

TRANSFORMING LIVES WITH BACH FLOWER THERAPY

SOME LIVE CASE STUDIES

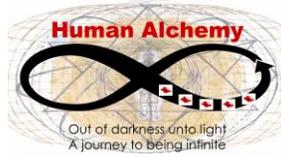
ABOUT THIS DOCUMENT

This document is a compilation of authentic responses received from some of my clients of Bach Flower therapy in response to a study conducted amongst them. Five of these responses have been compiled here, as samples to demonstrate the transforming effect of Bach Flower therapy. The names of the respondents have been kept undisclosed, for obvious reasons.

To know more about Bach Flower remedies, visit <https://indroneil.com/2019/07/27/transformation-through-wellness-using-bach-flower-remedies/>.

QUESTIONS ASKED

1. When did you start Bach Flower therapy?
2. What was your challenge because of which you chose to go through Bach Flower therapy?
3. Why did you choose Bach Flower therapy?
4. What shifts did you notice in the initial few months?
5. What transformation, if any, do you notice, in yourself now?



TRANSFORMING LIVES WITH BACH FLOWER THERAPY

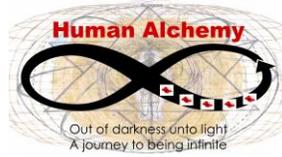
SOME LIVE CASE STUDIES

RESPONSES

RESPONDENT 5

A woman content-writer, working with a digital marketing company and a single mother of two

1. Started in April 2019
2. I was not only going thru a financial slump because of having separated from my husband, I also met with a severely traumatic accident that was nearly fatal. I was extremely depressed because of the incapacitation and being a single mother of two children, it only added to my sense of doom.
3. I was recommended Bach Flower therapy by my therapist.
4. The sense of doom slowly lifted and I gradually I could sense my purpose of life. I was able to accept the imperfections I saw in myself and in my life, began feeling grateful for the small good things and slowly started realizing that life after all was not that bad.
5. The difference is marked. I know for a fact now that I may not be perfect or the best by any measure but I am good enough to handle what I have on my hands. I feel happy and grateful for this life and for the wonderful people around me.



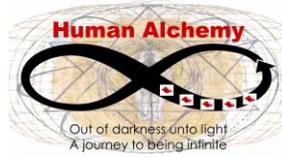
TRANSFORMING LIVES WITH BACH FLOWER THERAPY

SOME LIVE CASE STUDIES

RESPONDENT 2

National sales head of the farms equipment division of a large diversified group responsible for a business of INR 12,000 crores, managing 900 channel partners and a sales team of 500+.

1. Started in early July, 2019
2. I was feeling overwhelmed and low because of shift to new role and an unfamiliar environment. Experienced anxiety before strategic discussions and was beginning to feel disinterested.
3. Bach Flower remedy was recommended to me by my coach.
4. Experienced occasional highs and lows. Whenever an important discussion happened, I came out with flying colors. I noticed marked alignment between my thoughts and words and could speak more confidently.
5. I feel more in control and self-confident. Have become remarkably assertive and influencing with my team as well as peers and managers.



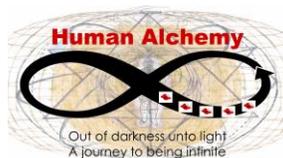
TRANSFORMING LIVES WITH BACH FLOWER THERAPY

SOME LIVE CASE STUDIES

RESPONDENT 3

A young start-up founder running a fairly successful start-up in the health food space

1. Started in mid-July, this year
2. I had some traumatic incidents in my personal life, related to relationship, due to which I had turned extremely negative and had an empty feeling. Most often I used to find myself in a state of sadness and lacked emotional drive. At times would feel extremely low.
3. I heard about BF therapy from a friend of mine. She recommended that I give it a try and see if it helps me. I was looking at something that helps me feel calmer and reduces the swings.
4. –
5. This has helped me tide over the negativity I was going through. I am much higher on energy now and the negative feelings, including anger, have reduced considerably. I am most often more positive and happier now.



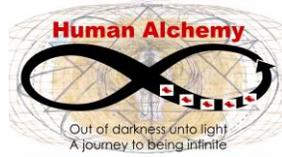
TRANSFORMING LIVES WITH BACH FLOWER THERAPY

SOME LIVE CASE STUDIES

RESPONDENT 4

A young woman start-up founder running a business in the wellness industry

1. In mid-July, this year
2. I was experiencing intense confusion which was coming in the way of my taking decisions, particularly with respect to business. This was making me feel guilty. I noticed I lacked clarity and patience. I was losing focus, despite dreaming big. I also sensed in me a fear of being abandoned and a tendency to hold on to my near ones.
3. When I shared my emotional conditions with the therapist, he suggested me this therapy and I immediately started taking the remedies, as per his advice and prescription.
4. My ability to listen improved; I became more patient and could see my thoughts getting clearer.
5. Bach Flower therapy has definitely worked for me, bringing more clarity and patience in my life and making me guilt free. I know for sure Bach flower remedy is one stop solution for my emotional imbalance as it has significantly helped me to lead a balanced life.



TRANSFORMING LIVES WITH BACH FLOWER THERAPY

SOME LIVE CASE STUDIES

RESPONDENT 5

A yoga teacher, single mother and a creative artist

1. Started in mid-July, this year.
2. I was in an extremely low emotional state, bordering on complete breakdown. Did not see any way out and had self-destructive thoughts passing my mind on several occasions.
3. I had heard of Bach Flower therapy before from my sister and the positive effects it had.
4. Started experiencing change in thought process and a feeling of calm, moving me from a negative to a more positive frame of mind. Gotten over my sense of guilt and self-blame and became more aware of my rights and responsibilities. Began experiencing self-love and becoming increasingly self-reliant.
5. People say I'm a changed person. Much calmer n sorted. I have stopped doing things to please people who question my actions. From a feeling "I'd rather be dead" to "Thank you God for giving me this life and everything" - it's a huge shift. Not yet complete but almost there.