

Hahnemann was far ahead of his time. He even stated it is not microbes or viruses or bacteria that cause disease...it is the organism's susceptibility that is the culprit. If we are "in tune"...if our energy fields are not blocked and are in correct balance... such invaders can not harm us. We have all seen and wondered at this phenomena. Expose a group of people to a contagious disease and some will succumb while others are unaffected, even when sleeping in bed with infected persons! On the other hand, we have seen cases where one lives in a healthy environment with a healthy life style, and still they "catch" whatever is going around.

Numerous theories are offered as to why homeopathic remedies work. We still are unable to prove by current scientific criteria just how this age-old method assists the body's ability to heal itself, but physicists are taking an active interest in the whys and wherefores.



*"Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material.....Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort."*

---Edward Bach, M.D., B.S., D.P.H.,

Heal Thyself, 1931.

## THE BACH FLOWER REMEDIES

Just as Dr. Samuel Hahnemann's name is practically synonymous with homeopathy, another equally visionary physician, another rebel against his era's medical practices, was Dr. Edward Bach (1886-1936) whose name is synonymous with Flower Remedies.

The Bach Flower Remedies belong to the family of subtle methods of healing, similar to the classical homeopathy of Hahnemann. They work on the subtle energies of the body. But unlike homeopathy, these flower essences do not operate under the Law of Similars, do not address physical symptoms, but deal exclusively with STATES OF EMOTIONAL DISHARMONY. By transforming negative feelings to positive ones, the body's natural healing ability is enhanced.

"They do not act by the roundabout route via the physical body, but at more subtle levels directly influencing the *energy system that is man*. (emphasis supplied)" (Mechthild Scheffer, Bach Flower Therapy; Theory and Practice, 1981.)

### Preparation and Use of Flower Remedies

Flower essences are liquid concoctions very simply prepared by immersing a flower into pure water in a glass container and exposing the mixture to sunshine or heat. No potentization (the specific rhythmic shaking of a homeopathic preparation) is required.

The flowers are then strained out and the herbal water is stored in a glass bottle, preserved with an equal amount of glycerine or brandy. This is the "mother tincture" or the "stock tincture" for that single-flower essence. From this preparation, prescriptions can be prepared in smaller and diluted quantities.

Usual dosage is three to seven drops under the tongue, four times a day. Drops can also be diluted in a glass of water or cup of tea. To intensify the effects, more frequent use is suggested rather than an increase in the dosage. More than one flower essence can be taken at the same time, but too many at once seems to confuse the issue.

Some ready-to-use preparations on the market today combine several flower essences and are labeled to indicate the emotional or psychological problems they affect.

The majority of plants used are what many consider weeds, and they must be gathered only in places where nature is still unspoiled. If cultivated, they lose their healing powers. They are non-toxic, non-poisonous...unlike some plant material used in homeopathy. According to Bach, they are plants of a "higher order"... "the happy fellows of the plant world."

Harvesting the flowers is more critical than gathering herbs. Only the blossoms are used; the plant is not destroyed. The blossoms must be picked at the point of full maturity when all the energies are at their peak, and on a cloudless sunny day. (One wonders how many such perfect days the Bach people have in Great Britain!) The time element be-

tween the picking and the infusion is kept to a minimum in order to preserve as much of the flower energy as possible.

Bach's Rescue Remedy is probably the best known formula and is found in many home's first aid kit. Used for emergency situations or sudden trauma, it reduces the effects of shock and minimizes pain. It calms hysteria. It can be used for pets and plants, as well as human beings!

### History and Background

Bach Flower Remedies are made of flowers found mostly in Britain. Other lines of flower essences have been developed from native flora around the globe, but Bach Flower Remedies are referred to by many as the "Cadillacs" of the field. They are listed in the Homeopathic Pharmacopeia. The Bach Centre in England continues today to produce its flower essences, and has representatives throughout the world.

Edward Bach was a bacteriologist and homeopath with a very lucrative practice on Harley Street, London. At age 43, disillusioned with drug therapies and firmly believing illness was a symptom of mental or emotional imbalance, he retired to Wales to search for a simpler, more natural answer. He wanted something that "did not require anything to be destroyed or altered."

