

The Five-Flower Formula™



A combination of five English flower essences first developed by Dr. Edward Bach, promoting calm and balance in diverse situations of stress, emergency, and trauma, both physical and emotional



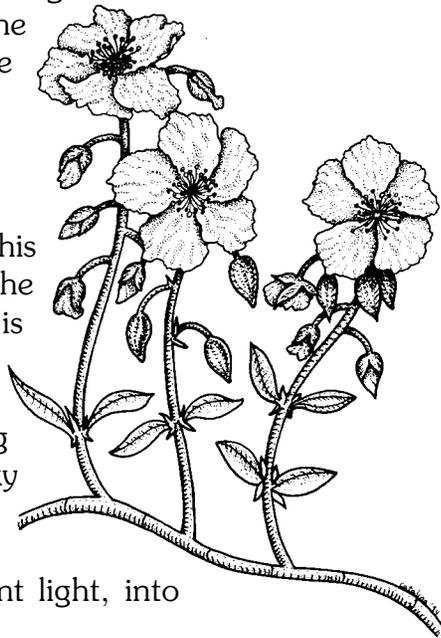
The Healing Herbs line of Bach flower essences is distributed by
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The **Five-Flower Formula™** is a highly effective, synergistic blend of five different flower essences in the repertoire of English flower essences. This remarkable combination was first developed by Dr. Edward Bach in the 1930's through his own practice and observation. The first three flowers, Rock Rose, Clematis and Impatiens were used for two men ship-wrecked in a gale. They had been lashed badly during the storm, and one was almost frozen and so delirious that he was foaming at the mouth. Within minutes of applying these remedies the men regained consciousness and went on to make a full recovery. Later two more essences, Cherry Plum and Star of Bethlehem, were added to this formula. Over the years it came to be known as a "rescue" combination for its remarkable ability to address emergency and crisis conditions. The Five-Flower Formula™ belongs to the **Healing Herbs™** line of English flower essences, prepared in England by Julian and Martine Barnard, and distributed in North America by Flower Essence Services. The following is a brief look at each of the five flowers which comprise this remedy:

Rock Rose

Helianthemum nummularium

The botanical name of this plant derives from Helios, the Greek God of the Sun. It is an apt name for this bright yellow flower, which grows as a low spreading shrubby plant in dry, rocky soils. The Rock Rose quite literally brings the force of the sun, or radiant light, into

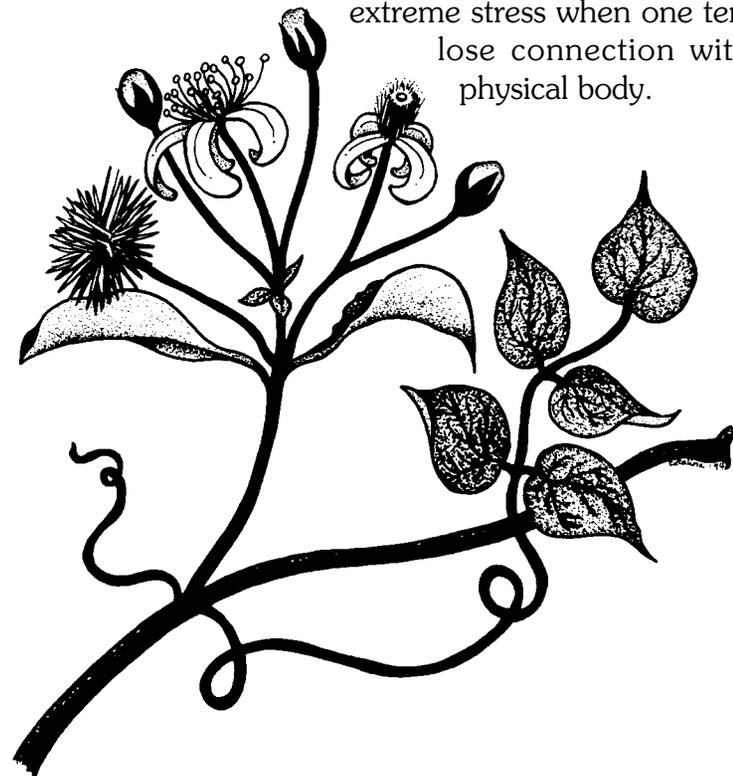


earth. It is used for extreme conditions of terror or fear. Its role within the Five-Flower Formula is to bring stabilization and calm, particularly by helping to anchor light, or an inner force of sun-radiance, which typically darkens during extreme states of fear or panic.

