

BACH-FLOWER SHOP

BACH-FLOWER COURSE

Course content

Important topics

The life and work of Dr Bach
Description and classification of Bach's flower compositions
How do the essences work?
Mixing, dosing, preparing flower essences
Organ selection, conversation structure

The life and work of Dr Bach

Highlights of Dr Edward Bach's life were captured by his assistant, Nora Weeks. But to understand the 38 floral scenes, it is necessary to know at least part of their creator's life story.

Dr Bach was born in Moseley in 1886, and from the notes of his assistant Nora Weeks we learn that he wanted to be a doctor from childhood. Later, he debated whether to study to be a priest or a doctor, but decided on a career in medicine. She left school at 16, initially working in her father's copper foundry, and later studied medicine in Birmingham and London. He graduated in 1912 and married the following year. He became an accident doctor and a year later an accident surgeon at the National Temperance Hospital. From 1915 to 1919 he carried out research in bacteriology, during which time he had his first daughter and his first wife died shortly afterwards. He later remarried, although few records of his family life remain.

In 1919, he was appointed a doctor at the Homeopathic Hospital in London and continued his laboratory research, creating the 7 intestinal nosodes.
The Doctor proved very successful in testing these vaccines, but his aim was to create a cure that would not cause pain.
In 1922 he went into private practice to concentrate on his patients. It was at this time that he met his future assistant, Nora Weeks.

He practised homeopathic medicine, first using flower essences in homeopathic dilutions, but later abandoning this. His first essences were prepared by sunbathing, and only later did he discover the cooking method. In 1928 he started to research the first half of the essences, and it was then that he discovered the first 3 flowers, which were the Mistletoe Flower, Clown Flower and Ribbon. In 1929, he gave up the practice of healing with nosodes and turned his back on traditional medicine. In 1931 he wrote his book Heal Thyself, which was later published. In 1933, he found more flowers and contacted pharmacies, of which Nelsons Pharmaceuticals undertook to make stock bottles. In 1935 he discovered the cooking method, when he discovered the second half of the essences with the help of his assistant. Almost all of them were made by the new method, the boiling method. He later got into trouble with the General Medical Council over the essences. He moved to Mount Vernon, to a house in Oxfordshire which is still the home of the Bach Centre. In 1936 he published The 12 Healers and Other Remedies. He then considered his work complete and organised lectures to introduce his therapeutic method to as many people as possible. Soon afterwards, on 27 November 1936, he passed away in the Ladygrove Home for the Elderly.

In his will, he left everything to his assistant, Nora Weeks.

Nora continued to work with Victor Bullen, who joined them in the meantime, until his death in 1978. In 1971 John Ramsell joined them, later taking over the running of the Centre, and today his daughter Judy Howard is in charge of operations..

On his grave it reads:

Behold I live for ever
and ever

1.Agrimony

The Bach Flower of Honesty

From apparent harmony ..... to inner peace.
If you hide your troubles behind a semblance of cheerfulness

Key symptom:

"Serene, cheerful, humorous people who like peace, get sad from arguments and quarrels, avoid it, which is often tantamount to giving up. Although they usually have problems, are upset, restless and troubled in mind or body, they hide their troubles behind their humour and jokes and are known as very good friends. They often consume excessive amounts of alcohol and drugs in order to exhilarate and help themselves, so that they can endure their problems with cheerfulness." - Dr Edward Bach





Agrimony is linked to the spiritual potential of honesty and conflict resolution. In this state, one tries to shut out the bad side of life. They always show a serene face to the outside world, although this is far from being the case. This type often becomes addicted to various addictions, be it drugs or alcohol, etc. They almost run away from problems, seek company and do not like to be alone. Outwardly, he seems cheerful, but inside he is tense. He avoids confrontation, his desire for harmony is so strong that he suppresses his own needs. He tolerates things that offend him for the sake of peace. Agrimony essence also helps adolescents when they have to deal with conflicting feelings and thoughts. It has also been used during withdrawal. In combination with Scleranthus, it is recommended for people who work multiple shifts and have a frequently changing sleep cycle.

According to the Doctor, the power of the flower allows a person to maintain peace of mind in the face of trials and tribulations, until nothing and no one can disturb it.
The lesson of the Agrimony type is that only through spiritual insight can the physical pain present in the world be overcome.

<u>Key symptoms may include:</u>

- Not honest
- Outwardly a cheerful man, but inwardly tense
- Outgoing, avoids solitude
- Conflict-averse, disputes depress
- Often turns to alcohol or drugs, or other sources of pleasure, to relieve inner problems and tension

<u>Confirmations:</u>

"I FEEL THE PEACE"

"I AM HONEST"

"SHOW MYSELF"

2.Aspen

The Bach flower of the suspicion

From dark premonitions ..... to conscious sensitivity.

If you have unexplained fears and worries, feel nervous and anxious

Key symptom:
"An indefinable, unknown fear for which there is no explanation or reason. Fear of something terrible happening, but not knowing exactly what it is. These indefinite, unexplained fears can haunt you day and night. Sufferers are often afraid to tell others about their problems." - Dr Edward Bach





Aspen is related to the spiritual potential of sensitization. This type is over-sensitive and unconsciously addicted to fears. In a negative state, the person is afraid, but often doesn't know what of. He is reluctant to talk about his feelings. They react with incredible sensitivity to the atmosphere of their environment. They instinctively sense the conflicts and psychological problems of others. From one moment to the next, they can feel bad and withdraw. This subtype absorbs all stimuli and this consumes a lot of energy. The drug has been used as an adjunctive treatment for alcoholics when they suffer from compulsive episodes. It is also helpful for abused women and children because they have a general feeling of fear. It also dulls the trips of drug addicts. It also helps those who have opened their minds through various techniques.

The essence exudes strength and courage.

Key symptoms may include:

- Unexplained, mysterious anxiety
- Misconceptions, bad premonitions
- He has nightmares, wakes up at night and can't go back to sleep
- Persecution mania
- The child doesn't want to be left alone, to sleep in the dark, because he is afraid but can't say what

Confirmations:

"TAKE CARE OF ME"

"I AM OPEN"

"I AM STRONG"

3.Beech

From criticism without tolerance …… to understanding.

If you are critical and intolerant of others, you judge others easily.

Key symptom:

"For those who feel that they want to see more good and beauty in everything around them. Although many things appear to be bad, they possess the ability to see the development of good within. Let them be even more tolerant, forgiving and understanding of the different paths that individuals and things take to achieve their own perfection." — Dr. Edward Bach





Beech is associated with the mental capacity for tolerance and discrimination. In a negative state, a person is overly critical and reacts without understanding. He strictly examines others and condemns them, instead of trying to imagine himself in their situation. "You see the mote in another's eye, but not the beam in your own..." - this proverb perfectly states the Beech situation. The essence helps to restore the connection with self and unity. They struggle with self-evaluation problems, they are not aware of their own values, so they cannot appreciate the positive qualities of others. He suffers from inferiority and excessive sensitivity, which he projects onto others. The essence relaxes the rigor of thought and brings back humor and humanity.

As a rule, Beech types grow up in a critical family where strict expectations must be met, so they feel very vulnerable and vulnerable on the inside. He gets over his insecurities by blaming others instead of healing himself.

Key symptoms may include:

- Feeling overly critical
- Excessive acceptance
- Prejudices
- Intolerance
- Irritability

Confirmations:

"I ACCEPT"

"I ALLOW"

"I SEE MY OPPORTUNITY TO DEVELOP"

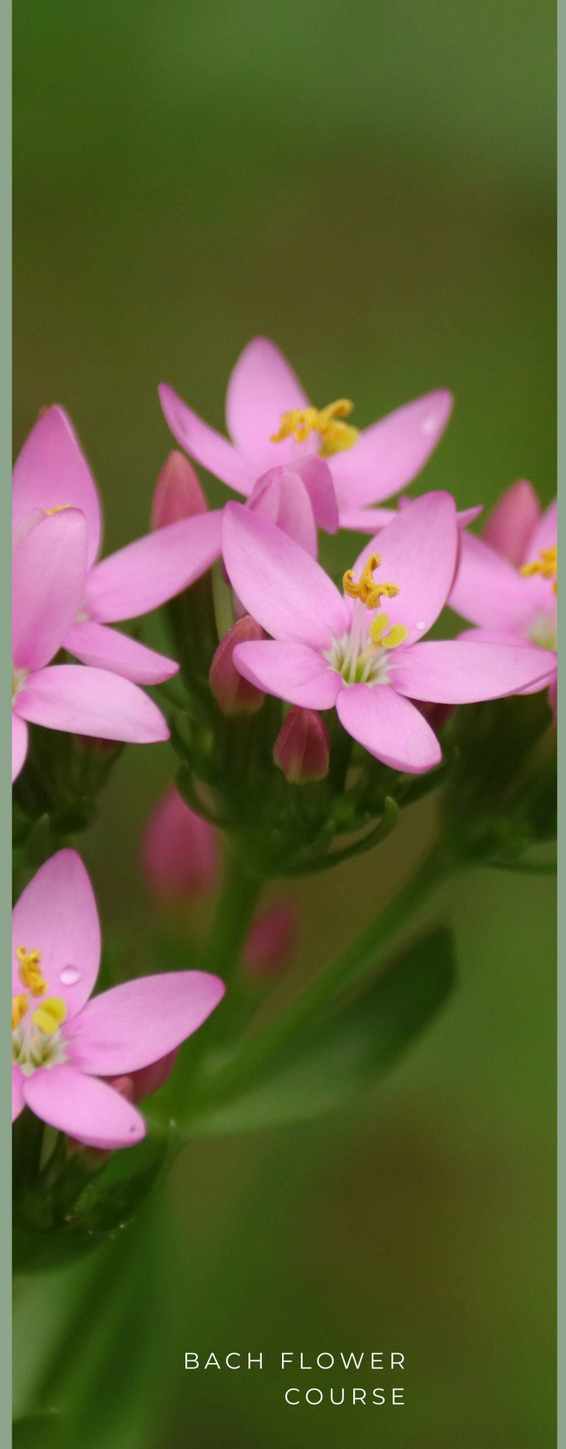
4. Centaury

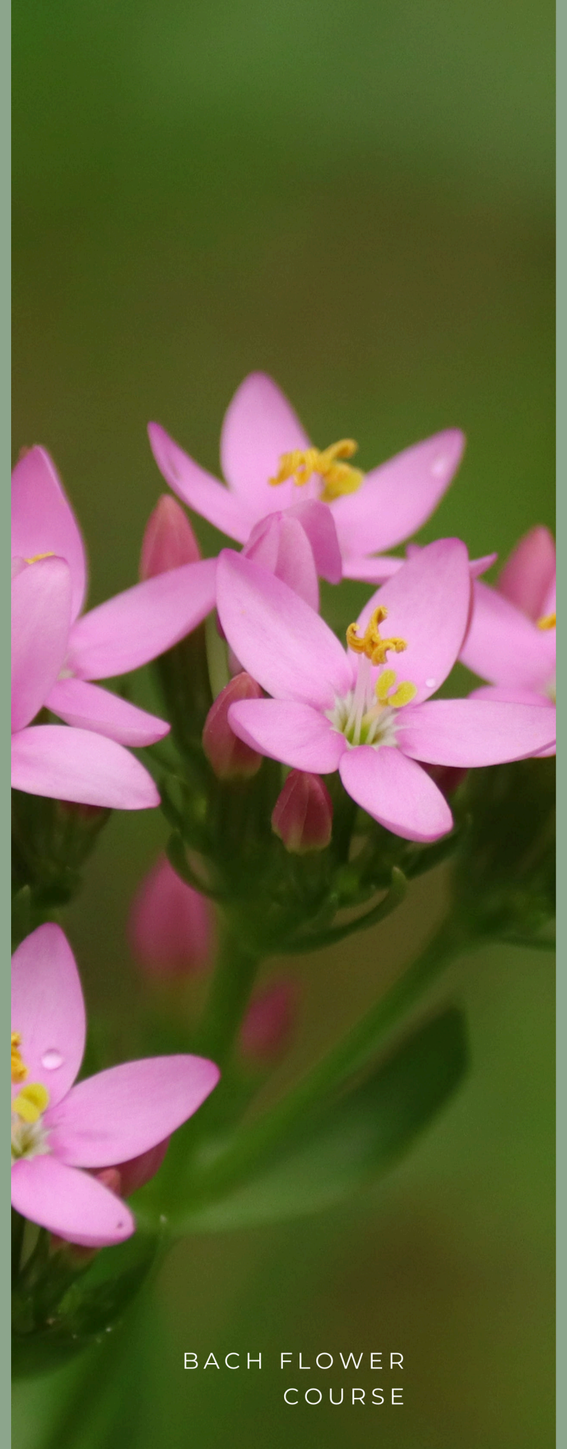
The Bach flower of service

From passive service …… to advocacy.

If you have a hard time saying no and try to please others.

Key symptom:
"Kind, quiet, gentle people who are eager to serve others. They overextend themselves in their efforts. This desire grows so great in them that they become servants rather than willing helpers. Their good nature prompts them to work more than their own task, and in doing so, they may neglect their own mission." — Dr. Edward Bach





Centaury is considered the most sensitive of the 38 states of mind. A real little fragile figure. He accepts the decisions of stronger personalities and, like a child, submits to them without reservation. We can say that he is the typical "doormat" type. He is easily confused, vulnerable and easily confused. In a negative Centaury state, the personality is too weak. You may even feel guilty if you do not comply with the wishes of others.

Key symptoms may include:

- He is weak-willed and overreacts to the wishes of others
- He gives up his own needs
- Too good-natured or timid, tries too hard to help others
- He can't say no, others take advantage of him
- He is independent, does not stand up for himself
- He is overly influenced by others

<u>Confirmations:</u>

"I STAND STRAIGHT"

"I AM WHO I AM"

"I WANT WHAT I WANT"

5. Cerato

The Bach flower of intuition

From poor judgment …… to inner certainty.

If you doubt your own judgement, you look to others for confirmation.

Key symptom:
"For those who don't have enough self-confidence to make their own decisions. They constantly seek advice from others, which often leads them astray." — Dr. Edward Bach





Instead of bravely listening to its instincts, the Cerato spends too much time wondering what is right and what is wrong. Unsure of the correctness of his own decisions. This essence is needed if you are constantly waiting for answers from your environment:

"What would you do in my place?" "Do you think I did the right thing?"

The essence gives them wisdom to understand the truth and to choose between good and evil. It gives them strength and skill to stay on the right path when they finally recognize it.

