

# A COURSE IN THE BACH FLOWER REMEDIES

by Candy Hillenbrand

---

## A LOOK AT THE HEALING HERBS OF DR. EDWARD BACH AND THEIR USE IN TREATING EMOTIONAL PROBLEMS

CONTENTS INCLUDE:

*The life and work of Dr. Edward Bach*  
*The 38 Bach Remedies and their corresponding emotional states*  
*How to make the remedies, including preparation of the Mother Tinctures*  
*Therapeutic action - how they work – Diagnostic techniques and aids*  
*Specific applications for children - Awareness-enhancing techniques,*  
*including positive affirmations for the remedies*  
*A look at other flower essence systems*

Lesson 1	<i>page 2</i>	Introduction
Lesson 2	7	PREPARATION OF THE FLOWER REMEDIES
Lesson 3	12	THE TWELVE HEALERS AND THE SEVEN HELPERS
Lesson 4	18	THE 38 BACH FLOWER REMEDIES
Lesson 5	22	BACH'S PHILOSOPHY OF DIS-EASE
Lesson 6	26	SCIENTIFIC STUDY - PLACEBO EFFECT - APPLICATIONS
Lesson 7	31	PRESCRIBING FOR OTHERS
Lesson 8	34	OTHER DIAGNOSTIC TECHNIQUES
Lesson 9	40	HOW THE REMEDIES WORK / THERAPEUTIC ACTION
Lesson 10	45	SOME SPECIFIC APPLICATIONS
Lesson 11	50	AWARENESS-ENHANCING TECHNIQUES
Lesson 12	56	WHERE TO PURCHASE THE BACH FLOWER REMEDIES

## LESSON 1

### INTRODUCTION

First I'd like to tell you a little about myself and my work with the Bach Flower Remedies. I first heard of the Bach Flower Remedies back in about 1977 and was immediately interested. I have always been a flower lover and the idea of healing with the energy of flowers really appealed to me. I bought some remedies from a Chemist in Sydney and treated myself. I also read Edward Bach's little book *Heal Thyself*, and this book really impressed and inspired me.

Then, many years ago, on a trip to England, my partner and I visited the **Dr. Edward Bach Centre** near Oxford and purchased a set of the Bach Flower Remedies, plus every book we could lay our hands on. The centre is actually just a tiny quaint little cottage and was the home where Dr Bach lived and worked during the last years of his life. We were told that the room we sat in was Dr. Bach's room and was much as he had left it. His books were on the shelf, some very old books on herbs and flowers and spiritual healing. There was a grandfather clock, some handmade furniture, and a large photograph above the mantle-piece of a glass bowl of water with yellow flowers floating on top, sitting in the sun. Drawings of all of the Bach Flowers were framed on another wall, and a prayer he had written was on the mantelpiece.

It's hard to adequately convey the feeling of this place. But even though we were there almost 50 years after his death, at the time I felt that being in that room had imparted something of the presence of Dr Bach to us that would always remain and influence our work. We certainly left there feeling inspired. So, we've been using these remedies with much success ever since and have prepared hundreds of medicines for family, friends and clients. We've found them to be extremely helpful for treating emotional and mental problems.

In 1985, when we came back to South Australia, we also began making our own Mother Tinctures, of flowers from the Bach selection, as well as from a group of flower essences known as the Californian Flowers. These include a lot of well-known plants and herbs like borage, dill, dandelion, yarrow, rosemary, thyme and many others. So, now our work includes preparing and supplying flower essences, as well as therapeutic consultations, research, publication and teaching.

### OBJECTIVES OF THE COURSE

First, we're going to be looking at the first three topics mentioned in the contents:

- \* We will cover what the flower remedies are and how to prepare them.
- \* We'll also look at the history of this form of healing and the life and work of Dr Bach who discovered the Bach Flowers.

\* And we'll begin to familiarise ourselves with the 38 Remedies and look at some useful ways of getting to know them.

## **WHAT ARE THE BACH FLOWER REMEDIES?**

The Bach Flower Remedies are a system of healing with flowers that treats the emotional, mental and spiritual nature rather than the physical body. They were discovered by Dr Edward Bach in England in the early 1930s. They are actually quite easy to make. They are liquid preparations, and are administered by drops from the dropper, either directly onto the tongue or into a glass of water or juice. Flower remedies are also known as flower essences, and I'll be using these two words interchangeably. By the way, they are not to be confused with the essential oils used in aromatherapy, which are also sometimes called essences.

## **SIMILARITY TO HOMEOPATHIC REMEDIES**

The flower remedies are closest conceptually to homeopathic remedies, in that the activating agent is increasingly diluted and only small doses are taken, usually 4 drops at a time. Apart from this similarity, they are quite unique, and they differ from homeopathic remedies in other respects. But the differences are a bit too technical for us to cover now.

## **THE HISTORY OF FLOWER ESSENCES**

It is believed that flower essences have been around for a very long time, possibly dating as far back as Ancient China. Traditional peoples have always been aware of the healing power of flowers. And there is evidence that a number of traditional cultures, including the Egyptian, Malay, African and Aboriginal Australian, have used flowers in healing. But the earliest written record of their use is by the 16th century European healer and mystic, Paracelsus, who collected dew from flowers to heal emotional disharmony.

## **THE PIONEERING WORK OF DR EDWARD BACH**

In modern times, flower essences were discovered, or some say rediscovered, by Dr Edward Bach, an English physician, bacteriologist, immunologist, pathologist, homeopath and herbalist. Now, it's very important that we look at the life and work of Dr Bach, because this gives us a much better understanding of the background to the discovery of the Bach Flowers. These healing flowers were not stumbled upon in a random or haphazard way. Their discovery was actually the result of many years of scientific experiment, painstaking observation and deep thought. During his work as a medical practitioner, Dr Bach observed his patients very closely. Some of these observations had a deep impact on him and led to an increasing dissatisfaction with orthodox medicine, and were to form the basis of the new system of healing treatment that he pioneered.

## **BACH'S OBSERVATIONS WERE:**

\* That the same treatment did not always cure the same disease in all patients.

\* He also noticed that patients with a similar personality or temperament would often respond favourably to the same treatment, even if they had different diseases. So, these two observations convinced him that the personality was more important than the body in the treatment of disease.

\* Another observation was that the process of healing was often painful and temporary. This developed in him the conviction that true healing should be gentle, painless and benign.

\* Through his own experience with a life-threatening illness, Bach made a very important discovery. In 1917, he was diagnosed as suffering from advanced cancer and given three months to live. He knew that overwork, lack of sleep and emotional turmoil were contributing factors. But to everyone's amazement, he made a remarkable recovery. What pulled him through was his all-embracing need to fulfill what he saw as his life's mission. From this experience, Bach concluded that an absorbing interest, a great love, or a definite purpose in life were the decisive factors in creating our happiness on earth.

## **BACTERIOLOGY**

Over a number of years, Bach experimented with different forms of healing treatment. He turned to bacteriology for a time and developed a series of vaccines made from intestinal bacteria that proved to be very successful in treating some forms of chronic disease. But he was still dissatisfied. He did not like using needles or the products of disease to heal people.

## **HOMEOPATHY**

It was Bach's introduction to homeopathy which was able to take him a step further in his quest. In 1919, he took up the position of pathologist and bacteriologist at the London Homeopathic Hospital. It was here that he discovered the work of a kindred spirit, Samuel Hahnemann, the founder of homeopathy. Bach was deeply influenced by Hahnemann's book 'The Organon'. In this book he discovered what he considered to be the principle of true healing, and that was: TREAT THE PATIENT AND NOT THE DISEASE.

Bach had believed this himself for a long time, and he was very excited to find that many of Hahnemann's ideals were identical with his own. So, this principle, of treating the patient and not the disease, was to form the basis of Bach's new system of healing.

## **THE NOSODES**

The inspiration of homeopathy led Bach to refine his bacterial vaccines into a series of oral remedies called nosodes. These were seven oral vaccines homeopathically prepared from seven groups of bacteria and, like the vaccines, were also used to treat chronic illness. Bach found that the seven bacterial groups corresponded to seven different and definite human personalities. By treating patients according to their temperamental symptoms with the nosodes, he obtained excellent results. This method of diagnosis appealed to him above all others because, apart from its emphasis on prescribing according to the personality rather than the physical body, it also saved people from the discomfort and embarrassment of physical examinations, which Bach had always disliked. The Nosodes were very successful. In fact, they are still used in homeopathy today, and are known as the Bach Nosodes. But Dr Bach was still dissatisfied with this form of treatment, despite its success. Even though the Nosodes were homeopathically prepared, he still disliked a remedy that was made from the products of disease. This is where Bach deviated from homeopathy, or as he saw it, he decided to go one step further than homeopathy. Bach had come to believe that the homeopathic principle of 'like cures like' or 'disease cures disease' was not the way of nature, and he became determined to replace the Nosodes with purer remedies.

## **THE HEALING POWER OF NATURE**

It was this determination and his strong belief that true healing lay not in the laboratory, but amongst nature, that led Dr Bach to abandon his medical practice to search the fields and woods for a simpler and more natural system of healing treatment.

## **THE TWELVE GROUPS OF HUMANITY**

One of the most important discoveries made by Bach was that all of humanity could be divided into twelve groups. This understanding came to him suddenly one evening while he was dining in a large banqueting hall. Like all true geniuses, many of his discoveries came to him in the form of flashes of inspiration and realisation. Apparently, Bach had attended this dinner somewhat unwillingly and wasn't enjoying himself. So, to pass the time, he began to watch the people around him, and suddenly he had a realisation that the whole of humanity consisted of a number of definite groups of types. He noticed that every individual in that large hall belonged to one or other of these groups, and he spent the rest of the evening watching all the people he could see. He observed how they ate their food, how they smiled and moved their hands and heads, the attitudes of their bodies, the expressions on their faces and, when he was close enough to hear, the tone of voice they used. He saw that the resemblance between certain people was so close that they might have belonged to the same family... By the time the dinner was over he had worked out a number of groups.

## **THE DISCOVERY OF THE TWELVE HEALERS**

What Bach identified as a result of that evening's observations were twelve groups of personality traits or twelve archetypal patterns of behaviour in people. He also called them 'world' types. So, when he began to roam across the countryside seeking the healing remedies, he knew what he was looking for. He knew the personality trait or emotional state, and he generally knew something about the quality of the plant, tree or flower that would heal that state. During the years that followed, he walked many hundreds of miles, wandering all over the country, in search of what we know today as the Bach Flower Remedies. Dr Bach searched the fields for the healing remedy for each of these twelve groups. It took him 4 years to discover them all, and he called them 'The Twelve Healers'.

## **THE SEVEN HELPERS**

In the space of the following year, 1933, Bach discovered what he called 'The Seven Helpers'. These were for the states of mind which had become more persistent than those of the first group, for the people who had been chronically ill for a long time and had given up hope.

## **THE LAST NINETEEN REMEDIES**

The last nineteen remedies were discovered very quickly, over a period of six months. A year or so later, in 1936, Dr Bach died, at the age of 50. Throughout the process of discovering and preparing these last 19 remedies, Bach suffered greatly. He had become acutely sensitive and before he discovered the next remedy, he would experience the state of mind that it would heal. He also suffered intensely on a physical level. In her biography of Dr Bach, Nora Weeks tells us that before the finding of one remedy, his face was swollen and extremely painful. Another time, he had a severe haemorrhage and the bleeding didn't stop until the remedy for the mental state he was experiencing was found.

## **REFERENCE**

The primary reference and source for all the historical material relating to Edward Bach and his life is:

Nora Weeks, *The Medical Discoveries of Edward Bach Physician*

## LESSON 2

### PREPARATION OF THE FLOWER REMEDIES

It took Bach seven years to discover the entire 38 of the Bach Flower Remedies, and during that time he experimented with different methods of preparing or potentiating the remedies. The first three remedies he discovered were prepared according to traditional homeopathic techniques. But Bach then went on to perfect a new method of preparation and potentiation called the SUN METHOD.

