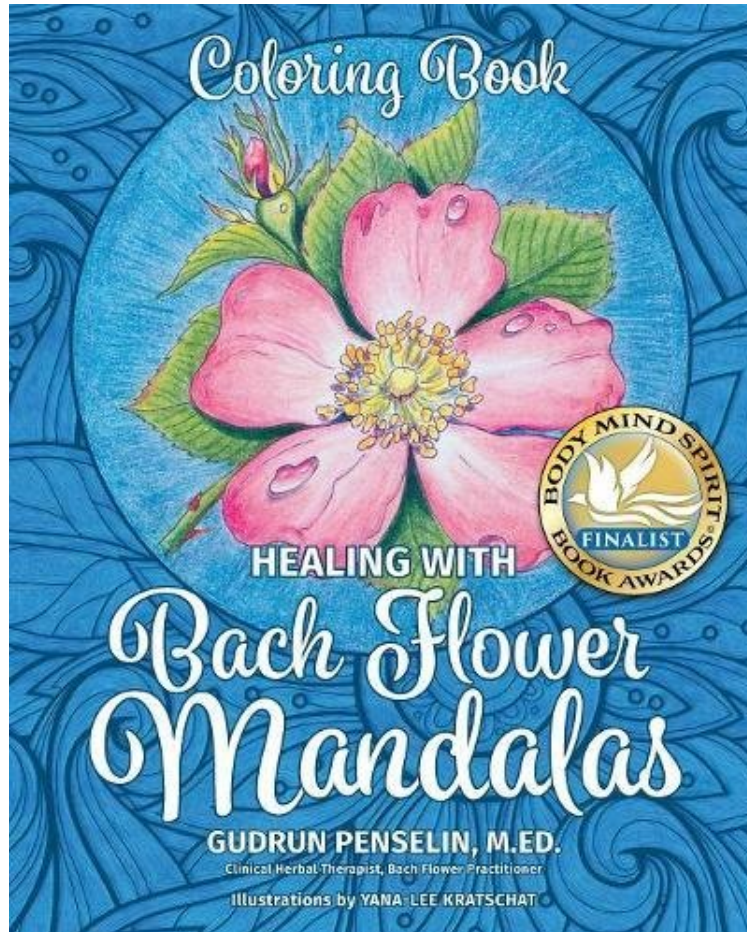


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## Healing with Bach Flower Mandalas: Coloring Book

*Gu*drun Penselin

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**Gu**drun Penselin : **Healing with Bach Flower Mandalas: Coloring Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing with Bach Flower Mandalas: Coloring Book:

HEALING WITH BACH FLOWER MANDALAS is a unique publication. It is much more than just another colouring book. The system of healing developed by Dr. Edward Bach in the 1930s, known today as the Bach Flowers, is comprised of 38 flower essences plus the Rescue Remedy. The ultimate goal of this healing method is to assist us in freeing ourselves from limiting beliefs and emotions that hold us back from living our life to our full potential. HEALING WITH BACH FLOWER MANDALAS features all the Bach Flowers including the Rescue Remedy in the form of mandalas. This combination provides vast potential and opportunity for healing, movement and transformation. The book is a fun tool for working with Bach Flowers. Designing and colouring the Bach Flower mandalas can be enjoyed by anyone. This valuable colouring book includes: - Introduction to Edward Bach and the

Bach Flowers - General information about mandalas - Suggestions for how to work with Bach Flower mandalas - Quotes from Edward Bach interwoven throughout the book - Messages from each of the Bach Flowers - A mandala for each flower as well as a blank page for reflections "Gudrun Penselen has poured heart and soul into a perceptive project that combines two gentle yet powerful healing modalities, the Bach Flowers and the Mandala. HEALING WITH BACH FLOWER MANDALAS is a joyful and beneficial colouring book for those with hearts open to the combined experience of play and healing. Both the Bach Flowers and the mandalas bring forward distinct features and while playing with the colour, design and nature of this beautiful book, participants may find they are feeling more balance, harmony and focus in their lives. ~Marian Jacoba Shilka, Visual Artist and Mandala Workshop Facilitator

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About the Author Gudrun Penselin, M.Ed., is an author, speaker and expert in herbal medicine. She often conducts workshops on herbal pharmacy, connecting to plant spirit, reflexology, light and colour therapy, lifestyle improvement and, of course, the Bach Flowers. Gudrun has written articles on several topics including medicine making with dried herbs, using Wild Rose and Rosehips for food and medicine, encouraging healing with Bach Flowers, and connecting to the Earth. She is the executive producer and co-creator of the instructional DVD Herbal Pharmacy for Everyone, A Step-by-Step Guide to Creating Your Own Herbal Preparations and created the Bach Flowers Unfolding card deck. Gudrun is a natural educator who brings joy whenever she shares her knowledge and experience about plants and their healing spirit. She is a frequent presenter at conferences in Canada and the US and has been a featured guest on numerous radio shows. Gudrun was born and raised in Germany. Since her emigration to Canada in 1981, she has focused her professional education on complementary medicine. For over 30 years she has been running a successful practice in Grande Prairie, Alberta. She has helped thousands of people through her teachings and practice by using a holistic approach to wellness. She enjoys the outdoors and being close to nature. Gudrun has explored many parts of Canada with her family while camping, canoeing and hiking in the wilderness. Her deep interest in learning about other cultures and their healing traditions led her to travel to many places across the globe, including India, where she was fortunate to spend some time with Mother Teresa. More recently, her travels have taken her to Central and South America, where she focused her attention on some of the traditional forms of healing. "I see her (Gudrun) as a healer and friend to those around her and the Earth itself, and am constantly inspired to strengthen my own commitment to living a life based in Love... and the singular dedication to the much needed healing of the Earth and its people." - Lana Robinson, B.A., Presiding Clerk of Canadian Friends Service Committee (CFSC) For more information about Gudrun's work visit: [www.rainbowhealing.ca](http://www.rainbowhealing.ca) - [www.healingspirituality.com](http://www.healingspirituality.com) - [www.herbalinstructions.com](http://www.herbalinstructions.com)