

F.J. Wheeler

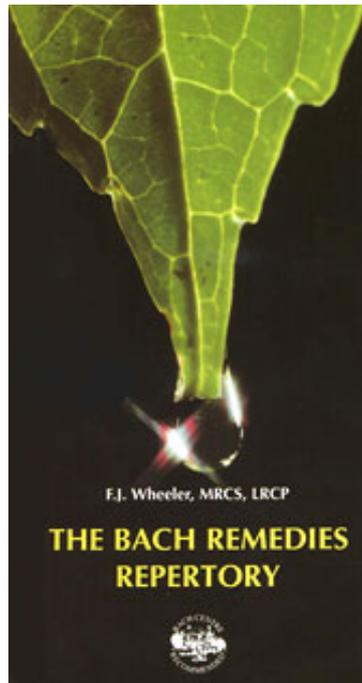
The Bach Remedies Repertory

Reading excerpt

[The Bach Remedies Repertory](#)

of [F.J. Wheeler](#)

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INTRODUCTION TO THE REVISED EDITION

Since this book was first published, it has become a very helpful complement to the more descriptive books on the subject

The Repertory provides an alphabetical listing of emotions and symptoms, alongside which are suggested remedies relating to the given state of mind. There are many thousands of words to describe the way we feel, and it would be impossible to list every one in a book of this nature. In revising and up-dating *The Bach Remedies Repertory*, it has been our aim to include as many words and cover as many variations as possible, thereby creating a comprehensive index of the most commonly - and in some cases, not so commonly - used terms.

In order to select the most appropriate remedy or remedies, it is important to consider the problem in relation to its cause and how it is experienced on a personal level because the characteristics expressed and experienced by the individual concerned are the guiding factors. For example, listed under DEPRESSION, there are several sub-categories describing a number of different reasons for a depressed state of mind, and the suggested choice of remedy is indicated alongside the most appropriate descriptive term.

Similarly, listed under SENSITIVITY, there are several sub-divisions: to noise, to controversy, to *criticism* and so on, and there are, in turn, a choice of remedies listed within each category. For example, Sensitivity to noise suggests Clematis, Mimulus, Water Violet and Impatiens. You would not need all four remedies, but should consider each one separately on its own merits, consulting the descriptive books such as *The Twelve Healers and Other Remedies*, *The Bach Flower Remedies Step by Step*, *The Handbook* or *The Dictionary* for clarification. Clematis people are sensitive to noise because they tend to day-dream and therefore find noise disturbs their thoughts. Mimulus people tend to be nervous and are therefore frightened by noise. Water Violet people enjoy peace and quiet and therefore find noise an intrusion into their privacy. Impatiens people think and work quickly, and therefore become irritated by noise because it hinders their progress.

It should be remembered that people interpret words in different ways so there will always be a subjective element to any descriptive term used. The Repertory is intended to be used for clarification when in doubt, to provide a few objective ideas, or simply to jog the memory. Always remember to consider the individual characteristics of the suggestions given because it is only by reading the full description of each remedy before finally deciding upon your choice, that satisfactory results can be obtained.



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