### DISCOVERY OF THE SUN METHOD OF PREPARATION

So, how did Bach discover his new methods? Well, out in the fields, he no longer had a laboratory or scientific instruments to help him in his tests. Instead, his senses were so finely attuned that he could hold a petal or flower in the palm of his hand or place it on his tongue, and he would feel in his body the effects of the properties within that flower. Through his experiments, Bach made several important discoveries.

He found that:

- \* The medicinal properties of a plant were concentrated in the flower-heads, rather than in the roots or leaves.
- \* After stumbling upon the idea that a dewdrop must contain some of the properties of the plant upon which it rests, he decided to test this theory by collecting dew from certain plants and trying it out on himself.
- \* What he found was that the dew collected from plants exposed to sunlight was far more potent than dew collected from plants growing in the shade. So, he concluded that the sun's heat must be essential to the process of extraction.
- \* Collecting dew was too laborious, so he decided to pick a few blooms from a chosen plant and place them in a glass bowl filled with water from a clear stream, and leave it standing in the field in full sunlight for several hours.
- \* He found that this water was impregnated with the power of the plant, and was very potent. He had discovered the new method of extraction or potentiation, as he called it. This method was to become known as THE SUN METHOD.
- \* Bach was very satisfied with this method, because it was the method of simplicity he had longed for, and involved a process of combination of the four elements. This is how he described it: "The earth to nurture the plant, the air from which it feeds, the sun or fire to enable it to impart its

power, and water to collect and be enriched with its beneficent magnetic healing."

## **PREPARATION OF THE MOTHER TINCTURES**

Bach prepared all of the first 19 of the remedies he discovered with this sun method. Most of the second 19 he prepared by boiling the flowers instead. This was because many of these flowers were from trees which flowered at a time of year when the sun in England did not have much strength, and also the plants were of a tough and woody nature. It isn't often necessary to use the boiling method in Australia, because we have plenty of sun.

## **MAKING YOUR OWN BACH FLOWER REMEDIES**

Making your own flower remedies is a very rewarding experience. It's quite easy, once you know the technique. There is nothing mystical about it.

## **DISPELLING SOME MYTHS**

I would like to dispel a few myths about this before we go on.

\* FIRST, there are those who will tell you that only the Bach Remedies from England, and specifically those from the Bach Centre, are the true thing, and that only these remedies will work. I do believe that the remedies from the Bach Centre are special. The people who work there now are trustees and have inherited the responsibility of furthering Bach's work. They adhere to his traditional methods and gather flowers from the same places as Bach did, and so on. And only the remedies made at this Centre can be legally called The Bach Flower Remedies, because it is a registered trade name.

\* Flower essences contain a vibrational energy which some have likened to the life force of the flower. This life force is present in every flower and is transmitted to the flower essence, regardless of where it grows or who makes it. Edward Bach was adamant that one of the beauties of his system of healing was that the remedies could be made and used by anyone, including lay people. Throughout his writings he encourages people to make their own Mother Tinctures. And he repeats again and again his wish to share his understanding freely and to serve his fellows. I believe that some of this original intention has been lost, unless you read Bach's original work. I find it interesting that Bach's own description of how to make the remedies was removed in 1979 and you can no longer find it in any current editions.

\* SECONDLY, there are also others who say that only wild flowers should be used, that cultivated flowers don't contain the life force of the flower. Even Edward Bach made one of his remedies from a cultivated plant growing in somebody's garden. The only important requirement of the flowers is that they should be growing in unpolluted spots, or if cultivated, they should be organically grown.



\* THIRD, there are those who say that only pure and attuned people should be making flower essences, that you need to be able to communicate with the flowers, or at least go into a meditative state prior to making an essence. This intimidates people, and makes them feel that they are not good enough to make flower essences, or that the essences are too special for the ordinary person to make. Again, the important requirement is that you approach the making of an essence with a sense of respect and a quiet mind.

So basically, I believe that the gifts of nature are free, and I really encourage you to make your own remedies, because this will give you a much deeper feeling for and understanding of this system of healing. It will help develop in you a love of plants and nature, which you won't experience just from taking drops from a bottle. Another good reason for making some of your own essences is that they have become very expensive, between \$400 and \$500 for a complete set.

### **CORRECT IDENTIFICATION**

The most important first step is that you correctly identify each flower. Before preparing any Tincture, the plant or tree should be checked with the illustration and the botanical description. This is because there are several varieties of some plants, and cultivated varieties of others.

These are the books to purchase if you are going to make your own Mother Tinctures:

Nora Weeks and Victor Bullen,  
***The Bach Flower Remedies - Illustrations and Preparations***, and

Julian and Martine Barnard,  
***The Healing Herbs of Edward Bach - An Illustrated Guide to the Flower Remedies***.

The only thing to be aware of with these books is that they are English and they stick to the letter of Bach's original methods of preparation, so they will tell you to make many of the remedies by the boiling method. As I mentioned before, this isn't usually necessary in Australia. There are some Bach flowers which are winter-flowering trees, so you may need to use the boiling method for these. We haven't the time to cover this now, but you'll find the boiling method described in these two books. The sun method is generally preferable if possible, because it releases more life force from the sun.

### **MATERIALS**

These are the materials you will need:

A thin glass or crystal bowl, not cut glass or the oven-proof type.

A glass funnel and filter paper.

A pair of tweezers.

A 50 or 100 ml amber bottle to store the essence.  
Natural non-carbonated spring water, obtainable from supermarkets.  
Brandy - this is the preservative.

The bowl, funnel, tweezers and storage bottle must be sterilized beforehand. Place them in a saucepan of cold water and gently boil for 20 minutes. Then wrap all these items in clean cloths. When the bottle is cold, half fill it with brandy, put on the cap and label it with the name of the Remedy to be prepared and 'Mother Tincture'.

## THE METHOD

\* You are now ready to make the remedy. Choose a cloudless, sunny morning. Take the bowl and water to the spot where the flowers are growing before 9 am. Place the bowl on the ground near the flowering plants, away from any tall grasses, bushes or trees which might cast a shadow over the bowl as the sun travels across the sky.

\* Fill the bowl to the brim with the spring water. Select flowers that are in perfect bloom and from several different plants or trees, if possible. Pick the flower-heads just below the calyx, or the flowering spikes.

\* Float the flowers on the surface of the water and continue until the whole surface is thickly covered, overlapping the flowers, but making sure that each touches the water. Avoid casting a shadow over the bowl as you do this, or touching the water with your fingers.

\* Make a note of the time and leave the bowl in full sunshine for three hours. If the sun becomes clouded during this time, the remedy should be abandoned.

*The photo shows the preparation of the Bach Flower, Cherry Plum.*



\* At the end of the three hours, you should see tiny fizzy-looking bubbles in the water. This means that the water has been potentised with the essence of the flower. Remove the flowers with the tweezers or a stalk from the plant you are preparing, again making sure not to touch the water with your fingers.

\* Fold the filter paper. You may remember this from school science lessons, and place it inside the funnel and put the funnel into the bottle

with the brandy. Pour the now vitalised water gently into the funnel. This takes time, because the filter paper slows things down. Then put the cap on securely and store in a dark, cool place, such as a cupboard.

\* This Mother Tincture will keep its strength indefinitely, because unlike herbal preparations, flower essences don't contain any chemical plant substances, so there is nothing in them that can deteriorate over time. Now, this essence will need two further dilutions before it can be used as a medicine.

### **MAKING A STOCK BOTTLE**

The STOCK strength essence is the strength that practitioners use, and from this we make the DOSAGE strength remedy, or the ready-to-take medicine. This dosage strength remedy is what you will most often find on a Health Food Shop shelf. To make the stock essence, take a 15ml bottle and half fill it with brandy. Then top it up with spring water. Next add two drops from the Mother Tincture. Cap the bottle and shake very gently to mix. Label the bottle with the name of the flower and indicate that it is a stock strength essence.

Next, we'll begin to get to know the individual Bach Flowers.

## LESSON 3

Now we'll begin getting to know the individual Bach Flowers.

### THE TWELVE HEALERS AND THE SEVEN HELPERS

Here is a list of the Twelve Healers and the Seven Helpers. As I mentioned earlier, the Twelve Healers represent the twelve archetypal groups of humanity, or 12 primary types of personality. Bach felt that everyone fitted into one of these twelve categories, and even went so far as to link each of these twelve types and remedies with the twelve signs of the zodiac.

#### THE TWELVE HEALERS - THE TWELVE ARCHETYPAL GROUPS OF HUMANITY

The Remedy	The Twelve States/Faults	The Twelve Great Virtues	The Twelve Moods Displayed in Acute Illness	Classification According to the Seven Attitudes
Impatiens	Impatience	Forgiveness	Irritable, cross, peevish, impatient	Loneliness
Mimulus	Fear	Sympathy	Calm, but quietly afraid	Fear
Clematis	Indifference	Gentleness	Sleepy, drowsy, dreamy, no interest, seems far away	Insufficient interest in present circumstances
Agrimony	Torture	Peace	Although ill, bright & cheerful, make light of their trouble	Oversensitivity to influences and ideas
Chicory	Fussiness	Love	Worrying over details, fussing, want much attention & petting	Over-care for welfare of others

Vervain	Over-enthusiasm	Tolerance	Obstinate, strong-willed, don't like advice, difficult to help	Over-care for welfare of others
Centaury	Weakness	Strength	Weak, languid, weary, no energy, quiet, often timid and shy	Over-sensitivity to influences and ideas
Cerato	Self-distrust	Wisdom	Lack trust in self, seek advice from others, little self-confidence	Uncertainty
Scleranthus	Indecision	Steadfastness	Can't decide what they want or make up their minds	Uncertainty
Water Violet	Aloofness	Joy	Want to be left alone, to go away and be quiet	Loneliness
Gentian	Discouragement	Understanding	Depression, feel things aren't going right, doubt getting well	Uncertainty
Rock Rose	Despair	Courage	Terrified, sudden or serious illness causing great fear, all cases of urgency or danger	Fear

**SOURCE:** Synthesised from, Julian Barnard (Ed),  
*The Collected Writings of Edward Bach* (1886-1936)

If a patient had not improved with what is considered the right one of the Twelve Healers, Dr Bach recommended giving treatment with one of the following Seven Helpers.

## THE SEVEN HELPERS - FOR CHRONIC STATES

The Remedy	Indication: Colour of patient	Specific Indications	Classification According to the Seven Attitudes
Olive	Pale	Pale, worn out, exhausted, perhaps after much worry, illness, grief or long struggle. Scarcely able to keep going. May depend much upon others. Skin may be dry and wrinkled.	Insufficient interest in present circumstances
Gorse	Pale	Feel hopeless. Believe they have tried everything & nothing more can be done. Resigned to their illness & make no effort. Often have yellowish complexions & dark lines below the eyes.	Uncertainty
Oak	Pale	Struggle very hard, are fighting to get well. Cross with themselves at being ill, because it stops them working. Feel there is not much hope of getting well, but will try everything.	Despondency or despair
Vine	High-coloured	Very particular. Believe they know what is right for self & others. Critical & exacting. Give orders to those helping them. Difficult to satisfy. Want everything their own way.	Over-concern for welfare of others
Heather	High-coloured	Big, robust, well-made, jovial & hearty. Concerned with every detail of their maladies & feel every small item is of much	Loneliness

		importance. Generally not had much illness, but a little complaint seems serious.	
Rock Water	High-coloured	Very strict with themselves. Give up what they like if they think it's bad for them & suffer anything if they think it's good. Have much courage & will face any treatment. Hard masters to themselves, and so lose much of the joy in life.	Over-concern for welfare of others
Wild Oat	May be required by anyone	In cases which do not respond to other remedies, or when it seems difficult to decide which to give, try this for at least a week. If patient does well, continue while improvement lasts, before changing remedies.	Uncertainty

**SOURCE:** Synthesised from, Julian Barnard (Ed),  
*The Collected Writings of Edward Bach* (1886-1936)

## THE ASTROLOGICAL CONNECTION

Interestingly, Bach was quite learned in astrology, but was very cautious about mentioning it. You will find this information in the book, *The Collected Writings of Edward Bach*, edited by Julian Barnard. For those of you who are interested, Bach said that our personality type was determined by the MOON SIGN at birth. He described the 12 types as the "twelve great lessons of life", and believed that we are concentrating on one of these lessons in particular. Astrologically, the moon sign describes our instinctual responses, our habit patterns and our emotional makeup. The idea is that through overcoming the instinctual and therefore entrenched primary negative emotional tendency of our Moon Sign, then we experience the challenge of our life, or its major 'lesson'. I think this is definitely a subject for future research. I'm mentioning this now, to give you some idea that there is a definite and well organised internal structure to the Bach Flowers.