Key symptoms may include:

- Due to its lack of internal stability, it can be easily influenced
- Indecisive, doesn't trust his own opinion
- He depends on the opinions of others, he constantly turns to others for help
- He talks a lot and gets on other people's nerves with his questions
- He cannot make a spontaneous decision
- He keeps changing his mind
- Lacks self-confidence
- He is easily influenced or controlled by others

Confirmations:

"I TRUST MYSELF"

"I LISTEN TO MY FIRST FEELINGS"

"I DECIDE MYSELF"

6.Cherry Plum

The flower of serenity

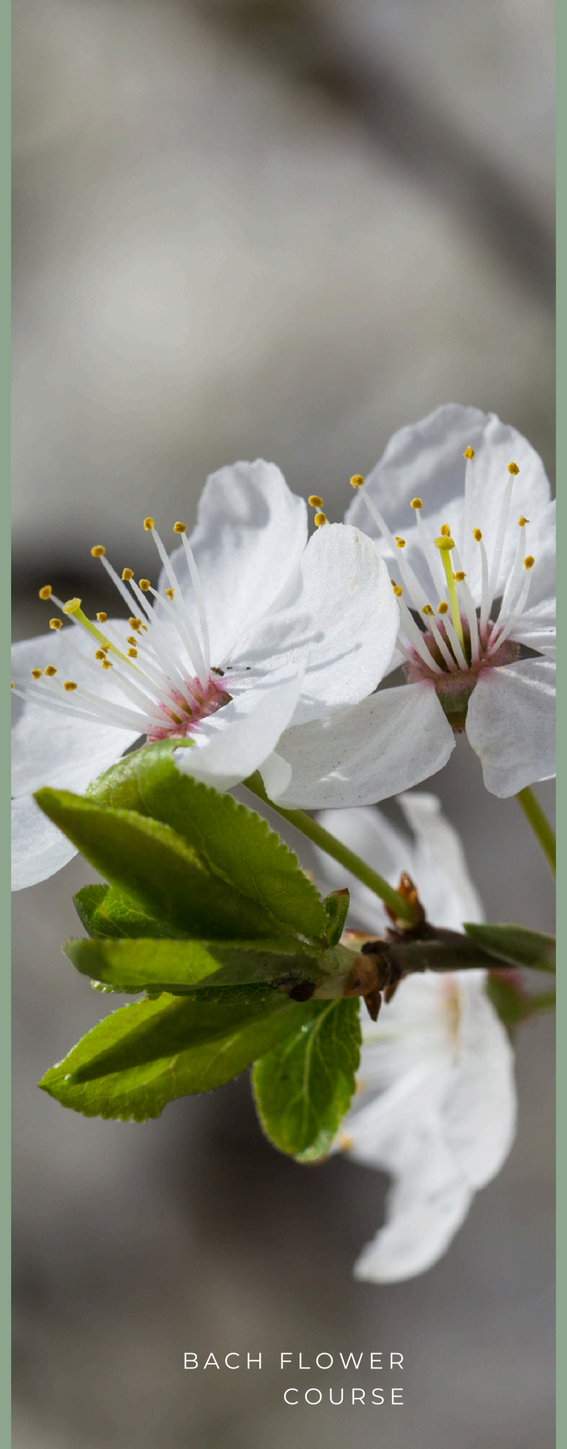
From overexertion …… to relaxation.

If you are afraid of losing control over your own behavior. Inner relaxation is difficult.

Key symptom:

"Fear of overloading the mind, of giving up without cause, of doing fearful and dreaded acts, which are undesirable and bad, yet think of them and feel compelled to do them."
— Dr. Edward Bach





In a negative state, a person is afraid of his own feelings, he compulsively tries to suppress or control them. It's like sitting on a barrel of gunpowder, it could explode at any moment. The drug can be effective in the rehabilitation of drug addicts, it can also help patients with Parkinson's disease, and Cherry Plum is also necessary for those who deal with the idea of suicide, have been under medical treatment for their compulsions, obsessions, and psychosis. But before we start treating someone with the flower, let's make sure that they are under the care of a specialist.

The flower is recommended in case of emotional instability. The essence drives away all bad thoughts, settles confusion, and provides mental strength and confidence to sufferers. It is also recommended in case of hysteria in children.

Key symptoms may include:

- Fear of losing self-control
- Fear of harming yourself or others
- Fear of having a nervous breakdown or going crazy
- He is emotionally blocked, he suppresses his feelings
- It is internally tense, in a pre-explosion state
- Suicidal thoughts
- Forced calm

Confirmations:

"I M BRAVE"

"I'M OPEN"

"I LET WHAT WANT TO FLOW"

7.Chestnut Bud

The Bach flower of learning

From frivolity …… to experience

If you are unable to learn from your experiences, you will always repeat the same mistakes.

Key symptom:
"Those who do not have the benefit of observation and experience take longer than others to learn the lessons of everyday life. When one experience is enough for some, such people need more, sometimes many experiences, before they learn the lesson. Therefore, to their regret, they have to commit the same mistake several times on different occasions, even though once would be enough or the observation of others could have saved them from this one mistake." — Dr. Edward Bach





Chestnut Bud is for those who make the same mistake over and over again. Somehow they never draw the consequence. The drug is related to the spiritual potential of learning, so it is also recommended for children in case of learning difficulties. The flower serves well if someone wants to get rid of a bad habit, as well as if someone has difficulty paying attention and jumps in his thoughts.

This essence helps you pay attention and learn the lessons of everyday life. The essence itself is not made from a flower, but from the opening bud of the horse chestnut. "When a person's thinking gets stuck and slips back into old habits," we could describe the negative Chestnud Bud state. This drug is often considered to be the flower of children or of slow-witted, stupid people.

Key symptoms may include:

- He doesn't learn from his mistakes
- You always face the same difficulties, have disagreements with the same people, cause or suffer the same accidents
- He is far ahead of his actions in his thoughts
- He's quick, hasty, doesn't have time to learn from his own or other people's mistakes
- He has difficulty concentrating and learning

Confirmations:

"I'M LOOKING THERE"

"I'M ATTENTION"

"I'M LEARNING"

8.Chicory

The Bach flower of motherhood

From obligatory love …… to selfless love.

If you are overly possessive and have expectations of others.

Key symptom:

"People who pay too much attention to the needs of others tend to worry too much about their children, relatives and friends and always find something to fix with them. They are constantly correcting what they think is wrong, and they enjoy it. They want their loved ones to be around them all the time." — Dr. Edward Bach





Chicory is a state of mind that you can't help but notice, and which also puts a lot of strain on the environment. Influence, demands and manipulation always come first. From a psychological point of view, Chicory is a reaction pattern that creates addiction, so both parties should take it.

The Katángkoró composition is egoistic. Its lesson is to be selfless with others. According to Bach: "This medicine relieves their symptoms and increases their compassion for others, which is their main task to develop. Their attention is diverted from themselves, and their aggressiveness, arising from compassion for their victims, also ceases. This way they can serve those from whom they previously received their life energy."

Key symptoms may include:

- Conditional love
- Waiting for reciprocation
- Developing an emotional addiction
- Games
- Emotional blackmail, offensiveness
- Self pity

Confirmations:

"I'M GLAD TO GIVE"

"I DRAW FROM THE SOURCE"

"I LOVE YOU"

9. Clematis

The Bach flower of reality

Instead of escaping from reality …… to shaping reality.

If he is daydreaming and mostly uninterested in the present.

Key symptom:
"Those who dream are sleepy, not fully awake, not very interested in life. Quiet people, not really happy with their current circumstances, they live in the future rather than the present. They live in the hope of a happier time when their ideals will come true. In the case of illness, some people do nothing or little to recover, and in some cases they may even wait for death in the hope of better times or to meet a long-lost relative." — Dr. Edward Bach





Clematis is the type that walks in the clouds. It is related to the spiritual potential of creativity. In a negative state, the personality tries to participate as little as possible in real life, fleeing into a dream world. He can get so distracted that he can even have a traffic accident. He hopes for a better future, but he no longer does anything to achieve it. The drug can be used for a long time, but it is well-proven for various physical and mental traumas that lead to a disorder of consciousness. In combination with other Bach flowers, it helped childless couples who could not have children due to non-organic reasons, as well as those who were constantly looking for or lost their keys.

The Islagal personality requires a lot of sleep, is prone to lethargy, and has a pale face. This personality is characterized by lack of cooperation and indifference, who should learn the lesson of life, perseverance. In a negative Clematis state, one finds no joy in life. The essence made from Izalag helps to keep a person on the ground, it is also recommended in cases of fainting, as well as in all cases when a person has fainted for some reason. It is also used for sleep sickness.

<u>Key symptoms may include:</u>

- Dreaming, daydreaming
- Air castle building, escape from reality – daydreaming, watching TV, computer games, gambling, drug use, alcoholism
- Inattention, forgetfulness, distraction
- Indifference and boredom

<u>Confirmations:</u>

"I AM AWAKE"

"I SEE CLEARLY"

"WORKS"

10.Crab Apple

Bach flower of purification

From compulsive systematization …… to internal order.

If you are unsure of your self-image and are ashamed or embarrassed by unpleasant physical symptoms or features.

Key symptom:

"This is a remedy for purification. For those who feel as if they are not completely clear about something. It can often be because of an insignificant trifle; in others, however, it can be caused by a much more serious illness, to which they pay less attention than the one thing that concerns them at the moment. Both types can't wait to get rid of that certain thing that has taken over their thoughts, which seems so important to them that it should be cured. They become discouraged when treatment fails. Due to its cleansing effect, this medicine cleans the wounds if the patient has reason to believe that some poison has entered it, which needs to be removed." — Dr. Edward Bach





The Crab Apple is associated with the spiritual potential of order, purity, perfection. Those who have a precise idea of what their environment, body and interior should be are in a negative state: spotless. Characteristic of this condition is that the person is unable to work until everything is cleaned. Due to the strong inner desire for cleanliness, many people in this state are afraid of spiders, bugs, bacteria, and infections. Cleanliness-obsessed housewives often have a Crab Apple problem. Compulsive hand washing or bathing can be a sign of the need for essence, as can a disturbed relationship with the physical body. It can be of great use during fasting cures, but also in the external treatment of various skin problems. During our work, if we meet a lot of people and would like to cleanse ourselves of the energies in the evening, we can wash ourselves off with Crab Apple dropped into a glass of water. Furthermore, in combination with First Aid drops, it helps the infected or transplanting to plants that have suffered.

As a cleansing agent, this essence is also capable of cleaning wounds if the patient has serious reason to believe that toxins to be removed have entered his body. It works on a direct physical level, but it also brings light to all dark and damaged areas on a spiritual level. It causes purification. It can be used in the case of any illness, when someone has been infected, poisoned or some foreign substance entered their body.

<u>Key symptoms may include:</u>

- Excessive need for cleanliness, obsession with cleanliness
- He feels unclean and compulsively uses cleansing treatments
- He cleans constantly, he is extremely organized
- She is disgusted with herself, hates her body, her fatness, eczema, acne, freckles, etc. because of
- He is disgusted with himself because of his impure, "sinful" thoughts
- Disgusts physical processes (sex, kissing, breastfeeding, defecating, sweating, etc.)
- He is afraid of pollution, disease, infection, insects
- He dwells too much on insignificant things
- She is ashamed of herself, especially about her appearance

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Confirmations:

"I FEEL GOOD"

"I ACCEPT MYSELF AS I AM"

"I SEE WHAT IS IMPORTANT"



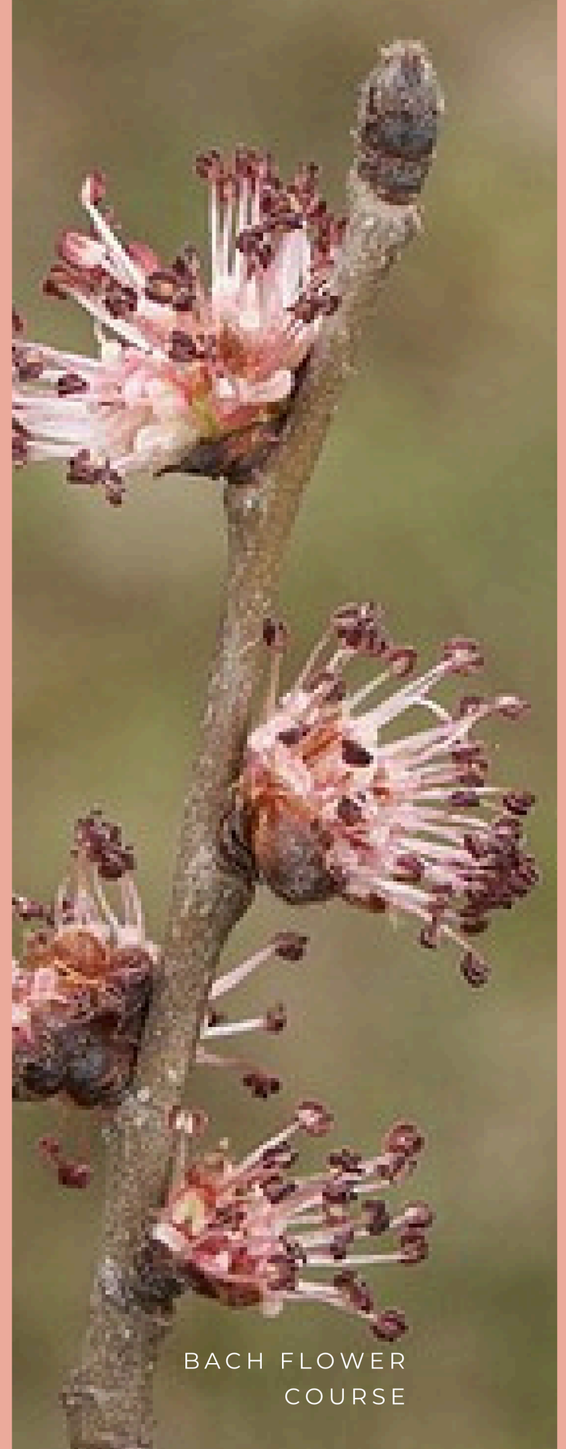
11.Elm

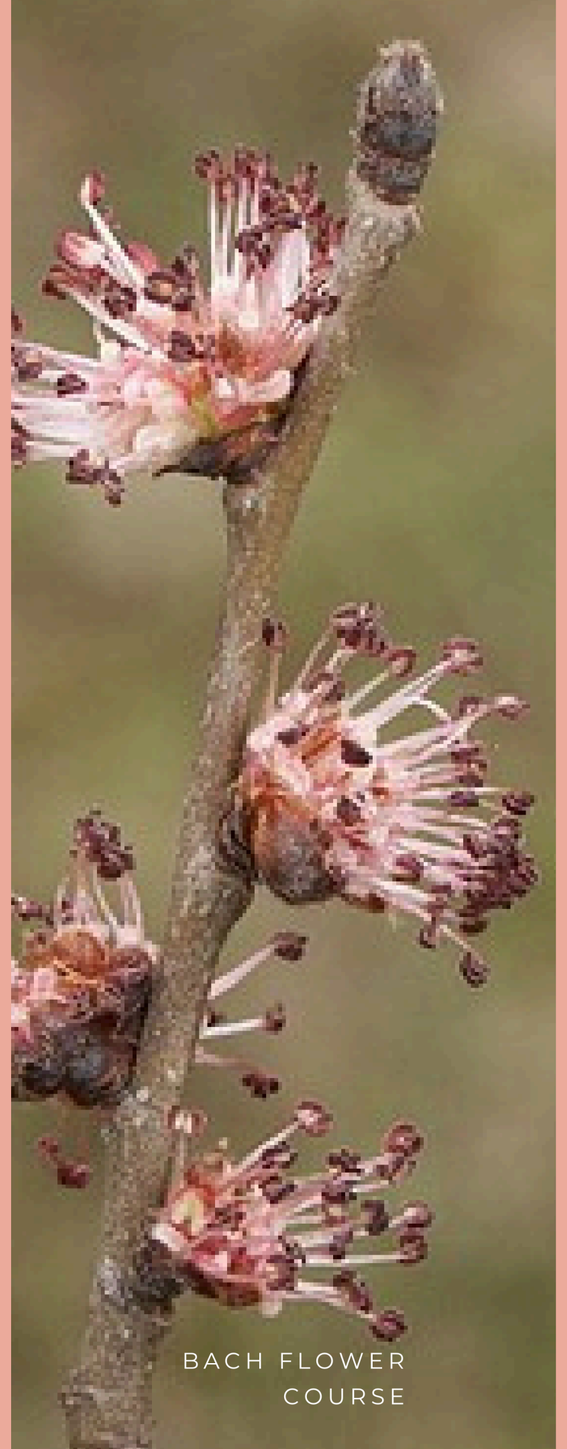
The Bach flower of responsibility

From self-esteem crisis …… to self-confidence.

