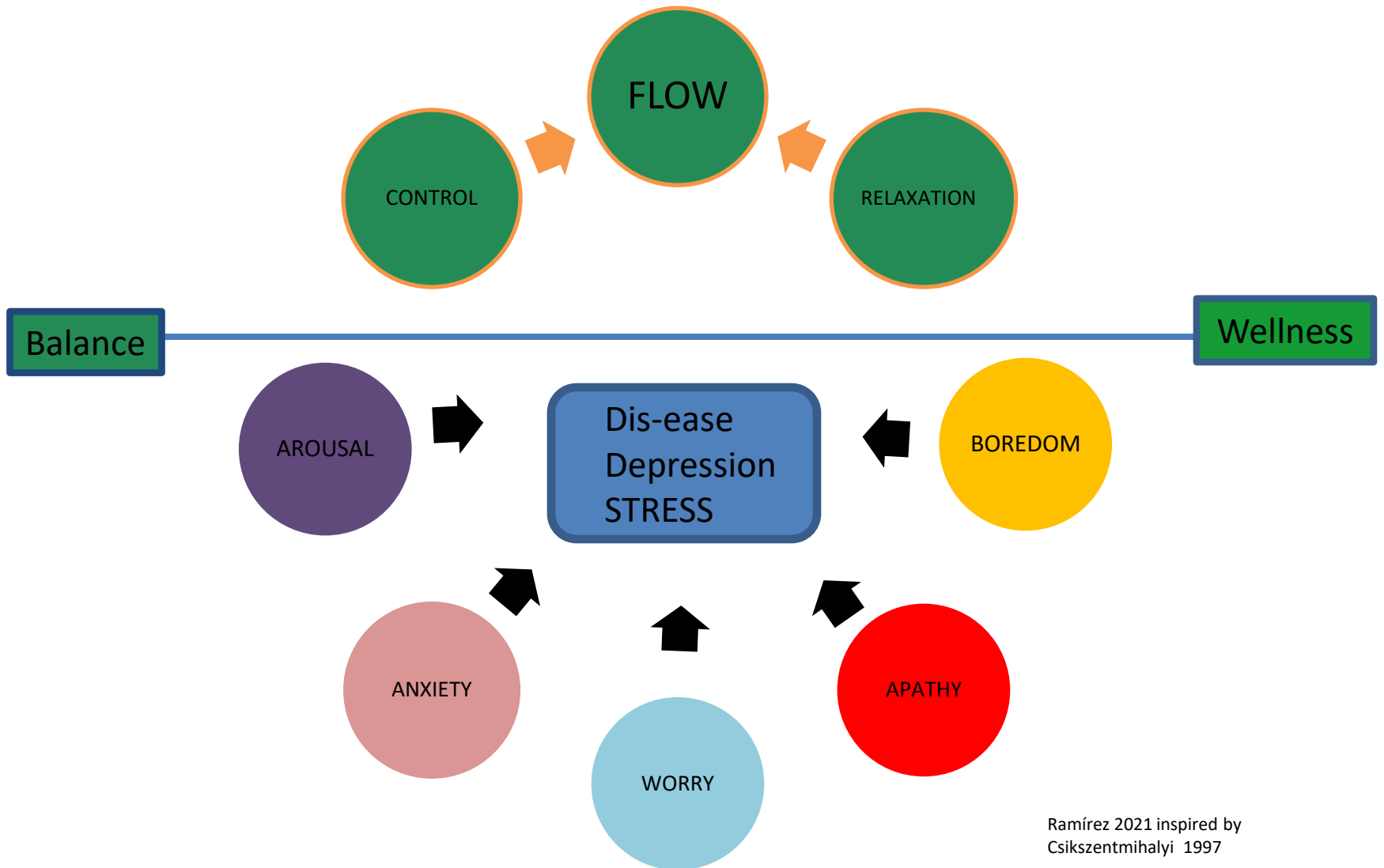
# Psycho-Neuroimmunology

- Scientific study of the interactions between emotions, the brain and the immune system.
- Many links exist between
  - Mind.
  - Hormones.
  - Immunity.
  - Body functions.
- Physical symptoms deeply interact with and affect emotions and vice versa.

# Central Sensitization

- Increased reactivity of the Central Nervous System (CNS) which maintains, prolongs and amplifies noxious messages to the Autonomic Nervous System (ANS).
- CNS and ANS become conditioned to accepting and processing these noxious signals.
- Imagine a computer with a hyperactive processor playing extremely loud off-key music, accelerated videos, rapidly scrolling emails, unreadable ads and recurring **ERROR!** message blue screens.
- In one word: Painful chaos! (Sorry, two words)

# Creating FLOW



Ramírez 2021 inspired by Csikszentmihalyi 1997

# Vibrational (Energy) Medicine

## Modalities

- Acupressure.
- Acupuncture.\*
- Aromatherapy.\*
- Bach flower remedies.\*
- Chakra therapy.\*
- Color therapy.
- Crystal therapy.\*
- Floral acupuncture.
- Gem therapy.
- Homeopathy.\*
- Hypnosis\*
- Polarity.
- Psychic surgery.\*
- Reiki.\*
- Reflexology.
- Therapeutic touch.

**ENERGIES**



# What is Energy?

- In physics: the capacity for doing work.
- Many forms: potential, kinetic, thermal, nuclear, electrical, chemical and heat, all associated with *motion*.
- It can be transferred from one body to another.
- It can not be created or destroyed but only changed from one form to another (first law of thermodynamics).

# Vibrational Energy <sup>(1)</sup>

- All molecules of all living and inanimate matter are in constant movement in a quantum range.
- The only difference between forms of energy is that each oscillates at its own frequency or rate of vibration.
- The biochemical molecules that make up our body are forms of vibrational energy.

# Vibrational Energy <sup>(2)</sup>

- Human beings are dynamic energy systems of body, mind and spirit.
- Our cells are fed by various nutrients from food, but also receive a continuous stream of vibrating life-force energy.
- Consciousness and feelings are forms of energy (“act from the heart and the brain”).

# Vibrational Energy <sup>(3)</sup>

- Our body functions on a continuous vast array of chemical, electrical, and photic signals that message the organs about their actions.
- Some electrical signals are easily measured, like in EKG's and EEG's, electromyograms and studies of nerve conduction velocity.
- Vibrational healing methods can perceive, alter and modify some negative energies that may produce dis-ease.

# QUANTUM ENERGIES

# Quantum

- Any of the very small increments or parcels into which many forms of energy are subdivided.
- A small subdivision of a quantized physical magnitude (such as magnetic moment)
- Paradoxically, it also means a gross quantity, a bulk amount.

# Quantum Mechanics

(Wave Mechanics)

- Theory that elementary particles of matter possess wave properties.
- This allows for a mathematical interpretation of the structure and interactions of matter based on these properties.
- It also incorporates within it quantum theory and the *uncertainty principle*.

# Quantum Mechanics

- Energy, momentum, angular momentum, and other quantities of a bound system are restricted to discrete values (quantization).
- Objects have characteristics of both particles and waves (wave-particle duality).
- The value of a physical quantity can not be accurately predicted prior to its measurement, (the “uncertainty principle”).

