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Bach flower remedies: Balance your emotions

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Abstract

Bach flower remedies are thought to help balance emotional state. Dr. Bach collected several plants & flowers and produced 38 medicines corresponding to 38 possible changes of man's mood. These are called Bach flower remedies. They used to treat stress can be the best emotional healing. This system of healing, which has been divinely revealed unto us, shows that it is our fears and anxieties that open the path to the invasion of illness. These herbs heal our disturbed mental state.

Keywords: Bach flower remedies, emotions, flower essences

Introduction ^[1]

Dr. Edward Bach was a qualified allopathic doctor, Later he got his degree in homoeopathy and practised homoeopathy for a few years.

History

Dr. Bach was a saintly person, he believed that the nature which had produced innumerable living creatures and plants, and was always working towards the perfection of each individual life must have some simple means of maintaining the health of these living bodies. Dr. Bach spent six long years roaming about in forest and raviness, collecting information about how the various plants and their flowers situated in isolated places saved themselves from the vagaries of nature rain, storms etc.

He collected several plants & flowers and produced 38 medicines corresponding to 38 possible changes of man's mood. These are called Bach Flower Remedies.

Dr. Bach's philosophy ^[1]

Every life has some divine will no sacrifice is called for, whenever an obstruction in the life of a person disturbs his mental balance, some symptom of illness appears on his body, because the body is only a mirror, reflecting the human mind. According to Dr. Bach's Philosophy it becomes clear that-

The basic cause of all troubles is the obstruction on which a man allows to be placed in his chosen way of life or puts in the chosen life of some other person. Whenever a person ignores the guidance provided by his inner voice and acts against his conscience, his mental piece is disturbed. Physical ailment as such has no meaning, it is an expression of the mental disturbance. As soon as his mental state improves, the physical troubles disappear.

Here is a big catch that you can prevent a disease from appearing if you rectify change of mood when it appears in a person.

200 years ago, Dr. Hahnemann, the founder of homoeopathy had propounded the theory of psora being the origin of all chronic disease.

Chicory

Keynote: Possessive, over protective, self-centred, critical

The chicory plant is a member of the dandelion family. A perennial herbaceous plant, its flowers are usually lavender in color but may be light blue, white or pink ^[2].

According to Dr. Bach, those who are very mindful of the needs of others, they tend to be over full care for children, relative, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them ^[3].

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In its negative state, the chicory personality can be the most domineering and demanding of them all. The negative chicory state produces a need to control to be the focus of attention and to be continuously assured of the family's love.

Mimulus

Keynote: Fear, blushing, lack of courage, stammering, shyness, timid, sensitive

Mimulus is a member of scrophulariaceae plant family. The radiant yellow color of the flower (enlivened by bright red spots) and its strong affinity to flowing water, suggests an outgoing quality, and a release of congested emotions^[4].

According to Dr. Bach, fear of wordly things, illness, pain, accidents, poverty of dark, of being alone, of misfortune, fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others. Fearing such things as a trip in an airplane, a confrontation over some unpleasantness in the family or an illness, constantly filled with anxiety^[3].

The mimulus baby will begin to cry upon awakening even with no apparent reason. Those with marked mimulus traits tend to be physically delicate with refined features and a tendency to blush easily, stammer or suddenly become speechless. The mimulus personality has a great need for 'DOWN TIME' to withdraw to a quiet spot and recharge without guilt^[5].

In the negative mimulus state, individuals are hypersensitive to many thing in the environment such as bright lights, noise or an overabundance of activity or even of food.

Cerato

Keynote: Confirmation, seeking advice, do not trust own wisdom

According to Dr. Bach, those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others and are often misguided. People who are too easily influenced, their own lack of self-esteem makes them admire & trust too much any who hold strong views. Even though this person knows what right, he distrusts is and doubts his own decision. Thus, he become annoying to others by constantly questioning, even minor issues must be examined and other's opinion sought. Because these people ask so much, they gather a great deal of information. But they don't use it because they don't trust in their own abilities to make a decision^[3].