Clematis *Clematis vitalba*

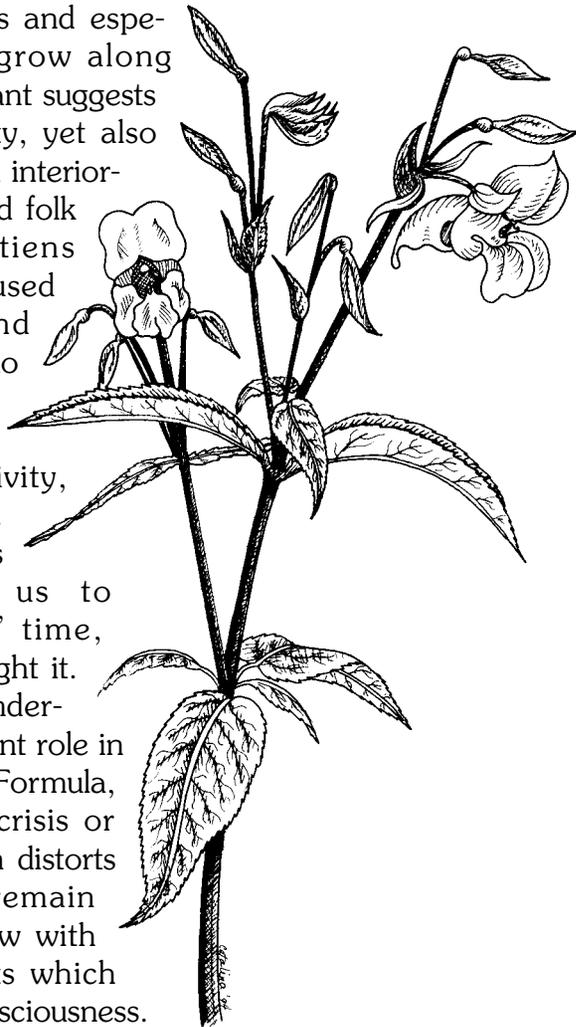
This plant is a woody perennial which grows as a twisting vine, producing creamy white flowers and silver-white feathery seed heads. This plant exudes a quality of dreamy, floaty "other-worldliness", and is indicated for amorphous states of awareness which are lacking in clarity and fully awake consciousness. We can understand, then, the important role of the Clematis in the Five-Flower Formula, helping to draw one's consciousness back into the body and

into present time during episodes of extreme stress when one tends to lose connection with the physical body.