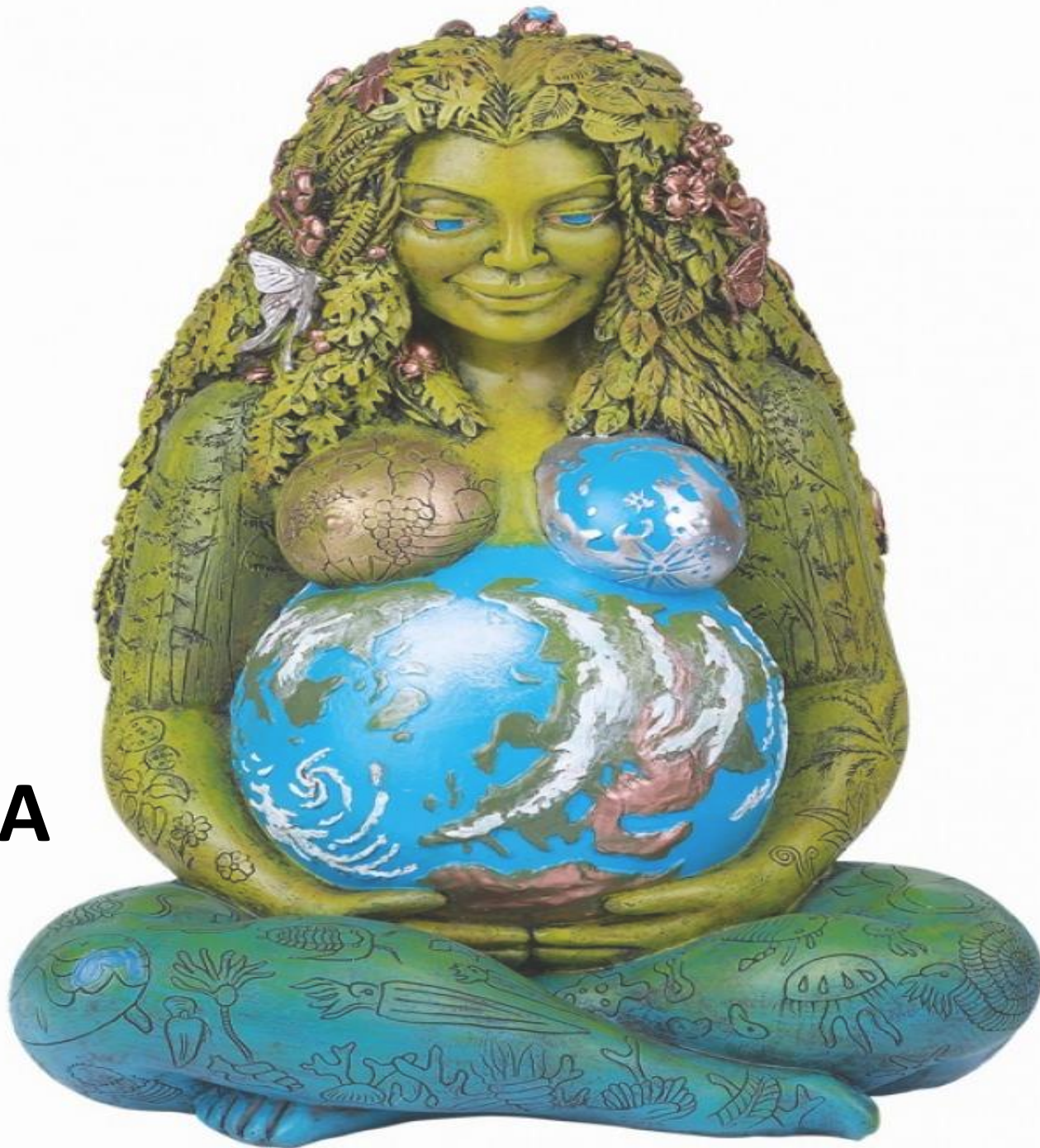


# Quantum Healing

- Healing the mind-body from a quantum level, which is not manifest at a sensory level.
- It is a co-creative process that relies heavily a person's belief to create their own healing events.
- You are a part of the process just as any healer helping you, and as long as you believe, there's virtually nothing you can't overcome.
- Shifts the fields of energy information, to correct an idea process that has gone wrong.

# **ENERGY HEALING**

**GAIA**

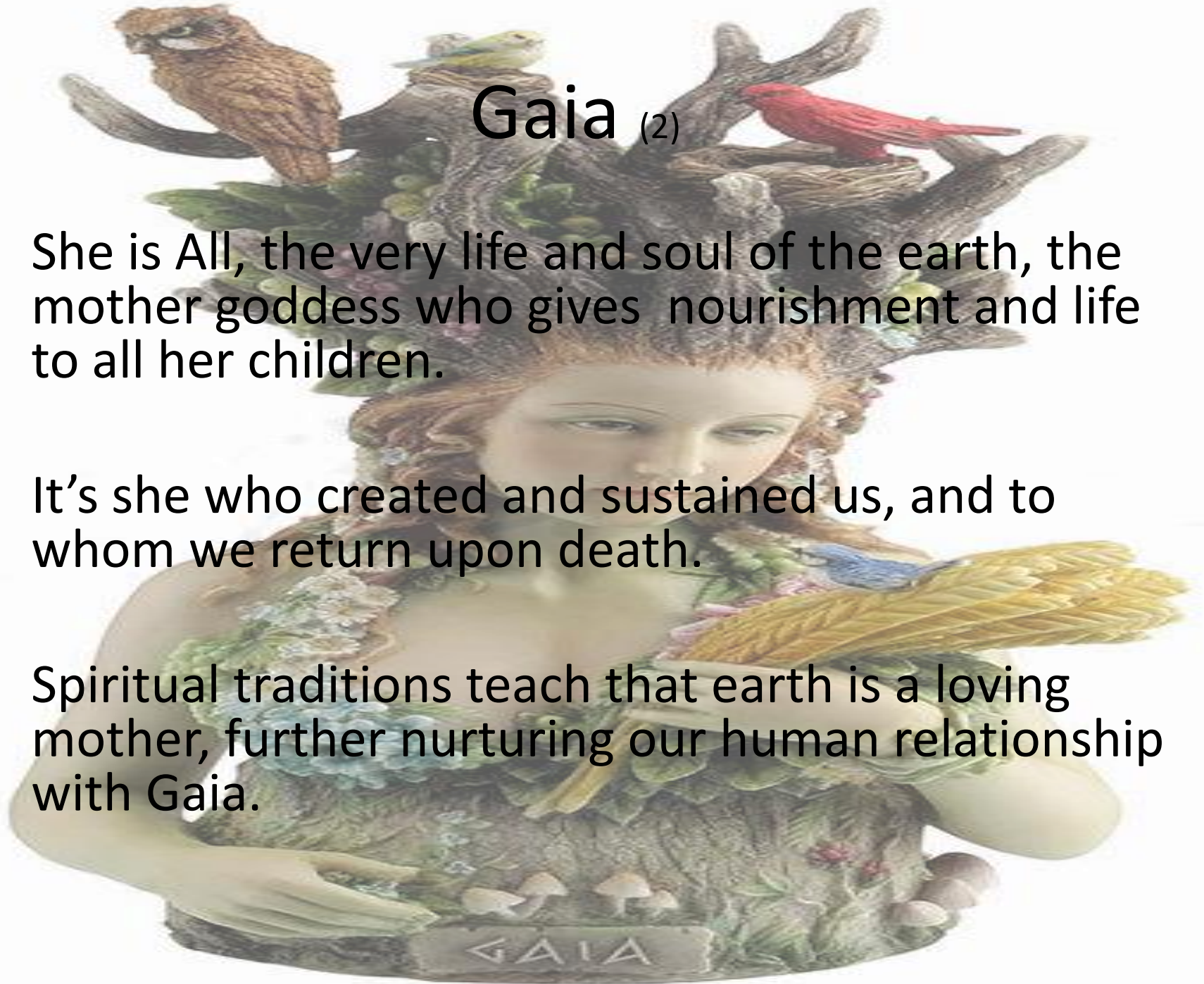


# Gaia <sup>(1)</sup>

- Energy healing believes in a universal energy repository to which we are all linked as donors and/or recipients.
- Dis-ease occurs when a person is in a state of imbalance with the flowing energy fields of their body, environment or global sources.
- Some healers call this energy fount “Gaia” for the Greek ancestral earth mother goddess.
- The Incas know her as Pacha Mama.

# Gaia (2)

- She is All, the very life and soul of the earth, the mother goddess who gives nourishment and life to all her children.
- It's she who created and sustained us, and to whom we return upon death.
- Spiritual traditions teach that earth is a loving mother, further nurturing our human relationship with Gaia.



# Gaia (3)

Hypothesis, Theory, Principle

- James Lovelock in the 1970's, said that conditions for life are maintained by the interaction of living organisms with inorganic processes.
- Earth is a self-regulating, evolving complex system involving the tightly coupled biosphere, atmosphere, hydrospheres and the pedosphere.
- Together they all work in perfect harmony to seek a physical and chemical environment optimal for contemporary life on earth.

# Gaia (4)

Hypothesis, Theory, Principle

- Earth's biota is a single interconnected system that affects and determines the physical and chemical conditions within the biosphere.
- All chemicals and elements “talk” to one another to protect the life of all creatures on the planet:
  - The salt in the ocean is never too salinated.
  - The oxygen in the atmosphere is never too noxious.
  - The temperature of the earth never grows too hostile for life.
- Our aware universe, is able to consistently self-regulate in order to protect and preserve life on the planet, like a mother protects her children.

# Gaia.com

## Esoteric Website

- Online community and streaming video service providing transformational media to seekers of a more fully awake and aware life.
- Encouraging exploration and growth of mind, body and soul, it provides new perspectives, collective wisdom and the content to make real-life changes.
- Several levels of membership allow watching videos, yoga courses, alternative health magazine, lectures and meditation classes.



# Other Gaias

- **Gaia, Inc** : International alternative media streaming service business and online community focusing on psychedelics, fringe pseudoscience theories, yoga, and hosted media topics like conspiracy theories.
- **Gaia Online** is an English-language anime-themed social gaming networking and forums-based website.
- **GAIA**, the **G**lobal **A**strometric **I**nterferometer for **A**strophysics, is a European Space Agency astronomical observatory mission.

**WHAT ARE EMOTIONS?**

# Emotions



- Negative emotions decrease the frequency of the body.
- Feelings of love, joy, laughter, and other positive emotions increase the frequency of the body.
- If a person has an auto accident and doesn't deal with the fear and emotional unrest that it caused, within 2 years it will show up as disease in the body.
- The Harmonic Scale of Emotion (**Robert Tennyson Stevens**), indicates the high and low frequency emotions.

HIGH

Enthusiasm

Love

Joy

Pain

Anger

Fear

Apathy

Unconsciousness

LOW

# Emotional Frequencies

As emotions flow downwards,  
their vibrational frequency  
decreases and places the  
person at risk for dis-ease.