In negative state, the personality refuses to recognize the role of the higher self; she lacks confidence in her own inner voice or intuition and instead seeks answers from external sources. In illness they are quite sure one thing will cure them until they hear of another and they rush from one trial to the next according to the latest advice. The ideas and opinions of others are too important to them and this robs them of their own personality. They will always have some excuses for all they do^[5].

Centaury

Keynote: Weak-willed, bullied, unable to say no, imposed on, timid, quiet

According to Dr. Bach, they are kind, quiet gentle people who are over anxious to save other. They overtax their

strength in their endeavours. Their wish so grows upon that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work and in so doing they may neglect their own particular mission in life^[3].

In the negative centaury state, service, devotion to a cause and a genuine desire to help the person into a doormat (unable to say "no") to any request. These people are often tired, overworked and slightly resentful that others take advantage of their good nature. They may represent a desire to avoid growing up by remaining emotionally childlike and doing as they are bitten, these people do not have to learn to discriminate to decide^[5].

Centaury restores the qualities of inner strength & self-determination. Those in need of centaury have a misplaced sense of service and believe that they must put others need before their own^[6].

As a consequence they often wear themselves out in service to others and do not develop their own individuality or creativity.

Agrimony

Keynote: Addiction, unhappy, anxiety, insomnia

According to Dr. Bach the jovial, cheerful, humrous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are more tormented and restless and worried in mind or in body, they hide their cares behind their humour and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate themselves and helps themselves bear their trials with cheerfulness. Agrimony people not only hide their feelings from the world, they hide their feelings from themselves. Because being alone causes them to think about themselves and their situations, they avoid being alone^[3].

Agrimony indicated for release of inner tensions, anxieties and other hidden emotions.

Clematis

Keynotes: Day-dreaming, withdrawing, lack of concentration

Those who are detached from real life, those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people not really happy in their present circumstances, living more in the future than in the present, living in hopes of happier times, when their ideals may come true. In illness, some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times, or maybe, meeting again some beloved one whom they have lost. In the clematis state, a person appears to be a "wanderer between the worlds" and reality holds little interest^[3].

In negative state-Their energies can take the form of exaggerated romanticism, delusions, and various kinds of eccentricity. These people have little instinct for self-preservation making a difficult job for a physician when they fall ill. Often they give the impression that they'd be perfectly content to pass to the other side perhaps even looking forward to being reunited with someone who has gone before. This lack of desire for wellness led. Dr. Bach

refer to the negative clematis state “*Polite form of suicide*”^[5].”

The negative clematis individual is usually very pale and has cold hands and feet because their eyes and ears are more turned into their inner world than the physical world, they often develop problems with vision or hearing.

Gentian

Keywords: Discouraged, depressed

According to Dr. Bach, those who are easily discouraged. There may be progressing well in illness, or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them. This bach flower essence brings a return to faith-not only faith in god and the higher self, but faith in one’s own future^[3].

In negative gentian state are eternal pessimists, always depressed and always seeing what could go wrong for themselves, for their families and for society as a whole. They doubt everything & everyone else around them. As its extreme, this personality doesn’t feel comfortable unless it is engaged in worry, over something. The true gentian personality will always be a sceptic but after treatment will become a “positive sceptic”, able to see difficulties without falling into despair and able to live with conflict because he can once again see a positive outcome at the end^[5].

Impatience

Keyword: Impatient, hasty, hurried

According to Dr. Bach, those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow, as they consider it wrong and a waste of time, and they will endeavour to make. Such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed. In positive state, impatience people have great capacity for empathy and patience. They still possess quickness of mind, intelligence and decision making but they put them all to good use in the service of others as well as themselves^[3].

In a negative impatient state, impatience, inner tension, and a general air of irritation predominate. The impatience personality is quick thinking and wants to work at a fast pace, when supervising others, this personality feels the urge to just “do it themselves” rather than suffer the frustration of watching someone who else work slowly or not up to their standards when forced to work with others at a slower pace, the adaptation to a lower energy level takes a tolerating a constant energy draining mental tension^[5].

Rock rose also called rescue remedy

Keyword: Frozen fear, terror

The remedy of emergency for cases where there even appears no hope. In accident or sudden illness, or when the patient is very frightened or terrified or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy^[31]. This essence helps build courage and all eviate terror. This is a state of frozen fear that has been aptly described as a “punch in the stomach” and this is an apt description because the solar plexus is at centre of the

nervous system, which has suddenly been rendered unable to cope. The fear emanated by individuals in this negative state pervades the whole aura to an extent that some sensitive & have actually been able to give a physical description of it. Positive rock rose energy is quite the opposite. In the positive state, individuals are able to mobilize tremendous forces that allow them to grow beyond themselves. The negative rock rose state is usually temporary and responds instantly to bach flower remedies for treatment. In adults, when they may not appear nervous on the outside, but their energy reserves are extremely low and they are delicate in their nervous constitution.

Proven helpful as an additional medication in the treatment of sun stroke, heat stroke and drug addiction^[5].

Scleranthus

Keywords: Indecision, imbalance, uncertainty, dizziness

According to Dr. Bach’s description, those who suffer much from being unable to decide between two things, the first one seeming right than the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others^[3].

In negative state, this person’s body as well as her thoughts and emotions can be in a state of turmoil. The imbalance may shows up as complaints of inner ear or motion sickness. The negative scleranthus person is failing to listen and follow her guidance of higher self, after treatment that connection will be re-established and these symptom will disappear. Then she will show great power of concentration and determination. She will be versatile and flexible, able to consider both sides of an issue and come to a correct decision^[5].

Vervain

Keyword: Over enthusiasm, hyper-active, fanatical, high strung

According to Dr. Bach’ description, those with fixed principles and ideas, which they are confident are right and which they vary rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness, they struggle on long after many would have given up their duties^[3].

When the inner flame of a good idea, a cause or an injustice to be corrected is ignited in a vervain personality, he can’t rest until all those around him are in agreement, working toward his ultimate objective. Vervain types are revolutionaries at heart and radiate their energy, they are preachers who try to win everyone to their mission. In the negative state of vervain person is always tense and keyed up, can’t relax even if they want to. They “get by” on a minimum of sleep, believing that their cause is more important than caring for their own bodies. Their movements are quick and their speech rapid. They are willing to suffer great inconveniences, be arrested, or even destroy themselves to get their point across sometime we listen people who tie themselves to a tree in the forest, lay in front of an approaching bulldozer or pour gas on themselves before lighting a match^[5].

In the negative vervain state a person ignores his own body’s warning signals, pushing on in exhaustion until

illness overtakes. But once restored to his positive state through vervain personality will still be involved and dedicated to his task, but will be able to consider other's ideas and points of view and will after his own if the argument is convincing.

Water violet

Keywords: Proud, aloof, lonely, anti-social, self-reliant, private

According to Dr. Bach's description, for those who in health or illness like to be alone, very quiet people, who move about without noise, speak little and then gently, very independent, capable and self-reliant, almost free of the opinions of others. They are aloof, leave people alone and go their one way often clever and talented. Their peace and calmness is a blessing to those around them ^[3].

Water violet personalities present an image of superiority, capability and calm control. They never fall apart in an expected situation but can take charge, knowing just what to do. Thus they are greatly admired and their advice is often sought. This dependence from other people leads to an emotional drain that cause a water violet person to being believing that they truly are special and thus they become prideful. The phrase "*keep a stiff upper lip*" applies to it. They prefer to deal with their own problems. This personality trait blocks much of their energy and can lead to tension and stiffness to the entire body. They are always able to see another's point of view and recognise other's problems ^[5].

In positive state, water violet personalities like to be on their own, stay in the background and let others live as they wish. After treatment they able to use his self-confidence and independent attitude for the good of others as well as herself.

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