## THE SEVEN HELPERS

Whereas the Twelve Healers are intended for acute emotional states or illness, the Seven Helpers were selected to treat more chronic states. These are indicated for conditions which have been going on for a long time, where the person has lost hope of getting better, or doesn't seem to exactly fit one of the 12 Healers.

## BEGIN WITH THE 12 HEALERS

So, if you can't afford to purchase the entire set of 38 remedies, I suggest that you begin with the 12 Healers, and then the 7 Helpers. You will be able to do a lot with just these few remedies.

## CLASSIFICATION ACCORDING TO THE SEVEN ATTITUDES

The other interesting thing about the Bach Flowers is that Bach grouped them into seven categories as follows:

### BACH'S CLASSIFICATION OF THE REMEDIES ACCORDING TO THE SEVEN ATTITUDES

The Attitude	The Remedy
1. For fear	Aspen, Cherry Plum, Mimulus*, Red Chestnut, Rock Rose*
2. For Uncertainty	Cerato*, Gentian*, Gorse, Hornbeam, Scleranthus*, Wild Oat
3. For Insufficient Interest in Present Circumstances	Chestnut Bud, Clematis*, Honeysuckle, Mustard, Olive, White Chestnut, Wild Rose
4. For Loneliness	Heather, Impatiens*, Water Violet*
5. For Those Over-sensitive to Influence and Ideas	Agrimony*, Centaury*, Holly, Walnut
6. For Despondency or Despair	Crab Apple, Elm, Larch, Oak, Pine, Star of Bethlehem, Sweet Chestnut, Willow
7. For Over-care for Welfare of Others	Beech, Chicory*, Rock water, Vervain*, Vine

*\* The original Twelve Healers are indicated by asterisks.*

Just as an example, you can see that there are five different remedies for **fear**, and part of the art of prescribing the Bach Flowers involves distinguishing between the different types of fear or depression or whatever, and of course recognising which type of fear or depression you or your client is suffering from.

So with the FEAR example, **Aspen** is for vague fears of unknown or unconscious origin; **Cherry Plum** is for fear of losing control; **Mimulus** is for known fears such as fear of failing an exam; **Red Chestnut** is for



those who are fearful for their loved ones and **Rock Rose** is for extreme terror. This system of classification is very useful, but it's not all inclusive.

For example, there are two types of DEPRESSION which are very important, but haven't been grouped under the heading Despondency or Despair. These are **Gentian** which is classified under **Uncertainty** and is indicated for a reactive depression suffered after a setback, and **Mustard**, which is classified under **Lack of Interest in the Present**, and is for the deep endogenous type of depression, that feels like a black cloud and descends suddenly for no apparent reason, but lifts just as suddenly.

### **THE 38 REMEDIES**

So, it's important to become very familiar with the individual meanings of all the 38 Bach Flowers, as well as be aware of the individual categories that they are grouped under.

## LESSON 4

### THE 38 BACH FLOWER REMEDIES

As I said in the previous lesson, it's important to become very familiar with the individual meanings of all the 38 Bach Flowers, as well as be aware of the individual categories that they are grouped under.

The following is a list of the 38 remedies, in summarised form, with the conditions each one treats, and the positive qualities which are fostered by taking the remedy. If you have a look at this list, you will see that they cover a wide range of emotional states, especially the intensely painful emotional states, like fear, trauma, depression, resentment, guilt, and so on. They also cover milder states, like homesickness, uncertainty, lack of purpose etc.

### THE 38 BACH FLOWER REMEDIES

BACH FLOWER	INDICATIONS	POSITIVE QUALITIES
Agrimony	Mental torment and worry hidden behind a cheerful appearance. Avoiding emotional pain.	Emotional honesty and inner peace
Aspen	Vague fears and apprehension of unknown origin. Unconscious anxieties.	Fearlessness and trust
Beech	Intolerance, criticism, passing judgements. Perfectionism.	Sympathy and tolerance. Acceptance of others.
Centauray	Weak-willed, easily influenced, self-neglect. "Doormats".	Self-determination and self-recognition. Inner strength.
Cerato	Self-distrust, self-doubt and uncertainty. Seeking advice from others.	Inner knowing (intuition) and self-trust. Self-confidence.
Cherry Plum	Fear of mental/emotional breakdown and loss of control. Desperation and destructive impulses.	Spiritual surrender and composure. Trust in God or the Divine.
Chestnut Bud	Repeating mistakes and failure to learn from experience. Habitual behaviour.	Breaking old patterns. Understanding life's lessons. Wisdom.
Chicory	Self-centredness and self-pity. Possessive and demanding. Emotional neediness.	Selfless love given freely. Respecting the freedom of others.

Clematis	Idealistic dreams, indifference, escapism and pre-occupation.	Expressing inspiration in practical life. Creative idealism.
Crab Apple	Self-dislike and self-disgust. Obsessed with impurity and imperfection.	The Cleansing Remedy. Self-acceptance and perspective.
Elm	Overwhelmed by responsibility. Temporary inadequacy and despondency	Self-assurance and confidence to complete one's tasks.
Gentian	Discouragement after a setback. Reactive depression and doubt.	Faith and perseverance despite difficulties.
Gorse	Overwhelming despair, hopelessness and resignation. Chronic illness.	New hope, faith and optimism. Recovery.
Heather	Self-centredness, self-concern, incessant talkers. "The Needy Child".	Emotional self-sufficiency and compassion for others.
Holly	Hatred, jealousy, envy, suspicion, anger and separateness.	Love, the greatest healing elixir. Compassion and an open heart.
Honeysuckle	Living in the past, regrets from the past, nostalgia and homesickness.	Letting go and moving on. Emotional freedom.
Hornbeam	Mental and physical exhaustion. Tiredness. Boredom with daily routine.	Revitalization, enthusiasm and energy.
Impatiens	Impatience, irritability, frustration and extreme mental tension.	Patience, acceptance and gentleness.
Larch	Lack of confidence. Anticipation of failure. Feelings of inferiority.	Self-confidence, spontaneity and creative expression.
Mimulus	Fear and anxiety of known origin. Shyness and timidity. Introversion.	Courage and confidence.
Mustard	Sudden and inexplicable black depression. Intense gloom and despair.	Joy and inner serenity. Peace and equanimity.
Oak	Depression due to overwork. Inflexible struggle against mental/physical odds.	Renewed strength and stability. Accepting limits. Knowing when to surrender.
Olive	Complete exhaustion after long struggle. Unremitting stress. Convalescence.	Rejuvenation and regeneration. Energy and nourishment.
Pine	Guilt, self-blame and self-criticism. Regret and remorse.	Self-forgiveness and self-acceptance.

Red Chestnut	Excessive fear, worry and anxiety for others, especially loved ones.	Objective caring and concern. Inner peace. trust in the unfolding of life.
Rock Rose	Shock, terror, panic and extreme fright. Nightmares. Acute crisis.	Self-forgetting, self-transcendence and courage. Steadfastness in the face of challenge.
Rock Water	Self-martyrdom, self-repression and self-denial. Rigidity.	Flexibility and inner freedom. Opening to feelings.
Scleranthus	Uncertainty, indecision and vacillation. Lack of balance.	Balance and poise. Decisiveness and inner resolve.
Star of Bethlehem	Mental/physical shock. Recent or past trauma.	Soothing and calming. Comforting and healing. Awakening and re-orientation.
Sweet Chestnut	Extreme mental anguish and despair. "Dark Night of the Soul".	Courage and strength. Faith in self.
Vervain	Strain, stress, tension, over-enthusiasm. Extremism and fanaticism.	Moderation and tolerance. Self-discipline and restraint.
Vine	Dominating, ruthless and inflexible. Ambitious and tyrannical. Aggressiveness.	Positive leadership qualities. Tolerance and selfless service. Humility.
Walnut	Life changes. Over-sensitivity to ideas and influences. "The Link-Breaker".	Protection. Freedom and courage to follow own path. Letting go of the past.
Water Violet	Proud, disdainful, aloof and tense. Physical stiffness.	Ability to share one's gifts with others. Gentleness and sympathy.
White Chestnut	Worry and mental arguments. Persistent unwanted thoughts. Mind stuck in a rut.	Mental tranquillity and calmness. Clarity and inner peace.
Wild Oat	Uncertainty about life direction. Dissatisfied and unfulfilled.	Sense of vocation and purposefulness. Self-actualization. Work as expression of inner calling.
Wild Rose	Apathy and resignation. Negative conditions. Giving up on life.	Vitality, interest and joy in life. Inner motivation.
Willow	Resentment and bitterness. Blaming others. Negative and destructive thoughts.	Forgiveness. Acceptance of personal responsibility. Positive thoughts, optimism and faith.
Rescue Remedy	Combination remedy for emergencies, accidents, shock, trauma (short term or deep seated), panic and unconsciousness. All conditions of extreme stress.	Calm and stability in any emergency or time of high stress.

This is a very simplified and concise version of the remedies and you will need to consult the many books available for more in-depth profiles. Please refer to the Reading List at the end of the course.

## LESSON 5

### BACH'S PHILOSOPHY OF DIS-EASE

Earlier, I outlined the evolution of Edward Bach's work. As a result of his discoveries, Bach came to develop a very interesting philosophy of disease, or 'dis- ease', as he called it. He believed that disease is a physical reflection of a lack of ease within us (hence the word dis-ease); that it is a sign of disharmony between our inner (or spiritual) self and our emotions and attitudes towards life (or our personality expression).

His belief was that these negative emotional states (which you will see in the table in **Lesson 4**) were often the CAUSE of physical illness and that even once physical illness has manifested, it still helps the patient immensely to treat his/her emotional state. He felt that regardless of the illness, it was the emotional state that needed treating, not the physical complaint.

You will find in the following two books: (Nora Weeks, ***The Medical Discoveries of Edward Bach Physician*** and Dr Philip Chancellor, ***Handbook of the Bach Flower Remedies***) many case studies that demonstrate Dr Bach's and Dr Chancellor's success in healing physical ailments by treating the patient's emotional state.

Once Dr Bach had discovered his new system of healing, he abandoned all of his orthodox medicines and only used the Bach Flowers in his practice, with quite amazing results.

What Bach found was that illnesses and ailments treated with the flower remedies were actually healed and did not return, as they often did with orthodox treatments. So Dr Bach's philosophy of healing can be summed up in his now famous words: "**Treat the patient, not the disease, the cause, not the effect**".

### 'HEAL THYSELF'

If you want to understand more about Bach's philosophy, I strongly recommend you read the very inspiring book he wrote called ***'Heal Thyself'***.

One really important thing he says, which I feel is worth mentioning, is that you must find what you really love to do and do that, whatever it is, whether it's being a mother or a doctor or a cleaner or a gardener. Dr Bach believed that people were unhappy and/or got sick because they hadn't found or weren't expressing their purpose in life, and that that purpose involves doing what you love doing. I believe there is a lot of truth and wisdom in this. And it's so simple too.

