



Cerato
*Doubt your own
ability to judge
situations*

About the course

The Distance Learning Programme (DLP) is an introductory level course that

will help you learn about Dr Bach's system of 38 flower remedies. It encourages you to explore the system so that you can develop your knowledge and skills at your own pace.

Most people using the DLP will want to use the remedies to help themselves and their friends and family. Others will use it as an entry route to the advanced Level 2 course and eventually to practitioner training, (Level 3).

The Distance Learning Programme comprises of 5 lessons:

- First steps - understanding & using Dr Bach's crisis mix introduction to the remedies
- Self-help - making the remedies part of everyday life;
- Theory - how the remedies work, Dr Bach's philosophy of health;
- History - Dr Bach's life, discovery of the remedies;
- Helping Others - helping friends select remedies, helping children, helping animals and plants.

By the end of lesson four you will have studied all 38 remedies. Lesson five gives you an opportunity to review what you have learned and put it into practice.

Aims of the course

- To teach you about Dr Bach's crisis mix and its uses
- To give you the opportunity to learn each of the 38 Bach flower remedies
- To introduce you to the history of the remedies & to Dr Bach's philosophy
- To give you opportunities to use the remedies in everyday situations for yourself and your friends and family as well as for plants and animals
- To inspire you to learn more about Bach flower remedies
- To ensure you know enough about the remedies to go straight onto the Level 2 course if you are wanting to take your studies further.



Red Chestnut
*Over-anxious & overly
concerned for others*

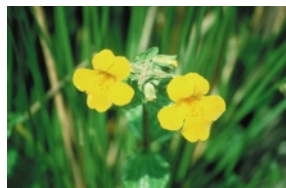
Once you have completed all five lessons you will receive information telling you how to make the most of what you have already learnt and expand your knowledge even further.



Gorse
*Feel despair, hopelessness
& pessimistic*



Honeysuckle
*Live in the past, feel homesick
ornostalgic*



Mimulus
*Fear of known causes
such as illness, death,
flying, the dark, spiders etc.*



Wild Rose
*Bored, apathetic,
resigned*



Impatiens
*Impatient & easily
irritated*



Crab Apple
*Poor self-image &
ashamed or embarrassed
by physical features*