To illustrate his philosophy, here are some quotes from his two books, Heal Thyself and The Twelve Healers, which are classics:

"The main reason for the failure of modern medical science is that it is dealing with results and not causes." (Heal Thyself)

"Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort. (Heal Thyself)

"The real primary diseases of man are such defects as pride, cruelty, hate, self-love, ignorance, instability and greed; and each of these, if considered, will be found to be adverse to Unity." (Heal Thyself)

"The mind, being the most delicate and sensitive part of the body, shows the onset and the course of disease much more definitely than the body, so that the outlook of mind is chosen as the guide as to which remedy or remedies are necessary." (The Twelve Healers)

"Thus, behind all disease lie our fears, our anxieties, our greed, our likes and dislikes. Let us seek these out and heal them, and with the healing of them will go the disease from which we suffer." (The Twelve Healers)

Bach prepared 38 single-flower essences, each to be used for a different personality imbalance such as melancholy, nervousness, irritability, loneliness, indecision, envy, fear, discontent and so on.

He wrote that these essences worked by "flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of which, disease melts away as snow in the sunshine." He felt the energized essences provided the "energy boost" needed to reconnect the link between body and soul/spirit which some negative personality fixation had severed or weakened. When inner connectedness between all levels of our being is restored, when hardened patterns and old habits of thinking are broken through, the body's self-healing powers are no longer hampered.

Expressed another way, here is the opinion of Steven Horne, Master Herbalist: "I believe that many of our health problems have their roots in unresolved emotional conflicts. In a nutshell, I've learned that emotions are a type of energy. When this energy does not find its proper natural expression, then it stagnates inside the body. It becomes, in essence, an emotional or psychic 'toxin'. This emotion will then express itself in destructive, unnatural ways. One of the ways these buried feelings express themselves is through physical illness or pain. Just as physical toxins or poisons must be cleansed from the body for healing to occur, these unresolved emotional issues must also be expelled or cleansed from the system for healing to occur."

"Flower remedies are not really remedies in the sense that they provide something lacking. I feel they should be considered more as a health catalyst...they energize our natural healing wisdom when we are stuck in the inertia of an undesirable or detrimental emotional habit; they remove the fear, the depletion of vitality needed to make a change."

Steven Horne, Master Herbalist

### Peeling the Onion

Whether used by individuals as a home remedy or by holistic physicians, chiropractors, psychotherapists or other health professionals as a counseling tool, flower essences are used to identify and focus attention on deeply buried feelings or problems, not as a medication for physical ailments. Selecting the correct flower remedy is an intuitive, right-brained activity...not an exact science.

After the need for a particular essence is established (by analyzing one's history and current state of affairs, or by a counselor's insight, or by muscle testing), and the dosage has brought about the desired effect, it is not unusual for other emotional imbalances to surface. It is likened to the peeling of an onion....remove one layer and another is there to be handled! You should not be alarmed, but realize you don't have to solve all your imbalances at once. Take your time, set your own pace, and enjoy the challenge.

**BACH FLOWER REMEDIES**

The Bach Flower Remedies belong to the family of subtle methods of healing, similar to homeopathy. They do not address physical symptoms, however, but deal exclusively with states of emotional disharmony. Dr. Bach formulated thirty-eight flower-based formulas purported to cure certain emotional problems. It was his theory that by transforming negative feelings to positive ones, the body's natural healing ability is enhanced.

**FEAR**

Remedy Rock Rose (helianthemum nummularium)	Problems Sudden emergency causes terror, panic, horror; addiction to drugs	Results Able to mobilize self; heroic selflessness
Mimulus (mimulus guttarus)	Frightened of life, but hides it; timidity and shyness; specific anxieties and phobias	Able to face world with equanimity; sensitive but not anxious
Cherry Plum (prunus cerasifera)	Fear of losing control of self; afraid of nervous breakdown or doing harm to self or to others; uncontrolled outbreaks of rage; unable to cope with "dark forces: believed to be inside	Able to gain spirituality and overcome fear of subconscious; courage and strength; spontaneity