## **THE PURPOSE OF THE BACH FLOWERS**

So, the purpose of the Bach Remedies is to help us heal our negative emotional states. They work by infusing us with the positive quality, rather than by suppressing the negative disturbance.

## **A VERY IMPORTANT ASPECT OF FLOWER ESSENCE HEALING**

This is a very important aspect of flower essence healing. Part of the process does or should involve helping us to become more aware of what our emotional problems are, but this is not the focus. The object is not to become stuck in, or obsessed with, our emotional problems, or to battle with them or try to overcome them. This is so often the focus with many forms of psychotherapy, which is perhaps why there seems to be a limit to how much healing can come from some of these methods, and why it has to go on for so long. The past is dredged up, the person is made acutely aware of all their problems and shortcomings, and that seems to be it. There may be some positive goal-setting, and an attempt to change one's attitudes, but the primary focus is always on THE PROBLEM, which is why it often can't be transcended.

## **FLOODING THE DARKNESS WITH LIGHT**

Many of the wise spiritual teachers say that you do not fight darkness with more darkness, but that you overcome the darkness and negativity in yourself and others, by turning the light on, by flooding the darkness with light. This is exactly how the Bach Flowers work.

So if, for example, you are experiencing feelings of hatred towards someone, you first identify this feeling by being honest with yourself, but you don't dwell on it or beat yourself up for being so horrible. You select the HOLLY Flower Remedy which is indicated for the negative emotional state of hatred, and then you focus on its quality of LOVE. You do not have to fight against the hatred because the Holly remedy is imbuing you with love.

You can also help the work of the remedy by affirming this to yourself as you take it, with a positive affirmation like - I AM FILLED WITH LOVE, or something similar.

The quality of the HOLLY flower essence is not HATRED, it is LOVE. It is selected on the basis that you are feeling hatred, but it contains none of those qualities within it. The flower remedies are like liquid positive affirmations, and it's really important that you understand this basic principle.

## **EXERCISE**

What I'd like you to do now is an exercise that will help you to become more familiar with the Bach Flowers and how you can use them in your own life.

As I mentioned earlier, working with the Bach Flowers helps you to become more aware of your emotional problems or your negative emotions and mental attitudes. It obviously also helps you to pinpoint which areas of your life need healing, and where you need to be more positive. So, you can see that if you use these remedies in your daily life, they can become a very valuable personal growth and self-help tool, not to mention what you can do to help others.

## THE CARDS

What I want you to do is to make up a set of cards for each of the 38 Bach Flowers and also one for the composite Rescue Remedy, which is a combination of five of the Bach flowers. On one side, write the name of the Flower and a brief description of the negative emotional state it is indicated for. On the back write the corresponding positive qualities that are fostered and enhanced by taking the remedy. Use the table in **Lesson 4** to help you with this.

For example, for the remedy *White Chestnut*:

**White Chestnut.** Worry & restlessness. Repetitive thoughts.

Mental tranquility & inner peace.

A set of cards like this can be very helpful in diagnosis. They can also be a handy tool to acquaint you with the meaning of each of the remedies, in a quick and easy way, rather than having to plough through lengthy descriptions in umpteen books, which was how I went about it. I wish I had a set of these cards when I first became interested in the Remedies, because it took me many years to remember them fully and to be able to understand them enough to summarise them in this way.

## LAYING OUT THE CARDS

So once you have completed your cards, lay them out with the negative emotional state uppermost. And I want you to have a really good look at them. Take your time. You might like to first stop and think a little about what is happening in your life right now, whether there is something or someone worrying you or preoccupying you. Or you may be able to pinpoint a problem that you have had for a very long time, or even something that you felt or experienced in the past that may be affecting you now.

After you have reflected a little on your life, look at the cards. But try not to think too much about each one. See if there is just one that jumps out at you, even if your rational mind tries to dismiss it. Try and let yourself be led to one of the cards. Now, pick this card up.

Turn the card over and focus on the positive quality. Realise that both sides of the card are like two sides of the same coin, and that you have within you the positive qualities, as well as the negative manifestations.



## THE FIRST FIVE LESSONS

So far,

- \* We've looked at the background to flower essence healing, with a rather indepth look at the life and work of Edward Bach.

- \* We've looked at how to make the Mother Tinctures and Stock-strength essences.

- \* And we've started to get to know the individual Bach Flowers.

Next lesson, we're going to be looking at the remedies in greater depth. We'll be looking at more specific uses and applications, for example, for children. And we'll look at the therapeutic action of the flower remedies, in other words, how they work and some ways that they can affect us. We'll also look at prescribing and some different diagnostic techniques, and a special look at using positive affirmations with the remedies, to enhance their effects.

## LESSON 6

In the next few lessons, we're going to be looking at the remedies in greater depth.

\* We'll be looking at more specific applications, with a special focus on pregnancy, childbirth, children, and so on.

\* We'll also be looking at the therapeutic action of the flower remedies - how they work and some ways that they can affect us.

\* We'll look at prescribing and some different diagnostic techniques.

\* And we'll also look at using positive affirmations with the remedies, to enhance their effects.

### **SCIENTIFIC STUDY - THE PLACEBO EFFECT**

Now, people often ask me about the placebo effect. They wonder if the flower essences only work because people believe in them and whether it's just a question of mind over matter. Edward Bach said that the remedies were endowed with a definite healing power quite apart from faith and that their action did not depend upon the one who administered them. But for many years, it was difficult to prove this to the sceptical.

So, it's very interesting to know that the effectiveness of the flower remedies has actually been demonstrated by a very careful and scientific study undertaken by a Dr Michael Weisglas for his PhD thesis in America in 1980. The source of this particular information is:

***Astrology and Vibrational Healing*** by Donna Cunningham.

Dr. Weisglas set out to test whether the Bach Flower Remedies were working only through the strength of belief, ie. in a placebo effect. He first gave a series of psychological tests to 3 groups of people, and then he gave preparations to the 3 groups.

*The FIRST GROUP was given an amber bottle with just spring water and brandy - a placebo bottle.*

*The SECOND GROUP was given an identical bottle with spring water, brandy and 4 of the Bach concentrates.*

*The THIRD GROUP was given the same setup with 7 of the concentrates.*

- Since the concentrates themselves are preserved in brandy, they all tasted and looked exactly alike.
- It was a double blind study. Neither the people who took the remedies, nor the people who passed them out, knew who was getting which kind of bottle.
- The research subjects were given the same psychological tests after 3 weeks and 6 weeks.
- The tests showed that the group which had the placebo made no significant improvement, while the other 2 groups did show significant increases in self-awareness, self-confidence, self-acceptance, well-being, creativity, humour and sexual fulfillment.
- Another interesting result was that the THIRD group, with 7 remedies, experienced more stress and had more of a tendency to drop out of the study. This suggested to Dr Weisglas that no more than 3 or 4 remedies can comfortably be given without cross-interference.

Bach actually prescribed anywhere from 1 to 9 remedies at a time, depending upon the individual, although there are those who swear that a particular number is better than any other.

### **MAKING THE MEDICINE OR DOSAGE STRENGTH REMEDY**

This is how you make up the combination remedy. This is also called the medicine or the treatment bottle or the dosage bottle, and it's in a ready-to-take form, unlike the Stock concentrates which need dilution.

*Take a 25 ml amber dropper bottle.*

*Sterilise it by pouring boiling water into it.*

*Put a dropper-full of brandy in the bottom. This is to act as a preservative, and then top up the bottle with spring water.*

*Now take 2 drops from each of the Stock concentrates. Shake the bottle to energise the essences, and label it.*

### **DOSAGE**

The dosage is 4 drops on the tongue, 4 times a day, especially after waking and before going to sleep. You can take it more often if the situation is acute. The drops can also be put into a drink.

### **METHODS OF PRESCRIBING AND SELECTING THE REMEDIES**

Now we'll look at some different diagnostic techniques.

There are two types of diagnosis:

1. self-diagnosis, which requires that you are in touch with and can understand your own feelings, and
2. diagnosing for others, which requires that you observe and understand other people. Most people begin by focussing on healing themselves, so this is where we will start.

You've already been introduced to the method of using a set of cards to select your own remedies. I have another set of cards here which I'll pass around. There are also questionnaires available which are useful.

## **INTELLECTUAL APPROACHES**

The above two techniques are very useful ways to help you pinpoint your ongoing or current emotional issues. You can also read through the list of remedies in **Lesson 4** and notice which ones jump out at you. The process involved with these methods is a fairly intellectual left-brained approach, and I find that this doesn't suit everyone.

## **A PATH TO GREATER SELF-AWARENESS**

You will find that if you are using the Bach Flowers as a form of healing therapy for yourself, it becomes a path towards greater self awareness and personal growth.

## **CONTACTING YOUR FEELINGS**

And this happens because, when you are selecting the remedies that you need at any one time, what you are really doing is contacting your feelings.

## **DIFFICULTIES OF SELF-DIAGNOSIS**

Now, self-diagnosis can actually be quite difficult. Not everyone is able to easily get in touch with their feelings. This can be a very hard task, especially for some men and also for intellectual or 'head' people. Most of us were not taught about 'feelings' at school. We were taught how to think. Thankfully, things are beginning to change now.

Today, children are being taught problem-solving and conflict resolution techniques at school, and this primarily requires that the children recognise and are able to articulate their feelings, without blaming others. In other words, if Johnny calls Sam a hurtful name, Johnny does not say: "You did this to ME", instead he says "I FEEL hurt when you say that".

This might sound like only a slight change in emphasis, but it does go a long way towards helping that child to own his or her feelings. And this is what most of us are probably not very good at.

The other thing about self-diagnosis is that it can be very hard to acknowledge and accept our own weaknesses and less desirable traits. For

example, sometimes I am aware that I am feeling very negative, and am in a resentful (*Willow*) or critical (*Beech*) state, and I can feel a sort of reluctance to admit it to myself. It takes a lot of honesty and courage to face your darker side, and this is part of what Bach Flower therapy is all about.

## MIRROR EXERCISE

So, there are a number of ways to help you to contact your feelings. One exercise that I particularly recommend is: Look at yourself in the mirror for 10 minutes and see what feelings first come up. Is it fear or self-disgust or the desire to escape or sadness or even happiness?

## OTHER WAYS TO PRESCRIBE FOR YOURSELF

Sometimes it helps to ask ourselves some questions to focus on our current emotional or mental state. Then, we can match the emotions with the remedies.

## WORKSHEET

What I have done is put some of these questions onto the worksheet which follows. What I would like you to do is to fill this in, and to run through it quite quickly, so that you don't think too much about each question. The more you think, the more likely you are to block your true feelings.

1. **How do I react to stress?** First of all, the reason for asking this question is that, during times of stress, our defences are down, and our true feelings tend to come to the surface. I'll use myself as an example here. When I'm tired or stressed out, I often get irritable, which means I need *Impatiens*. When I'm sick I often feel sorry for myself and emotionally needy, indicating I need *Chicory*. The Chicory state is only a very occasional state for me, whereas the Impatiens state is a life-theme or a personality trait, so Impatiens is one of my 'type' remedies.

If we can look at the second question:

2. **How do I go about reaching a decision?** In our reaction to this question, lies an answer to our type of character. So, for example, are you hesitant and indecisive? This is *Scleranthus*. Or, do you make snap judgements? This is *Impatiens*. Do you fear that your decision may be the wrong one? This is *Mimulus*. Or do you constantly seek the advice of others? This is *Cerato*.

## WORKSHEET TO IDENTIFY FEELINGS

### 1. How I react to stress:

a. When I am tired, I usually feel

.....

b. When I am ill, I usually feel

.....

c. When an important decision has to be made, I usually

.....

d. In a serious emergency, I tend to react

.....

e. If someone criticises me, I usually

.....

### 2. How do I go about reaching a decision?

.....

### 3. a. What is my major concern right now?

.....

b. How do I feel about it?

.....

### 4. What is my next step in life?

.....

### 5. The quality I most admire in others is

.....