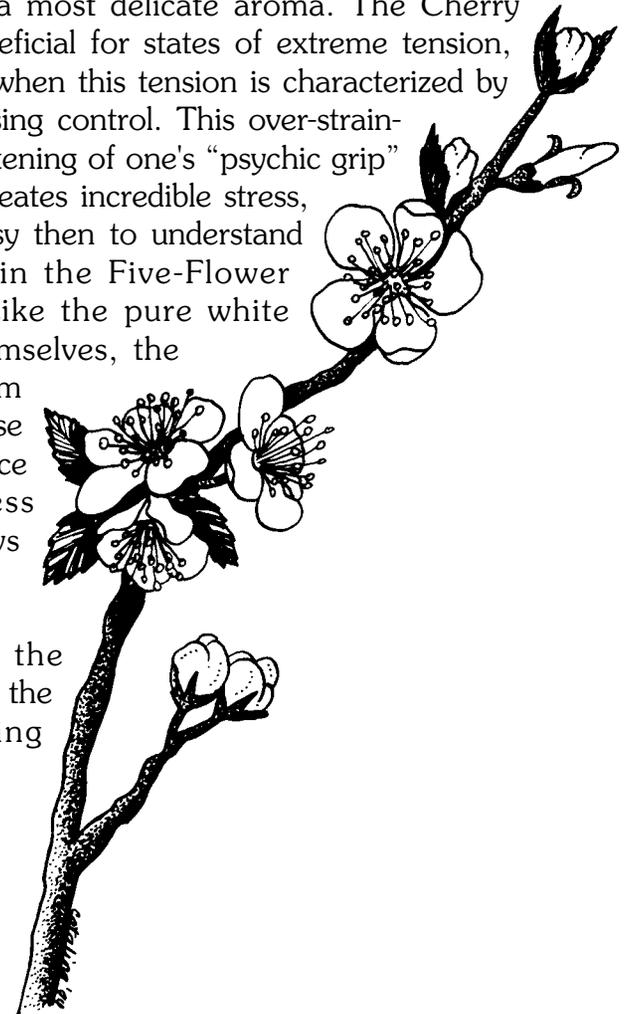
Impatiens *Impatiens glandulifera*

This special species of Impatiens was naturalized in England and is native to the Himalayan region. It is quite different from the common nursery varieties. The plant forms mauve and magenta flowers which are deeply invaginated; in fact the five petals are fused to form a “helmet”. In contrast to the flower, the seed pods are fat, pointed, and explode and scatter with considerable force. The Impatiens prefers damp, shady conditions and especially likes to grow along streams. This plant suggests force and vitality, yet also containment and interiorization. As its old folk name of Impatiens suggests, it is used to balance and soothe those who suffer from intense irritability, impulsivity, or hastiness. The Impatiens flower helps us to “breathe with” time, rather than to fight it. Thus we can understand its important role in the Five-Flower Formula, when extreme crisis or emergency often distorts our ability to remain calm and to flow with the outer events which threaten our consciousness.



Cherry Plum *Prunus cerasifera*

The Cherry Plum is a member of an impressive family of plants called the Rosaceae, comprised of roses, berries, related shrubs, and many fruit-bearing trees. All members of this plant family are distinguished by intense earth forces, and the Cherry Plum is no exception. It grows to the height of a small tree, with a ragged head and many suckers, and sometimes has thorns. By contrast, the flowers are pure white with pink tinges and yellow stamens, and a most delicate aroma. The Cherry Plum is beneficial for states of extreme tension, particularly when this tension is characterized by a fear of losing control. This over-straining and tightening of one's “psychic grip” on reality creates incredible stress, and it is easy then to understand its impact in the Five-Flower Formula. Like the pure white flowers themselves, the Cherry Plum brings a sense of inner peace and stillness which allows us to ease the contraction felt in the body and in the mind during times of panic and emergency.



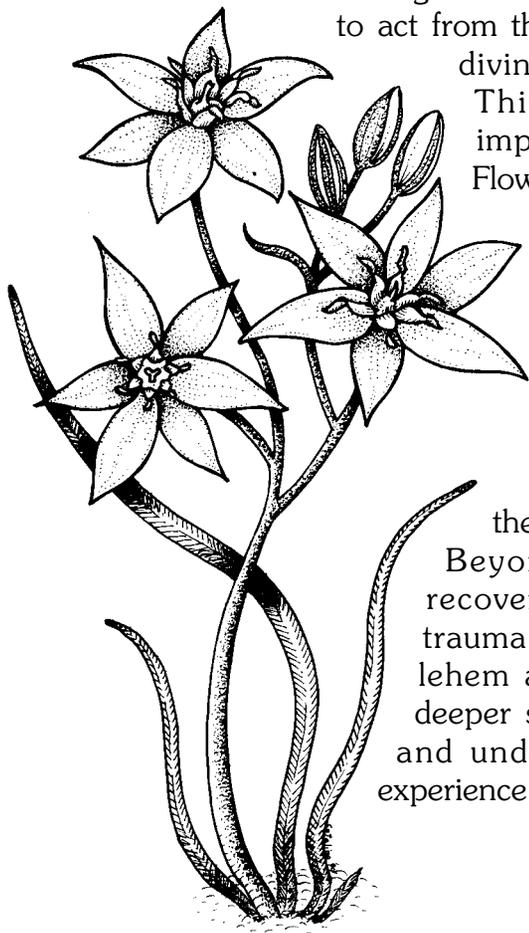
Star Of Bethlehem *Ornithogalum umbellatum*

This six-pointed flower is truly the crowning touch, or star-like force which constellates the entire Five-Flower Formula. A member of the lily family of plants, this small star-shaped flower shines with pure whiteness and perfect geometry. It suggests a deeply spiritual kind of consciousness, one in which all the parts of the Self are in perfect harmony. This is a significant remedy for various states of shock or trauma, which have distorted or diminished one's more radiant soul forces. In the Five-Flower Formula, the Star of Bethlehem helps us to regain deep composure, to

remember again who we really are, and to act from the knowledge of our divine and sacred Self.