# Unconsciousness

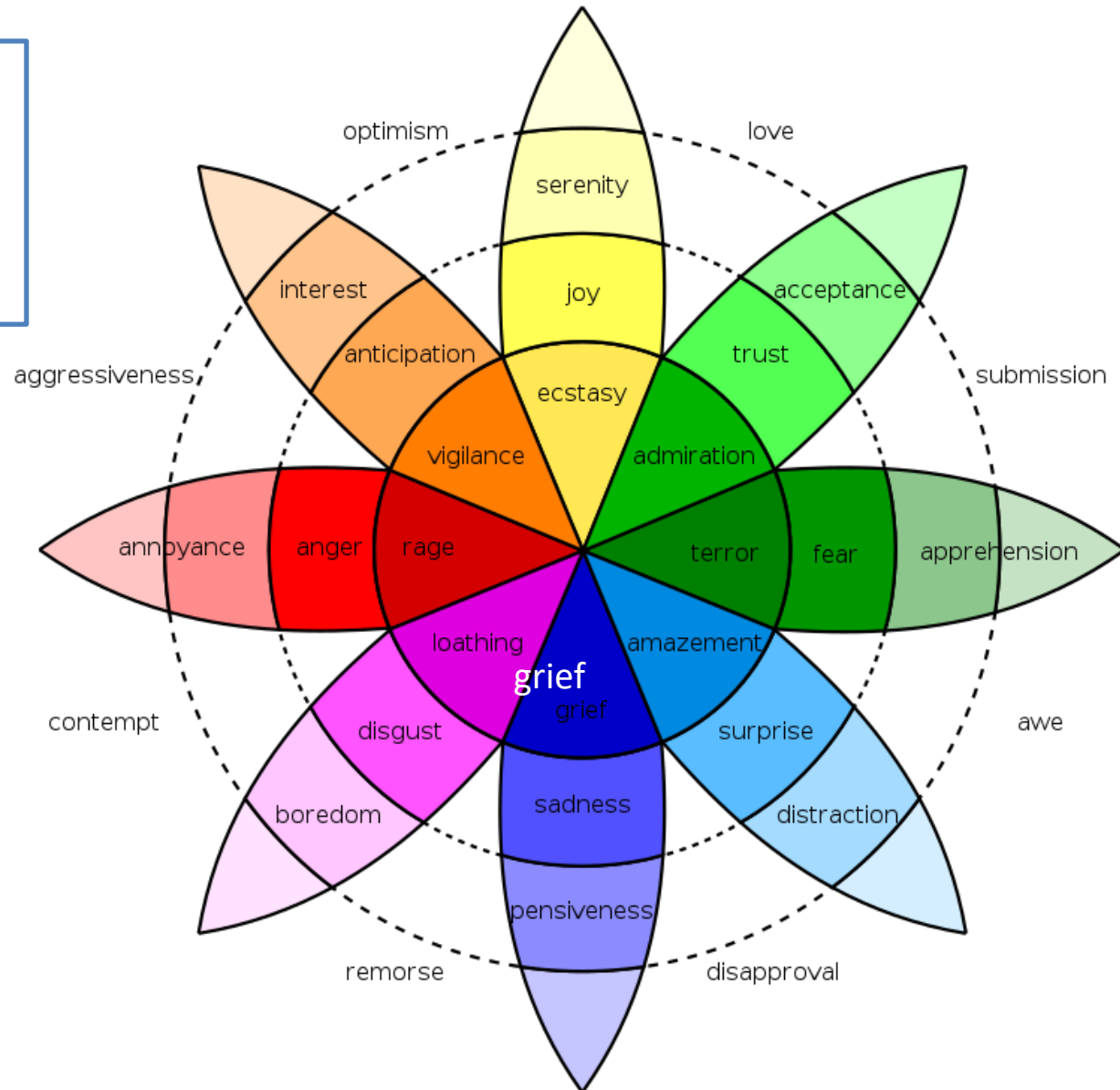
- Conditions are so awful that the person has completely blocked them out from their lives.
- Person has endured chronic stress, chronic inflammation, and has low frequency.
- The person has lost FLOW, and cannot easily regain it without energy healing help.

# Plutchik Wheel of Emotions

8 primary bipolar emotions:

- joy versus sadness;
- anger versus fear;
- trust versus disgust;
- surprise versus anticipation

Like colors, primary emotions can be expressed at different intensities and can mix with one another to form different emotions.



**FREQUENCIES**

# Frequencies

Higher frequency = more life force,  
More life force = better health.

Keeping the body frequency high enough  
will make it free of disease.

Substance	MHz
Processed/canned food	0
Fresh produce	15
Dry herbs	12-22
Fresh herbs	20-27
Quality essential oils	52-320
Rose Oil	320
Drinking coffee	-14
ONE Cigarette	-23
Unhealthy Relationships	-35

Condition	MHz
Normal human body	62-72
Prone to illness	<60
Meditation, Prayer	+15
Focus on Positivity	+10
Common Cold/Flu	58/57
Candida	55
Epstein-Barr	52
Cancer	42



Albert Abrams and Followers

# **RADIONICS**

# Albert Abrams

## Radionics

- A healthy person has energy frequencies moving through their body that define health, while an unhealthy person will have other, different energy frequencies that define disorders.
- He said he could cure people by *balancing* their discordant frequencies.
- Claimed that his devices were sensitive enough that he could tell someone's religion by looking at a drop of blood.

# Albert Abrams

## Radionics

- Abrams and his followers developed ways of detecting and utilizing the energies of living things and of inanimate objects.
- They claimed to do this at a distance and without any physical contact.
- T. G. Hyeronimus's device had a glass prism that refracted, focused, diffracted and manipulated the energy emanating from a substance.

# Albert Abrams

## Radionics

- Hyeronimus said that a patient's bioenergetic radiation could be captured and measured on a patient's photograph!
- Dr. R. Drown's device, when connected to a patient or a spot of their blood, would show a frequency that matched the known frequency of the person's disease.
- The *Radio-Vision* apparatus could send the correct radionic treatment frequency over a long distance.

# Albert Abrams

## Radionics

- The Homeotronic Research foundation gave farmers radionic devices programmed to the frequency of substances toxic to their crops.
- They were to be turned on during the planting and growing seasons.
- Apparently worked so well that the pesticide industry drove them out of business.

# Albert Abrams

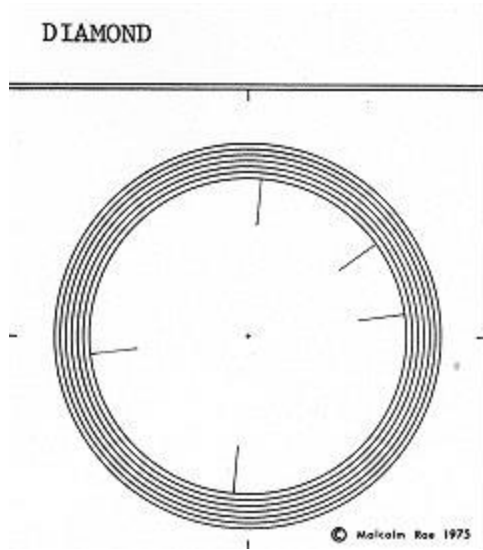
## Radionics

- Malcom Rae made discoveries about radionic imprinting.
- His Rae Potency Simulator uses the energy pattern of a homeopathic medication stored or encoded onto a Rae Remedy Card.
- The card is placed on the input side of the machine, and a vial of neutral water-alcohol mixture on the output side.
- The energy properties of the remedy are transferred to the bottle without mixing, diluting or succussing.

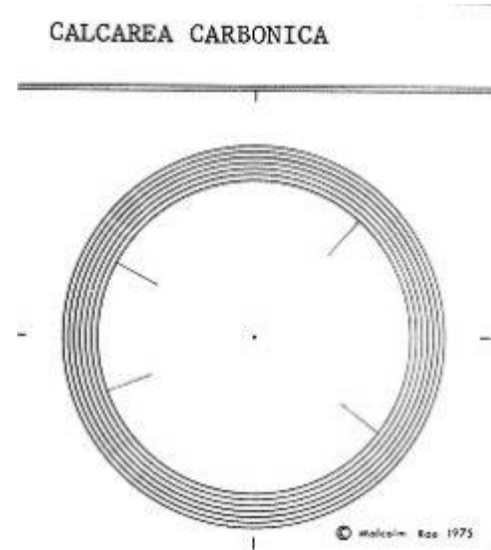
# Rae Potency Simulator



Malcom Rae 1913-1979



Original Card



Original Card



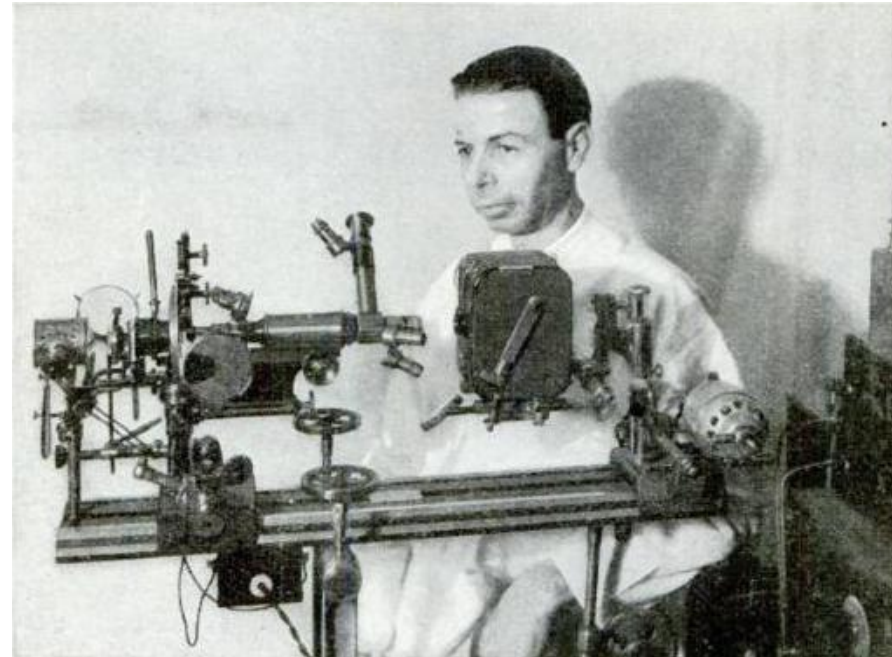
Modern 4-Card model

# **RIFE THERAPY**



# Rife Therapy (1)

- Royal Raymond Rife ( 1888 – 1971): American inventor of a '*beam ray*' during the 1930s, which he thought could treat many diseases through vibration.
- After his death, it was made and sold in several countries as a cure for cancer, AIDS, and other conditions.
- Many patients died, and several promoters were convicted of health fraud and sent to prison.



Popular Science Magazine, June 1931

# Rife Therapy (2)

All living matter vibrates to a specific frequency.

A specific pathogen resonates with a specific frequency.