### 6. The quality I most dislike in others is

.....

Now, I'd like to give you some examples of how to match the responses with the appropriate remedy. If we can take a look at the first question:

What you need to do with the responses on your worksheet is to refer to the list of Bach Flowers in **Lesson 4** and see if you can match your responses with a remedy.

## LESSON 7

### PRESCRIBING FOR OTHERS

Now, we'll look at prescribing for others.

### THE TRADITIONAL METHOD

The traditional method of prescribing for others is the interview technique. This involves knowing all the remedies inside out and back-to-front. And you do not so much talk to the person, as listen and observe.

These are the two important rules: LISTEN and OBSERVE. Don't interrupt and ask a few questions occasionally.

### ASKING QUESTIONS

Begin by asking the person about their physical symptoms if they have any. These are easy to talk about, and in telling us, the person will reveal quite a lot. For example, he or she might say that they are afraid the complaint will worsen. This indicates *Mimulus*. Or they may have lost hope of ever being cured, indicating *Gorse*. They might mention that they are impatient or resentful about the condition, indicating *Impatiens* and *Willow*. And so on.

You might also ask something like: "How long have you had this trouble?" This will indicate if the problem is chronic, and perhaps requires one of the 7 Helpers, or whether it is acute.

Another question might be: "Was there some physical or emotional shock connected with it?" If so, this would indicate *Star of Bethlehem*.

### IMPORTANCE OF STAR OF BETHLEHEM

I'd like to mention here that *Star of Bethlehem* is an extremely important remedy. It is indicated for any shock or trauma, in the recent or even distant past. Most of us, probably all of us, have experienced shock or trauma sometime in our lives, and that includes the trauma of birth. And usually it is not dealt with at the time, but suppressed or pushed inwards.

Shocks, both emotional and physical, even those which might seem quite minor at the time, can become lodged in the system, blocking everything. A person who has received a shock may appear calm at the time, but later (maybe weeks, months, even years) the effect of the shock will manifest itself, even though the original incident has been long forgotten. It may then reveal itself as a nervous breakdown, a skin disease, a coronary

disturbance or a range of physical or mental ailments for which no cause can be found.

What I have found in my many years of prescribing the Bach Flowers is that when a person first begins using them, ***Star of Bethlehem*** is often one of the **first** remedies needed. Always keep this in mind.

This remedy has also proven very helpful for psychosomatic conditions that seem to be resistant to treatment, like tension in the throat or nervous problems with swallowing. Again, this is probably because the condition is the result of internalised shock. ***Star of Bethlehem*** will help to dislodge the shock, in a very gentle way.

## **BACK TO THE INTERVIEW**

Okay, that was a bit of a diversion. Back to the interview.

## **OBSERVATION**

There are a number of things to observe. Does the person talk hurriedly, nervously, slowly, with great determination, with the voice of authority, or does he or she whisper and seem uncertain or fearful?

Look closely at the person's facial expression. Can you see worry, a frown, a blush, a forced smile? Observe the person's movements. Do they sit calmly, or fidget nervously or squirm restlessly? All of these observations will give you lots of clues.

## **EMPHASIS OF POSITIVE QUALITIES**

Now, one of the most important things that you can do for a person is to emphasise their positive qualities. Because Bach Flower healing does involve becoming aware of your emotional problems and negative thoughts, it's essential not to get bogged down in this.

Explain that negative thoughts poison the system and bring about ill-health. But, also tell them that they are great. Stress that they WILL find happiness and joy in life. The key is to inspire confidence and faith in a better future, by helping them to believe that they can overcome their problems.

Edward Bach said that the greatest gift that you can give to others is to be happy and hopeful yourself, because this will help to lift others up out of their despondency.

The other important thing is to help the person to see their positive qualities. Tell them they have shown courage by coming this far without giving up. Ask them to think about their positive qualities and to concentrate on them. Be positive with your client or friend in every way. Tell them that the remedies will help and that they will notice a great improvement. Give them every hope.



## **UNDERSTANDING PERSONALITY TYPES**

So, what we are learning to do, in prescribing for ourselves and others, is to understand different personality types. And we can do this, as Edward Bach did, by observing people.

What I want you to do is to take notice of people. Observe others in the supermarket, listen to people's conversations, and watch television soap operas in a new way. See if you can detect the different personality traits: the resentful and bitter person, the restless person, the cheerful one, the timid one, the cool and collected one, the depressed person, the possessive person, the worrier, and so on.

All of these types have a corresponding Bach Flower. So, if you can combine a thorough understanding of the meanings of the 38 flowers with an ability to observe people, then you have the primary ingredients for good prescribing.

Next lesson we will look at some other diagnostic techniques.

## LESSON 8

### OTHER DIAGNOSTIC TECHNIQUES

There are two other diagnostic techniques which I want to show you. Both of these are very useful and can be used for diagnosing for your self or for others.

The first is the Repertory and the second is Dowsing.

### THE REPERTORY

A Repertory lists every imaginable complaint, state or mood with the corresponding flower remedy. There are various Repertories available. There is the *The Bach Remedies Repertory* which is specifically for the Bach Flowers. Perhaps the most useful I have discovered in print format is *The Flower Essence Repertory* which is published by the Californian Flower Essence Society. It covers all of the Bach Flowers plus 100 other essences from the Californian Flower Essence selection. This book is really excellent. It has very good descriptions of each of the remedies, as well as two pages of categories with everything from Abandonment to Alcoholism, Confidence, Empowerment, Grief, Hate, Inertia, Learning Difficulties, Motivation, Paranoia, Pregnancy, Self-Esteem, and so on. The categories in this book are both positive and negative, which gives you a lot more scope for choosing remedies.

There is also an excellent Bach Flowers Repertory now available online for download at [www.essences.com/vibration/feb01/bachrepertory.html](http://www.essences.com/vibration/feb01/bachrepertory.html)

### HOW TO USE THE REPERTORY

Write down all of the issues or categories which you think might be relevant. I'll use an example: Someone asks you for a remedy to help them to give up smoking, or some other addiction. First of all, you look at the person as a unique individual, and choose the remedies that describe their individual personality or their unique response to the problem.

For example, if they have told you that giving up smoking is making them feel irritable, then select *Impatiens* first, or if their mind is working overtime, *White Chestnut*. Or you might notice that they seem like a very highly-strung and opinionated person, so choose *Vervain*.

Then, in the FES Repertory, look up these categories: **Addiction, Habit Patterns, Change, Empowerment, Healing Process, Cleansing, Transition**, and so on.

I'll look up Addictions. Now, I only take notice of the remedies which I have available, and I ignore all the others. So here we have five Bach Flowers to choose from. The Repertory specifies how each remedy relates to addiction. For example, **Agrimony** is for the person who uses drugs and has a cheerful facade. **Aspen** is for the use of drugs to dampen sensitivity. **Chestnut Bud** is specifically for breaking repetitive patterns, **Olive** for depletion of the body and mind by long-term use of drugs and **Star of Bethlehem** is for psychic burn-out from drug abuse.

When we look up the remaining categories, we will find more remedies to add to the list. **Crab Apple** for cleansing, **Walnut** for transitions and **Larch** for confidence.

What we need to do with this list next is eliminate those remedies which don't apply. This technique can be a bit time-consuming until you get the hang of it, but it is a good way of getting to know all the remedies, and it helps you not to miss anything important.

## **DOWSING**

The other diagnostic technique is dowsing. Some of you may find this a bit unusual, but it's a useful technique to know for those of you who are interested.

## **THE PRINCIPLE**

The principle behind dowsing flower remedies is the same as searching for hidden water or minerals with a divining rod. But the dowsing instrument we use is a pendulum.

## **VALUE OF DOWSING**

What we are doing with dowsing is contacting the more hidden or unconscious factors that may be difficult to diagnose in a more normal way. This is where I think it's greatest value lies. It's a diagnostic tool that can bypass the limitations of your own biases, beliefs and lack of knowledge.

## **INDICATIONS FOR DOWSING**

And if you prescribe for others, you will find that there are times when you feel very unsure which remedy is needed. Or, it may be totally inappropriate to ask questions or delve too deeply into a person's life. Over the years, I've been asked to prepare remedies for people with an absolute minimum of information. The person might not want to talk about their emotions, or might not be able to.

## **CASE STUDY**

As an example, I was once asked by an elderly shopkeeper for a remedy. We were talking over the counter and he was very shy. He told me what

his physical complaint was and how much it was bothering him. He certainly wasn't able to go into greater depth, given how public the place was and how unsure he felt about asking me for help. But he was desperate. I certainly observed him and thought about his situation and had an idea of one or two remedies he might need, but in a situation like that I will always go away and dowse the remedy, or at least confirm my own feelings with dowsing. So, in an example like this, dowsing helps you to respect the person's privacy when this is important.

## **DOWSING FOR CHILDREN**

I have also found dowsing particularly useful for prescribing for children. Sometimes, a parent has asked me to make a remedy for their child or teenager, and it isn't possible for me to see and talk to the child directly. Very small children cannot even express how they feel, and parents do not understand everything about their children.

## **THE SMALL CHILD'S EMOTIONS ARE OFTEN A REFLECTION OF THE PARENT'S**

The other very important thing to remember with children, and I'll go into this in more depth later, is that a small child's emotions are often not their own, but a reflection of the emotional state of those close to them, especially the mother. I have experienced this time and time again with my own children. I have dowsed them a remedy, and thought 'that's strange' because some of them will very accurately describe my own emotional state. This is not a coincidence. Other practitioners have also found that the remedies needed by a child are often those needed by the parents.

## **DOWSING IS AN OBJECTIVE TOOL**

So, dowsing can be very helpful in sorting these sorts of complexities out. It is an objective tool, if you put your rational mind on hold, because it can be very difficult to be objective if you are prescribing for your own children.

## **ABSENT REMEDIES**

Dowsing is also very useful if you are asked to prescribe a remedy for someone at-a-distance, and you are unable to see them in person.

## **LIMITATIONS OF DOWSING**

Before I go on, I'd like to mention that dowsing should never be used as a substitute for acquiring a thorough knowledge of the remedies. When we dowse a remedy, it means that we cannot adequately explain why that person needs those remedies. And if the person can't understand what their problem is, then they can't consciously work on it. And it's the increased self-awareness which comes from understanding your problems that can be a very important part of the healing process.

## **NEED FOR MODERATION**

So, if you do use dowsing as a diagnostic technique, do be moderate with it. If you come to rely too much on dowsing, it can interfere with the development of your own intuitive and perceptive faculties. But if you use it appropriately and moderately, it will confirm your intuitive hunches, and therefore help you to develop your intuition. And there should come a time when you will rarely need to use this technique, because you will know the remedies so well and your intuition will also be well-developed.

## **OTHER DOWSING TOOLS**

Shortly we will look at how to dowse with a pendulum, but first, I'd like to just mention some other dowsing tools.

You can also dowse with a set of flower essence cards or photographs, or with the body. Dowsing with the body is called muscle testing or Applied Kinesiology. Quite a few chiropractors use this technique for diagnosing.

## **THE CARDS AS A DOWSING TOOL**

Now, even though we can use a set of cards directly to select a remedy, we aren't using them as a dowsing tool, because we are conscious of what we were choosing.

To dowse with cards, we would shuffle them and pick some out without looking. It would be a blind process. I don't normally recommend this technique, but it can prove an interesting exercise, and you will be amazed at how accurate the results can be.

## **DOWSING WITH A PENDULUM**

The basic requirements of a pendulum are that the material is natural, not plastic, and that the pendulum be symmetrical. If it is asymmetrical, it will lack balance. The pendulum also needs to be hanging from a small length of thread. Now, some people dowse over each remedy bottle, or write down all the names of the remedies, and then dowse each one. I think this is unnecessary and far too time-consuming. What I generally do is use a DOWSING CHART, which is basically just a circular diagram with the names of the remedies inserted.

