

John Ramsell

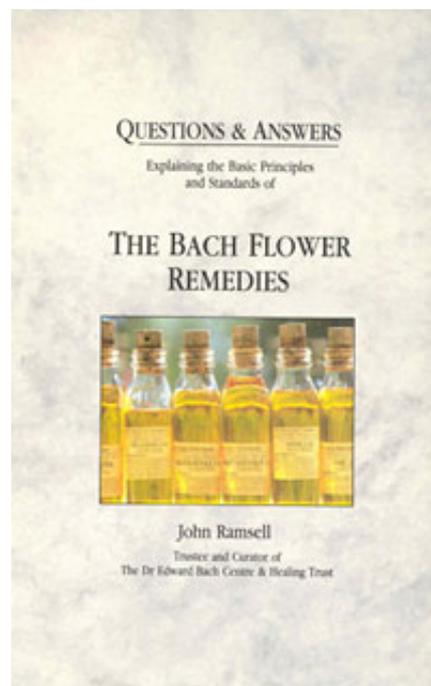
Questions & Answers: Explaining the Basic Principles and Standards of the Bach Flower Remedies

Reading excerpt

[Questions & Answers: Explaining the Basic Principles and Standards of the Bach Flower Remedies](#)

of [John Ramsell](#)

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The Mother Tinctures and Stock Remedied

***The Bach Centre has become closely linked to
A. Nelson & Co. Ltd. – can you explain how
this came about and the purpose of forming
such an association?***

There are two distinct processes involved in the making of the Bach Flower Remedies, viz. 1. Preparing the Mother Tinctures. 2. Making up and bottling the stock remedies for distribution. These are dealt with in detail as follows:

1. Preparation of the Mother Tincture*

The Mother Tinctures for the Bach Flower Remedies are prepared personally, by hand, at Mount Vernon by the Trustees of the Bach

Centre, as has been the tradition since the mid-Thirties. The directions for the preparation of the Mother Tinctures, originally laid down by Dr Bach, were entrusted to, and followed implicitly by, Nora Weeks and Victor Bullen, Dr Bach's personal assistants and appointed successors. Nora in turn taught *her* chosen successors and partners, one of whom, John Ramsell (who joined her in 1970/71), remains. He and his daughter, Judy Howard, are the Trustees of Mount Vernon and as such remain fully aware of their privileged position and the responsibilities of ensuring that the remedies, from the MotherTincture stage through to the final stock product, are made strictly, without deviation, in accordance with the instructions laid down by Dr Bach himself. The choice of plant material is crucial, and experience in this respect vital, for there are many species to contend with (see also page 108) and should the wrong genus be chosen, the result would not have the desired effect. This fact was stated by Dr Bach and often repeated by Nora Weeks. *Many followers of Dr Bach who wish to see his original work remaining unaltered can feel reassured by the fact that we continue to use most of Dr Bach's original wild plant locations to this very day, (including those that grow wild in the garden at Mount Vernon). It might not be fully realised how essential it is that the glass bowls used in the preparation by the Sun Method should be of a very special quality. Should any other be used (e.g. Pyrex or a mottled designed utensil), it would be contrary to the standards Dr Bach laid down and, as a result, the essence in preparation would be lacking in one of the most essential basic elements, thus nullifying the result! We have in our possession still some of Dr Bach's original bowls that we might use on occasion, along with others which Nora and ourselves have managed to acquire over the years. These today make up our very special collection.*

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It will perhaps be appreciated that John's close association with Nora and Victor gained him the distinction of obtaining privileged knowledge about the life and discoveries of Dr Bach, an insight that he naturally subsequently shared with Judy. This knowledge, along with Nora's interesting anecdotes and their many years of practical experience, has provided them with the necessary expertise to continue transmitting the very heritage that has been embodied at Mount Vernon since the beginning.

Once the Mother Tinctures have been prepared, they are diluted in an equal amount of brandy (Dr Bach's chosen form of preservative) and stored. A number of drops of each Mother Tincture is subsequently added to a fresh supply of brandy preservative to create the "Stock Remedies" and it is in this form that the remedies are presented, through various outlets, to the public at large.

2. Production and marketing of the Stock Remedies

During the Eighties, the demand for the therapy grew tremendously — not through advertising or soliciting, but solely by word of mouth, a genuine form of recommendation created by the proven efficacy of the Remedies themselves. The interest grew to such a great proportion that it became necessary to establish distributors in different countries, not only to perform the task of distributing, but perhaps more importantly to obtain the necessary official import licences to comply with regulations. The Centre in fact at this time had reached the stage where, due to lack of space and our need to bring a regular delivery and collection service into our tiny village, we were no longer capable of carrying out the weight of production equal to the demand, in addition to all our other responsibilities that it was our duty to perform. It became

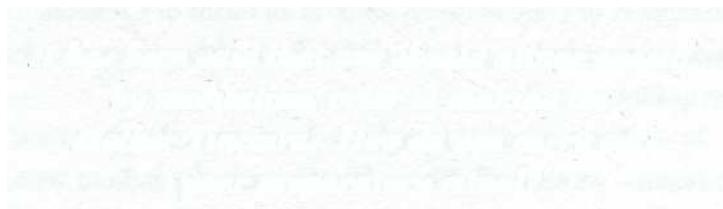
necessary that we shed the bonds of the "business aspect" that was threatening to consume most of our precious time, a state of affairs that was becoming discordant to us, and so changes had to be made. We therefore transferred our bottle filling and despatch section (including the long established group of experienced staff involved) to a nearby unit we acquired, set in an environmentally clean area.

