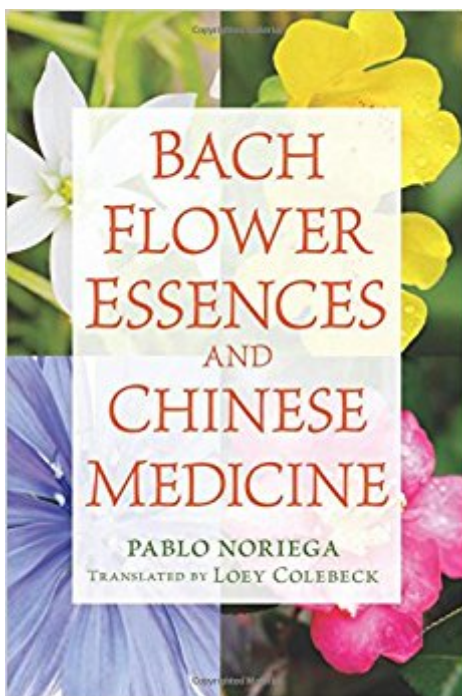


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Bach Flower Essences And Chinese Medicine



Synopsis

A guide to applying the power and wisdom of Chinese Medicine to Bach Flower Therapy. Includes detailed write-ups about the indications and effects of each of the original 38 Bach flower remedies according to Chinese Medicine. Explains the relationships between specific emotions, symptoms, and regions of the body according to Chinese Medicine. Offers a complementary method of Flower Essence evaluation using physical conditions to access the emotions. Bach flower essences provide excellent tools for balancing energetic disturbances generated by emotions. Yet people often have trouble clearly expressing their feelings and emotions, making selection of a specific flower essence difficult. Drawing upon the centuries-old relationships established in Chinese Medicine between emotions and physical disorders, Pablo Noriega shows how to use a person's descriptions of their complaints and chronic conditions combined with Flower-type personality traits to diagnose which flower essence to prescribe in each unique case. The author includes a full primer on Chinese Medicine, exploring in detail the main principles: Yin and Yang; the Five Elements and their associated Organs; Blood and Energy; the Virtues, the behaviors that can strengthen the Elements; and the Psyche, the energetic spirit of each Organ. He reveals the direct correspondences between specific emotions, symptoms, and regions of the body and how the Flowers help regulate Spirit and work on the emotional foundations of many common chronic disorders. Providing detailed profiles about each of the original 38 Bach flower remedies according to Chinese Medicine, Noriega explains how to prescribe flower essences for prevention of predisposed conditions, for healing of acute and chronic ailments, and for disorders that arise from stagnant energy and yin-yang imbalances. Offering flower essence therapists new possibilities for evaluation and treatment, this guide also helps Chinese Medicine practitioners incorporate Flower Essences into their practice.

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Customer Reviews

"In *Bach Flower Essences and Chinese Medicine* Pablo Noriega takes us into an exploration that has never been so thoroughly attempted: the intersection of Bach Flower Essence theory with that of Chinese Medicine. Both fields hold in high regard the role that the mind and emotions play in human health and suffering. Restoration of balance in the psycho-spiritual realm is highly prized by both paradigms. The brilliance of Bach's theory is in the careful observation of complex human conditions and the identification of plant energies that can harmonize dissonant mindsets. Chinese Medicine also prizes the study of the mind and emotions and how these relate to disease development and has carefully cataloged these in domains of human function known as the five organ systems. Noriega deftly weaves discussion of how these two systems inform one another, giving greater insight into both fields. He expands treatment options for practitioners of Chinese Medicine and broadens treatment context for practitioners of Flower Essence Therapy. This work will be of interest to all who enjoy traversing the boundaries between paradigms and who find satisfaction on the frontiers of intercultural exchange.

(David W. Miller, M.D., FAAP, L.Ac., Dipl. OM, East-West Integrated Medicine, LLC)

"This book is an excellent resource for both acupuncturists and Bach Flower Essence practitioners. It furthers the very important conversation and synergistic relationship that exists between the ancient knowledge of Chinese Medicine and the profound insights of flower essence healing possibilities discovered by Dr. Bach.

(Warren Bellows, L.Ac., coauthor of *Floral Acupuncture: Applying the Flower Essences of Dr. Bach to A*)

Pablo Noriega is a flower essence therapist and naturopath trained in Chinese Medicine. He has taught courses and seminars in Spain, Italy, Chile, Argentina, Costa Rica, and Mexico. He is a professor of Chinese Medicine and Bach Flower Therapy at two institutes in Buenos Aires and part of the team of flower essence therapists at Anthemon Institute in Barcelona, Spain, and at Mount Vernon Institute of Flower Essence Therapists in Santiago, Chile. Loey Colebeck, translator, is an accredited flower essence therapist. From 2003 to 2014 she studied and practiced Bach Flower Therapy in Spain. She lives in Minneapolis, Minnesota.

Great learning book. I'm just beginning to learn and listen to what the experts are teaching us about flower essence theory with Chinese Medicine. . Helps in understanding the strange words (Yin Yang) and meaning. I have hear the word Yin Yang and thought it was funny. Excellent book. I recommend it.

A beautiful book. Highly recommended.

Great book bridging TCM and Bach Flower Essences.

Great book.

Pablo Noriega approaches the intersection of Bach Flower Therapy and Chinese Medicine with a spirit of openness and inspiration but which is not lacking in foundation. On the contrary, he took care to write it over the course of some ten years, and it includes knowledge that he has gathered and synthesized not only in clinical practice but also as a colleague and contemporary of top international professionals in Bach Flower Therapy and an insatiable thirst for knowledge in Chinese Medicine. His access to knowledge of Dr. Orozco's Transpersonal Patterns of the Bach Flowers (as of now accessible only in Spanish), allowed him to see clear patterns in the Flowers' Qi, so to speak, and apply them to Chinese Medicine's theories of Yin Yang, Wu Xing, Zang Fu, Qi and Xue, and Wu Shen, for regulating Spirit and Qi, without losing the tradition of a personalized Flower Therapy. He also opens new doors to Flower Therapists based in time-tested knowledge. It is the poetry inherent in a Latino mind that allows him to see the unseen in new ways, to write the foundations for this bridge, as he calls it (the transliteration of original title in Spanish would be "Chinese Medicine and the Bach Flowers: building a bridge"). I whole-heartedly recommend this book for anyone who wishes to open doors to deeper healing for themselves and/or their patient/clients.

If you want a better understanding of what it means to be human, a better understanding of how to reduce suffering in the world, this is a very helpful book indeed. Anyone interested in vibrational therapies will find much wisdom in this book.

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