I think it's also important that your pendulum has a distinct point, so that you can see where it's pointing to on the dowsing chart.

## **EXPLANATION OF DOWSING**

This may seem like a mysterious process. I remember when I first watched someone dowse with a pendulum many years ago, it looked like total mumbo-jumbo to me. I thought this guy was crazy. I must admit we were in a class and he was using it to try and work out the right answers in a test. But it wasn't a good introduction for me. It turned me off this

method for years, until I visited a very well-respected naturopath who used the pendulum in front of me to dowse the Bach Flowers. He told me he usually had to leave the room when he dowsed, because most people thought he was a weirdo.

## **A SCIENTIFIC AND ANCIENT TECHNIQUE**

I have since researched and practiced this technique for many years, and I now believe that it can be used in quite a scientific way. It's actually a very ancient technique that has been around for centuries.

## **THEORIES**

There are various theories as to how it works, and the one I've opted for is that it is a way of communicating messages from our higher intelligence through the nervous system, via the sensitive nerve endings in our fingertips. Others explain it as a form of communication between the sub-conscious and conscious minds, which is probably a slightly different way of saying the same thing.

## **THE PROCESS**

1. First, you need to determine how the pendulum responds for you, because this can vary from person to person. So, ask a question which you know requires a YES answer, such as, "Are the shoes I am wearing now black?" For me, the pendulum swings clockwise for YES, and anti-clockwise for NO.
2. One of the most important things with dowsing is that you need to be in a calm, relaxed and neutral state. Never dowse if you are feeling emotionally upset or biased in any way. You need to be in a detached state of mind. It is essential when you are dowsing that you let go of your own prejudices, because the dowser can affect the pendulum through his or her own strong thoughts or feelings. You can even prove this to yourself with an interesting exercise. Let the pendulum swing in a certain direction, say clockwise, then see if you can 'will' it to move in the opposite direction. When you see this happening, it is a very clear message that if you let your own thoughts get in the way when you are dowsing, then your results are not going to be very accurate.
3. Now, take some time to concentrate on the person. Picture them in your mind, reflect on what you know of their situation. Say a little prayer if you like, or ask your higher self for help and guidance in choosing the right remedies.
4. Place your feet flat on the floor, not crossed.
5. Hold the pendulum cord lightly between your thumb and forefinger, making sure that your arm doesn't touch the table.

6. Now, using the Dowsing Chart, ask the pendulum to show you which flower remedies are needed right now for yourself or the other person.

7. First, allow the pendulum to move around the circle in the centre of the wheel.

8. Ask "Which remedies does X need right now?" After a while, the pendulum will begin to swing in a straight line. Wait until it settles. You need to be very patient. You will soon see that it is pointing to two remedies opposite each other.

9. Go to one side and ask: "Is this the right remedy?" and then do the same with the other. The pendulum will answer 'yes' or 'no'. Then repeat the procedure until you have no more than six or seven remedies.

10. Sometimes, the pendulum may stop dead after only one or two remedies. This is telling you that this is enough. You can always confirm this, for example, by asking: "Is this enough?" I have even known the pendulum to refuse to move at all, indicating that it isn't appropriate to prescribe a remedy at that time.

11. When you have written down all the dowsed remedies, ask the pendulum: "Is this the right combination remedy for X at this time?" This step is designed to confirm the diagnosis. The response will usually be yes. If not, you will need to go through the procedure again.

12. If you are dowsing, you need to feel confident about your ability. It's not a good idea to redowse or use dowsing to check someone else's prescription. You will nearly always get a different response, and this will affect your confidence in the technique and in your ability. Have faith that your dowsing is correct, and know that your ability will improve with practice.

## **LESSON 9**

### **HOW THE REMEDIES WORK / THERAPEUTIC ACTION**

Next, we'll take a look at how the flower remedies work.

### **RELATIONSHIP TO HERBS**

Unlike herbs, flower essences contain no chemical plant substances. So far, medical science cannot detect anything material in a flower remedy. Only vibrational technology, such as a radionics machine, can detect variations in the energy patterns of different flower essences. Flower essences contain a vibrational energy which some have likened to the life-force or etheric imprint of the flower.

### **RELATIONSHIP TO HOMEOPATHY**

Flower essences also go a step further than homeopathic remedies. They do not use the products of illness or toxic mineral or plants or animal substances to cure illness. They are not based on the homeopathic principle of 'like cures like', or wrong replacing wrong as Bach put it.

### **RIGHT REPLACING WRONG**

The flower remedies are instead based on the principle of right replacing wrong. Disease is seen as the result of wrong activity or the consolidation of negative mental attitudes. In Bach's system, the illness, wrong, fault or conflict is healed by flooding it with the opposing virtue. This is the direct opposite of the homeopathic principle of 'like healing like', and is one of the basic differences between the two systems of healing.

### **A SAFE AND GENTLE FORM OF HEALING**

Because of the absence of material substances in the flower remedies, they are completely non-toxic, unlike most other forms of healing treatment. Herbs are certainly toxic, and homeopathic medicine also has its dangers.

### **THEY ARE NON-TOXIC**

Because of their non toxic nature, the flower remedies are safe for babies and children. They can be taken indefinitely, and can be safely used in combination with other forms of healing treatment, including medically-prescribed drugs.



## **SUBTLE EFFECTS**

Some describe the effects of the flower essences as subtle. This doesn't tell us much, except to say that the effects are generally very gentle, so gentle that some might not even notice any change.

## **THEY RESTORE HARMONY TO A STATE OF DISHARMONY**

Because they work by infusing us with the positive quality that we are lacking, or help to restore harmony to a state of disharmony, we might not even be aware that our earlier problem no longer exists.

## **THEY BRING PERSPECTIVE**

The effects do vary with each individual. Some people notice an immediate positive change in their condition or outlook. The problem may still exist, but they no longer feel swamped by it. The remedies help us to see things with more perspective.

## **RELEASE OF EMOTIONS**

Sometimes, there is a feeling of tension easing, of emotions coming to the surface. We may have a realisation about something and feel a sense of relief, for we are no longer 'in the dark'.

## **RETROSPECTIVE AWARENESS OF CHANGE**

And even when we feel there has been no change, if we look back, some weeks or months later, and remember how we were when we began taking the remedy, we realise that there has been a change. Usually we are no longer preoccupied with the same problem or problems. It may have faded, or if it still exists, our attitude towards it is different.

## **LETTING GO AND BREAKTHROUGHS**

Other people have reported that they have felt some burden lift from them. Or they feel they have moved out of a rut, or been able to let go of the past and move forward. Others say that it has helped them to make some breakthrough on an emotional or relationship level.

## **TAKING DECISIVE STEPS**

In particular, I have noticed people making important decisions after beginning to take a remedy, taking a new and decisive step in their lives, feeling a new sense of motivation, determination and purpose. Sometimes, they are not even aware of it themselves, but I can notice the changes because I am standing on the outside.

## **RELEASE OF EMOTIONAL BLOCKAGES**

So, the flower remedies help us to release emotional blockages which may be hindering our growth, and they offer us opportunities to learn more about ourselves. They help us to flow more with life, rather than fight against it. The remedies can act as very powerful catalysts to bring about major transformations in our lives.

## **RESTORATION TO OUR TRUE AND NATURAL STATE**

I think that one of the reasons that some people don't notice any effects, is because what the remedies do is simply bring us back to what is really our true and natural state, and that is a state of peace and harmony. Edward Bach taught that our natural state is positive, not negative, that it resonates to the vibration of love and harmony, not negativity and disharmony. This is a basic spiritual teaching.

## **THEY WORK ON SUBTLE LEVELS**

Some say that the remedies work on 'subtle' levels. Others say that they work on 'unseen' levels. This can make the remedies seem like very airy-fairy things. What is really meant by this is that they don't usually work on the level of the physical body, although physical problems can definitely be healed by taking them. They work on the causal levels of our being, at the emotional and mental levels, which are seen as the causative factors in creating physical illness. As I mentioned before, Bach defined disease as a kind of consolidation of a mental attitude.

## **AGGRAVATIONS**

Now, one thing I must mention is the subject of negative reactions or aggravations. Generally speaking, the effects of the remedies are very gentle. But very occasionally, a person may experience what to them feels like a negative reaction. This usually takes the form of an intensification of the symptoms.

## **INTENSIFICATION OF SYMPTOMS**

For example, someone who is being treated for fear may feel even more fearful for a few days after beginning the remedy. It is natural that the person should feel a bit alarmed and concerned about this reaction. After all, they are expecting to get better, not worse.

## **RELEASE OF FEELINGS**

Generally, this sort of intensification of symptoms can be seen as a good sign, a sign that the difficult feelings, in this case fear, are coming to the surface to be released. It also puts the spotlight on the problem, increasing our awareness and therefore our motivation for change.

## **PHYSICAL REACTIONS**

Very occasionally I have also observed a physical reaction to the remedy. I must say that this has only occurred in one or two cases out of hundreds of remedies I have prescribed. What can happen is that the person may come down with a physical ailment which corresponds to the emotional problem.

## **CASE STUDIES**

I have a couple of examples. I once prescribed a remedy for a woman who was suffering from overwork, exhaustion and burnout. She was struggling to keep going. The day after beginning the remedy, she came down with the flu. What she needed was a good rest, and the flu provided her with the necessary excuse.

Another remedy I once recently was to help a woman to relax, to release fear and to express her true feelings towards others. She felt she had been holding herself back. After two doses of the remedy, she developed diarrhoea which continued for a couple of days. Her need to express herself manifested in physical elimination. But this was a very powerful message to her, and it made her realise that she really was starting to let go of some of the restrictions which were holding her back.

## **TEMPORARY STATE**

Any reaction, whether emotional or physical, does tend to pass quickly. But if you, or the one you are prescribing for, really doesn't feel good about continuing the remedy, then by all means stop taking it. You are the best judge. You have to feel okay about it, or there is no point.

## **DISCONTINUE TREATMENT AND TAKE RESCUE REMEDY**

What I do suggest is that you stop taking the remedy for a couple of days, and take Dr Bach's Rescue Remedy instead. This will help to neutralise and balance whatever is being stirred up. And then when you feel better, you can begin taking the remedy again.

## **A PREVENTATIVE MEASURE**

I must mention here that there are two stages in treatment. The first stage is the causal stage and the second is the physical. At the first stage, this is when we can become aware that we are experiencing an overdose of a particular negative emotion or emotions. Something is really bothering us and we feel like we are going 'under' with it. This is where we can use the Bach Flowers in a preventative way. So we treat this unhappy state of mind when it occurs, and this conflict will not develop into a physical ailment. Or, if we don't resolve it or treat it, it can move into the second or physical stage. Then we're likely to get a cold, or something like that. The emotional problem or conflict has consolidated into a physical illness.

## EXPERIENCES WITH MOOD CHANGES DEVELOPING INTO ILLNESS

I have experienced this on numerous occasions with my son when he was very young. I would observe my son's mood change. All of a sudden he would become more demanding, fussier than usual, perhaps a little aggressive. We would start having conflicts with him and increased hassles about eating, dressing and going to bed. We would describe him as being "off the air". We would struggle on for a day or so, not thinking of making a remedy, or thinking about it, but putting it off, and then he would wake in the middle of the night with a fever, or a terrible cough and be well and truly ill by morning. Then I would think, belatedly, I should have made him a remedy yesterday. I have no doubts that if I'd given him ***Chicory***, ***Vine*** and ***Impatiens*** when I first noticed the changes, that he wouldn't have come down with the illness.

This and similar experiences have really reinforced for me the connection between our emotions and our physical bodies. It also demonstrates the wisdom of Edward Bach's recommendation that we treat ourselves when we first notice a change in emotion or mood, BEFORE it manifests in some physical way.

Next lesson we will look at some specific applications for the Bach Flowers.

## LESSON 10

### SOME SPECIFIC APPLICATIONS FOR THE BACH FLOWERS

What I want to look at now are some specific applications for the Bach Flowers.

