

# Bach Flower Essences

Edward Bach, MD (1886-1936)

**Theory:** All chronic disease starts in the mind and emotions, unless obvious external factors were responsible.

**Philosophy:** Patient's mental/emotional condition will influence the course of recovery and affect the efficiency of the administered medicines. The mind and emotions play an important role in the processes of disease and its cure.

**Initial Discovery:** There were seven major personality types which had their own specific intestinal flora. This indicated that intestinal floras not only mirror the physical health but also had an affinity for the personality type with its accompanying major mental/emotional tendencies.

**False Assumption:** Treating the seven specific intestinal flora with nosodes would resolve the patient's problem. The original treatment with nosodes focused attention primarily on the physical factors as the primary cause and viewed the associated mental/emotional symptoms as secondary.

**Bach's Research:** Substantiated the fact that use of specific plants were capable of reversing the mental/emotional issues as well as reversing the associated pathogenic flora.

**Objective:** To strengthen the whole personality, including the body.

**Healing Concept:** His clinical observation determined that there were twelve healers or principal states of mind or personality tendencies:

1. Fear and shyness: (*Mimulus*)
2. Terror: (*Rock Rose*)
3. Mental torture or worry: (*Agrimony*)
4. Indecision: (*Scleranthus*)
5. Indifference or boredom: (*Clematis*)
6. Doubt or discouragement: (*Gentian*)
7. Overconcern for welfare of others: (*Chicory*)
8. Weakness, cannot say no: (*Centaury*)
9. Self-distrust: (*Cerato*)
10. Impatience: (*Impatience*)
11. Overenthusiasm: (*Vervain*)
12. Pride or aloofness: (*Water Violet*)

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**Continued Research:** Dr. Bach discovered twenty-six additional states of mind. The original twelve healers addressed the core personalities where as the additional seven helpers focused on long-standing states of mental/emotional suffering that have become entrenched in the character as a whole and have begun to over shadow true personality.

## Seven Helper Essences:

13. Hoplessness: (*Gorse*)
14. Despondency from overwork: (*Oak*)
15. Self-centered, talkativeness: (*Heather*)
16. Hard master onto oneself, with urge to inspire others: (*Rock Water*)
17. Lack of motivation and incentive: (*Wild Oat*)
18. Mental/emotional and physical weariness: (*Olive*)
19. Domination of others: (*Vine*)

**Nineteen Temporary States:** Arise from circumstantial experiences of life. These 19 mental/emotional states can be part of the personality for prolonged periods of time but are not considered typical character traits.

20. Fear of losing mental balance; (*Cherry Plum*)
21. Vague fears and foreboding: (*Aspen*)
22. Fear for others' welfare: (*Red Chestnut*)
23. Mental fatigue: (*Hornbeam*)
24. Longing for past happiness, nostalgia: (*Honeysuckle*)
25. Feeling of powerlessness: (*Wild Rose*)
26. Lack of mental tranquility: (*White Chestnut*)
27. Depression and gloom: (*Mustard*)
28. Immaturity of mind/emotions,  
failure to learn from mistakes: (*Chestnut Bud*)
29. Vexations and jealousy: (*Holly*) *Later added to helpers*
30. Easy impressionability; (*Walnut*)
31. Shame or feelings of uncleanliness: (*Crab Apple*)
32. Resentment and bitterness: (*Willow*)
33. Sadness, grief and shock: (*Star of Bethlehem*)
34. Despair and faithlessness: (*Sweet Chestnut*)
35. Being overwhelmed: (*Elm*)
36. Guilt and self blame: (*Pine*)
37. Low self-esteem: (*Larch*)
38. Intolerance and criticism: (*Beech*)

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Edward Bach's final system provided seven groups which represented seven major areas of consciousness, where mental/emotional imbalances can occur. Each group, except for the Despondency or Despair, contained one or two of the basic type remedies. Bach discovered that his flower remedies *cured* the states of consciousness by more subtler and more finely tuned vibrations, which resulted from the delicate means of preparation.

