



MINUTES OF ACT MEETING 16th SEPTEMBER 2015

Attendees: Fatima Bailey, Anne Harrabin, Dvora Kadish, Eve Rogans, Emma Perris, Victoria Busk, David Carr, Karla Prentin, Claire DaBreo, Justine Cooke, Elizabeth Jacovelli, Sally Kean-Hammerson, Jane Broughton, Jackie Graham

Apologies: Julia Davis, Marian Fixler, Vivien Fish, Archana Patel, Gloria Else, Annabel Mitchell, Pia Huber, Amanda Cox, Martha English, Clair Astin, Rosalie Segal, Nicola Salmon,

Liliana Bellini spoke about Bach Flower Essences. Liliana is a Bach Flower practitioner, senior homeopath at Nelson's and doula.

- Liliana's practice centres on the belief that we are innately healthy and have the ability to balance ourselves. She sees Bach Flower remedies as mysterious but effective catalysts for this and an embodiment of the inherent simplicity of her approach.
- She feels they speak the same subtle language as our innate intelligence, bypassing our intellect, and communicate in a way that crude substances cannot 'because Bach deals with what's happening between molecules'.
- Bach Flower healing is not analytical. It's about tuning in to what state of mind is hindering your ability to have a fuller, more joyful human experience. Rather than looking at what is happening outside ourselves, we look at how we are experiencing what is happening.
- Liliana describes Bach as a timeless visionary who offered a reminder of who we are in essence and a means to 'go back home'.
- Liliana feels it is important to start with yourself when using these remedies to be in a good state of mind to help clients.
- She believes a woman has all of the resources she needs to birth naturally, providing the circumstances support this. Bach's remedies can help women connect with this ability and shift a negative frame of mind, allowing things to flow chemically.
- Bach felt that by addressing the mental level physical ailments would resolve.
- In practise, Liliana identifies which negative emotional state is affecting her client through conversation and intuition. She then chooses the Bach Flower remedies that address them and discusses their appropriateness with the client. She stressed the importance of not making assumptions about what they need, but letting the client ultimately choose. She believes Bach intended for people to self-prescribe.
- Bach remedies can be used in conjunction with other therapies but Liliana chooses to keep things as simple as possible to avoid giving too many messages to the subtle body/ vital force.
- Her remedies are 20% ethanol and 80% water. To this she adds two drops of each of the chosen remedies (up to 7). 4 drops are taken 4 times per day in water. Liliana said this frequency can be exceeded with no adverse effects. It does not interact with other medications and is safe in pregnancy.
- They may also be taken undiluted direct on the tongue (2 drops as needed) or simply add 2 drops of a chosen essence to a drink of choice.
- Ethanol can be bought at pharmacies. In its' absence vodka/ other clear spirits may be used.

- When working with clients who are trying to conceive, pregnant or in labour, addressing their individualised fear(s) is paramount.
 - During Labour - Liliana puts a few drops of what she feels is needed in the birthing woman's water. In this instance she does not check with birthing woman which remedy they feel is appropriate. However, she normally meets them before the birth to get an idea of what they may need. Some possible remedies:
 - An excellent general support = Rescue Remedy
 - Being present and in the body during birth = Clematis
 - Needing to feel in control/ fear of losing control/ losing control = Cherry Plum
 - Pure, intense, acute terror = Rock Rose
 - 2-week-wait possible remedies:
 - Impatience = Impatiens
 - Past failures, fear of failure, fear of success and then losing it, insecure because it wasn't a natural process, hesitate or hold themselves back because they don't feel they're good enough, lack of self esteem = Larch
 - General calmative = Rescue Remedy
 - A specific fear about the process that they can name = Mimulus
 - Depressed, low mood from setbacks = Gentian
 - Shutting down and not learning from experience, perhaps even on a physical level leading to inability to conceive = Chestnut Bud
 - Not being present with process, mind is focussed on outcome of a baby = Clematis
 - Poor perception of body, self-loathing, worry about body changing = Crab Apple
 - Perfectionist, being hard on themselves, rigid = Rock Water
 - Always smiling but underneath suffering, wearing a mask = Agrimony
 - Struggling with lack of control of situation = Cherry Plum
 - Persistent worry, unpleasant thoughts (v good for while waiting) = White Chestnut
 - Fear of change (could be on a deeper level while on surface they just want to be mums) = Walnut
 - Over due date - very good and important time for Bach remedies and homeopathy. Body receives message that it is ok to go into labour. Liliana feels what she gives at this time usually has an impact.
 - Further reading -
 - 'An Introduction and Guide to Flower Remedies - The 38 Flower Remedies'
 - 'Essential Writings of Edward Bach' - for a deeper understanding of Bach's philosophy
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- Amanda Cox has stepped down as Secretary. Looking for 1-2 people to fill the role.
 - Any queries - emails to be sent to the steering committee not to the group. General questions can be asked on the ACT London Facebook page.
 - Annual subscriptions now due.
 - Reminder of minimum attendance of 3 meetings per year. Remember to sign in on the night.

Next Meeting: Thursday 19th November at 19:15.