#### THE TYPE REMEDIES

We've mentioned the 'type' remedies, and also remedies for acute and chronic states. We've seen that the 'type' remedies correspond to our inherent personality traits or what we are born with. For example, my son has always had strong **Vine** characteristics. He is strong-willed and has natural leadership abilities. My daughter is a cheerful **Agrimony** person, with a happy disposition. While there are the 12 basic universal 'type' remedies, called the 12 Healers, any of the 38 flowers can act as a 'type' remedy. There are also the Helping Remedies for passing or acute states. They help us to reharmonise acute negative states of mind that aren't characteristic, but temporary, for example, nervousness before an exam. All of the remedies can also act as a helping remedy, although we have the 7 Helpers which are especially indicated for very chronic and deep-seated states.

#### THE 3 CATALYSTS

Now, there are three of the remedies which stand on their own, as being of extra special importance. These 3 are regarded as catalyts, and are used if a person does not respond to treatment, or seems to need many remedies.

They are: **Star of Bethlehem**, which we have already looked at. This can be an important catalyst if trauma or shock, from the recent or distant past, have created a blockage in the system. As I mentioned earlier, always consider giving **Star of Bethlehem** when you are preparing the first remedy for yourself or another person, particularly if there has been a difficult past or a recent stress or disappointment.

#### HOLLY AND WILD OAT

The other two catalysts are **Holly** and **Wild Oat**. **Holly** is the remedy for love and is indicated if the person is an active, intense type. **Wild Oat** helps you to find your purpose or vocation in life, and is indicated for the weak and despondent type.

So, if a person has not responded to a remedy, then give **Star of Bethlehem, Holly or Wild Oat**, and it should then become obvious which other remedies may be required.

## GENETIC BLOCKAGE BREAKING ESSENCES

A fellow practitioner once told me about a group of Bach Flowers which she calls The Genetic Blockage Breaking Essences. They are: ***Cerato, Wild Oat, Walnut, Honeysuckle, Chestnut Bud, Pine, Water Violet, Holly and Crab Apple***. These remedies can be very transformative and powerful. They are all about releasing, letting go, breaking negative ties and patterns, and so on.

## NEED TO SOFTEN POWERFUL REMEDIES

I feel that some of the remedies, especially ***Holly, Aspen, Crab Apple, Pine, Willow and Mustard*** can be a bit too powerful at times, unless the person really wants to dig deep. When you are prescribing these remedies, especially for someone who is very emotionally sensitive or in a state of acute emotional crisis, soften them with ***Star of Bethlehem, Cherry Plum or Sweet Chestnut***.

## SWEET CHESTNUT

***Sweet Chestnut*** is especially helpful in times of crisis, including experiences of abandonment, abuse, broken-heartedness, utter despair and loneliness, depression, the death of a loved one, and in addiction and suicide therapy.

## PHYSICAL CORRESPONDENCES

I have mentioned many times that we prescribe on the basis of the emotional state of the person, and not the physical ailments. But, there are certain physical conditions which seem to correspond with a certain remedy. These are not general rules, but just interesting associations. And it's a further confirmation of the connection between the mind (or emotions) and the body.

Some examples are: ***Vervain*** for headaches, ***Crab Apple*** for skin disorders, ***Larch*** for throat problems, ***Olive*** for recovery after the flu.

There are reasons for these associations, and I can't go into them all. But for example, ***Larch*** is for lack of confidence and difficulty expressing oneself. Some people with such problems will manifest the blockage in communication in their throat area. But this does not mean that all people with throat problems lack confidence and need ***Larch***. It's just something you can keep in mind if someone has a confidence problem AND a throat problem. Then, there could very well be a connection.

## CAUSE AND EFFECT

So, that's why we use the emotional state as the starting point, and not the physical condition, because when we look at the emotion, we are

more likely to be looking at the cause, or the root of the problem, whereas when we look at the physical ailment, we are looking at the effect.

## **SPECIFIC APPLICATIONS FOR CHILDREN**

Next, we're going to look at some specific applications for children. As I mentioned earlier, the remedies needed by a very small child are often those needed by the parents. The small child can be a very accurate barometer of the parents' emotional state, especially the mother's.

### **DOWSING**

This is why dowsing is an especially helpful diagnostic technique for children. Dowsing has helped me to recognise the very close relationship between a small child and his or her mother.

### **CASE STUDIES**

For example, as I mentioned earlier, my son's dowsed remedies often surprised me by their accuracy in describing my own emotional state.

Another interesting example is I once dowsed a remedy for a three week old baby, and we were surprised to discover that the remedies described the way the baby's mother had felt during the pregnancy.

### **PREGNANCY**

Obviously, pregnancy is an ideal time to take the flower remedies, because it can be a time of great emotional upheaval, and sharp swings in mood. There is also often a lot of fear and apprehension concerning the birth, and a need to deal with issues from the past, and prepare for the new transition.

I have found these remedies to be particularly helpful in pregnancy: **Larch** for confidence, **Oak** for inner strength, **Aspen** and **Mimulus** for fear and anxiety, **Honeysuckle** for letting go of the past, and **Walnut** for making the transition to motherhood.

### **DOWSING FOR CHILDBIRTH**

It is also very helpful to dowse a remedy for the labour and birth. I did this for the births of both of my children, some weeks beforehand. It is impossible to predict what a labour will be like. When I dowsed the remedy for my son's birth, I thought it looked a bit strange, or rather alarming. There were a couple of remedies which suggested trauma, and yet I was planning a peaceful homebirth. I put it out of my mind and waited, and sure enough, he was born 6 weeks premature and very close to death. When I looked closely at the ingredients of my birthing remedy after his traumatic exit into the world, I was amazed at how well they described the birth.

## AFTER THE BIRTH

The new-born baby will experience the benefit of any remedies that the mother takes, through the breast milk. After the birth, I recommend **Rescue Remedy** or **Star of Bethlehem**, especially if there has been trauma, and **Walnut**, to help the baby make the transition into the world. You can also add the drops to the baby's bath.

## REMEDIES FOR CHILDREN

It is true that babies and very small children generally don't conceal their emotions, but it can still be hard for us adults to read their emotions. A general rule of thumb is that their behaviour tends to reflect their feelings. So,

*The fretful, demanding, clingy or fussy baby needs **Chicory**.*

*The baby who screams for attention needs **Impatiens**.*

*The happy, gurgling baby who gives no trouble unless there is something really wrong needs **Agrimony**.*

*The baby who seems frightened and starts at almost everything needs **Mimulus**.*

*Those babies who sleep too much and lack interest in feeding need **Clematis**.*

This is fairly brief, but it gives you the idea of how to go about prescribing for babies and children. As the children grow older, you will also get a clearer idea as to their personality type.

## RED CHESTNUT

There is a remedy for the parent who feels very concerned and anxious about their child, and that's **Red Chestnut**. This remedy helps the parent to be loving and caring towards their child, but not in an obsessive or over-concerned way, which Bach felt could ultimately be harmful towards the child.

## TEENAGERS

With teenagers, you will prescribe according to their individual emotional makeup and issues.

But some remedies of particular value are:

**Wild Oat** to help with vocational direction.

**Walnut** for adjusting to the transition from childhood to adulthood.



**Crab Apple** helps the young person with acne, anorexia or other appearance problems to accept and like themselves.

**Larch** is helpful for low self-esteem and lack of confidence before exams.

Next lesson we will look at awareness-enhancing techniques which can be used in conjunction with the Bach flowers.

## LESSON 11

### AWARENESS-ENHANCING TECHNIQUES

There are a few techniques which can greatly add to the effectiveness of the remedies, and I call these awareness-enhancing techniques.

Of course, the remedies will work regardless of what you do, but they will work better if you work with them, by doing work on yourself.

### POSITIVE AFFIRMATIONS

One of the easiest and most helpful methods is to use positive affirmations with the remedies. The following is drawn from several sources which are listed below:

#### Affirmations for the Bach Flower Remedies

##### **AGRIMONY ..... INNER PEACE**

I am finding peace within myself.  
I allow others to see me as I really am.

##### **ASPEN ..... TRUST**

I have faith in life. I am being guided.  
I am filled with courage and inner strength.

##### **BEECH ..... TOLERANCE**

I release all feelings of judgement and criticism.  
I accept other peoples' differences.

##### **CENTAURY ..... INNER STRENGTH**

I am the master of my life.  
I share from a place of inner strength.  
I serve others by being true to myself.

##### **CERATO ..... INTUITION**

I trust in my own inner guidance.  
I am confident that I know what is right for me.

##### **CHERRY PLUM ..... COMPOSURE**

I remain balanced and strong under extreme stress.  
I acknowledge a higher force guiding my life.

##### **CHESTNUT BUD ..... WISDOM**

I recognise and am able to let go of old patterns.  
I am learning something new from every experience.

**CHICORY ..... SELFLESSNESS**

I respect the freedom and individuality of others.  
I love and nurture myself.  
I draw on the source of universal love to share  
freely with others.

**CLEMATIS ..... CREATIVE IDEALISM**

I am inspired to manifest my ideals.  
I am happy to be here now. I am involved in life.

**CRAB APPLE ..... PERSPECTIVE**

I accept my imperfections. I love my body.  
I cleanse myself of any toxicity or disharmonious energy.

**ELM ..... SELF-ASSURANCE**

I am confident and capable of meeting my responsibilities.  
I always have the help I need.

**GENTIAN ..... PERSEVERANCE**

I persevere despite difficulties and setbacks.  
Everything has a deeper meaning.

**GORSE ..... OPTIMISM**

I have faith in life. Hope brings healing.  
Every new day is a new opportunity. Life is a gift.

**HEATHER ..... COMPASSION**

I am secure within myself. I nurture myself.  
Through caring for others, I forget my self.

**HOLLY ..... LOVE**

I open my heart. I love and am loved.  
Love is the greatest healing elixir.  
I feel united with all life.

**HONEYSUCKLE ..... LETTING GO**

I let go of the past. I am here now.  
They are free and I am free.  
I move forward in life with joy and ease.

**HORNBEAM ..... ENTHUSIASM**

I have all the energy I need.  
I am involved and interested in my daily activities.

**IMPATIENS ..... PATIENCE**

I relax. I accept the flow of life and the pace of others.  
I allow the process of life to gently unfold.  
I am patient and understanding.

**LARCH ..... SELF-CONFIDENCE**

I act with confidence. I express myself creatively.  
I can do it. I will do it. I am doing it.

**MIMULUS ..... COURAGE**

I act with courage and inner strength.  
I recognise each problem as an opportunity for growth.

**MUSTARD ..... JOY**

I am moving from darkness to light.  
I am filled with the joy of life.  
My heart feels light and happy.

**OAK ..... STABILITY**

I experience renewed strength and stability.  
I feel strong and energetic. I accept my limits.

**OLIVE ..... REJUVENATION**

I feel revitalised in mind and body.  
I tap into an unlimited energy source within me.  
I relax and experience a new strength.

**PINE ..... SELF-ACCEPTANCE**

I release all guilt. I accept my mistakes.  
I forgive myself. I love and accept myself.

**RED CHESTNUT ..... OBJECTIVITY**

I trust in the unfolding of life.  
I have a healthy detachment from the problems of others.  
I am radiating peace, calm and optimism.

**ROCK ROSE ..... SELF-TRANSCENDENCE**

I face the most extreme challenges with unshakeable  
courage.  
I am immortal spirit. I am in God's hands.

**ROCK WATER ..... FLEXIBILITY**

I am open to new insights and experiences.  
I allow the joy of life to flow freely through me.  
I am flexible and relaxed.

**SCLERANTHUS ..... BALANCE**

I am decisive in thought and action.  
I bring balance to all areas of my life.  
I act from inner certainty.

**STAR OF BETHLEHEM ..... HEALING**

I feel calm and soothed.  
I am freed from the trauma of the past.  
My soul finds consolation and healing in the divine light.