This quality is quite important in the Five-Flower Formula because all crises and emergencies, no matter how devastating they may be, are also opportunities for *initiation*; for learning and mastery of our lives and the trials that we face.

Beyond the immediate recovery from shock and trauma, the Star of Bethlehem also points us to a deeper sense of acceptance and understanding of our experience.



Practical Suggestions for Use

Availability

Because this formula is especially designed to assist in emergencies, it is important that you have it in places that provide immediate access. In most cases it is advisable to have one or more bottles in various locations such as: in your purse or briefcase, in the glove compartment of your car, and in the medicine chest, bathrooms, and kitchen of your home.

Dosage

You can make a dosage bottle from stock of the Five-Flower Formula by placing four drops in a one-ounce drop-per bottle, filled with one-third brandy and two-thirds water. In emergency situations, when time is at a premium, you can add the stock concentrate directly into a half-glass of water, or you can take the drops directly from the bottle under the tongue. You may also add drops to a spoonful of water.

Administration

If you are assisting someone who is unable to drink, you can rub some of the concentrate on the lips and on the pulse points of the body. Alternatively, you can spray or mist the formula on the lips and over the whole body.

Topical application

The Five-Flower Formula is very effective when applied topically in a cream base. Use a neutral cream which is easily absorbed. (Wide mouthed jars of FES Self-Heal Creme™ are designed for such use.) Add 20 drops of Five-Flower Formula to a 2-ounce (60 gram) jar, or 100 drops to a 10-ounce (300 gram) jar of creme. Stir clockwise and counter-clockwise for about one minute. This creme is highly effective for many emergency situations and can be made and stored along with the concentrate for future emergency use, or it can be made as needed for situations which arise.

Five-Flower Formula: Indications for use

There are myriad possible uses of this remarkable formula. Most typically it is used to help with the mental levels of pain, suffering, and confusion which surround any crisis or emergency. It can be as helpful for those who are assisting in a crisis or emergency, as it is for those who are actually experiencing the distress or pain. While the Five-Flower Formula uniquely addresses the mental and emotional issues encountered during a crisis, it can also help with the physical experience itself, as many cases testify. For example, when we are able to breathe with, rather than fight physical pain, we are likely to reduce the actual sensation of pain.

Five-Flower Formula is thus an ideal, all purpose home-care remedy which can be used alone or combined with other remedies as appropriate. Many mothers use it to calm children who have fallen or hurt themselves, or who are beside themselves with panic or fear. It can be used for household accidents such as burns, along with a creme or suitable ointment. It is also used regularly in stressful situations such as visits to the dentists or childbirth. The Five-Flower Formula also has remarkable recuperative abilities due to its capacity to catalyze the higher consciousness of the individual involved. Therefore this formula is widely reported to be used in cream base or sublingually to help any recovery effort such as after surgery, or in any post-traumatic stress situation such as war, rape, natural disaster, or loss of one's loved ones or home. Finally, many therapists report using Five-Flower Formula as an "entry-level" remedy in their health practices. Often, before being able to address specific emotional situations, many persons need the basic stabilization and calming which the Five-Flower Formula brings.

Five-Flower Formula for Animals

Five-Flower Formula is highly beneficial for many forms of distress and crisis in animals, including the rescue of wounded or wild animals. One of the most effective forms of application is to use a misting bottle and spray the formula on the mouth and on other parts of the body. Alternatively, the formula can be added to the drinking water, provided a fresh batch is made once or twice a day, since the remedy will lose potency when left for several hours in the open.

Five-Flower Formula for Plants

The Five-Flower Formula is used routinely by many gardeners and florists to alleviate transplant shock, and to help plants which have been subject to stress of any kind. Several drops of the formula can be added directly to the water which the plant (or cut flowers) receive. Equally effective is to mist the Five-Flower Formula around the entire periphery of the plant or community of plants needing help.

