

Feeling Well with Flower Essences for Personal Development! Drop in Service

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Many people have used Rescue Remedy or Calm Down for work stress or general benefit. Balancing Blooms apart, there are 38 Bach remedies, 60+ Australian Bush, 14 Indigo, and many others from around the world.

What do they do? They work to help bring out positive qualities of our emotional being, acting as gentle tuning forks for our Software Being to help us feel better and perform better. Used proactively, they have been called the “effortless tools of personal development” – well nothing’s quite that easy, but they certainly can help a lot!

Any one can use them, and they are compatible with all prescribed medication. They are **not** instead of good sleep, exercise, optimal nutrition etc, but work alongside to help us feel better in life, and transit life’s learning lessons with ease. Dr Bach advised not to be used in cases of psychosis (there are other things going on). They do not work for absolutely everyone, but for a majority – and for some sensitive people, quite rapidly. A common experience is that people say “I’m not sure they help at all, but various things have changed in my life.....” (and other people often notice the change before we do ourselves)

A friend said they work ‘By working with nature, we discover our own inner nature’ they reflect our self back to ourselves– and another said “You don’t have to feel unwell to want to be better”

Evaluation: A Drop-in service was offered in the first six months of 2016 to all staff at Wynford Over 50 attended the drop in service, with over a dozen coming twice or more. What surprised me was how competently everyone was able to choose combinations that they could resonate with, using the educational material available, and their own intuition. Bach and Spirit-in-Nature were the most popular, with the Bailey Combinations also being used

Some people may have noticed little change, however anecdotal comments include ‘my friend said how much more positive I am’, ‘marvellous – I feel so much better and things around me are too’, “thankyou, I feel stronger when taking them, so may I have some more?’, a big smile from one person who had been feeling overwhelmed. The most detailed is quoted in full, from someone fully aware of the power of essences used in personal development:

I have noticed a real benefit from taking this combination. Almost as soon as I start taking the combination I feel a change which I can only describe as a certain lightness - a letting go. I do find I need to take the combination mindfully - as that anchors me in the moment of taking it and allows me to explore how I feel at that moment in time. This allows me as I go along to notice the change. For some reason I also know when I can stop. The method of choosing - which you have taught me - is amazingly simple and I never thought that it would be so good in picking out what I need. I have earlier this year started a course on Mindfulness which complements this perfectly. There are no adverse effects at all. I also feel that the benefit of this is that it links into the core, the actual issue, rather than treating the symptom.

Conclusion: I am most grateful to the HR Department in Somerset CCG for permitting this service to run. It appears that a number of participants have been helped to feel better in themselves by a low-cost supportive self-chosen intervention. This can only benefit both the individuals and also the organization, as people who feel well often perform better. It will continue on a monthly basis for the rest of the year. I am also happy to be approached at other times. There may be benefit from teaching these simple low-cost approaches more widely in the Somerset Health Economy

Note: Brazilian Management Consultant Gustavo Boog has used this approach successfully in major corporations for over 20 years (author of 20 books including Energiza Sua Empresa, using Essencias Florais)