Aspen ( <i>populus tremula</i> )	Unconscious anxieties; foreboding of something terrible but unknown; over imaginativeness; nightmares	Faith to face experiences, insight into higher spiritual spheres and confidence of security
Red Chestnut ( <i>aesculus carnea</i> )	Fear for those they love; over-protective, over caring; excessive selfless concern	Rational concern for others; positive thoughts of security and well-being; able to visualize desirable and rather than the worst
LACK OF INTEREST Remedy	Problems	Results
Clematis ( <i>clematis vitalba</i> )	No real interest in present situation; daydreamer; inattentive; idealistic; little aggression or vitality; indifferent to good news or bad	Finds connection between fertile imagination and real world, able to bring creativeness to realization; purposeful and active idealism
Honeysuckle ( <i>lonicera caprifolium</i> )	Lives in the past, expecting little from present or future; homesickness; relives past pleasures and glories; refuses change	Learns from past and applies lessons to present; assumes new responsibilities and interests; releases regrets and sorrows of past
Wild Rose ( <i>rosa canina</i> )	Apathetic resignation to life; no ambition; completely passive; fatalistic	New vital interest in life; realizes inner freedom and ability to make constructive changes
Olive ( <i>olea europaea</i> )	Complete exhaustion after long period of strain; no personal energy left; feels completely "washed out" in body, mind and spirit	Able to make contact with higher source of energy; copes with great stress by giving themselves up to inner guidance; strength and vitality
White Chestnut ( <i>aesculus hippocastanum</i> )	Lacks concentration in present because of thoughts constantly going round and round in head; mental arguments and dialogues won't go away; difficult to sleep; head feels full and ideas disarrayed	Mental state calm and peaceful; able to constructively sort important and unimportant thoughts
Mustard ( <i>sinapis arvensis</i> )	Black depression; melancholia; deep despair for no reason; completely introverted at mercy of mood	Inner serenity to work through grey days; cheerfulness and joy
Chestnut Bud ( <i>aesculus hippocastanum</i> )	Repeats same mistakes, never learning lesson; attempts to forget unpleasant experiences as quickly as possible; appears naïve, inattentive; slow to learn	Takes note of life's events and learns from own experience and that of others; mentally active and focussed on present; a good learner

## LONELINESS

### Remedy

Water Violet (*hottonia palustris*)

### Problem

Finds it difficult to approach others with ease; appears reserved, conceited, aloof; tension and stiffness from keeping “a stiff upper lip”

### Results

A well-balanced, independent minded person; able to create atmosphere of calm, poise, dignity, sympathy, wisdom, and island of peace for others, able to pass on values and exchange energies with others

Impatiens (*impatiens glandulifera*, I. Roylei)

Impatient; cannot “stand fools gladly; impetuous and hasty; nervous indigestion; excessive self-will and reactions

Patience, empathy and understanding for others; able to put quickness of mind, power of decision and intelligence at the service of others

Heather (*calluna vulgaris*)

Self-centered, talkative hypochondriac; hatred of being alone, “the needy child”; poor listener; tends to exaggerate emotionally

Selflessness, empathy for concerns of others; good listener; interesting partner in discussions

## OVERSENSITIVITY

### Remedy

Agrimony (*agrimonia eupatoria*)

### Problem

Inner worries hidden behind façade of cheerfulness; will do a lot just “for the sake of peace” sociable in order to forget troubles; resorts to alcohol or drugs to cover unpleasant thoughts

### Results

Negative experience no longer suppressed; takes off rose-colored glasses and objective; genuine inner joyfulness and optimism

Centauray (*centaurium erythraea*, c. *umbellarum*)

Weak willed, easily exploited, sometimes a martyr in desire to please others; running risk of losing own chance of personal development

Able to say no; wisely gives service without giing up own inner objectives; powers of own will restored

Walnut (*juglans regia*)

Difficulty meeting change in life, biological or environmental; vacillates before influence of old habits, family traditions, relationships; cannot “break loose” and go own way

Immune to outside influence and able to free self from shadows of the past; remains tru to self and follows life goal; recognized laws behind life changes

Holly (*ilex aquifolium*)

Lack of love for others; jealousy; hatred; envy; supersensitive to real or imagined slights; distrustful and suspicious

Heart is opened to universal love; sense for scheme of things, every person in right place; inner harmony able to give and receive love

## OVERCARE FOR OTHERS' WELFARE

### Remedy

Chicory (*cichorium intybus*)

### Problems

Possessive, domineering; manipulative; selfish forces attention on family and friends, demanding gratitude; self-pity if own way is ignored

### Results

Gives without expecting or needing anything in return warmth, kindness, sensitivity genuine love and devotion to others

Vervain (*verbena officinalis*)

Excessive zeal to win everyone over to own viewpoint, convert them to the "good cause"; fanatical; very intense, unable to relax; hyperactive

Allows others to have their opinions; thinks in a wider context; exerts less pressure, but carries others along with own enthusiasm; less nervous tension

Vine (*vitis vinifera*)

Convinced of own infallibility, telling others how to do things; inflexible; power hungry; a tyrant

Wise, understanding leadership, strength unites with love and selfless care for others, helping them find their own way

Beech (*fagus sylvatica*)

narrow-minded, intolerant; arrogant; highly critical; sits in judgment of others, seeing their faults and condemning them

More open-minded; has new insights and is able to reach deeper truths about self, able to bring ideals into material world in constructive way; joy in life and relationships

Rock Water (water from well or natural spring known for healing power)

Strict, rigid ascetic view of life; hard on self in order to be an example for others; self-righteous; perfectionist; suppresses worldly desires