If the responsibility is already too much of a burden.

Key symptom:
"Those who do their job well, follow their vocation and hope to do something important for humanity. Sometimes they may have periods of depression when they feel that the task they have undertaken is too difficult and beyond the strength of a human being." -Dr. Edward Bach





The Elm type is a strong type who takes on too much. His problem is rooted in his childhood, when his parents and relatives praised him for his performance, and therefore he always sets higher expectations for himself. In England, the energy of Elm is aptly called "psychological flying salt". The essence gives strength in moments of weakness. It shakes one out of the stupor of weakness to stand with two feet on the ground again. Again, he sees his problems and his own abilities realistically. He finds himself and copes with his tasks.

It is for those who do their job well, follow their life purpose, who want to do something important, often for the benefit of humanity. In a negative state, he tends to hesitate, he doesn't know what to do. It is uncertain whether he can perform his task. In a negative Elm state, a person can feel depressed and overworked.

Key symptoms may include:	Confirmations:
• Stress caused by excessive responsibility	
• Overload, despair, not feeling strong enough to do your job	*"I DO WHAT I CAN"*
• You suddenly feel overwhelmed	*"I'M GETTING HELP"*
• His confidence suddenly evaporates	
• The pursuit of perfection has exhausted him	*"WILL SUCCEED"*

12. Fiber

The Bach flower of faith

From doubts …… to trust.

If you are easily discouraged and discouraged, you hesitate.

Key symptom:

"For those who are easily discouraged. Although their illness or their daily affairs are moving in the right direction, even a small slip or obstacle raises doubts in them and discourages them." — Dr. Edward Bach





Gentian is associated with the spiritual potential of trust and faith. When a child does not receive adequate support, encouragement is instead criticized, the Gentian state of mind is established. In a negative Gentian state, the glass is always half empty. In the extreme, we can also say that he is a "professional pessimist." The temporary Gentian state manifests itself in low faith and despondency. The essence helps to develop the potential of faith. Effective help for children who have become discouraged after minor or major failures. It is especially useful for those who have not received help from traditional psychotherapy.

Like Chicory and Willow, Gentia also has bitterness. They doubt themselves, give up and get discouraged easily. He tries too hard to make everything happen according to his own idea. It is a little interesting that the flower itself also closes on a little wine, just like the Gentian type itself.

Key symptoms may include:

- He becomes insecure as a result of failures
- He quickly gives up on things
- Little willpower, weakness of will
- Pessimism, a "glass half empty" type of attitude

Confirmations:

"I AM HOPEFUL"

"I AM POSITIVE"

"I BELIEVE EVERYTHING IS GOING WELL"

13.Gorse

Bach flower of hope

From submission …… to initiation.

If you feel your situation is hopeless, you are desperate and pessimistic.

Key symptom:
"They are very hopeless, they have lost their faith that more could be done for them. They may try other treatments at the persuasion or request of others, but in the process convey to those around them that there is very little hope for recovery." — Dr. Edward Bach





Gorse is the flower of the spiritual potential of hope. In a negative state, a person internally gives up hope, collapses into himself. This condition can be found in people who have been sick for a long time and have given up their faith in recovery. The essence is well-proven as an additional treatment for chronic diseases. There is also a temporary Gorse state, for example when we have doubts before a routine operation, in which case Gorse provides quick help from temporary hopelessness.

The essence is for those in whom the spark of desire for healing has not only faded, but has completely died out.

The Gorse type can be characterized by a pale complexion and circles under the eyes. "They look like they need more sunlight in their lives to distract the dark clouds," writes the Doctor.

Key symptoms may include:

- Hopelessness, apostasy
- Constant internal exhaustion
- He mentally gave up the fight

Confirmations:

"I AM STRAIGHT"

"I AM FULL OF HOPE"

"I SEE NEW POSSIBILITIES"

14.Heather

The Bach flower of identity

From a small child in need of help …… to an understanding adult.

If you always focus on yourself, you don't like to be alone and you constantly need to talk.

Key symptom:

"Those who constantly seek the company of others, whoever is available, because they feel the need to discuss their own affairs with others, whoever they may be. They are very unhappy if they are left alone for even a little while.” — Dr. Edward Bach





Heather is associated with the spiritual potential of self-awareness and empathy. In this negative state, your thoughts and feelings revolve only around yourself. It usually doesn't matter who you talk to, the important thing is that you talk. People in the Heather state don't even think to take an interest in the other person's affairs. These types were often left alone and emotionally malnourished as children. He only wants to receive, but in order for his relationships to function healthily, he also needs to give. Attention to others must be consciously developed, it can do good, e.g. undertake social work.

His physical characteristics are generally: healthy complexion, good build, tendency to heart complaints, anxiety, excitement. This state of mind becomes so much a part of this type's being that it eventually seems to be their essential character trait. It is characterized by selfishness, self-confidence, and egoism.

Key symptoms may include:

- You feel lonely
- He only cares about his own problems
- He can't stand being alone, he needs company to whom he can talk about his problems, even if he bores his audience
- He talks a lot, always wants to be the center of attention

Confirmations:

"I FEEL SAFE"

"I GET EVERYTHING I NEED"

"I CARE AND NURSE"

15.Holly

The Bach flower that opens the heart

From hard-hearted …… to warm-hearted.

He is endlessly jealous, envious and suspicious. Angry.

Key symptom:
"For those who sometimes have thoughts like jealousy, envy, revenge, suspicion. Different forms of revenge. They can suffer a lot in themselves, when there is often no real reason for their unhappiness." — Dr. Edward Bach





According to Dr. Bach, "Holly protects us from everything that is not love." Holly is a symbol of love reborn in our hearts. Love is a powerful force, which is why its dark sides are also expressed in very strong emotions: anger, hatred, envy, jealousy, rage, revenge... These emotions hide either on the visible plane or in the subconscious, giving a chance for the development of diseases such as Prices. The essence opens the heart and connects us with Divine Love.

Holly is an antidote to hatred and anger, and is used to counteract negative feelings. Recommended by the Doctor as a catalyst, Holly can be effective for active, energetic persons.

<u>Key symptoms may include:</u>

- Malice, desire for revenge
- Anger, hatred, resentment, hurt
- Suspicion
- Envy, hatred, negative thoughts
- He quickly gets angry and reacts aggressively
- He is afraid of being deceived, he often feels that everyone is against him

<u>Confirmations:</u>

"I AM FULL OF JOY"

"I AM HEALTHY"

"I LOVE YOU"

16.Honeysuckle

The Bach flower of the past

From the past …… to the present.

If you live in the past, you yearn for the past and feel a lot of nostalgia.

Key symptom:

"For those who prefer to live in the past, perhaps in a very happy time, or in memory of a lost friend, or in achieving a goal that was never accomplished. They no longer expect the kind of happiness they had before." — Dr. Edward Bach





Honeysuckle is the flower of the ability to transform. In a negative state, this person is too attached to the past. Although the given person lives in the present, he is mentally stuck in the past.

This flower removes from consciousness the regret and sadness felt over the past, neutralizes all past influences, desires and wishes, and brings you back to the present moment.

Key symptoms may include:

- Pathological nostalgia
- Dreaming
- He longs for the past, he is not interested in the happenings of the present
- He gets homesick
- He doesn't want to settle for something, he can't return to his agenda due to the loss of a loved one or a favorite pet

Confirmations:

"I LIVE IN TODAY"

"LOOK AHEAD"

"I WILL TAKE THE NEXT STEP"

17. Hornbeam

The Bach flower of activity

From mental laxity ..... to mental freshness.

If you have the feeling of "it's Monday again", you doubt that you will be able to complete your tasks for the day. Stall.

Key symptom:

"For those who feel that they do not have enough strength either physically or mentally to bear the burden that life puts on them; everyday matters are too difficult for them to complete and complete, despite this, their actions are usually crowned with success. For those who believe that a part of their soul or a part of their body needs to be strengthened in order to be able to do their work easily." — Dr. Edward Bach





Hornbeam is associated with the spiritual potential of inner vitality. Typical "Monday morning" syndrome. But this takes place in the head, on a conscious level. Hornbeam-type exhaustion develops from excessive, one-sided mental strain. This type of tiredness seems to be blown away when something unexpected happens to a person that breaks them out of ordinary life. In a negative state, the energy system is out of balance. The essence is like a cold shower, it refreshes. It is recommended for the rehabilitation of drug addicts due to its strengthening effect. It is also a proven remedy for wilted flowers. It is worth making a poultice for tired and inflamed eyes, especially if someone sits in front of a computer a lot. The Hornbeam type requires grounding.

Key symptoms may include:	Confirmations:
• "Monday morning" syndrome	
• Fatigue, exhaustion	*"I FEEL FRESH"*
• Fatigue, feeling of oversaturation, weakness	
• Morning fatigue or moodiness that goes away later	*"I'M IN MOMENTUM"*
• "Treadmill" feeling, daily tasks seem too difficult	*"I'M GLAD TO WORK"*
• "Ordinary Grinder"	
• Procrastination	

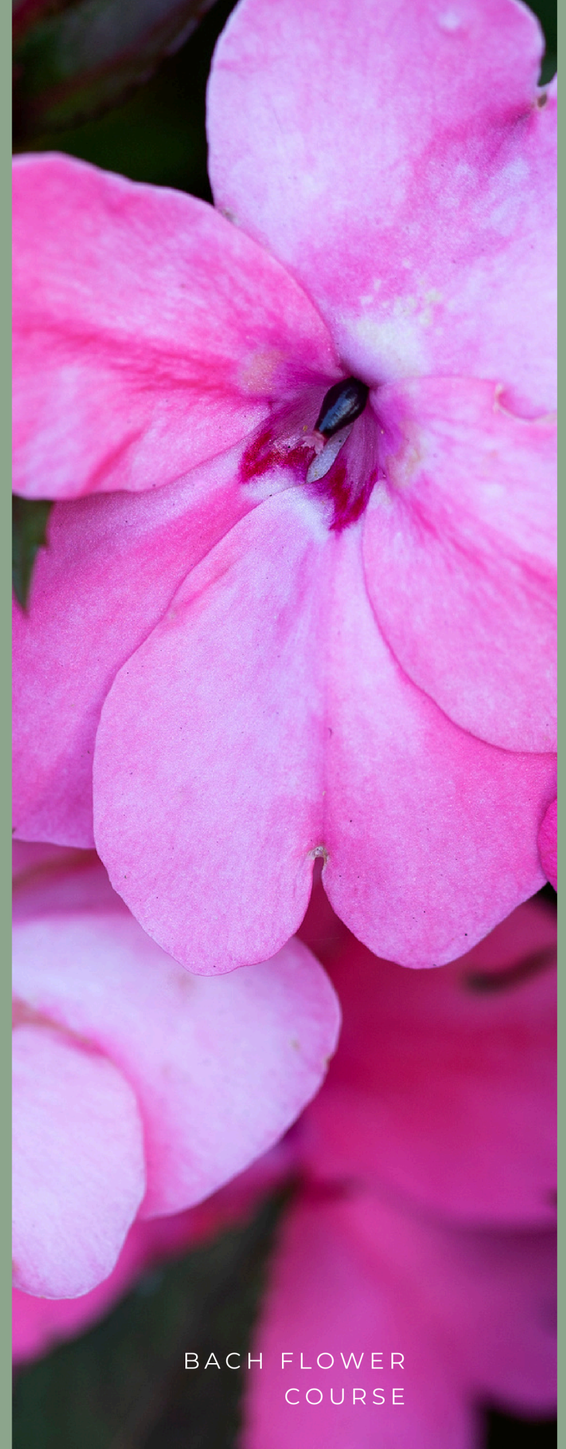
18.Impatiens

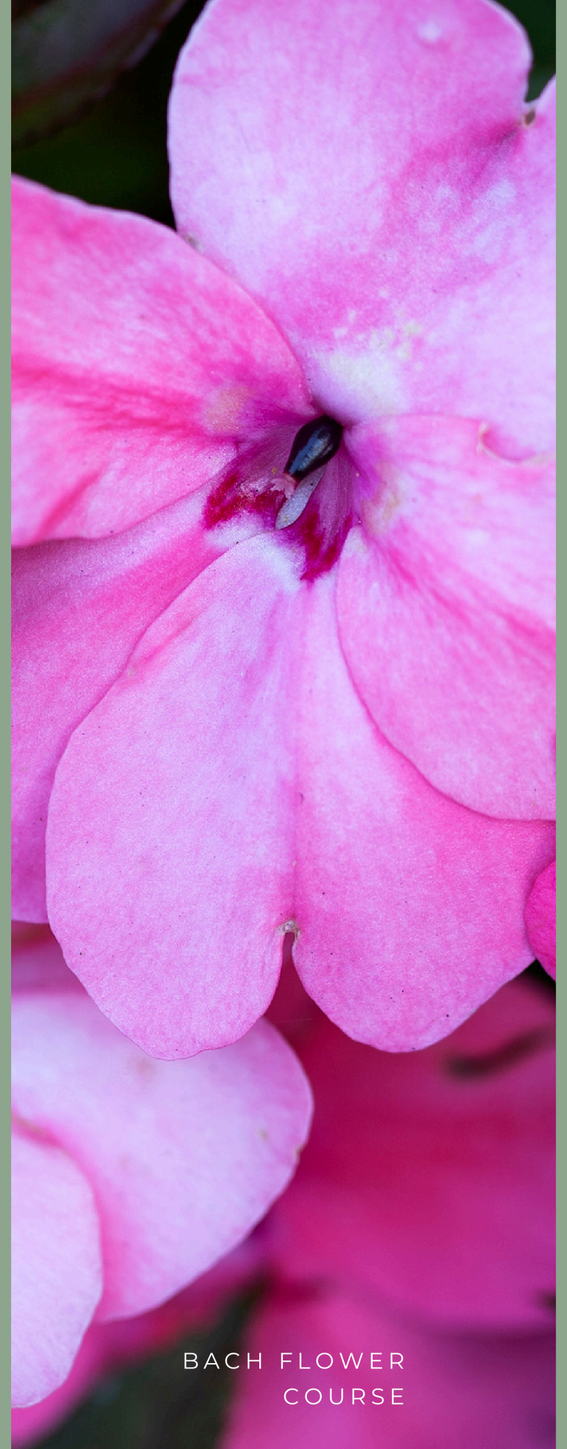
The Bach flower of time

From impatience …… to patience.