**SWEET CHESTNUT ..... FAITH**

In the darkest hours, I find courage and faith in a divine power. When the need is greatest, God's help is nearest.

**VERVAIN ..... MODERATION**

I practice moderation in thought and action.  
I allow others to hold their own beliefs.  
I feel relaxed, open and balanced.

**VINE ..... HUMILITY**

I am tolerant and respectful of the individuality of others.  
I harmonise my will with the universal will.

**WALNUT ..... TRANSITIONS**

I break all links which hinder my growth.  
I now have the strength to follow my own inner guidance.  
I move forward with ease into the next phase of my life.

**WATER VIOLET ..... SHARING**

I am sharing love, humility and wisdom.  
I need the world and the world needs me,

**WHITE CHESTNUT ..... TRANQUILLITY**

My mind grows calm and peaceful.  
I become quiet within and the answers I seek begin to emerge.

**WILD OAT ..... SELF-ACTUALIZATION**

I express my soul's purpose in my life's activities.  
I am clear about my life direction.

**WILD ROSE ..... VITALITY**

I feel alive with interest in life.  
I am developing new and positive life goals.

**WILLOW ..... FORGIVENESS**

I release all feelings of blame and bitterness towards others.  
I accept responsibility for my life situation.  
I am now thinking, doing and achieving positive things.

**RESCUE REMEDY ..... EMERGENCY**

I ask for help and divine guidance.  
Balance and harmony are restored.

**REFERENCES**

Mechthild Scheffer, *Bach Flower Therapy*  
Louise Hay, *Heal Your Body*  
Richard Katz, *Affirmations for Bach Flower Essences*  
J & M Barnard, *The Healing Herbs of Edward Bach*  
I.S. Kraaz & W. Von Rohr, *The Original Bach Flower Cards*

## **USE OF AFFIRMATIONS**

With positive affirmations, what we are doing is visualising and affirming our healing and also affirming our positive qualities.

When I make a remedy for someone, I often include a list of affirmations for the remedy, unless it seems inappropriate. It is very important that you do what is appropriate for the person, otherwise you could turn them off.

If you feel they might not be responsive to affirmations, you can write instead a list of the positive qualities of the remedies, or you can write the positive and negative qualities, if you would like a more balanced approach.

I do feel that if you just give someone a bottle of medicine, with no description of the remedies or affirmations, then there is less potential for that person to become more self-aware. In some ways, it doesn't seem much different to taking a prescription drug.

So, if you can, do try and give extra information with the bottle.

## **BECOME INVOLVED IN THE PROCESS**

And do the same when you are taking a remedy yourself. try and become involved in the process. Be aware of both the negative and the positive qualities of each of the remedies you are taking.

First, take note of the negative quality or condition of imbalance, but don't over-dwell on this. Just become aware, in a detached way if possible, of the nature of your emotional problems or mental conflicts.

Then focus on and absorb the positive qualities related to the flower essence. Affirm to yourself that as you take the remedy, you are being infused with these positive qualities.

## **USEFUL TOOLS**

So positive affirmations and creative visualisation can be very useful tools to use in conjunction with the flower remedies. Your awareness and positive efforts will greatly enhance your healing process.

## **ADDITIONAL TOOLS**

There are also additional exercises that you will find in a wide range of metaphysical books. For example, in Donna Cunningham's book ***Healing Pluto Problems***, there are several very useful exercises that can be used for problems related to guilt, hatred, resentment and self-dislike, or the

Bach remedies *Pine, Willow, Crab Apple, Honeysuckle, Holly and Vine*.

The book includes guided meditations for cleansing yourself of guilt, cleansing yourself of resentment, for letting go and for forgiveness.

## **OTHER RESOURCES/BOOKS**

If you are interested in extra personal growth techniques, I recommend these books:

Shakti Gawain, *Creative Visualisation*

Piero Ferrucci, *What we may be*,

and any books by Louise Hay.

Louise Hay's book, *Heal your Body*, can be very useful at times. It contains an extensive list of physical problems with the probable metaphysical cause, and a new thought pattern or positive affirmation for healing that problem.

For example, it says back problems are caused by a lack of support, stomach problems by an inability to accept the new, and headaches by self-criticism, and so on. I think it's important to mention here that this book, and others like it, should not be taken as gospel. These associations don't necessarily apply to everyone. There are other causes of illness which we may not understand.

If you have ever talked to a person suffering from cancer, you will realise that some of this metaphysical stuff can go a bit overboard. This is because cancer sufferers can be made to feel that it is all their fault, or that something terrible has happened in their past, or that they are full of hatred and resentment. This may not be very helpful, so there's a need for a balanced approach to the whole subject.

## **BACH'S ASSOCIATIONS**

Edward Bach did make similar associations, in relating physical illness to emotional and mental states. For example, he wrote that if you suffer from stiffness in the joints or limbs, then you were probably also suffering from mental stiffness and holding onto rigid ideas and beliefs.

This is the same principle as Louise Hay's, and there is a lot of truth in this. But I would advise you to use this knowledge on yourself first. See if the associations fit for you, and be wise and careful about putting it onto others.

In the next and final lesson we will look at where to purchase the remedies and we'll also take a brief look at other flower essence systems.

## LESSON 12

### WHERE TO PURCHASE THE BACH FLOWER REMEDIES

A set of the original Bach Flower Remedies, from the Bach Centre in England, cost in excess of \$Aus 400. They are available from Health Food Shops and other Natural Product Distributors. The price for a single 10ml bottle of the stock-strength remedy is in excess of \$15, which makes it virtually out of the reach of the average home healer.

You have a few options:

*You can make some of them yourselves.*

*You can purchase them in dosage-strength form, which is somewhat cheaper, but you won't be able to make up bottles for others. You can still treat others by putting some drops in a drink however.*

*You can visit a practitioner like myself and have them make up a remedy for you.*

*Or you can buy remedies from some small manufacturers who make their own. This means that they are not the original Bach Flower Remedies, but they are remedies made from the same flowers.*

*I must mention here again that the Bach Centre insists that their remedies are the only true Bach Flowers, but Dr Bach always said that he wanted everyone to be able to make them.*

*As you know, he taught the method of preparation and actually encouraged people to make their own. Nowhere does he claim that the remedies are exclusive to him or to England, as many claim today.*

*So, don't be discouraged from making your own remedies, or from getting them from others who make their own.*

### A BRIEF LOOK AT OTHER FLOWER ESSENCE SYSTEMS

In recent years, many other flower essences have been developed. In various countries throughout the world, flower essences indigenous to those lands are being tested and used in clinical practice.

There are now Australian, New Zealand, Alaskan, Himalayan, Californian, Hawaiian and Amazonian flower essences available, and no doubt there will be more to come. The most commonly used essences, apart from the Bach Flowers, are the Gurudas, Californian and Australian essences.



## CALIFORNIAN FLOWER ESSENCES

The Californian Flower Essences were developed by the Flower Essence Society during the 1970s and to some extent they reflect their era, which was the height of the personal growth and human potential movement.

Therefore, many of these flowers are used to enhance such things as creativity, self-actualization and spiritual growth. These essences include a lot of familiar herbs, like *yarrow, borage, sage, rosemary, garlic, dill, dandelion* and familiar garden plants, like *sunflower, snapdragon, fuchsia, forget-me-not, calendula* and so on.

We have made and used many of the Californian Flower Essences, and found them very helpful for a wide variety of conditions. We often use them in conjunction with the Bach Flowers. One of the reasons that I am attracted to these essences is because many of the flowers are so familiar to me, and I have a lot more of these growing in my garden than I do Australian plants.

## AUSTRALIAN ESSENCES

I haven't used the Australian essences much, because I don't feel much affinity for the Australian flowers. But, this is purely a personal matter. It is not that one group of essences is any better than another, although there are those who claim that the Australian ones have to be better for us, because we are Australian, and there are those who swear that the Bach Flowers are the best.

I have been told that the Australian essences are very powerful and are suitable for those who wish to work on very deep-seated issues. There is certainly a lot of interest in the Australian essences, and if you want to know more about them then get a copy of Ian White's book called *Bush Flower Remedies*.

You will find their website at: [www.ausflowers.com.au/](http://www.ausflowers.com.au/)

## CONCLUSION

This is a vast subject and I've really only scratched the surface, because there is enough material on the subject for a very in-depth course. But I hope I have whetted your appetite a bit.

## CLOSING THOUGHT

I would like to leave you with one closing thought. With these remedies, Edward Bach has given us an amazing tool whereby we can help to heal and free ourselves, and also help others to heal themselves. One of his most famous teachings, and I really want you to remember this, is that WE ARE ALL HEALERS.

But what this really means, is that we are not the healers, so much as the catalysts to help others find their own inner healing power. This is what true healing is all about. If you begin to use these remedies and at the same time, read whatever you can that was written by Edward Bach, I guarantee that you will never be the same again, and it will kindle in you an urge, not so much to be a healer, but to help others discover their own ability to heal themselves.

Finally, this is how Bach so eloquently described the way the remedies work:

***"They cure, not by attacking disease,  
but by flooding our natures with the beautiful  
vibrations of our Higher Nature,  
in the presence of which  
disease melts as snow in the sunshine".***

## READING LIST

Edward Bach, ***Heal Thyself - An Explanation of the Real Cause and Cure of Disease*** - Edward Bach, ***The Twelve Healers and Other Remedies*** -Douglas Baker, ***Bach Flower Remedy Repertoires, Parts 1 & 2*** - Stefan Ball, ***The Bach Remedies Workbook*** - Julian Barnard, ***A Guide to the Bach Flower Remedies*** - Julian Barnard, ***Patterns of Life Force - A Review of the Life and Work of Dr Edward Bach and his Discovery of the Bach Flower Remedies*** - Julian Barnard, (Ed), ***Collected Writings of Edward Bach*** Julian & Martine Barnard, ***The Healing Herbs of Edward Bach - An Illustrated Guide to the Flower Remedies*** - Dr Philip Chancellor, ***Handbook of the Bach Flower Remedies*** - Donna Cunningham, ***Flower Remedies Handbook*** - Peter Damian, ***The Twelve Healers of the Zodiac - The Astrology Handbook of the Bach Flower Remedies*** - Jane Evans, ***Introduction to the Benefits of the Bach Flower Remedies*** - Richard Gerber, ***Vibrational Medicine - New Choices for Healing Ourselves*** - Clare Harvey & Amanda Cochrane, ***The Encyclopaedia of Flower Remedies*** - Judy Howard & John Ramsell (Eds), ***The Original Writings of Edward Bach*** - T.W. Hyne Jones, ***Dictionary of the Bach Flower Remedies - Positive and Negative Aspects*** - P. Kaminski & R. Katz, ***Flower Essence Repertory - A Comprehensive Selection Guide for the Natural Health Practitioner*** - L.J. Kaslof, ***The Bach Flower Remedies - A Self-Help Guide*** - Richard Katz, ***Affirmations for the Bach Flower Essences*** - Dietmar Kramer, ***New Bach Flower Therapies*** - Peter Mansfield, ***Flower Remedies*** - Barbara Mazzarella, ***Bach Flower Remedies for Children - A Parents' Guide*** - Joyce Petrak, ***How to Remember Bach Flower Remedies*** - K. Ryerson, ***Flower Essences and Vibrational Healing*** - Mechthild Scheffer, ***Bach Flower Therapy - Theory and Practice*** - Gregory Vlamis, ***Flowers to the Rescue - The Healing Vision of Dr. Edward Bach*** - Nora Weeks, ***The Medical Discoveries of Edward Bach Physician*** - Nora Weeks & Victor Bullen, ***The Bach Flower Remedies - Illustrations and Preparation*** - Mark Wells, ***The Bach Flowers Today*** - F.J. Wheeler, ***The Bach Remedies Repertory*** - Ian White, ***Australian Bush Flower Essences*** - Christine Wildwood, ***Flower Remedies for Women***