If the resonance of the pathogen matches the treating frequency, the life force of the pathogen is immobilized or devitalized and you get *kill-off*.

The patient may then experience *herx or detox*.

**PERL: Photon Emission Resonant Light, a variant.**

Resonant Light Technologies, Canada 2019

# Pulsed Electromagnetic Field (PEMF)

**PEMF** targets microorganisms and regulates the immune system.

It aims to drastically reduce pain, harmonize the body, repair tissue, speed up post-surgery recovery, and boost the healing of fractured bones.

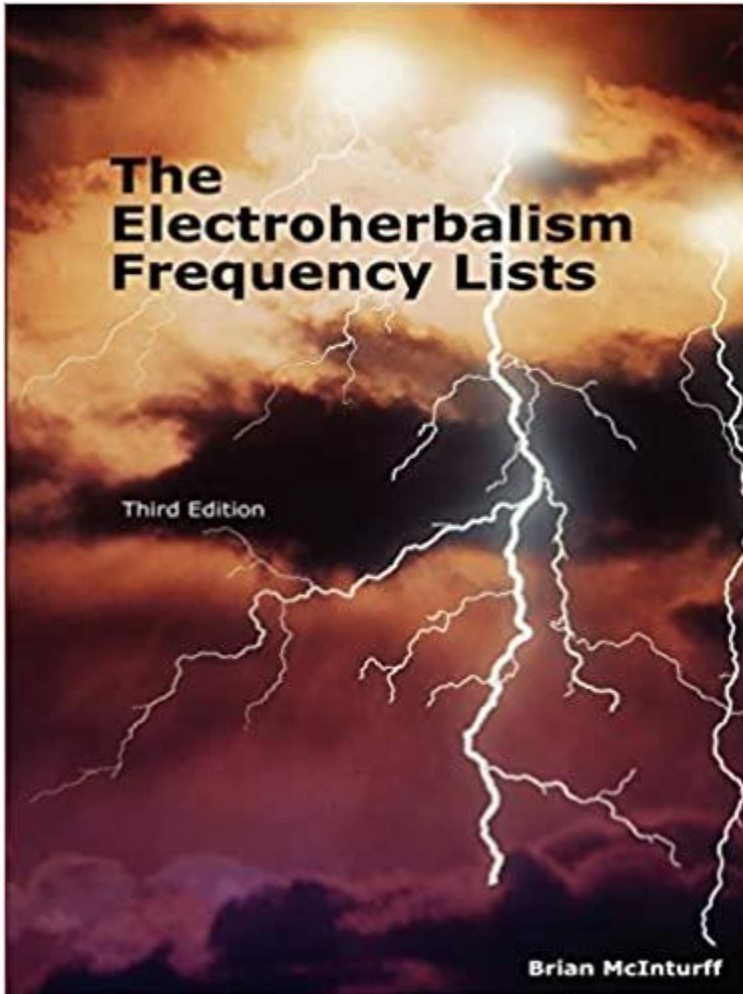
**PEMF** devices have a calming effect on hyperactivity & high stress loads.

At the cellular level **PEMF** detoxifies, enhances nerve repair, improves circulation and eases depression and insomnia.

Ultimately, the immune system becomes healthier, the nervous system relaxes, and bones and joints become stronger.

Resonant Light Technologies, Canada 2019

# Rife Frequencies



- Contains frequencies used for electrotherapy instruments like EMEMs, Rife machines, Rife-Bare devices, function generator pad devices, Hulda Clark function generators, Tesla therapy devices, and other alternative bioelectronic instruments.
- Includes the Consolidated Annotated Frequency List (CAFL) and the Non-Consolidated Frequency List (NCFL), and the newly revised CAFL Cross Reference List (CAFL XREF).

# FREQUENCY MACHINES

## PRICING

Contact devices, such as frequency generators (sometimes confusingly referred to as Rife Machines) are not included in the list, as they are only a single component of an actual Rife Machine. Remember that a Rife machine always has three elements : a frequency generator, a carrier wave and a frequency emitter.

**\$300-\$6000**

For \$300-\$6,000, receive a non-programmable device preset for particular conditions, such as pain. The device is usually small and easy to use, the frequencies may not penetrate as deeply or address as many issues as other devices.

**\$5,000-\$45,000**

For \$5,000-\$45,000, get a programmable "Rife machine" that allows free movement for multiple users within 30 feet (rather than only affecting a single user at a time). Most have an extreme range of frequencies that enable users to address a variety of issues.

**\$24,000-\$50-000**

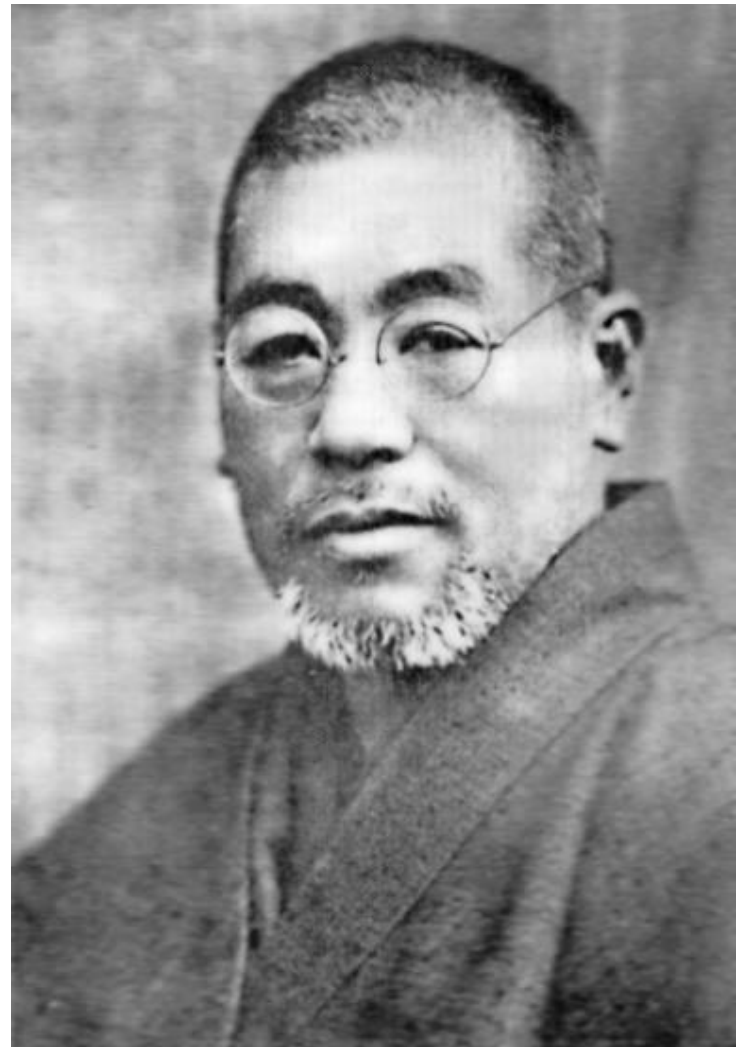
For \$24,000-\$50,000, purchase a programmable device that offers biofeedback and health authority approvals. These devices tend to require an elevated level of expertise and training for optimal usage.



Resonant Light Technologies, Canada 2019

**WHAT IS ENERGY ?**

**REIKI**



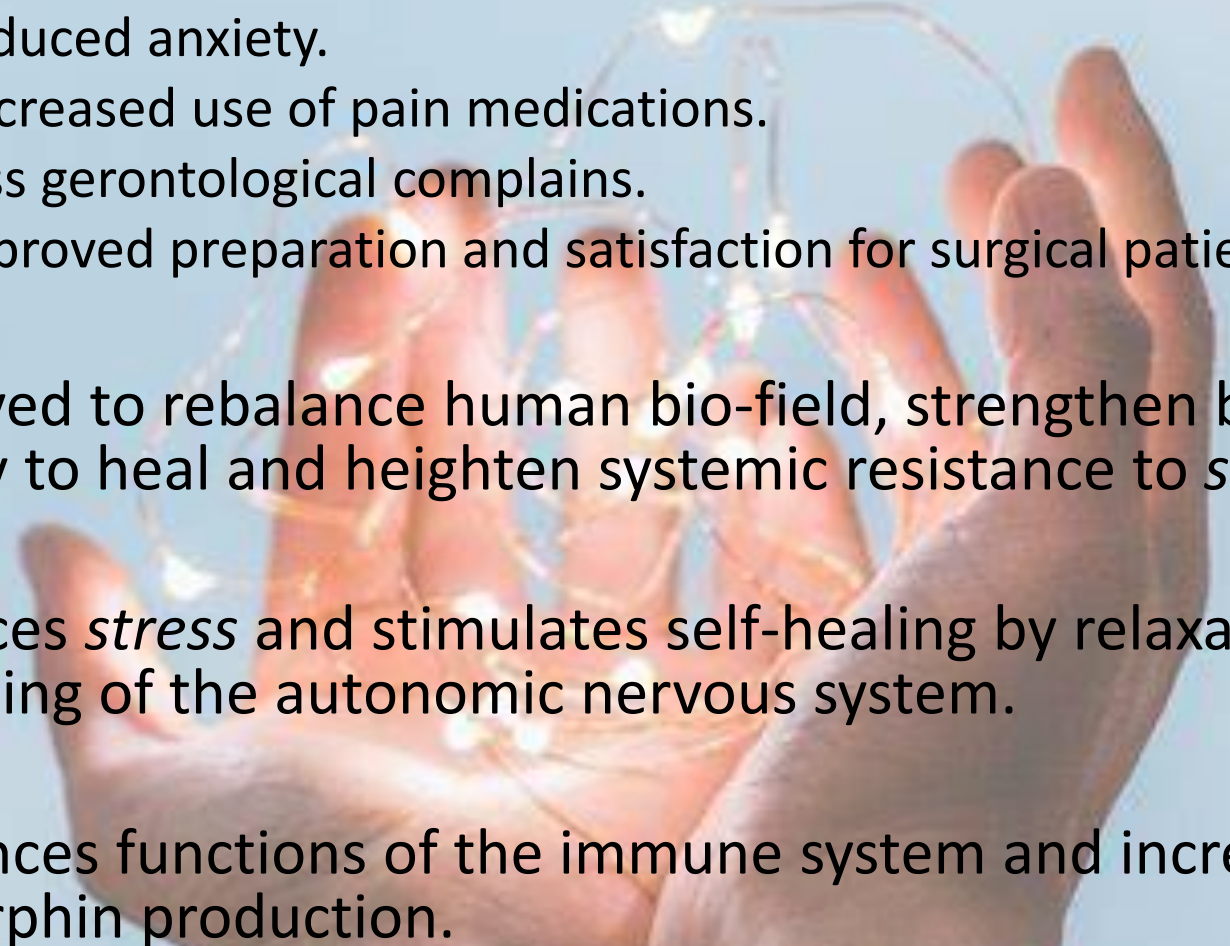
Mikao Usui (1865-1926)