If you are impatient and irritated. He is bothered by the slowness of others.

Key symptom:
“Those who think and act quickly, who wish that all things could be done without hesitation or delay. If patients are impatient about recovery. It is very difficult for them to be patient with people who are slow because they consider it bad and a waste of time. They try to encourage such people to speed. They often prefer to work independently, so they can do everything at their own pace.” — Dr. Edward Bach





Impatiens is associated with the spiritual potential of patience and gentleness. This type is very sudden, his adrenaline level quickly rises, but as suddenly as his anger, it evaporates as suddenly. He is driven by great inner restlessness, he wants to do everything quickly. Impatiens are well established in family life. Effective help for impatient parents, as well as for children who have tantrums or are fussy when they are guests. This state, even if it does not manifest itself verbally, is characterized by habits and movements, such as drumming with his fingers, swinging on the chair, etc.

Key symptoms may include:

- Impatience
- Nervousness, irritability, restlessness
- Irritated by the slowness of others (in transport, work, eating, etc.), rushes others
- He prefers to work at his own pace rather than with others
- He talks a lot, thinks a lot, can't sit still
- Constantly confused about time: overly punctual, constantly late or stressed by deadlines

Confirmations:

"I HAVE TIME"

"I AM PATIENT"

"I RELAX"

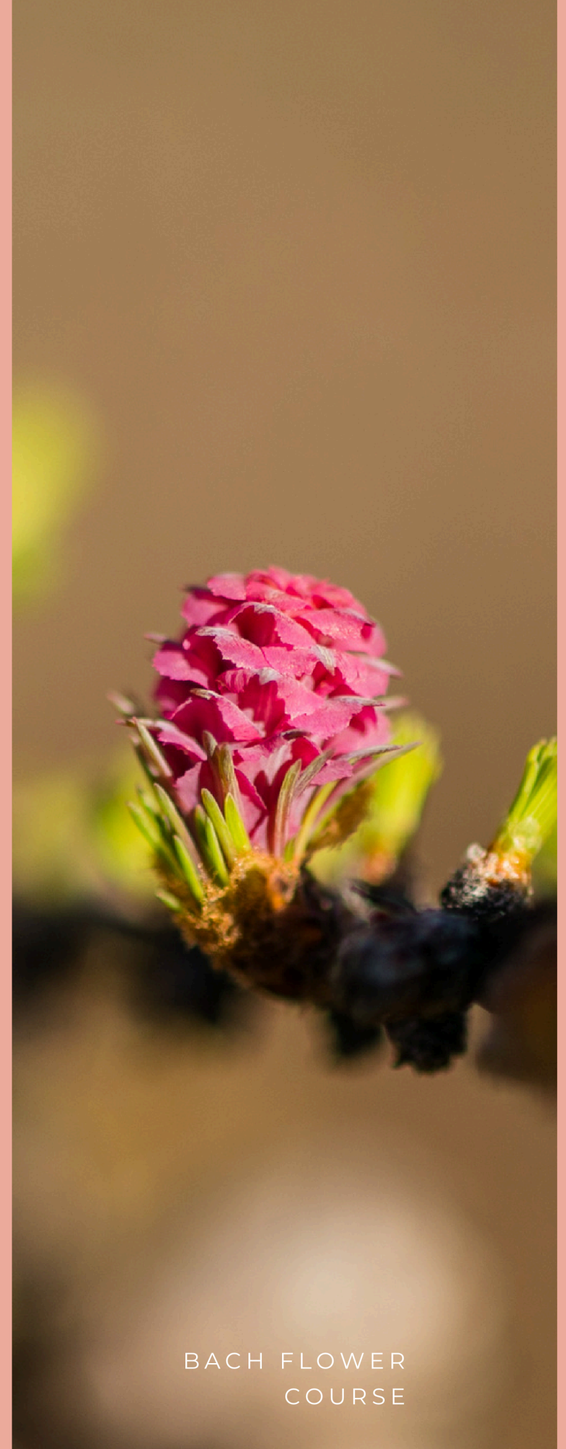
19.Larch

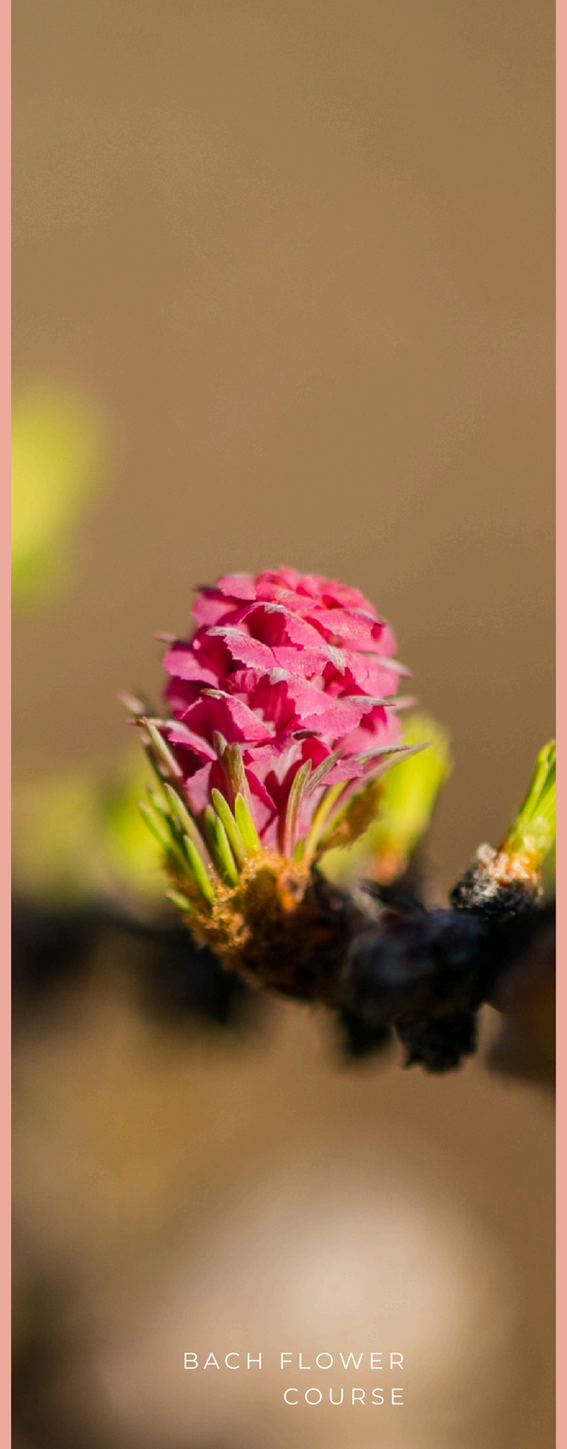
The Bach flower of self-confidence

From self-limitation ..... to unfolding.

If you don't trust yourself. He doesn't start things either, because "it won't work anyway".

Key symptom:
"For those who do not see themselves as good or as talented as those around them, who expect to fail, who feel they will never succeed, and therefore do not undertake or make a determined attempt to succeed." - Dr. Edward Bach





Larch is associated with the spiritual potential of self-confidence. In a negative Larch state, the problem is that the personality excessively clings to its past negative experiences instead of trusting them, since both failures and successes are valuable and necessary for our development. You compare yourself to other people, you measure yourself by their standards. In this state, you don't even put in enough effort to succeed. Larch energy helps eliminate limiting thoughts and gives self-confidence. It is suitable for long-term treatment as well as for solving short-term problems. The drug is also suitable for the treatment of potency disorders, as well as for the typical obsession that I will fail anyway. A proven remedy for thesis writing, before exams, but also for children who are timid, always send their parents ahead, etc. The drug helps you get back on your feet.

"Well, my soul, we only win if we try."

<u>Key symptoms may include:</u>

- Lack of self-confidence
- A feeling of inferiority
- He compares himself to others, thinks others are prettier, better, smarter than him
- He is convinced of his own incompetence
- He has little faith, he doesn't try new things for fear of failure
- He is critical of himself
- He is afraid of exams and interviews

<u>Confirmations:</u>

"I AM ABLE TO DO IT"

"I WANT"

"I WILL"

20.Mimulus

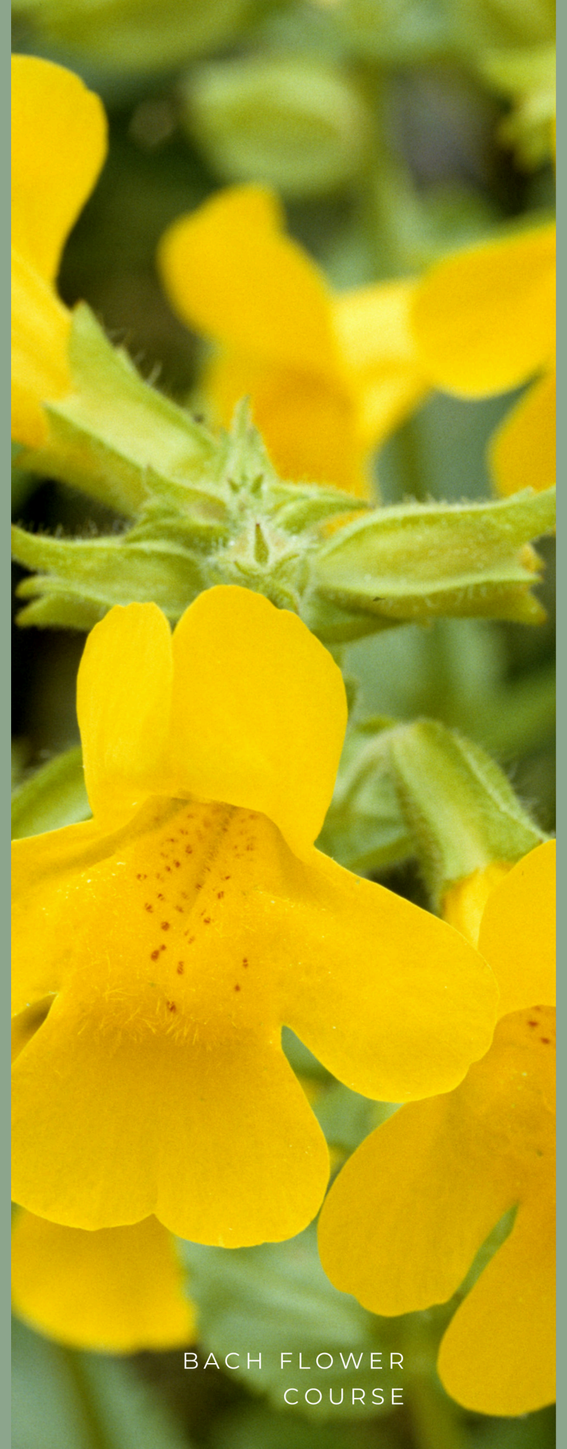
Bach Flower of Courage

From fear of the world …… to trust in the world.

If you know what you are afraid of, e.g.: spiders, flying, death, etc.

Key symptom:
"Fear of worldly things, illness, pain, accidents, poverty, darkness, being alone, misfortune. Fears of everyday life. These people carry their fears in silence and in secret, they don't talk about it openly to others." — Dr. Edward Bach





Mimulus is associated with the spiritual quality of courage and trust. Mimulus types suffer from articulate, definite fears. This mental structure can be very sensitive to lights, sounds, and noises. Their hypersensitivity often manifests itself during social contact, they quickly blush, stammer or slur when nervous. It is important for the Mimulus type to have somewhere to retreat and recharge. The drug helps a person to find his true, powerful being.

Those whose basic disposition is Mimulus longs for silence, avoids noise and crowds. He is disturbed by the hum of the TV and loud music. According to Bach, the learning task of this type is sympathy and mercy.