At this time the European Community 1992 Homoeopathic Medicines Directive was coming into effect and many directives were emanating from EEC headquarters in Brussels, categorising four headings under which we would be able to trade (i.e. Food, Herbalism, Medicines and Homoeopathy). It became increasingly obvious that suitable product licences had to be obtained and registered under one of the declared official titles. Alongside these licences, it was necessary that the actual production (i.e. bottling and labelling of the stock remedies) should be at the highest level of quality control. To attain such standards, we turned to our long established associates — Nelsons, one of the oldest homoeopathic companies in the world, founded in 1860. Throughout its 135-year history, Nelsons has ever remained a dedicated family concern, never having developed into a multi-national or public quoted company. *It is not generally known that Dr Bach was personally acquainted with the Nelson family and when he (in the 1930's) required to find someone in whom he could place his implicit trust to carry out faithfully the bottling and despatching of his remedies in accordance with his instructions, he naturally looked to Nelsons to perform this task. To this end, Dr Bach would journey to London, carrying supplies of the Mother Tinctures he had prepared.* Nelsons continued to work in this capacity up until the early Seventies, at which time we became more self-reliant, but, as already stated, the time came when

we could no longer cope alone in the production field and it was in 1991 that Nelsons accepted our invitation to take on the full responsibility of bottling and marketing the stock remedies. Today, through their expertise in the production of homoeopathic medicines, Nelsons have reached the necessary British Standard status of quality control and the remedies have been licensed by the UK Department of Health, whose stringent regulations safeguard the interests of retailers and users of the Bach Remedies generally. *Nelsons are responsible, not only to the Inspectorate, but to ourselves at the Bach Centre, for ensuring that the standards and principles of Dr Bach are upheld at all times. Their production of the stock remedies is subject to our supervision and inspection which guarantee the correctness of the final product. Nelsons' commitment of purpose is genuinely engraved in their performance throughout the long-standing association we have enjoyed together and that is why they became our obvious choice (as they were for Dr Bach) to carry out such an important undertaking of distributing and marketing the Bach Flower Remedies.*

(The various trade marks governing the Bach Flower Remedies are illustrated on pages 113-114).

It has been said that one should attune oneself



by meditating, prior to making the Mother Tincture. How do you carry out your preparatory ritual?*

Most of us have, over the years, taken the part of the 'Good Samaritan', helping or giving to those in need. It is the great pleasure of seeing the warmth of gratitude in an elderly person's face, or the twinkle of sheer excitement in the eye of a child at

Christmas, that offers the giver a sense of joy and gratification which has that special "feel" about it.

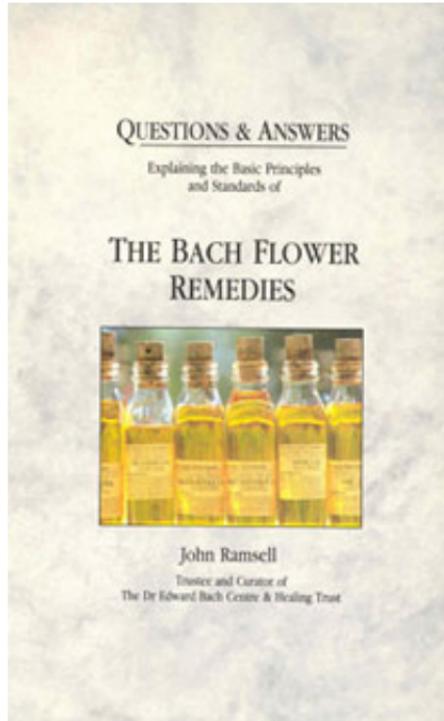
Nora Weeks and Victor Bullen and likewise ourselves have always recognised Nature as the great provider, smiling on us year in year out, generously offering us its precious bounty. As with the elderly person or little child, we too feel most appreciative and grateful at having God's wonderful gifts laid before us.

We therefore cannot understand the idea, which has emanated from some source or other, that before making the Remedies, we should "attune or prepare ourselves in some meditative sense"—as in the way of some mystic perhaps? Surely there should be no need to work ourselves up into some state of readiness before making contact with our Maker? — this can be performed quite effortlessly by sincere thought alone!

How wonderful it is to be able to feel close to some distant relative simply by bringing to mind a happy recollection, or vision of that person's face; or to experience a lovely sense of affinity between ourselves and others when there is no uneasiness, or strain present, to mar the occasion. To feel completely at ease, even in the presence of an utter stranger, is another pleasure worth experiencing — these represent our intrinsic *virtues* that create an immediate rapport or bond between souls, in all forms of Creation. Our association with plant and animal life is born of this very same inherent quality.

So — when everything is 'right' — the climate, the plant itself at its zenith - we set forth! The uplift of a sunny day and our venturing into the countryside to perform our heritable task of making the Mother Tinctures automatically establish within us the "right state of mind". Nothing is taken for granted, for we are fully aware that without these precious gifts of Nature that it is our privilege to procure, there would be no Bach Remedies. ***In the realization***

*of all this, it is only necessary that we do not forget to say "THANK
YOU".*



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