



# WEST COAST DOG TRAINING

## Bach Flower Remedies For Dogs

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### **Bach Flower Remedies**

Discovered by Dr. Edward Bach in the 1930's, *Bach* flower remedies are a range of liquid remedies prepared from wild flowers specially made for humans and animals including dogs. They contain the “energy of medicinal herbs.” It is considered a homeopathic remedy rather than an herbal remedy as it works by affecting energy levels as opposed to chemical balance.

Their purpose is mainly in helping to heal negative emotional states: that is to say, states of mind and mood that cause suffering, or which are the result of suffering. These states of mind include emotions like sadness and despair, fear and anxiety, hostility and defensiveness, and the effects of emotional trauma past and present. Bach flower remedies help to remove blocks in a dog's energy that can cause these problems. The effects of Bach flower remedies are often more immediate in dogs and other animals than in humans due to animals “innate harmony with their surroundings” and are therefore less prone to becoming unbalanced. Results are usually seen within two or three weeks, and sometimes showing signs of improvement within minutes! The remedies come in liquid form and are 100% safe.

### **How Bach Flower Remedies Work**

#### *Understanding Energy*

Bach flower remedies are what we call a dynamic therapy, as opposed to a material therapy that uses something tangible and measurable, to operate, e.g. chemicals. The Bach flowers use a particular form of subtle energy to work on our bodies and minds.

Living beings – including us and our dogs – are very much *energetic* in nature. What does this mean? It means that these fleshy bodies we inhabit are actually made of nothing more or less than energy. Every molecule of a living organism vibrates at a particular energetic (electromagnetic) frequency, and every living being has an unseen yet very real energy or bio-electrical field, which

surrounds, penetrates and permeates the physical body. In fact, this energy field IS the physical body!

Sounds bizarre? Well, it sounded bizarre to physicists too, before Albert Einstein's physics revolution in 1905. Nowadays it's bread-and-butter knowledge that energy fields are actually more fundamental to reality than our normal concept of "matter" and that visible matter is no more than a state of energy in varying stages of density. Physics shows, for example, that the chair you are sitting on to read this is itself nothing more than a very dense conglomeration of energetic subatomic particles and that the interaction between it and your body – the fact that it supports you and you don't fall through it – is actually down to the interaction of the chair's and your body's respective electromagnetic fields.

### *Uploads and downloads*

Bach flower remedies make use of the ability of simple water to retain or 'upload' the energy frequencies of a flower. When we take a Bach remedy, or give some to a dog, we are in a sense 'downloading' that information back into their system. The bodies own energy system conducts the information in the form of very subtle energy waves, which travel through water and tissue. The energy field of the flower, carried in the water, is able to interact with the field of the recipient and influence its state. This effect then filters down, by a complex process of electrochemical conversions, into the conscious mind as improved mental/emotional/psychological wellbeing.

Each different type of flower has a slightly different energy and carries slightly different 'information' into our system. This means that each of the 38 *Bach* remedies is able to address and influence a slightly different aspect of our energy field. But what they all have in common is that they are capable of healing blockages and imbalances at the highest and most subtle level of our being and that of animals. This highest level is the realm of the mind and emotions, the psychological state – or, if we dare to risk using such terms, the 'heart and soul.'