

GOOD NEWS

The holistic approach to wellness has wonderful success happening every day! We invite you to share your good news.

With the recent tragedies in Orlando, the following Good News Blurb from AHHA Organizational Member **Bach Flower Education™** is so timely. It was submitted with the title **What the World Needs Now is Love**. Let us remember the importance of living our lives from our hearts.

Over eighty years ago, there was a doctor who had an office on Harley Street, the "Park Avenue" of London. His name was Dr. Edward Bach, and he held multiple degrees in medicine and surgery and ran a thriving medical practice. And yet he wound up walking away from all that in his search to help people to help themselves.

Dr. Bach had learned in his medical practice that a person's state of mind and feelings have a profound influence over whether they remained healthy or succumbed to disease. His findings were published many decades before the science of psychoneuroimmunology would discover the connections between the emotions and wellness. Truly ahead of his time, Dr. Bach searched for a healing system that would allow people to restore emotional equilibrium, which would help them to maintain their health.

Dr. Bach observed soldiers returning home from the Great War with what was then called shell shock, and he also observed factory workers toiling long hours under horrid conditions. He committed himself to finding a solution to ease the suffering of these people. *So long as our Souls and personalities are in harmony, he said, all is joy and peace, happiness and health.* [Dr. Edward Bach, *Heal Thyself*, Ch 2, 1931] He decided to find an answer in nature, a solution that would be safe and simple enough for people to use in their homes. His system of healing would eventually be known around the world as the Bach Flower

Remedies. These 38 remedies, which address states of mind like fear, anger, and worry, are healing dilutions of non-toxic flowering trees and plants that Dr. Bach discovered growing in the fields and on the hillsides of rural England.

Dr. Bach, a gentle, sensitive soul, committed to keeping his system as simple as possible so it would be easy for people to use. He wanted it to be *free from science, free from theory, for everything in nature is simple.* [Dr. Edward Bach, *The Twelve Healers and other Remedies, Introduction*, 1933]

In 1932, Dr. Bach laid out his vision for the future of healing, as follows:

Everyone of us is a healer, because everyone of us at heart has a love for something, for our fellow-men, for animals, for nature, for beauty in some form, and we every one of us wish to protect and help it to increase.

...love and sympathy.

Everyone of us also has sympathy with those in distress, and naturally so, because we have all been in distress ourselves at some time in our lives.

So that not only can we heal ourselves, but we have the great privilege of being able to help others to heal themselves, and the only qualifications necessary are love and sympathy. [Dr. Edward Bach, *Free Thyself*, Ch 7, 1932]

Today, Dr. Bach's vision and legacy are carried on by Bach Foundation Registered Practitioners around the world. These are people from every walk of life who have studied Dr. Bach's healing system and are committed to helping others to help themselves by using his flower remedy system. The key to their work is still 'love and

sympathy.'

In a world dominated by technology, where conversation is a lost art, Bach practitioners practice the graceful art of truly listening as their clients talk about how they are feeling. They then guide them to find the appropriate flower remedies to gently restore calm and inner peace. Nancy Buono, Director of Bach Flower Education, says, *It is an honor to hold the space for our clients, and to be permitted to walk beside them in their personal journey. We hold witness as years of layers of suffering, grime and dust are discarded and the unique gem within each individual begins to sparkle and shine. We consider this work a sacred trust.*

Bach practitioners help people to manage their everyday stresses, to identify their negative states of mind, and to move forward towards a balanced and fulfilling life. Bach practitioners also volunteer in hospitals and hospices, especially during the aftermath of tragedies like 9/11 and Hurricane Katrina, and, most recently, after the Orlando massacre, helping those who are suffering to find the peace and love that lies deep within. Whether dealing with personal or community crises, they gently listen and carry on the call from Dr. Bach to help people in all circumstances to achieve the *realization of the Divinity within their nature.* [Dr. Edward Bach, *Heal Thyself*, Ch 8, 1931] That Divinity, of course, is Universal Love.

As Dr. Bach said, we must understand *'the Unity of all things.... the Creator of all things is Love.'* [Dr. Edward Bach, *Heal Thyself*, Ch 2, 1931]

You can find a Bach Foundation Registered Practitioner and learn more about helping yourself and others with Dr. Bach's healing system at www.bachflowereducation.com.