## 1. For those who have fear:

- a. **Rock Rose** (core remedy): Terror
- b. **Mimulus** (core remedy): Fear of known things
- c. **Cherry Plum** (temporary state): Fear of losing mental control
- d. **Aspen** (temporary state): Fear of unknown
- e. **Red Chestnut** (temporary state): Anxiety for others

## 2. For those who suffer uncertainty

- a. **Cerato** (core remedy): Needs others for advice and confirmation
- b. **Scleranthus** (core remedy): Indecision
- c. **Gentian** (core remedy): Doubt and discouragement
- d. **Gorse** (helper remedy): Hopelessness
- e. **Hornbeam** (temporary state): Mental fatigue
- f. **Wild Oat** (helper remedy): Lack of motivation and incentive

## 3. Not sufficient interest in present circumstances

- a. **Clematis** (core remedy): Indifference or boredom
- b. **Honeysuckle** (temporary state): Living in the past
- c. **Wild Rose** (temporary state): Feeling of powerlessness
- d. **Olive** (helper remedy): Mental/emotional and physical weakness
- e. **White Chestnut** (temporary state): Lack of mental tranquility

## 4. Loneliness

- a. **Water Violet** (core remedy): Pride or aloofness
- b. **Impatience** (core remedy): Impatience
- c. **Heather** (helper remedy): Self-centered, loquacious

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## **5. Oversensitive to influences and ideas**

- a. **Agrimony** (core remedy): Mental torture or worry
- b. **Centaury** (core remedy): Weak willed, subservient
- c. **Walnut** (temporary state): Easily impressionable, old habits die hard
- d. **Holly** (helper remedy): Hatred, envy, and jealousy

## **6. Despondency and Despair**

- a. **Larch** (temporary state): low self-esteem
- b. **Pine** (temporary state): Guilt and self-blame
- c. **Elm** (temporary state): feeling overwhelmed
- d. **Sweet Chestnut** (temporary state): Extreme anguish
- e. **Star of Bethlehem** (temporary state): Sadness, grief, and shock
- f. **Willow** (temporary state): Resentment and bitterness
- g. **Oak** (helper remedy): Despondency from overwork
- h. **Crab Apple** (temporary state): Shame, sense of uncleanness

## **7. Overcare for welfare of others**

- a. **Chicory** (core remedy): Over concern for welfare of others
- b. **Vervain** (core remedy): Tenseness, over anxiety, overenthusiasm
- c. **Vine** (helper remedy): Domination over others
- d. **Beech** (temporary state): Intolerance, over critical
- e. **Rock Water** (helper remedy): Self repression and denial

## **Four Basic ways of Using the Flower Remedies:**

- 1. **Prevention:** use as mental/emotional states arise
- 2. **Stop illness at Onset:** treat mental/emotional component accompanying onset of illness
- 3. **Help during illness once illness started:** used to lift emotions, ease the pain and discomfort
- 4. **Help correct character traits that bring unhappiness:** used to transform undesirable traits into positive aspects that allow for increased personal growth and interpersonal relations

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## **Fears**

Rock Rose, Mimulus, Cherry Plum, Aspen, Red Chesnut

## **Uncertainty**

Cerato, Scleranthus, Gential, Hornbeam, Gorse, Wild Oat

## **Apathy in Present**

Clematis, Honeysuckle, Wild Rose, Olive, White Chestnut

## **Loneliness**

Water Violet, Impatience, Heather

## **Oversensitive to influences**

Agrimony, Centaury, Walnut, Holly

## **Despondency Despair**

Larch, Pine, Elm, Sweet Chestnut, Star of Bethlehem, Willow, Oak, Crab Apple, Mustard, Chestnut Bud

## **Overcare welfare of others**

Chicory, Vervain, Vine, Beech, Rock Water