Key symptoms may include:

- Shyness
- Lack of courage
- Specific fears and phobias can be named
- "fear of the world"
- Hypersensitivity: e.g. to cold, noise, blinding light, loud speech

Confirmations:

"I M BRAVE"

"I'M GOING IN"

"PROGRESS"

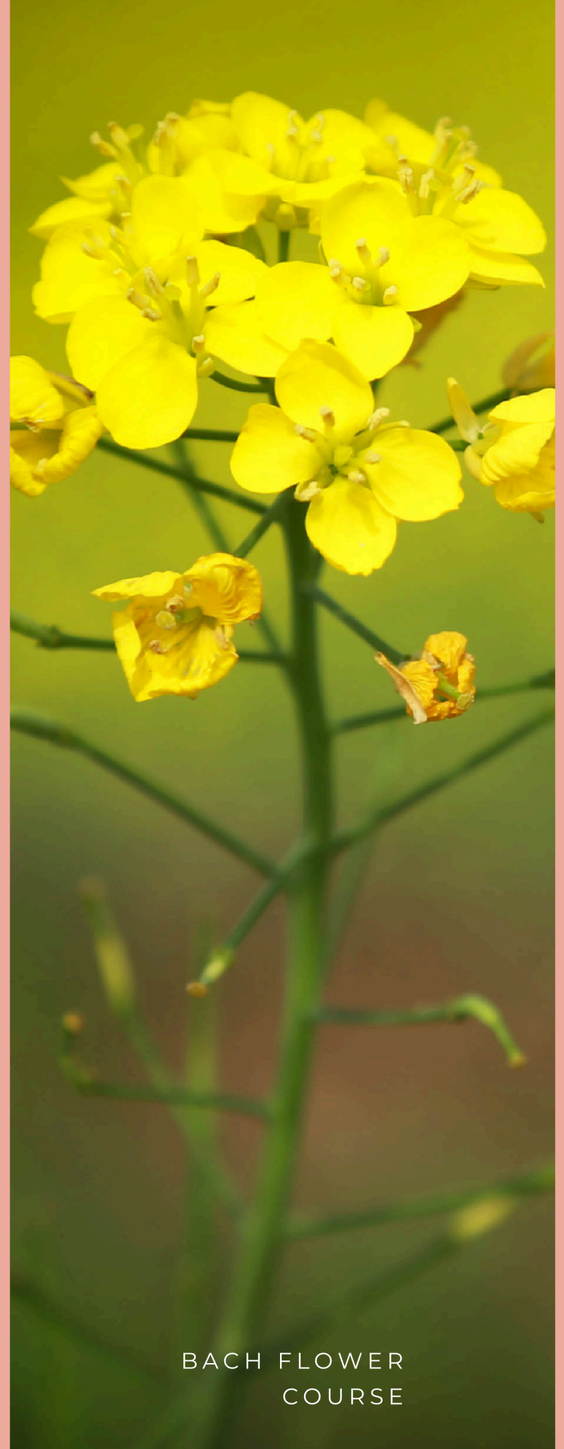
21.Mustard

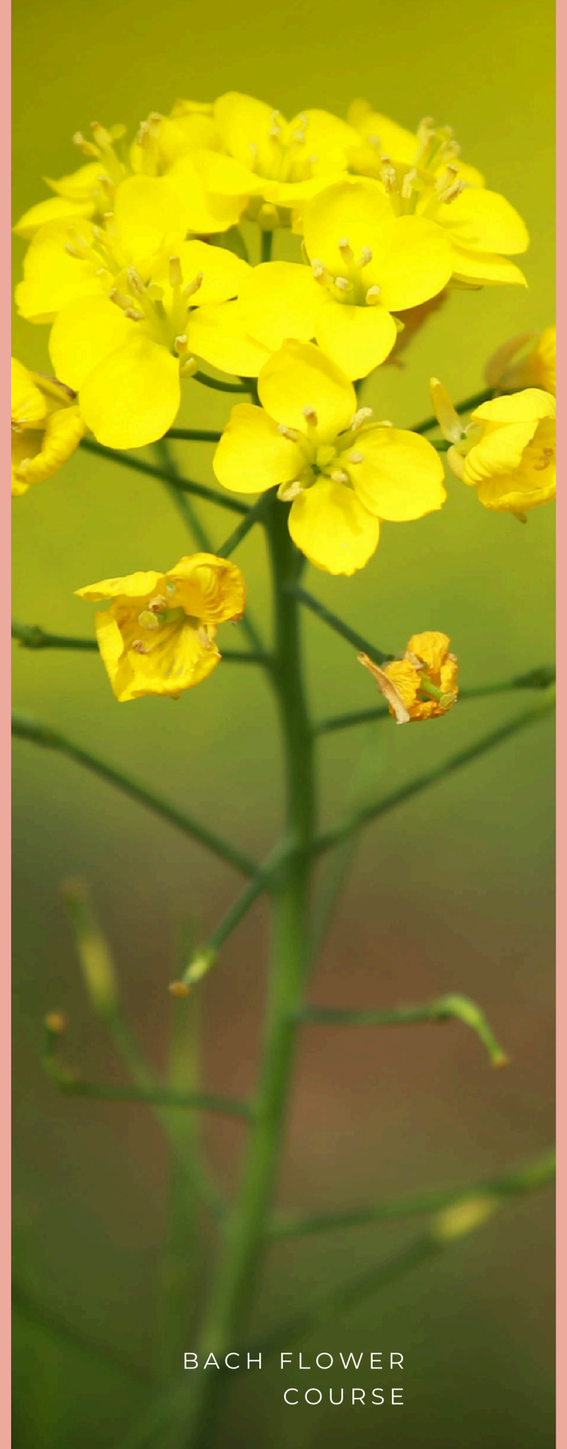
The Bach flower of light

From mental pain ..... to mental strength.

If your grief is inexplicably deep and comes and goes without any reason.

Key symptom:
"For those who are prone to gloom or even despair, as if a cold, dark cloud overshadows them and hides from them the light and the joys of life. There is no reason or explanation for these seizures. In such circumstances it is almost impossible to be happy or cheerful." — Dr. Edward Bach





Mustard embodies a state of mind of cheerfulness and shining purity. In a negative Mustrad state, a person is surrounded by gloom. We all know this inexplicable, deep world pain that comes upon us for no reason. It often develops unnoticed on the inner plane. Some of the typical accompanying symptoms of the Mustard condition are: slowness of movement, tiredness, decreased perception. Many composers and painters were in this state of mind and were able to draw from these deep emotions. According to Dr. Bach, Mustard: "Mustard banishes sorrow and brings joy back into life." The essence helps you wake up from a dark dream. Mustrad's depression is also caused by dark forces that manipulatively take control of the human mind. In countries where the sun does not shine for a long time during the long winter (e.g. Scandinavia), the Mustard condition is common. The flower is especially useful: during depressive phases in spring and autumn (my own experience too!), during menopause, and also in children if they subconsciously take on the sadness of others.
This flower can be taken at any time, if a person feels depressed, but does not know why. (This distinguishes it from Gentian, which is recommended for sadness and apostasy due to a known reason).

<u>Key symptoms may include:</u>

- Bad mood, gloom, despondency for no reason
- Depression, melancholy
- The depressive mood develops without any prior signs and then quickly disappears, causing deep relief
- He feels cut off from the world
- Unhappy and sad
- He is not interested or motivated by anything
- He cannot hide his bad mood in front of others
- He would rather just sit and stare

<u>Confirmations:</u>

"I AM EASY"

"I AM FUN"

"I'M GOING TO THE LIGHT"

22.Oak

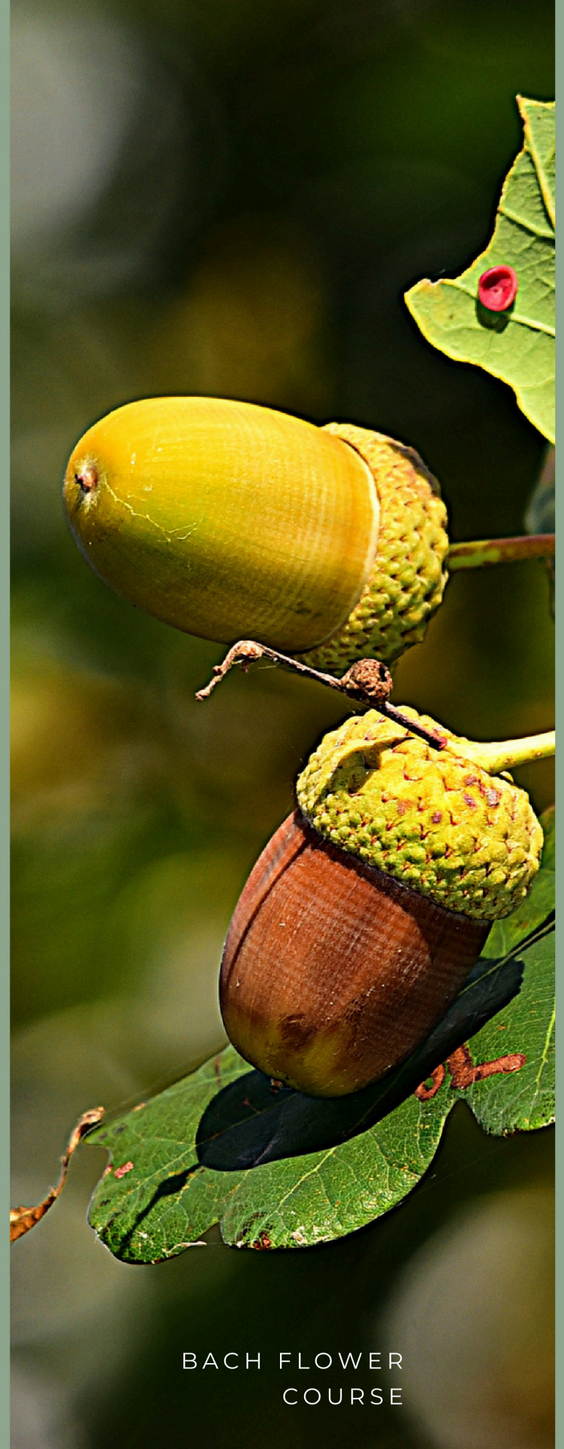
The Bach flower of perseverance

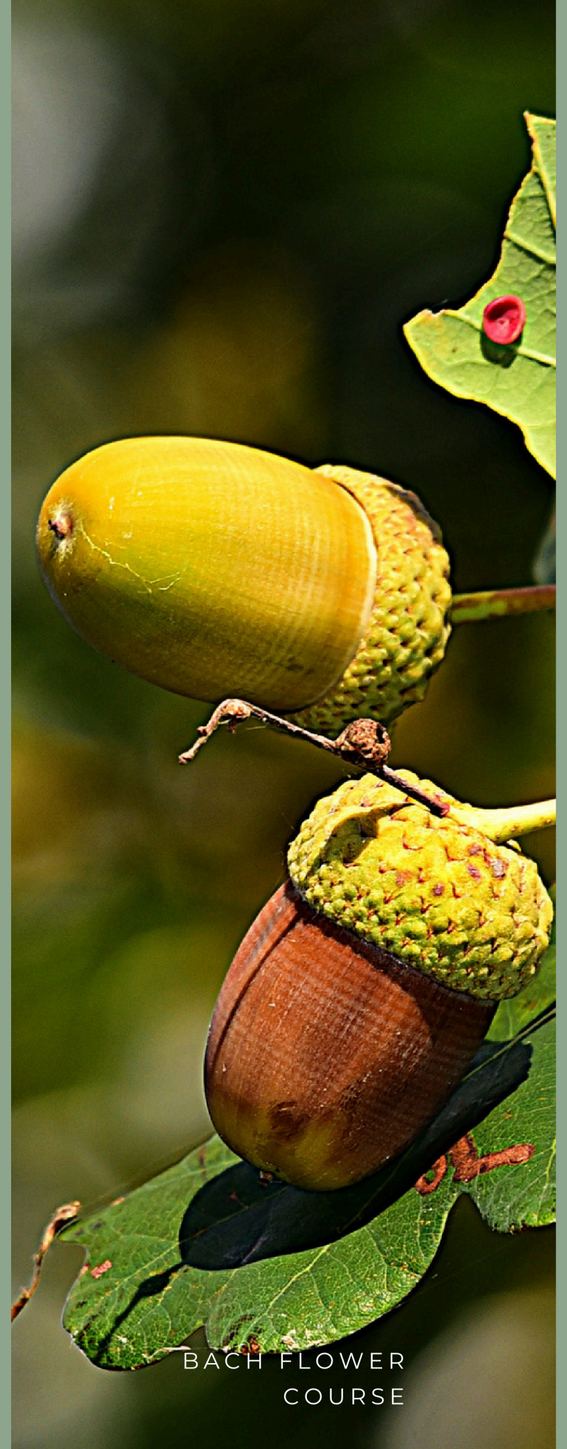
From the dutiful warrior …… to the peaceful soldier.

If he is driven by a strong sense of duty, he suffers from a compulsion to perform. Despite the fact that he is exhausted, he does not give up, straining his strength and fighting until his nails break.

Key symptom:

"For those who fight hard and struggle to get better or for their everyday affairs. They try one thing after another, even if it seems hopeless. They will fight on. They are dissatisfied with themselves if an illness prevents them from fulfilling their obligations or helping others. Brave people who fight against great odds without giving up hope." — Dr. Edward Bach





Oak, the sacred tree of the Druids, embodies the spiritual potential of strength and endurance. He is the real persistent figure. This type is like a dutiful warrior, solid and strong, you can always count on him. He never gives up, is not embittered by failure, holds his own and tackles tasks. He can remain calm even in times of crisis. He has a noble, honest mindset and helps others voluntarily. The drug also works well after a long illness, when the necessary follow-up treatments take a long time. In such cases, Oak gives new impetus and facilitates recovery. It also helps children when they need to fill in larger items.

The Oak type endures everything that life throws at them and fights without hesitation. Even when he is sick, he fights as if he is healthy. People who take the essence gain insight into their problems and find a new way to grow by understanding the cause of their difficulties.

Key symptoms may include:

- Stubborn, stubborn, unyielding, never gives up and never lets up
- Obligatory, he considers the fulfillment of duty to be the greatest virtue
- He never gives up the fight, even if he falls into it
- Defeated, exhausted
- He goes to work even when he's sick
- You don't want to appear weak in front of others

Confirmations:

"I RELAX"

"I CAN DO IT EASY"

"I FEEL FREE"

23.Olive

The Bach flower of renewal

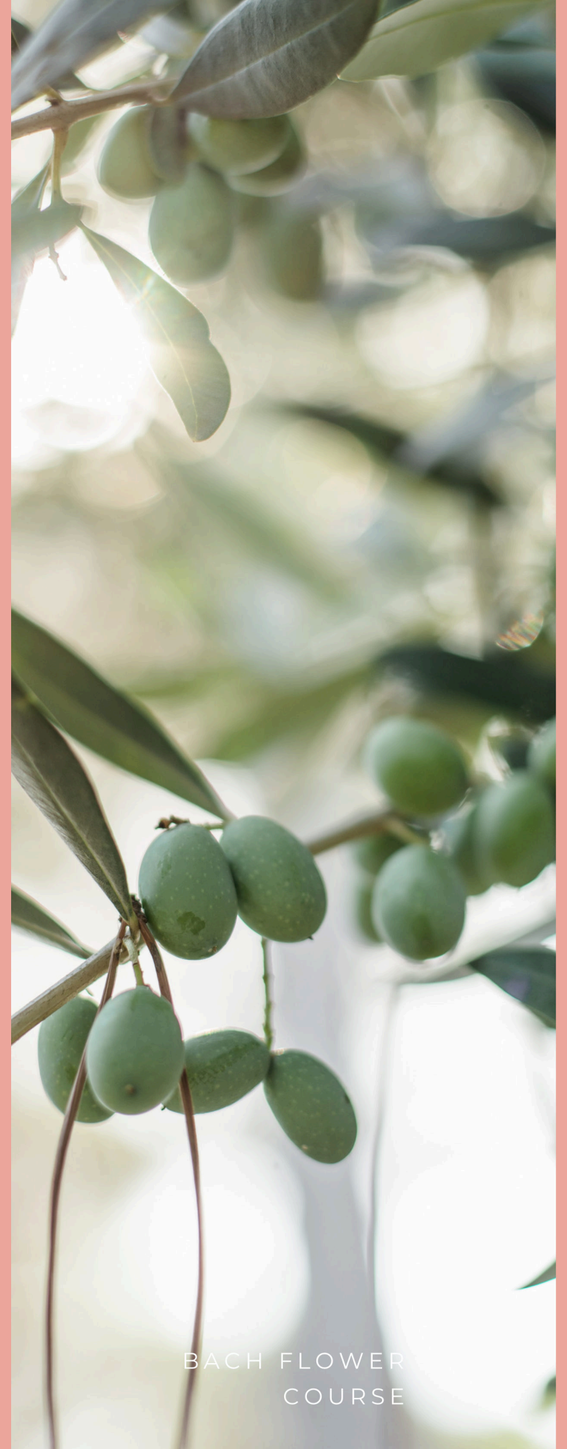
From exhaustion …… to resource.

If you feel physically and mentally exhausted after physical or mental work or illness.

Key symptom:

"Those who have suffered much, both mentally and physically, feel so exhausted and tired that they have absolutely no strength to make any further effort. Everyday life is hard work for them without pleasure." — Dr. Edward Bach





The essence of Olive is related to the principle of renewal. Even performing small tasks exhausts him. If one finds himself in this state again and again, he must learn to manage his energy correctly. When someone overexerts himself for a long time, the body's alarm system suddenly goes off. In a negative Olive state, it is very important to pay attention to the body, even to examine oneself thoroughly. In the case of physical illnesses that consume a lot of strength, the essence always helps, strengthens the body and soul. After the initial intake of Olive, there is often a high need for sleep, which must be met so that the body can regenerate. The drug does not affect the psyche, but rather a chronic emotional state that occurs in certain life situations. It solves the feeling of immeasurable mental exhaustion. References to Olive's ability to regenerate can already be found in the Bible, e.g. Psalm 128:3, Matthew 26:36-46, Luke 24:50.

Olive is a state of complete suffocation. They feel they have no energy for further efforts. With the help of the essence, they can find the reserves necessary for renewal.

Its external signs are paleness and exhaustion. It is recommended in case of exhaustion that occurs after a lot of suffering, illness, sadness or greater exertion.

<u>Key symptoms may include:</u>

- Mental and physical exhaustion
- Weakness
- Increased need for sleep, you want to sleep all the time
- You feel emasculated
- It is difficult to perform on weekdays
- You've worked too much, your batteries are dead, you need a rest
- Constant fatigue, no reserve

<u>Confirmations:</u>

"I AM RE-ENERGIZED"

24.Pine

The Bach flower of self-acceptance

From self-depreciation …… to self-esteem.

If you suffer from guilt and reproach yourself for the mistakes of others, you blame yourself for them.

Key symptom:

"For those who blame themselves. Even if they are successful, they think they could have done better and are never satisfied with the decisions they made. Could this drug help me stop blaming myself for everything?" — Dr. Edward Bach





Pine is associated with the spiritual quality of self-acceptance. The essence frees us from guilt once and for all. Deep inside, this type expects to be punished for its mistakes. If no punishment comes from above, he punishes himself. The assumption is based on various experiences that negative Pine reactions are fixed in the mother's womb, if the child became a boy instead of a girl, or if the mother had health problems during pregnancy. A negative state is characterized by self-blame and an overly strong attachment to the past and family. Such a person constantly blames himself, is diligent but suffers from self-inflicted mistakes. Sometimes you take responsibility for other people's mistakes.

His feelings may stem from childhood, when he took on himself the reproaches he received for his behavior within the family (e.g. religious upbringing), because more emphasis was placed on sins than on forgiveness and grace.

<u>Key symptoms may include:</u>

- Guilt
- Remorse
- Self-rejection, self-punishment
- He also feels responsible for other people's mistakes
- You feel worthless
- Authoritative, overly humble and apologetic
- He is too critical of himself, even if he is successful
- He has too high expectations of himself, he compulsively longs for perfection

<u>Confirmations:</u>

"I AM ALLOWED TO"

"I FORGIVE MYSELF"

"I AM FREED"

25.Red Chestnut

The Bach flower of independence

From symbiosis …… to independence.

If you worry too much about others or care too much about others.

Key symptom:
"For those who find it difficult not to worry about others. They often no longer worry about themselves, but only about their loved ones." — Dr. Edward Bach





Red Chestnut is associated with the spiritual potential of caring and compassion. This state is characterized by a strong energetic connection between 2 people, which the person either actively experiences or passively suffers from. This type can easily get into the psyche of others. They seem selflessly concerned for others, always fearing the worst. These are the parents who don't sleep until their child gets home, or the grandparents who are horrified by the thought of their grandchild having to cross a busy road alone. The Red Chestnut condition can also be described as a symbiotic relationship. This intimate relationship between mother and baby is completely natural, but it is not healthy if the spiritual umbilical cord is not cut for too long. In combination with walnut, it is an effective help for people who work in helping professions to avoid getting involved in the other person's emotional world. A proven remedy during the period of weaning for both the baby and the mother. Together with White Chestnut, it helps if someone is constantly worried about someone and cannot get it out of their thoughts. It should be combined with Rock Rose if the concern is excessive.

<u>Key symptoms may include:</u>

- Excessive fear of what will happen to others
- Too much sympathy
- Too strong internal attachment to others
- Excessive, morbid concern for others
- He gets too emotionally involved in other people's lives, he knows other people's feelings better than his own

<u>Confirmations:</u>

"I AM MYSELF"

"I STAY MYSELF"

"I AM ME - YOU ARE YOU"

26.Rock Rose

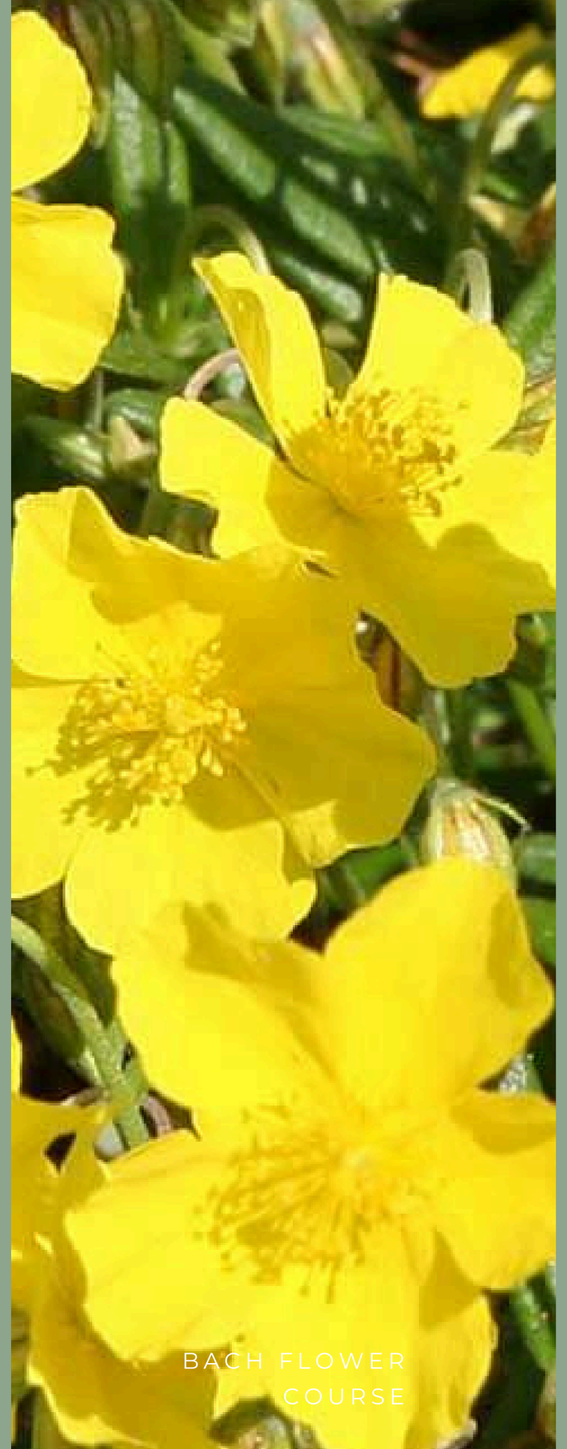
The Bach Flower of Eruption

From panic …… to heroism.

If he is afraid of something, he freezes to stone from terror, unable to react.

Key symptom:
"A remedy for emergencies in cases where there is no chance of hope. A serious accident, a sudden illness, or when the patient is very scared and terrified, or if his condition is so serious that it causes great fear in those around him. If the patient is unconscious, the lips can be moistened with this medicine." — Dr. Edward Bach





"They are completely in despair, they feel they can't take it anymore."

The Rock Rose is associated with the spiritual potential of courage and steadfastness. The qualities of fear and courage in the negative and positive states. The negative Rock Rose state is the strongest state of fear that a person can experience, which is why it became an important component of the First Aid Drop. Effective help for panic sufferers, Rescue Remedy is recommended for panic attacks. Children, when they wake up crying, sip Rock Rose until they calm down. The essence frees the personality from frozen fear. Such a person has a sensitive nervous system, his mental strength reserves are quickly exhausted, he is unstable and uniquely sensitive. If our nerves are temporarily tense in everyday life, we are irritable, Rock Rose creates balance. A proven help for those who are afraid of thunderstorms.

In the beginning, the essence started out as a structural agent, but then it became more of an adjunct. The drug gives strength and hope.
It is one of the most sought-after essences in Bach flower therapy.

<u>Key symptoms may include:</u>

- Panic and terror
- Scariness
- Extremely intense fear states
- Dread, loathing, horror, abnormal functioning of the nervous system
- Strong fear in accidents, natural disasters, life-threatening injuries
- Blocked action and thinking
- Sudden intense anxiety

<u>Confirmations:</u>

"GET OVER IT"

"I KNOW IT'S GOING TO WORK"

"I UNDERSTAND THE SITUATION"

27.Rock Water

The Bach flower of flexibility

From dogmatic discipline …… to prudence.

If you are inflexible and set the bar too high for yourself.

Key symptom:
"For those who are very strict in their lifestyle. They deprive themselves of a lot of experience and pleasure because it can interfere with their work. They are hard teachers to themselves. They want to be healthy, strong, and active, and they do whatever they think will help them do that. They hope to set an example for others who follow their ideas and become better because of it." — Dr. Edward Bach





Rock Water is associated with the spiritual potential of adaptability. In a negative state, a person denies himself many things, because he believes that this is incompatible with his strict, almost ascetic perception. Many Rock Water figures want to become perfect and holy already on earth. He imposes strict principles on himself, systematic things that he can do and tick off. He blames himself if he fails to do them. He is quite rigid, no matter what the topic is, he only accepts what he thinks is right. Suppresses your needs, sets too high standards for yourself. He wants to force development. If you need this flower, don't miss out on the joys of life. Allow yourself space, allow yourself to make mistakes.

Rock Water's approach to life is too strict. Its positive side: seeing everything renewed, with fresh eyes, free of prejudices and preconceived theories. Everyone has to collect their own experiences and find their own salvation - Rock Water helps with this. Bach associated it with Impatiens, Vervain, and Water Violet, saying that they all have an ambition to achieve something in life.

<u>Key symptoms may include:</u>

- Inflexibility, rigid thinking, lack of spontaneity
- Problems arising from the desire for perfection
- He is too strict with himself and follows draconian rules
- He denies himself the enjoyment of life, suppresses his needs - sleeping, eating, interrupting work, etc.
- He sets too high standards for himself, he is an idealist

<u>Confirmations:</u>

"I ALLOW MYSELF"

"I AM MOBILE"

"I AM SPONTANEOUS"

28.Scleranthus

Bach flower of balance

From inner turmoil …… to inner balance.

If you suffer from uncertainty, you cannot decide between two things, you are characterized by mood swings.

Key symptom:

"For those who suffer a lot from not being able to decide between two things, where one seems better, where the other. They are usually quiet people, they bear their difficulties alone because they don't want to discuss them with others." — Dr. Edward Bach





"This flower is associated with the spiritual potential of inner balance and decisiveness. In a negative Sclerantus state, a person constantly changes his opinion. He appears very unstable and unreliable in the eyes of others. He fluctuates between opinions, today he wants one thing, tomorrow completely different. He is very nervous because of his inner restlessness -moves, restless. The lack of internal balance is also reflected in physical symptoms, such as imbalance, inner ear problems, loss of appetite or ravenous appetite. This medicine also helps with extreme mood swings.

This essence guides the soul. Sclerantus is a thinking rather than an emotional creature. With the drug, we can learn how to act quickly in difficult situations, form a correct opinion, and follow it steadfastly. "It lends us the clarity of inner vision, the ability to make quick decisions, and the determination and calmness needed in the face of difficulties."

Key symptoms may include:

- Indecisive, usually unable to decide between two things
- He hesitates, it is important for him to make a good decision
- He often changes his decisions, is considered unreliable and capricious
- Mood swings
- Indecisiveness, lack of internal balance
- It's hard for him to calm down

Confirmations:

"I STAND FIRM"

"I KNOW WHAT I WANT"

"DECISION"

29.Star of Bethlehem

The Bach flower of consolation

From shock …… to reorientation.

If you are shocked, sad or scared

Key symptom:
"For those who are in a very overwhelming, sad, or crisis situation, which causes them unhappiness for a while." — Dr. Edward Bach





The Star of Bethlehem is associated with the spiritual potential of revival and reorientation. This flower is one of the very important ingredients of the First Aid Drop. It neutralizes the possible aftereffects of trauma and starts the body's self-healing mechanisms. In the course of our lives, we all experience psychological traumas that we cannot process. The essence revives your personality from mental stupor, unprocessed experiences dissolve. Effective in combination with Crab Apple for those who have taken many mind-altering drugs in their lifetime. It can be added to the bath water of newborns in combination with Walnut, thereby helping the babies to process their arrival in the world. It is also used for heavy menstrual bleeding.

As a result of the essence, people who have experienced traumatic life situations become balanced and calm again. It helps to restore emotional balance, it is not for nothing that it is called the comforter, the reliever of pain and sadness. "For shock due to bad news, loss of a close person, fright after an accident and the like. This medicine brings relief to those who have not wanted to find comfort for a long time."

<u>Key symptoms may include:</u>

- Physical and mental traumas
- Unprocessed old events
- There's a sore point in his life that he doesn't like being reminded of
- Disputes and quarrels will keep you under their influence for a long time
- The healing process is hindered by something, or after recovery it is not the same

<u>Confirmations:</u>

"I FEEL"

"I BREATHE"

"SENSE"

30.Sweet Chestnut

Bach flower of redemption

From darkness …… to light.

If you are at the limit of your carrying capacity and are in deep despair. Even one's soul hurts at this time.

Key symptom:

"For those moments when you find yourself in a situation where the agony is so great that it seems unbearable. When the body or mind feels that it has reached the limit of its endurance and must give up now. When it seems there is nothing left but destruction and annihilation.” — Dr. Edward Bach





The flower is associated with the principle of redemption. In a negative state, a person thinks that there is no hope for him, he despairs and feels that he has reached the end of his ability to perform. We could also call it the dark night of the soul. You feel helpless. Sweet Chestnut is best characterized by the juxtaposition of light and dark. It seems that only the end and destruction can follow. This state often develops at the beginning of true spiritual development. "God's help is in the greatest need next time." - this biblical quote aptly describes the effect of the essence. In this state, the person tries to hide his inner despair.

Key symptoms may include:

- Despair
- You feel lost, sad, hopeless
- He feels that he has reached the limit of his ability to perform
- He has no more energy to fight, he is on the verge of a nervous breakdown
- He's exhausted, he doesn't have the strength to continue
- He sees no way out of his current situation

Confirmations:

"OVERVIEWS"

"I AGREE"

"I LET IT HAPPEN"

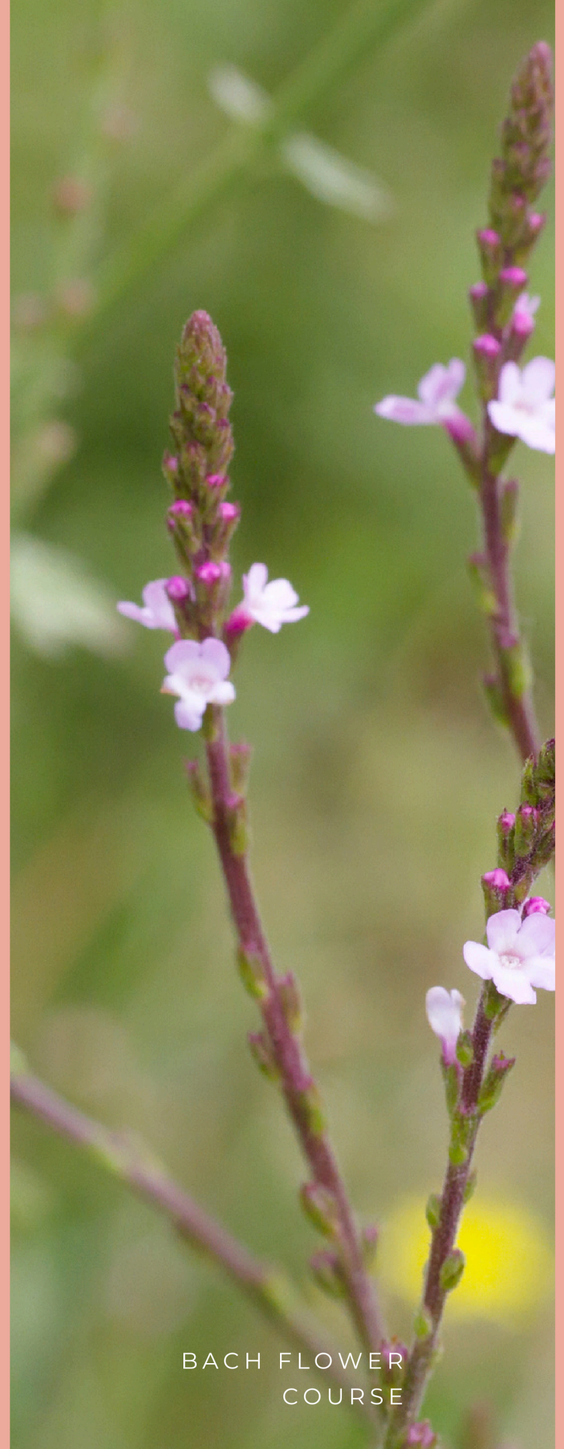
31. Vervain

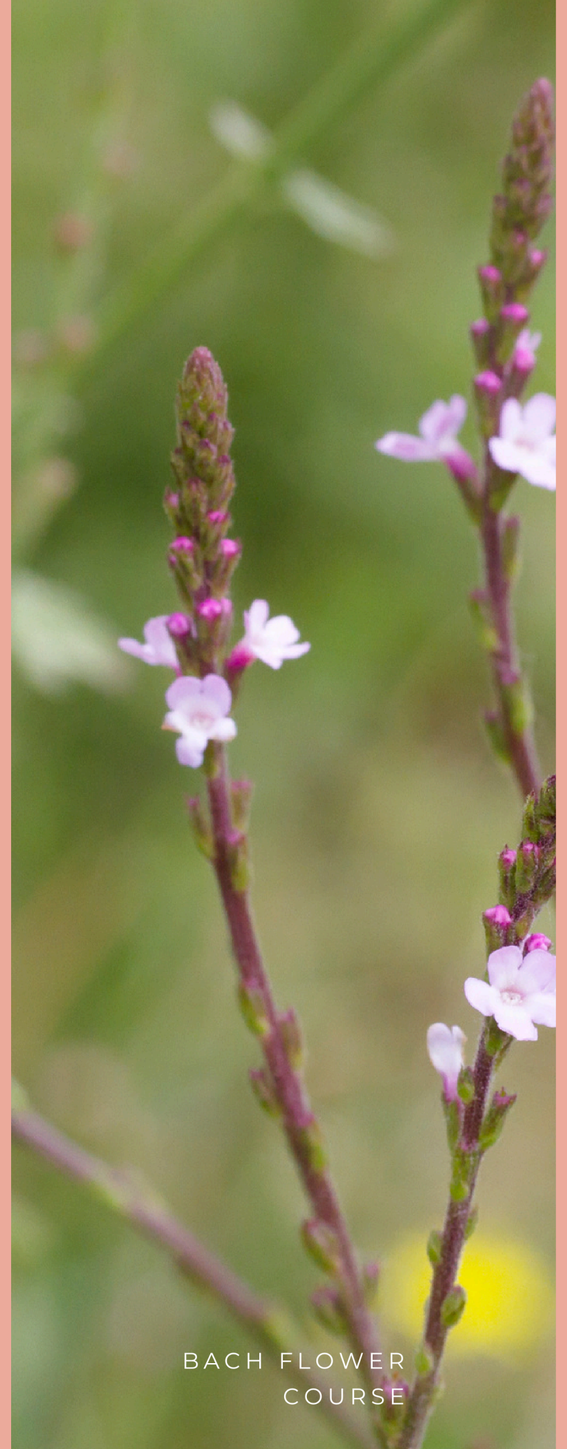
The Bach Flower of Enthusiasm

From world savior …… to torch bearer.

If you are overly enthusiastic and overzealous; challenges principles and ideas. He has a strong sense of justice. Unable to relax.

Key symptom:
"Those who have definite principles and ideas, which they believe are good, and which they rarely change. They have a strong desire to change the people around them in accordance with their own outlook on life. They have a strong will and great courage when they are convinced of the things they want to teach. Even when they are sick, they struggle for a long time, when others would have given up their obligations a long time ago." — Dr. Edward Bach





Vervain is associated with the spiritual potential of enthusiasm. In a negative state, the enthusiasm is exaggerated, the person wastes his energy. The Vervain type person has a burning desire for a good cause, of which he tries to convince those around him. They are strong-willed, but because they waste their energy, they quickly become exhausted. They are nervous and tense when things don't go as they imagined. They hardly have a free minute during the day, they are always doing something, but they overestimate their strength and overwork themselves. This form orients its energies outward, often almost forcing people to do what it believes to be good. In certain situations, they can even become fanatical. In practice, the drug is recommended for all kinds of excessive activity, be it work, sports, eating, etc.

"They burn with enthusiasm, they want to accomplish great things and do everything in an instant. It is difficult for them to develop their plans patiently, they want to see the results immediately after starting the work. Because of their enthusiasm, they are strict with others. They want others to see things the same way they do he imposes his will on them. He is irritated if they do not follow him."

<u>Key symptoms may include:</u>

- Excessive enthusiasm, fanaticism, stress-causing overzealousness
- Excessive activity, exaggerated things (eating, work, sports, sex, etc.)
- He loses his measure, unable to relax
- He thinks he knows exactly what is good for others, he wants to change others

<u>Confirmations:</u>

"I LET GO"

"I GIVE SPACE"

"I KNOW WHERE THE LIMIT IS"

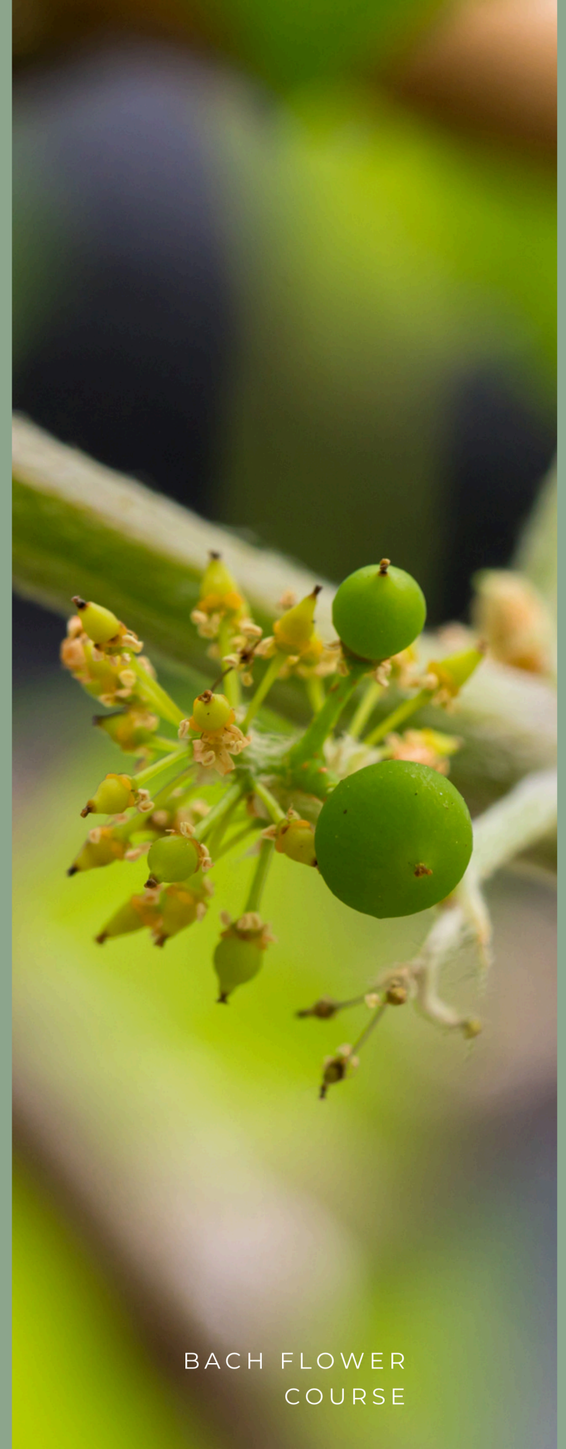
32.Vine

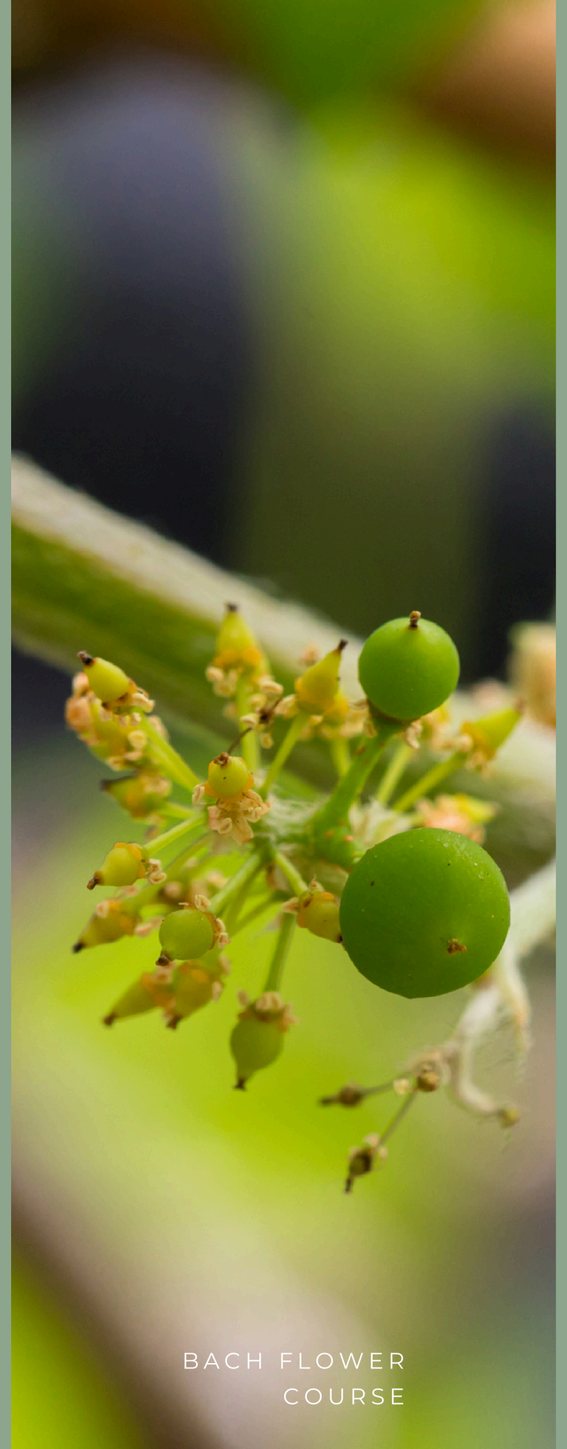
The Bach flower of authority

To drive …… and to be driven.

If he is strong-willed, he tends to dominate, command, or intolerance.

Key symptom:
"They are very talented people, confident in their abilities and success. They are very self-confident, so they think that it would benefit others if they could be convinced to do things the way they do, or to be sure that it is the right thing to do. In fact, they will manage their employees even when they are sick. They can be very valuable in an emergency," Dr. Edward Bach





Vine is associated with the spiritual potential of authority. If you had to describe the characteristic of the flower in one word, it would be leadership. In a negative state, the relationship to the principle of authority is confused. In such cases, the personality can become tyrannical, it does not respect the individuality of others. The Vine type has a very strong personality. His ambition, willpower and presence of mind are unparalleled. He feels he is doing himself a favor by telling others what to do, believing himself to be infallible. For compulsive diseases, e.g. in the case of eating disorders or multiple sclerosis, it plays an important role in the composition of the individual mixture.

Vine is specifically for harsh critics who try to do everything their way. Vinera is characterized by an uncomplicated personality and a lack of sensitivity. An external characteristic may be a bright, ruddy face. They are talented, skilled in the affairs of the world, their attention is focused on the physical. They are confident in their own abilities. It is very difficult to meet their expectations, because they want to control so much that they are ruining it. The drug has a calming effect and softens the heart. Vine behavior rubs off on us in the family.