# Reiki (1)

- Reiki: “mysterious atmosphere, miraculous sign”.
- From Japanese: *rei* = universal and  
*ki* = Life Force Energy
- Developed in the late 19<sup>th</sup> century, it uses the 5 principles of Japan’s Meiji emperor:
  - Do not get angry today.
  - Do not worry today.
  - Be grateful today.
  - Work hard today (meditative practice).
  - Be kind to others today.
- Designed to help people realize the importance of making an intentional effort to heal using self-improvement and self-discipline.



# Reiki (2)

- Benefits thought to result from Reiki include:
    - Reduced anxiety.
    - Decreased use of pain medications.
    - Less gerontological complains.
    - Improved preparation and satisfaction for surgical patients.
  - Believed to rebalance human bio-field, strengthen body's ability to heal and heighten systemic resistance to *stress*.
  - Reduces *stress* and stimulates self-healing by relaxation and resetting of the autonomic nervous system.
  - Enhances functions of the immune system and increases endorphin production.
- 
- A pair of hands is shown from the wrist up, palms facing each other, holding a glowing, ethereal energy field. The field consists of numerous small, bright white and yellow points of light connected by thin, shimmering lines, creating a complex, web-like structure. The background is a soft, light blue gradient, suggesting a clear sky or a calm, serene environment. The overall image conveys a sense of energy, healing, and spiritual connection.

# Reiki <sup>(3)</sup>

- Reiki is not a religion, but a relaxation and healing technique, similar to therapeutic touch and meditation.
- Proposes to channel the abundant, omnipresent and undiminshable cosmic energy, the Source of Creation, into its immaculate, limitless state.
- “Since it is not compatible with Christian teaching or scientific evidence, it is inappropriate for Catholic institutions... or persons representing the Church...to promote or... support Reiki therapy”. (2009, US Catholic Bishops)

# Reiki (2)



Health and disease are a matter of the life energy force (*ki* = chinese *qui*) being disrupted.



Reiki does not try to unblock the person's *ki*, rather it tries to channel the *ki* of the universe to heal the person.



Similar to Therapeutic Touch (TT), but no touch or massage is needed: the *ki* flows through the body of the healer into the patient via the air (telekinetic cure).

# Reiki (3)

Claims to treat brain damage, diabetes, cancer and venereal diseases.

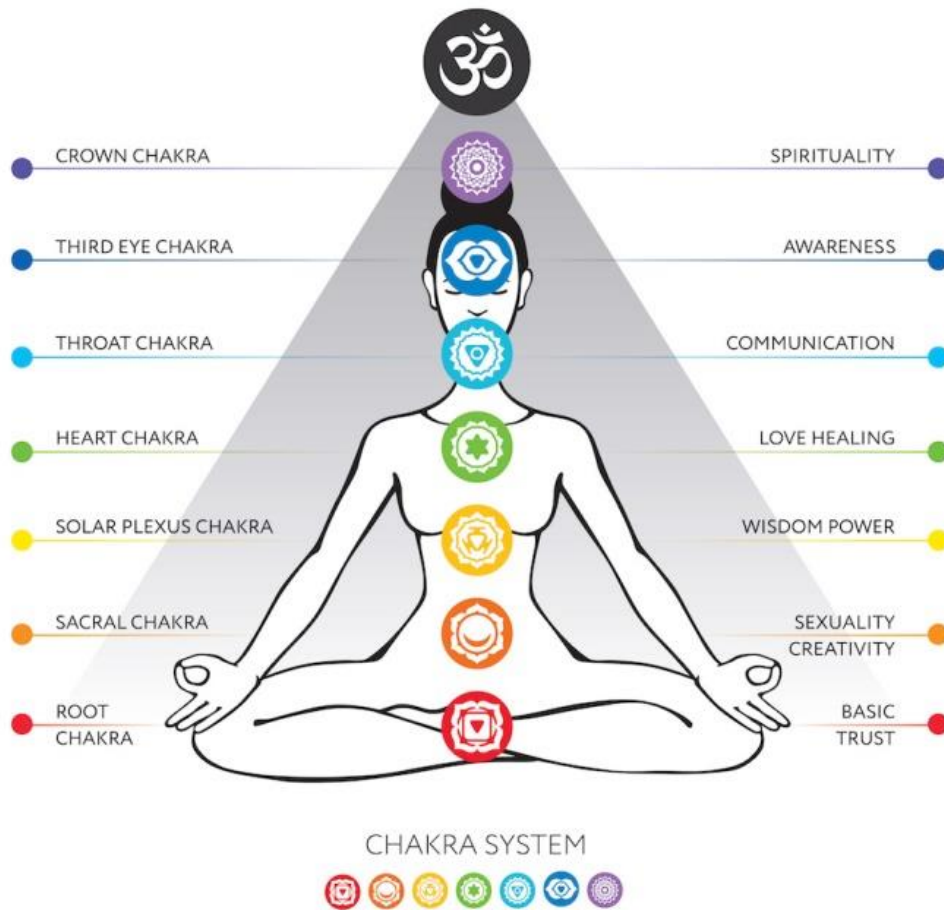
Treatments vary, but usually 4 sessions per day for 4 days.

Apprentices go through several layers of *attunement* to become a Reiki Master. (Cost ~\$15K)

If the healing fails, it is probably because the patient resisted the healing energy!



# Chakras and Reiki



## Benefits of Reiki



Adapts to needs of recipient



Helps meditative states



Promotes personal awareness



Enhances spiritual connection



Fosters natural self-healing



Relaxes and reduces stress



Balances energies in the body

Relieves pain and discomfort

[www.Howlatm.com](http://www.Howlatm.com)



Choku Rei  
Choku Rei  
Choku Rei



Sei He Ki  
Sei He Ki  
Sei He Ki



Hon Sha Ze Sho Nen  
Hon Sha Ze Sho Nen  
Hon Sha Ze Sho Nen

# Symbols of Reiki

- Ritual signs to be traced mentally or with index over area to be healed.
- Repeated 3 times orally or by thought.
- Usui has 4, Karuna and Shamballa have many more.

# **VIBRATIONAL MEDICINE**

- Any form of alternative healthcare that attempts to alter factors in a client which cause disharmony in the flow of vital energy.
- The goal in vibrational medicine is to move, unblock or balance life energy over the physical, energetic and spiritual body.



**MAGNETISM**

# Electro-metabograph

- The electro-metabograph was the quintessential embodiment of that phony ideal.
- The device could supposedly cure diseases by sending silent, healing radio waves pulsing into the patient's body.
- Radio wave healing doesn't work, but even if it did, that wouldn't matter, as the electro-metabograph didn't have any radio equipment inside!

# Electrometabograph



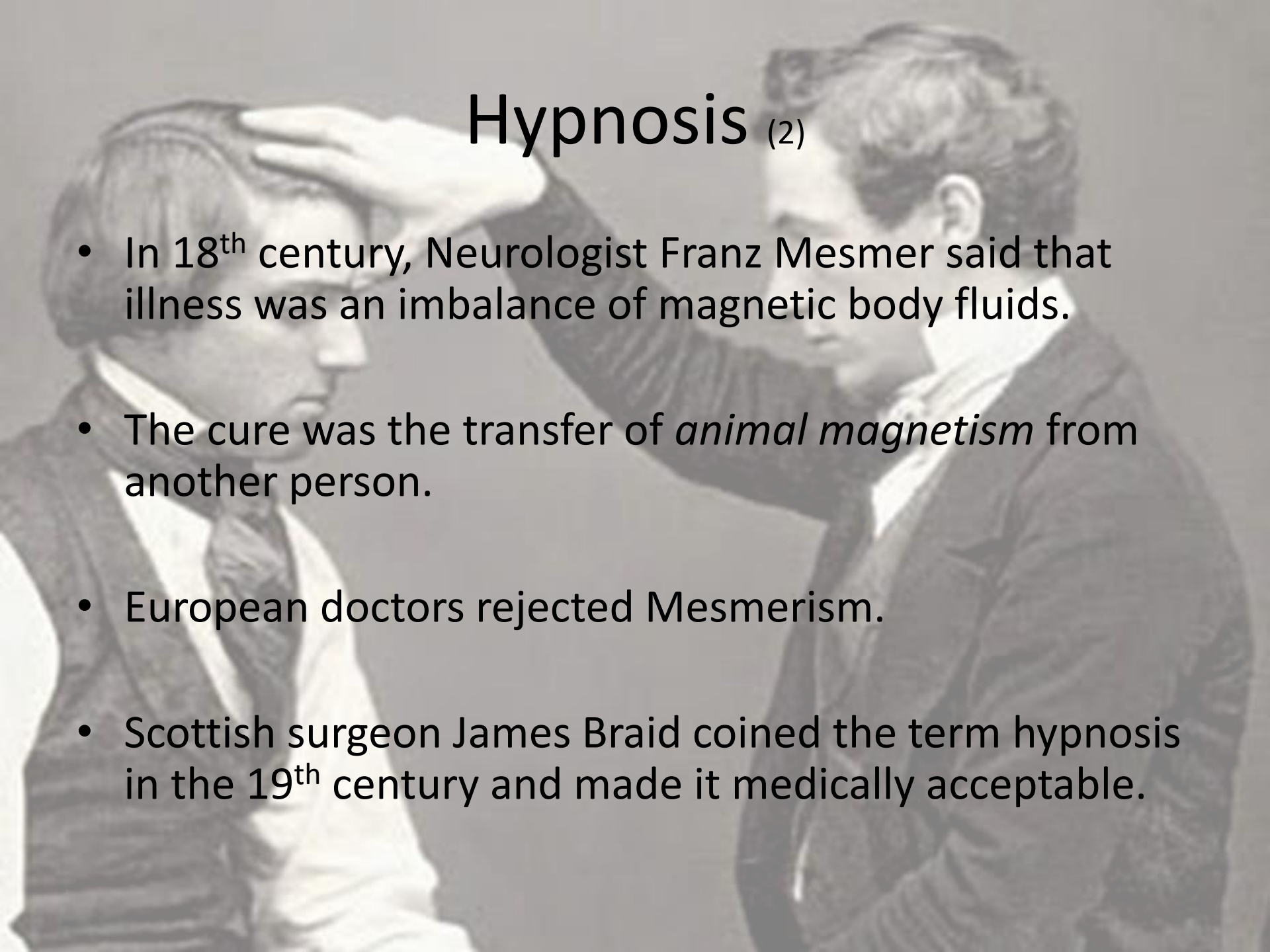
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**HYPNOSIS**

# Hypnosis <sup>(1)</sup>

- From the Greek *hypnos* = sleep.
- Also known as hypnotherapy, hypnotism, hypnotic suggestion.
- Used by for centuries by early human cultures in India, Greece, Egypt, Africa, Europe, North & South America.



# Hypnosis (2)

- In 18<sup>th</sup> century, Neurologist Franz Mesmer said that illness was an imbalance of magnetic body fluids.
- The cure was the transfer of *animal magnetism* from another person.
- European doctors rejected Mesmerism.
- Scottish surgeon James Braid coined the term hypnosis in the 19<sup>th</sup> century and made it medically acceptable.

# Hypnosis <sup>(3)</sup>



- Altered trance-like state of consciousness with heightened focus, concentration and feelings of calm and relaxation.
- Three stages (phases) in the process:
  - Pre-suggestion: open up subconscious.
  - Suggestion: Specific idea presented to subject.
  - Post-suggestion: Suggested behavior executed.

# Hypnosis <sup>(4)</sup>

May be useful in:

- Reducing stress and anxiety.
- Pain control.
- Hot flashes.
- Behavior change (insomnia, bedwetting, smoking).
- Weight loss.
- Alleviating vague somatic symptoms.





# Hypnosis <sup>(5)</sup>

- Some people are more susceptible to a trance than others:
  - 10% highly susceptible.
  - 65% moderately susceptible.
  - 25% minimally susceptible.
- You cannot be hypnotized against your will, and you do not lose control over your behavior.
- Children and young adults good candidates.

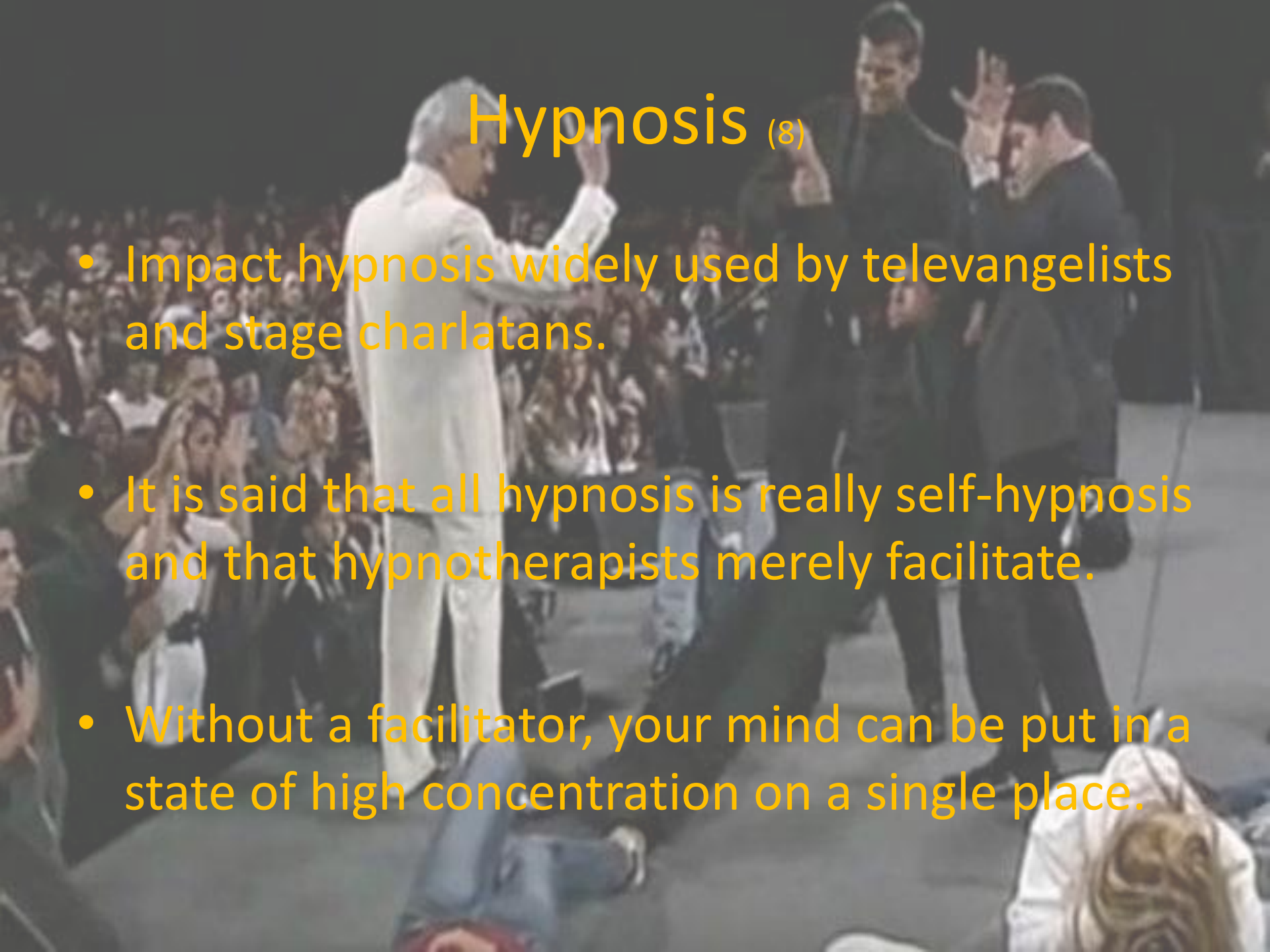
# Hypnosis <sup>(7)</sup>

A man wearing a purple turban with a floral ornament and a colorful, patterned shirt is performing a hypnotic gesture. He has his hands raised, palms facing forward, and is looking down at a woman whose head is tilted back. The background is dark with green and yellow light rays emanating from behind the man.

- Had bad reputation due to crackpots and vaudeville magicians.
- Long associated with superstition, evil mind control and brainwashing.
- People were horrified by Poe's short story about *The Facts in the Case of M. Valdemar*.