Counter-Indications

While Five-Flower Formula has a broad spectrum of uses with outstanding and remarkable results, it should be clearly noted that its application is of a short-term, emergency, or crisis nature. If this formula is used on a frequent or daily basis to simply "numb" one's experience of life challenges or conflicts, its effectiveness will be greatly reduced, if not completely absent. Furthermore, Five-Flower Formula should never be used as a substitute for qualified emergency care or medical or psychiatric intervention. For instance, it would be used appropriately to help someone en route to a hospital who had taken a fall and was perhaps lapsing into unconsciousness. But it should never be considered a substitute for medical care or examination following any major injury or accident. Similarly the Five-Flower Formula may be very helpful in alleviating the immediate emotional stress and tension

following a devastating experience, but in situations which have strongly impacted the psyche other forms of counseling and care are also indicated. Within the repertory of flower essences, Five-Flower Formula has a limited but important role. Other remedies, and combinations of remedies, are far more suited to delve into the actual emotional work and profound transformation of consciousness which are the hallmark of in-depth flower essence therapy.

From the FES files:

The following are examples of our customers' experiences with the Five-Flower Formula:

"I could write a book about my experiences with your remarkable Five-Flower Formula. As a grandmother, I have had many occasions to use this product for my grandchildren. I also travel frequently and have found the Five-Flower to help relieve stress and confusion in many, many instances."

"We rescued a small bird who was trapped for several days in our chimney. The bird was so exhausted by its ordeal and so frightened upon being held that it lost consciousness. Applications of Five-Flower Formula brought immediate and visible signs of recuperation and we were able to set the bird free shortly thereafter."

"I loathe trips to the dentist and usually am so tense by the time I get there, that the slightest sensation wracks my nerves. I took a dose of Five-Flower Formula before my last visit and couldn't believe the difference it made."

"As a mother of young children on a farm, I can't begin to tell you how many uses I have for Five-Flower Formula. I use it for all those times my children fall, scrape their knees, etc. But that's just the beginning. We use it for animals giving birth, for setting plants in the spring, for frightened or wounded animals. The possibilities are probably endless."

"My primary focus as a counselor is to help women who have experienced domestic violence, rape, or sexual abuse. I find the Five-Flower Formula to be an invaluable beginning point in the therapeutic journey."

"As a teacher of small children, I witness plenty of accidents on the playground, and other minor emotional traumas. I find the Five-Flower Formula to be one of the most effective all-purpose items to have on hand along with band-aids and warm hugs."

"The Five-Flower Formula is used as a baseline remedy to help stabilize many of my clients before we can proceed to more advanced work. I am particularly impressed with its recuperative abilities and routinely recommend it for anyone undergoing surgery."

"I have been using your Healing Herbs Five-Flower Formula for quite some time now. It is an excellent stress and trauma reducer, not only for me but for my cats."

"We were dining out in a restaurant in another town with a couple, when our friend, who had a medical condition, unexpectedly suffered a brain seizure. The situation required immediate attention. The restaurant staff was able to make a space in an adjacent room for us as we helped our friend to work through the seizure. We remembered that we had Five-Flower Formula in the glove compartment of our car. From the moment we applied it to her lips, we could note that our friend's pulse steadied, her breathing normalized and after several minutes she returned to a stable condition."

"I mix Five-Flower Formula in a large five gallon bucket and routinely add it to all of my transplants or cut flowers. I don't have any scientific studies for you, but I've been a gardener for 15 years and I notice a difference when I do this. The plants spring back quicker and are generally healthier."

Five-Flower Formula™ is the trademark of Julian and Martine Barnard, creators of the Healing Herbs™ line of English flower essences. The Barnards are renowned as flower essence teachers, authors and practitioners. Their love and care for the flowers used to make the Healing Herbs essences is evident in their excellent book, *The Healing Herbs of Edward Bach*.

Nickie Murray, former trustee of the Bach Centre, has shared her enthusiasm for their work: *“Julian Barnard has been a close friend and colleague of mine for over seventeen years. In partnership with his eminent and perceptive wife Martine, he has devoted his life to studying and teaching about the work of Edward Bach. The Healing Herbs™ are genuine flower essences, prepared according to the original methods, from wild flowers and trees that grow in the countryside of England and Wales — with the exception of two that are indigenous to the Mediterranean. These essences are prepared with great care, love, and integrity to ensure perfection through simplicity, and to achieve the miracle of Nature’s Healing, which is everyone’s birthright. The Healing Herbs™ are my own personal choice, and I wholeheartedly give them my recommendation and support.”*

Five-Flower Formula™ & Healing Herbs™
Ask for them by name!

Available from: