



Bach Flower Therapy

“There is no true healing unless there is change in outlook, peace of mind and inner happiness. The physical body only gets ill when the emotional or mental body gets out of balance”.

– Dr. Edward Bach

Flower essences are liquid flower extracts, generally taken in oral form, which are used to address issues of psycho-emotional well-being. While the use of flowers for healing has its roots in many traditional medicines, the precise application of flower essences for specific emotions and attitudes was first developed by an English physician, Dr. Edward Bach, in the 1930s. Dr. Bach had a successful practice in Harley Street, London, and was a highly respected practitioner. After many years of medical practice, he came to the conclusion that a person’s personality had a major impact on their health. So profound was his belief that he gave up his practice to learn more and later establish the 38 Bach Flower Remedies. Dr. Bach was a very sensitive and intuitive person with great compassion for his fellow man and a deep respect for nature.

Bach flower remedies consist of 38 flower essences which are designed to help balance emotional state and are commonly recommended by practitioners for psychological problems and pain. These 38 remedies, prepared from flowers and trees, cover a broad range of human emotions. With a vision far ahead of most of his contemporaries, Dr. Bach understood that an important cause of illness and disease in human beings lies in the mental and emotional patterns through which we view ourselves and the world around us.

The production of Bach flower essences is procured in two ways. In the first method, the "sun method," flowers are picked on a warm summer day in full sunshine, placed in a glass bowl with fresh water, preferably taken from a spring close to the location of the flower. The bowl is then placed in the sun for two to four hours. According to Dr. Bach, the sun transfers the vibration of the flowers into the medium of the water, which then becomes energetically infused. The flowers are then removed from the water, and an equal portion of alcohol is added for preservation. (Bach originally used brandy.) This solution is stored in a stock bottle. During treatment, the remedy is usually diluted with

water and is consumed as an alcohol-based preparation, although it may also be available as a cream.

The second method of preparation is the "cooking method." Because not all flowers, shrubs, bushes, and trees bloom at a time of year with plenty of sunshine, this approach is considered necessary. In the cooking method, flowers and buds are picked according to the sun method and boiled down. The extract is filtered several times and then mixed with an equal portion of alcohol as a preservative.

The following are the 38 flower essences and a description of each according to Dr. Bach:

Agrimony "The jovial, cheerful, humorous 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 tormented and restless and worried in mind or in body, they hide their cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=XBRyRJZSTfw>

<https://www.youtube.com/watch?v=Oboiwvx2DfU>

<https://www.youtube.com/watch?v=XBRyRJZSTfw&t=40s>

Aspen "Vague unknown fears, for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=JSb6ufufmWE>

Beech "For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good

growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection."

- Dr. Edward Bach

https://www.youtube.com/watch?v=Me3jD_Zu7oM

Centaury "Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them 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"

- Dr. Edward Bach

<https://www.youtube.com/watch?v=v3wweUEDxgU>

<https://www.youtube.com/watch?v=v3wweUEDxgU&t=29s>

Cerato "Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided"

- Dr. Edward Bach

<https://www.youtube.com/watch?v=WdMF1JH6eul>

Cherry Plum "Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=ZcyXfUXe3HQ>

Chestnut Bud "For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret,

they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=cvdYIM5HmQQ>

https://www.youtube.com/watch?v=yOFG5if9-C4&list=PLNxTtqkxs7JlfDLTWZ1d_Me8Q_8K-tb6&index=11&pbjreload=10

Chicory "Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, 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"

- Dr. Edward Bach

https://www.youtube.com/watch?v=_cDKXLwrgY0

https://www.youtube.com/watch?v=8LfR6LCLoWk&index=2&list=PLNxTtqkxs7JlfDLTWZ1d_Me8Q_8K-tb6

Clematis "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."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=oPYOOPpqr7o>

<https://www.youtube.com/watch?v=JQRQs6q2E4A>

Crab Apple "This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=wiLV-3cUKog>

<https://www.youtube.com/watch?v=dd-jwxx1mqo>

https://www.youtube.com/watch?v=wiLV-3cUKog&list=PLNxTtkxs7JfIDLTWZ1d_Me8Q_8K-tb6&index=3

Elm "Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being."

- Dr. Edward Bach

https://www.youtube.com/watch?v=_N3IBG6Ai0w

Gentian "Those who are easily discouraged. They 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."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=-vmcz9mNM0>

<https://www.youtube.com/watch?v=BQ0am1jIXjM>

Gorse "Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=7ia8XfdJBgw>

Heather "Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time." - Dr. Edward Bach

https://www.youtube.com/watch?v=TYP_nPxrcP0

Holly "For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness."

- Dr. Edward Bach

https://www.youtube.com/watch?v=gNMaz4SbDOM&list=PLNxTtqkxs7JlfiDLTWZ1d_Me8Q_8K-tb6&index=8

Honeysuckle "Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had."