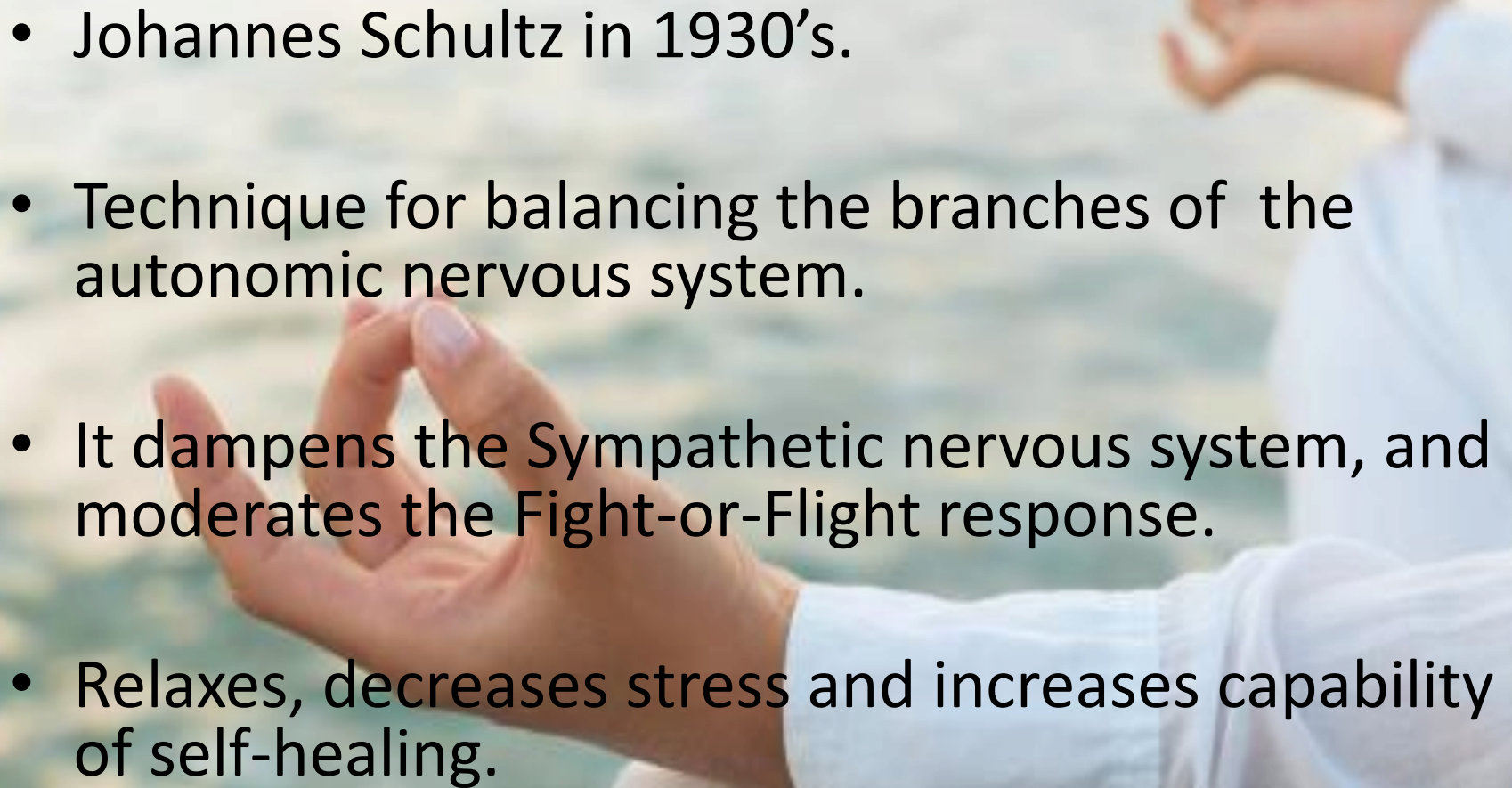
# Hypnosis (8)

- Impact hypnosis widely used by televangelists and stage charlatans.
- It is said that all hypnosis is really self-hypnosis and that hypnotherapists merely facilitate.
- Without a facilitator, your mind can be put in a state of high concentration on a single place.



# Hypnosis <sup>(9)</sup>

## Autogenic Training

- Johannes Schultz in 1930's.
  - Technique for balancing the branches of the autonomic nervous system.
  - It dampens the Sympathetic nervous system, and moderates the Fight-or-Flight response.
  - Relaxes, decreases stress and increases capability of self-healing.
- 
- A person wearing a white long-sleeved shirt is shown from the chest up, with their hands held in a mudra position (thumb and index finger touching, other fingers extended). The background is a soft-focus landscape with greenery and a bright sky, suggesting an outdoor setting. The person's face is not visible.

A human silhouette is shown from the back, with arms and legs spread wide. The silhouette is filled with a vibrant, multi-colored aura that transitions from purple at the top of the head, through blue, green, yellow, orange, and red, to a deep red at the base of the feet. The aura has a glowing, ethereal quality, with some areas appearing more intense than others. The background is dark, making the colors of the aura stand out prominently.

**AURA MANIPULATION**

# Auras

## Colors & Meanings

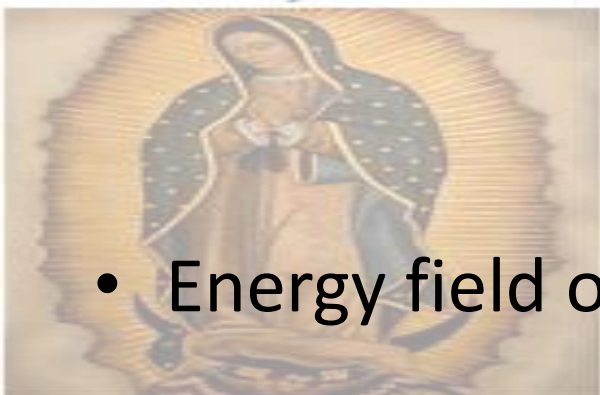
### Correlate with the Chakras

- 1. Red (Muladhara): Physical nature of the body.
- 2. Orange (Swadhisthana): Emotions.
- 3. Yellow (Manipura): Self-energy and willpower.
- 4. Green (Anahata): Healing.
- 5. Blue (Vishuddha): Intelligence.
- 6. Indigo (Anja): Mental communication.
- 7. Violet (Sahasrara): Awareness of illusions and obtaining a higher consciousness.

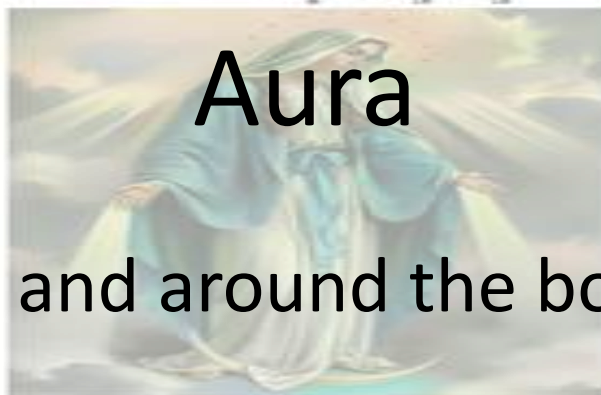
# Marian Apparitions

## Aura

- Energy field of and around the body.



1531, Guadalupe, Mexico

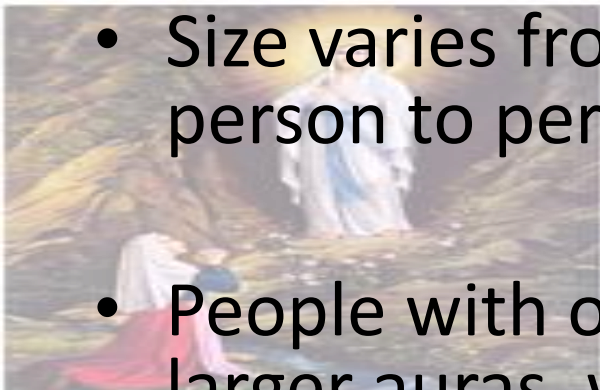


1830, Paris, France

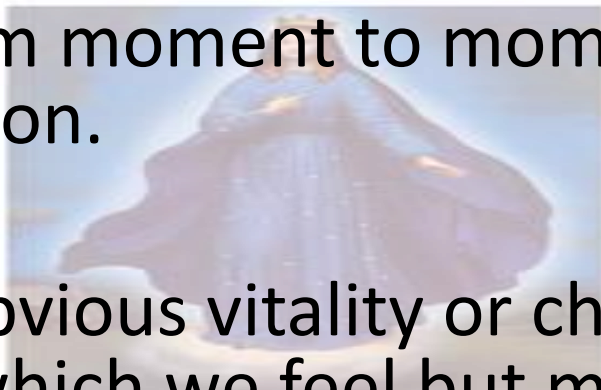


1846, La Salette, France

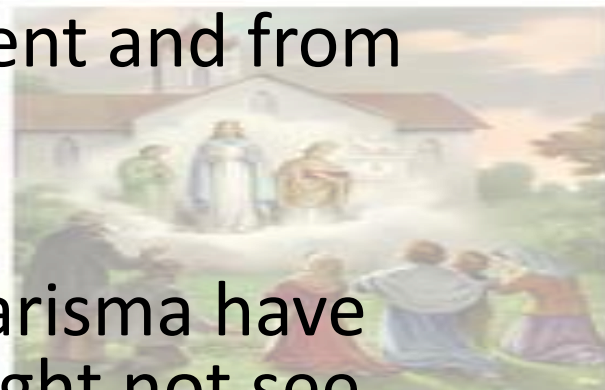
- Size varies from moment to moment and from person to person.



1858, Lourdes, France



1871, Fontainebleau, France



1875, Knock, Ireland

- People with obvious vitality or charisma have larger auras, which we feel but might not see.



1917, Fatima, Portugal



1932, Beauraing, Belgium



1933, Banneux, Belgium

- Holy apparitions are described as surrounded by a brilliant light (Saints, Virgin Mary, etc.).

*A selection of many appearances over the years of the Virgin Mary urging us to repent and follow Jesus.*

# Aura Manipulation



- Working on the mostly invisible subtly luminous, etheric emanation produced by and surrounding a person or object.
- Variation of Energy Manipulation and Life-Force Manipulation, Spirit Energy (Yu Yu Hakusho).
- User can create, shape and manipulate aura, to obtain changes in the color and therefore the spiritual actions of their daily lives.
- Closely related to chakra healing.