More open-minded; has new insights and is able to reach deeper truths about self; able to bring ideals into material world in constructive way; joy in life or relationships

## DESPONDENCY AND DESPAIR

### Remedy

Larch (*larix decidua*)

### Problems

Feels inferior to others; expects to fail; no self-confidence; hesitant and passive

### Results

Self-limiting concepts dissolved, allowing potential to come to fruition; assesses things critically but from a positive point of view; perseveres in tasks undertaken

Pine (*pinus sylvestris*)

Self-reproach, always blaming self even for mistakes of there's; never content with own efforts or results; introverted, little joy in life; clings to guilt feelings; feels unworthy, inferior, and underdog

Able to forgive self and forget; deep understanding of human nature; feels genuine regret, but releases need for guilt; sets realistic goals and expectations



Elm ( <i>ulmus procera</i> )	Temporary feelings of inadequacy; overwhelmed all of a sudden by turn of events or responsibilities, though normally very capable	Normal excellent self-confidence and leadership ability is restored, able to see problems in proper perspective; convictions that help will come at the right moment
Sweet Chestnut ( <i>castanea sativa</i> )	Reached one's limit of endurance; no more help or hope; utterly helpless and unprotected; unbearable anguish, but no thoughts of suicide	Realizes suffering was necessary to open up new level of consciousness; sees a new beginning, new horizons, able to take hold of a new life
Star of Bethlehem ( <i>omithogalum umbellatum</i> )	Suffering shock from serious news, loss of someone dear, fright from an accident, any traumatic experience; may be unconscious block from event long forgotten	Self-healing mechanisms of body restored; inner "numbness" dissipated and nervous system able to adapt to energy changes; mind cleared and vitality enhanced
Willow ( <i>salix vitellina</i> )	Unspoken resentment, bitterness, "poor Me" or "victim of fate" attitude; anger smouldering beneath the surface; moody, touchy, begrudges other their own good fortune	Make conscious use of the law of cause and effect, realizing one's thoughts attract positive or negative events; takes responsibility for own fate; radiates faith, calm and optimism
Oak ( <i>quercus robur</i> )	Illness or adversity ahs brought the noble fighter to his knees, but still he struggles on, never giving up	Is able to see life need not be a constraint struggle; allows self to "lighten up"; normal endurance, strength and reliability is restored
Crab Apple ( <i>malus purnila</i> or <i>syvestria</i> )	Definite ideas as to how the world around them, their body and inner life should be . . . flawless; feel unclean, infected; self-disgust; overvalues detail; great need for cleanliness in home, food and environment	Sees things in proper perspective; recognizes man is imperfect; little things no longer upset composure

## UNCERTAINTY

### Remedy

Cerato (*ceratostigma willmotiana*)

### Problems

Lack of confidence in own decisions; constantly seeks advice from others and is often misguided; often acts against better judgment; appears gullible; needs to know what is currently “in”

### Results

Accepts guidance from own “inner voice” and intuition; trusts self; able to gather information, organize and successfully use it; quiet assurance

Scleranthus (*scleranthus annuus*)

Indecisive; erratic; vacillates constantly between two possible options; mood fluctuates from one extreme to the other; nervous and jumpy

Inner balance calms self; able to integrated potentials in own life.; decisions are instantly made and actions taken; powers of concentration and determination are enhanced

Gentian (*gentianella amarella*)

Easily discouraged; compulsive need to question everything, skeptical; pessimistic; disappointed if there are unexpected difficulties; lack of faith

Optimism and perseverance, unshakeable confidence the problems can be overcome, able to live with conflict

Gorse (*ulex europaeus*)

Extreme hopelessness and negativity; hope given up; and “oh, what’s the use” attitude; can be persuaded to try other solutions, but really has no hope they will work

Gains a different attitude toward situation, accepting all will come out right according to one’s destiny; accepts setbacks in state of peace, able to gain new strength from deep inside; learns to never say “never”

Hornbeam (*carpinus betulus*)

Weariness; doubts there is strength, mentally or physically, to carry on affairs of the day although this gets better once one gets going; one-sided lifestyle, mainly on mental plane; come into life when something unexpectedly interesting occurs; “Monday morning” mental hangover

Certainty one will master the tasks ahead; enthusiasm; clear cool head; interest in variety of activities

Wild Oat (*bromus ramosus*)

Lack of fulfillment; cannot decide on vocation that will satisfy strong ambitions; dissatisfaction because one’s mission in life is not found frustration; boredom

Gets clear idea of what is really desired; acts intuitively rather than impulsively; recognizes inner guidance of Higher Self instead of looking to the outer world for answers to discontent