- Dr. Edward Bach

https://www.youtube.com/watch?v=tbBWxDvjNEc&list=PLNxTtqkxs7JlfiDLTWZ1d_Me8Q_8K-tb6&index=10

Hornbeam "For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=HvQV0w5zMN0>

Impatiens "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."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=2UyT1kZWldI>

<https://www.youtube.com/watch?v=eChKjQgEv5c>

https://www.youtube.com/watch?v=wBN35cB3q0A&list=PLNxTtqkxs7JlflDLTWZ1d_Me8Q_8K-tb6

Larch "For those who do not consider themselves as good or capable as those around them, who expect failure, who feel they will never be a success, and do not venture or make a strong enough attempt to succeed." - Dr. Edward Bach

<https://www.youtube.com/watch?v=vCT8CbGY1yA>

Mimulus "Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others."

- Dr. Edward Bach

This Essence helps you when you have fear of known things, such as, fear of spiders, fear of not being good enough, fear of being old, fear of not succeeding, fear of heights, fear of public speaking etc. You might also be shy, tongue-tied in company, you might even be blushing and stuttering. Mimulus helps you regain courage to face difficulties with humor and confidence. You will be able to stand up for yourself, and with the emotions under control can enjoy life without fear.

https://www.youtube.com/watch?v=o2ln_ZDc5_8

<https://www.youtube.com/watch?v=5gAiF8r8mNw>

Mustard "Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful."

- Dr. Edward Bach

https://www.youtube.com/watch?v=WrgBfTL_6FA&list=PLNxtTqkxs7JlfiDLTWZ1d_Me8Q_8K-tb6&index=12

Oak "For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=-Pb4oOog7rk>

Olive "Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=nAqPThsS69g>

Pine "For those who blame themselves. Even when successful they think they could have done better, and are never content with their efforts or the results. They are hard-working and suffer much from the faults they attach to themselves. Sometimes if there is a mistake it is due to another, but they will claim responsibility even for that."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=MpcYC5xCEXQ>

Red Chestnut "For those who find it difficult not to be anxious for other people. Often, they have ceased to worry about themselves, but for those of whom they are fond they may suffer much, frequently anticipating that some unfortunate thing may happen to them." - Dr. Edward Bach

<https://www.youtube.com/watch?v=yOFG5if9-C4>

Rock Rose "The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=Ed3WrKIC6v0>

https://www.youtube.com/watch?v=d_EtYlliCUA&list=PLNxTtqkxs7JlflDLTWZ1d_Me8Q_8K-tb6&index=6

<https://www.youtube.com/watch?v=pfTB-Mb4ifl>

Rock Water "Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result."

- Dr. Edward Bach

https://www.youtube.com/watch?v=d_EtYlliCUA

<https://www.youtube.com/watch?v=-u-RTbku30I>

Scleranthus "Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others."

- Dr. Edward Bach

https://www.youtube.com/watch?v=YryH_O2mSEs

https://www.youtube.com/watch?v=klQEnGXvu2k&index=13&list=PLNxTtqkxs7JlfiDLTWZ1d_Me8Q_8K-tb6

Star of Bethlehem "For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=maAOPvC7d4k>

Sweet Chestnut "For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=oeKLPmsJnr0>

Vervain "Those with fixed principles and ideas, which they are confident are right, and which they very 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."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=qqM5SYxMem4>

<https://www.youtube.com/watch?v=0eDhPZmzOCM&t=8s>

Vine "Very capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency."

Dr. Edward Bach

<https://www.youtube.com/watch?v=J2ICFts8NIM>

Walnut "For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=Ob40lyioOF0>

Water Violet "For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=WP9zyWG5rBg>

White Chestnut "For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such a time when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and will remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only for work or pleasure of the day."

- Dr. Edward Bach

<https://www.youtube.com/watch?v=cTI-PDWac6M>

Wild Oat “For those who have ambitions to do something of prominence in like, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.”

- Dr. Edward Bach

<https://www.youtube.com/watch?v=75R4R7kRr3c>

Wild Rose “For. those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint. - Dr. Edward Bach

<https://www.youtube.com/watch?v=plcaA7arlug>

Willow “For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial, that it was unjust, and they become embittered.” - Dr. Edward Bach

<https://www.youtube.com/watch?v=vKr-juYpMUy>

The following **video** describes how to use Bach Flower Remedies to heal physical and emotional symptoms. Bach Flower expert Julian Barnard talks about prescribing using Bach's Twelve Healers, Seven Helpers and Second Nineteen, how to make a dosage bottle, how to choose a remedy, and how to use combination remedies and five flower cream.

<https://www.youtube.com/watch?v=B6hDUf7zzO8>

For more Information on Bach flower essences contact the following **sources**:

<http://www.bachcentre.com/index.php>

<http://www.bachflower.com/>

Questionnaire from Bachflowereducation.com

http://www.bachflowereducation.com/f/Bach_Questionnaire_English2010.pdf

Articles

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The information in this monograph is intended for informational purposes only, and is meant to help users better understand health concerns. Information is based on review of scientific research data, historical practice patterns, and clinical experience. This information should not be interpreted as specific medical advice. Users should consult with a qualified healthcare provider for specific questions regarding therapies, diagnosis and/or health conditions, prior to making therapeutic decisions.

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