# The Chakras

## Correspondences

Chakra	Name	Gemstone	Tarot	Rune	Planet	Archetype
Earth Star	Vasundhara	Red Jasper	Hierophant	Othala	Pluto	Mother
Root	Muladhara	Onyx	The World	Algiz	Saturn	Soldier
Sacral	Svadisthana	Sunstone	Empress	Uruz	Jupiter	Tempress
Solar Plexus	Manipura	Citrine	Emperor	Thurisaz	Sun	Father, King
Heart	Anahata	Ruby	The Lovers	Ingwaz	Venus	Soulmates
Throat	Vishuddha	Turquoise	Judgement	Ansuz	Mercury	Guru
Third Eye	Ajna	Azurite	Priestess	Laguz	Moon	Oracle
Crown	Sahasrara	Amethyst	The Hermit	Wunjo	Jupiter	Channel
Soul Star	Sutara	Diamond	The Star	Dagaz	Moon Nodes	All faces of the Divine

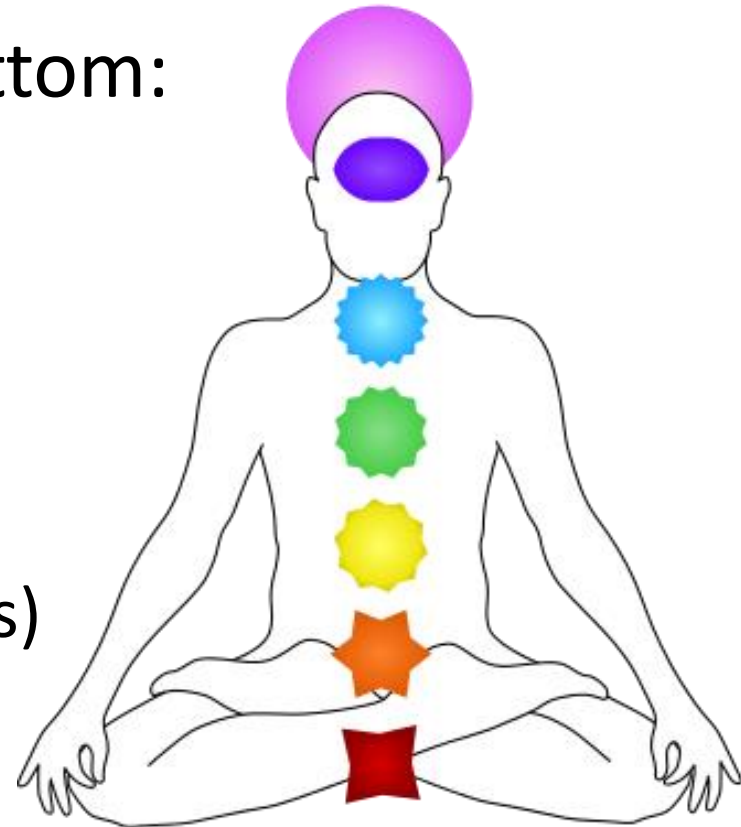
# The 7 Healing Chakras (1)

- Vitalize the physical body, and are considered loci of life energy (*prana, shakti, qi, ki and others*).
- Associated with physical, emotional and mental interactions.
- Their function is to spin and draw in this energy and keep the body in balance.

# The 7 Healing Chakras (2)

Seven chakras from top to bottom:

- Sahasrara (Crown)
- Ajna (Third Eye)
- Vishuddhi (Throat)
- Anahata (Heart)
- Nabhi-Manipura (Solar plexus)
- Svadhisthana (Sacral)
- Muladhara (Root)



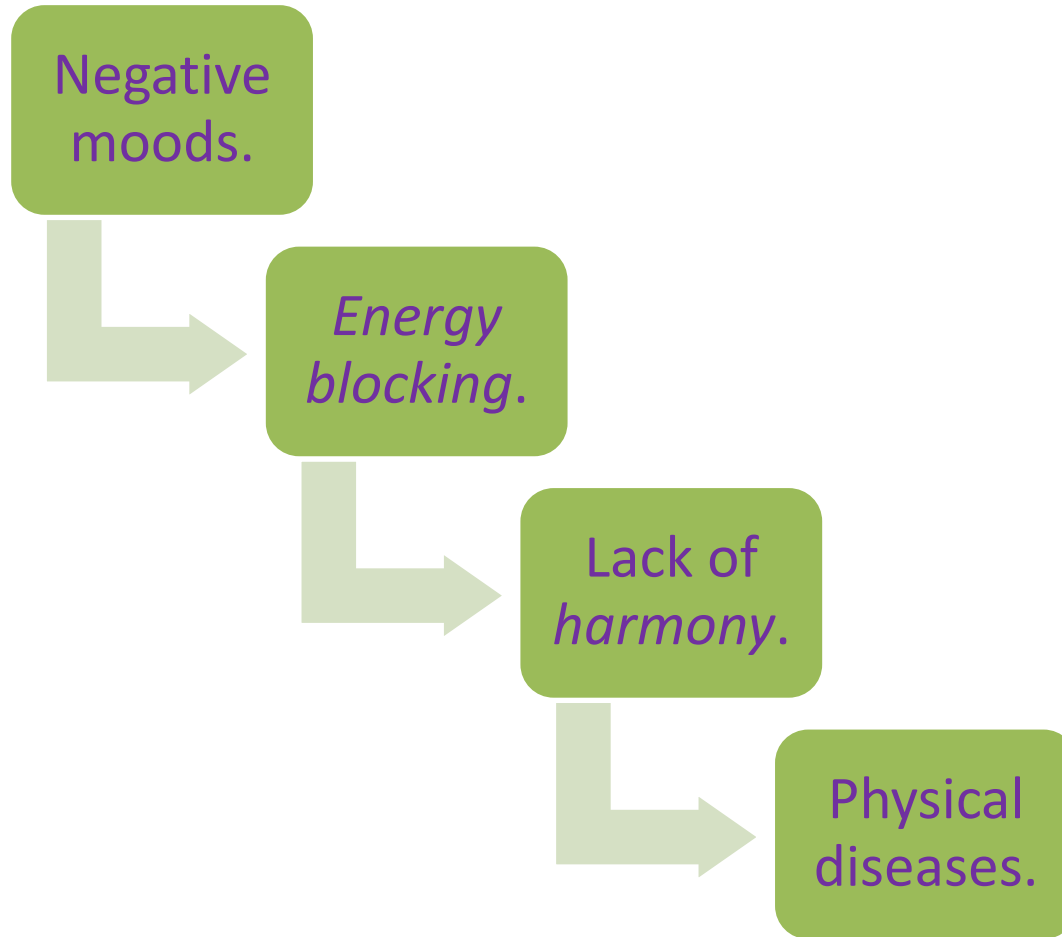


# **BACH FLORAL REMEDIES**

# Bach's Floral Remedies <sup>(1)</sup>

- Bach believed the patient's personality, was the ultimate root cause of disease.
- Illness is the result of conflict between the purposes of the soul and the person's actions and outlook.
- The essences are not a substitute for medical care; continue any regular treatment while using them.

# Conflict Produces:



# Bach's Floral Remedies (2)

Theory of types divided people into 7 groups based on reaction to illness:

- Fear.
- Uncertainty.
- Loneliness.
- Oversensitivity.
- Lack of interest in present.
- Despondency.
- Over-concern for others.

Bach flower remedies are used to treat:

- Anxiety.
- Stress.
- Depression.
- Lack of confidence.
- Emotional and physical trauma.
- Cancer.
- HIV/AIDS.

# Bach's Floral Remedies (4)

- Water has a memory and *remembers* the flowers' vibrational energy.
- Vibrational Essences have *no* effect on the physical body, they *only* act on the emotional body.
- Patients with the same physical illness have different emotional reactions.



# Bach's Floral Remedies <sup>(3)</sup>

- Highly diluted/preserved in water and alcohol and can be:
  - Dropped directly on or under the tongue.
  - Rubbed onto the lips, temples, or wrists.
  - Further diluted in water or juice before use.
- Short-term use: dilute 2 drops of essence in a small glass of water sipped at intervals throughout the day, until condition improves.
- Long-term use: add 2 drops of essence to a 1 oz. bottle, top off with mineral water, and take 4 drops 4 times a day or more frequently until emotional states have improved.

# Bach's Floral Remedies (5)

- Cast out negative emotions such as fear, worry, hatred and indecision which interfere with the person's equilibrium.
- Allow peace, love and happiness to return to the sufferer so that the body is free to heal itself.
- Gently restore balance between mind and body.

# Bach's Floral Remedies (6)

## Rescue Remedy®

54 Proof  
Grape-Based  
Brandy



Rock rose.

Impatiens.



Clematis.



Star of  
Bethlehem.



Cherry plum.



# Bach's Floral Remedies (7)

## (Crisis or Rescue Remedy)

- **Rock Rose:** For situations in which one experiences panic or terror.
- **Impatiens:** Teaches empathy, understanding and patience with others. Alleviates an impatient attitude and lowers stress.
- **Clematis:** Brings clarity and alertness to the present, fosters great creativity and bridges the physical world and the world of ideas.
- **Star of Bethlehem:** Teaches the ability to recover from recent or past traumas and to integrate them into the present life.
- **Cherry Plum:** Teaches trust in one's spontaneous wisdom and the courage to follow one's path.

# Bach's Floral Remedies (8)

## "Mother Tincture"

- Flowers/petals are picked without touching them and then floated for 3 hours in purified water in a glass dish, letting the sun's rays pass through.
- If not possible, boil for ½ hr. in spring water.
- Heat transfers flower's energy to the water.
- Energized water is filtered and an equal quantity of grape brandy is added to it as a preservative.

# Bach's Floral Remedies <sup>(9)</sup>

Bach was satisfied with this method because it allowed a combination of the 4 elements:

- Earth to nurture the plant.
- Air from which it feeds.
- Sun (fire) to impart its power.
- Water to collect and be enriched with the power of the flower's "beneficent magnetic healing".

# Bach's Floral Remedies (10)

## Making a "Mother Tincture"

- After use, petals are laid by the original plant.
- Thank the plant, the earth, the sun, the air and the water.
- Mix the floral water 50/50 with brandy in an amber bottle. This is the "mother essence".
- Activate and waken by gently swirling in a figure eight pattern, don't shake.

# Bach's Floral Remedies <sup>(11)</sup>

## "Mother Tincture" Uses

- "Stock" bottle: 4 drops of *mother essence* in 1 oz. of 50/50 brandy and purified water.
- "Dosage" bottle: 4 drops of the *stock* solution in 1oz. of 75% water and 25% brandy.
- Swirl gently every time.
- Standard dose is 4 drops under the tongue, 4 times a day.
- If more is needed, take more often rather than taking a larger dose: with vibrational remedies, the frequency, not the quantity taken is the most important.