<u>Key symptoms may include:</u>

- He believes himself to be infallible
- He watches over others
- He does not tolerate contradiction
- Bullying behavior; demands discipline from others
- Over design
- Lack of compassion; gives instructions but does not accept the opinions of others
- Inflexibility
- Excessive dominance, bossiness

<u>Confirmations:</u>

"I FEEL"

"I RESPECT"

"I APPRECIATE AND SUPPORT"

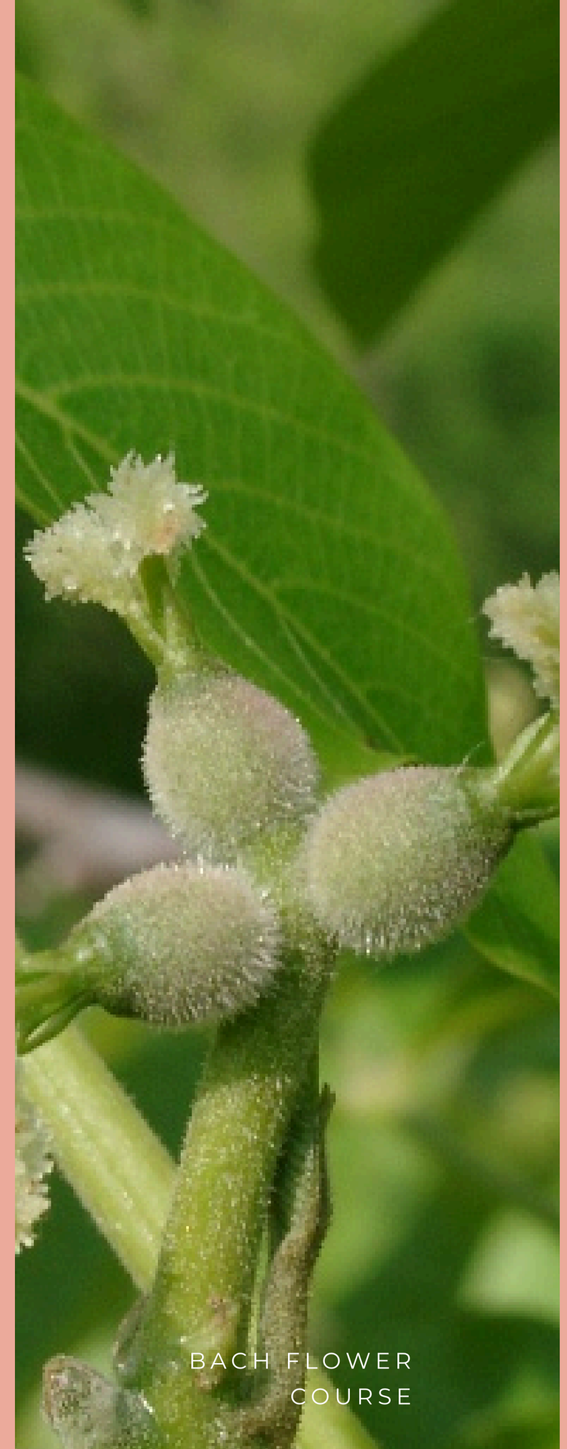
33.Walnut

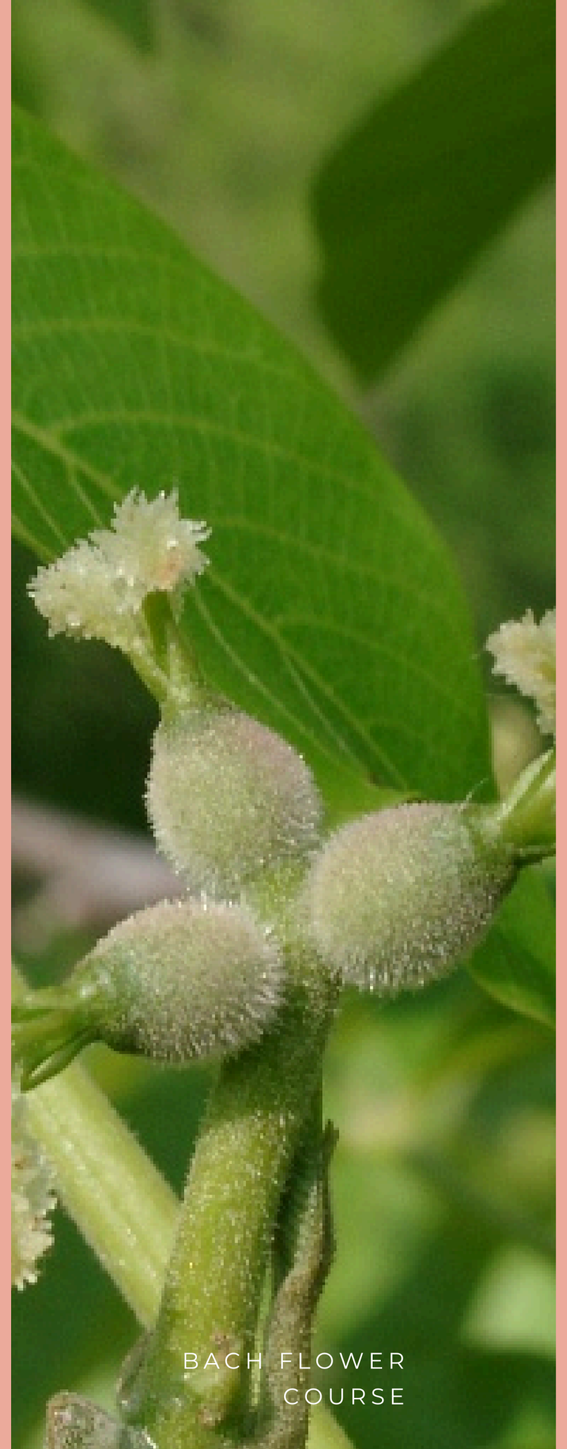
The Bach flower that helps the world

From impressionability …… to inner strength.

If you are facing big changes in your life or need protection from the influence of others

Key symptom:
“For those who have different ideals and aspirations in life, which they realize, but sometimes they are tempted by the enthusiasm, belief or strong opinion of others and abandon their own ideas, goals and work. This medicine provides stability and protection against external influences.” — Dr. Edward Bach





Walnut is associated with the spiritual potential of new beginnings and impartiality. It provides stability and protection against external influences. In a negative state, it is difficult for a person to commit to a new step, he is unsure of himself. It is mainly needed in case of vital changes, such as in the case of a new relationship, job change, or relocation. Walnut essence helps us make our decision and helps us not to be swayed by the opinions of others. Bach Walnut is intended for those who have decided to break with established habits, leave behind their old limitations and start a new life. It can be useful for divorces and is especially recommended for expecting a baby.

Walnut is the essence of the transition between life stages. The drug protects us as a shield so that no disturbing factors or negatively influencing forces can divert us from our path. It is also called "spell breaker" and "barrier breaker".

Key symptoms may include:

- His goals are clear, but he is easily swayed by the opinions of others
- It can be influenced
- Fickle, insecure, knows what he wants, but lacks implementation
- Old habits prevent him from realizing his resolutions
- It is difficult to cope with new life situations (starting school, job change, puberty, climax...)

Confirmations:

"I AM CONFIDENT IN MYSELF"

"I STAY TRUE TO MYSELF"

"I TRAVEL MY OWN WAY"

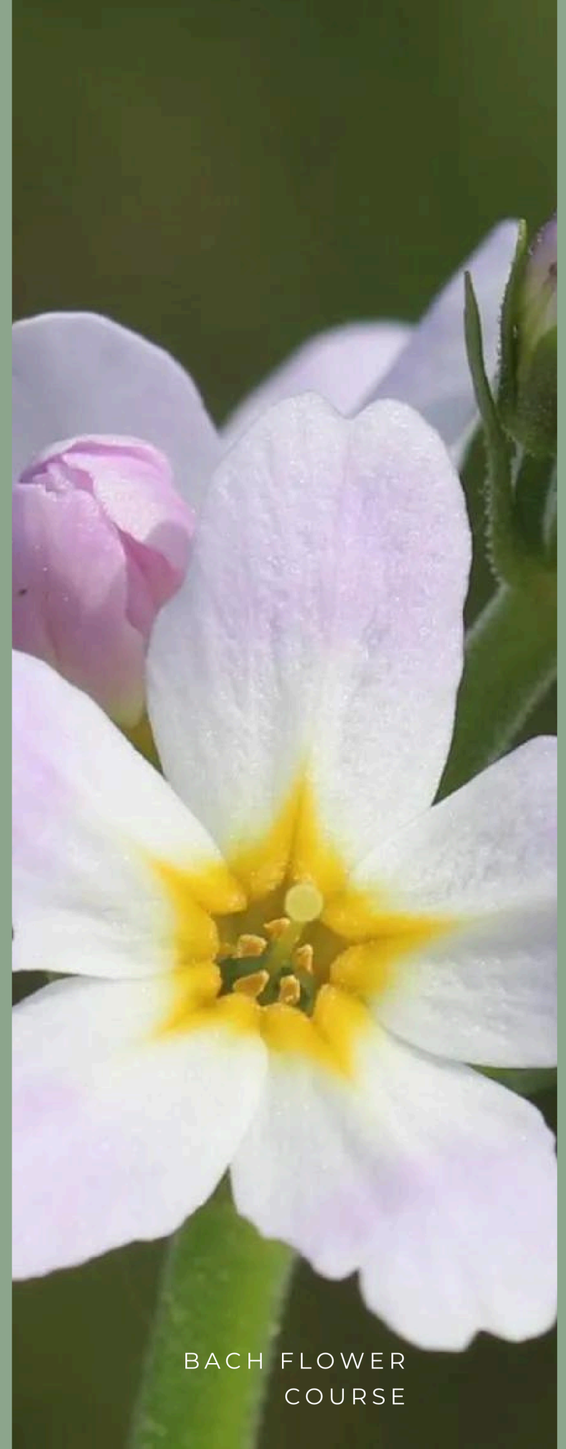
34.Water Violet

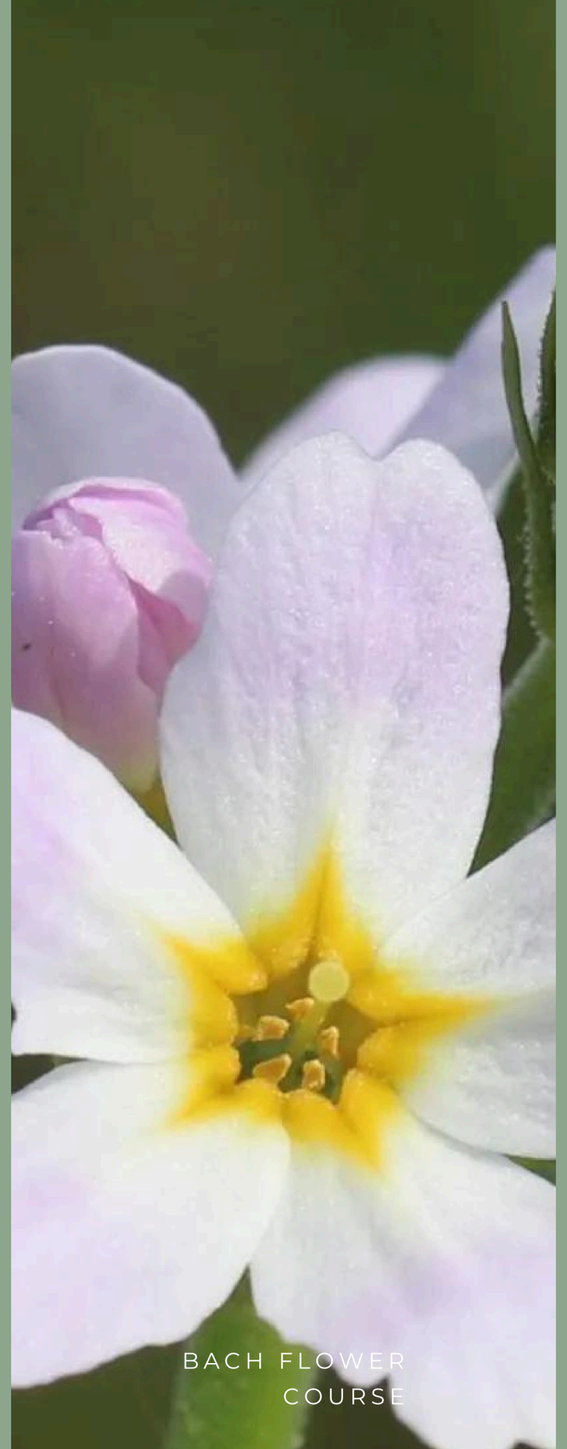
The Bach flower of communication

From isolation …… to togetherness.

If he likes to be alone or if he is aloof, he finds it difficult to be in company.

Key symptom:
"For those who like to be alone in health and sickness. They are very quiet people who drive without noise. They follow their own path, leaving others alone. They are often smart and talented people. Their peace and tranquility are a blessing to those around them.” — Dr. Edward Bach





Water Violet is associated with the spiritual potential of communication and humility and wisdom. In this state, the person is somewhat superior and dependent. To others, it seems cool, unapproachable. Although this figure has a hard time letting anyone into their private sphere, they still ask for their advice. If he feels burdened by other people, he withdraws. He does not interfere in other people's affairs and expects others not to interfere in his affairs. He solves his problems by himself. He doesn't like asking for help. A Water Violet figure never sits in the front row. If a child instinctively chooses this essence, he is trying to avoid some specific situation (e.g. going to kindergarten). The drug also helps teachers to establish a relationship with students, as well as healthcare workers with their patients. Even those who do not attend community gatherings can benefit from the essence.

"Quiet, calm people who move without noise, speak little and quietly. They are independent, they only rely on themselves. They are capable of selfishness, they do not like people interfering in their lives. They rarely get involved in close relationships, even with those close to them."

His fault: selfishness. His lesson: through letting go of these negative qualities is "perfect service to humanity."

<u>Key symptoms may include:</u>

- Loneliness, feeling of isolation, morbid distance
- Reclusiveness
- Superiority, pride, haughtiness
- He tries to solve his problems alone, he rarely interferes in other people's affairs
- He is aloof, unapproachable, making contact creates problems for him

<u>Confirmations:</u>

"I BELONG"

"I PARTICIPATE"

"I ALLOW CLOSENESS"

35.White Chestnut

The Bach flower of thinking

From the mental merry-go-round …… to inner peace.

If you can't get rid of your thoughts, which constantly preoccupy you.

Key symptom:

"For those who cannot prevent unwanted thoughts, ideas and arguments that circulate in their minds. Usually during those periods, the interest of the moment is not enough to fill your thoughts completely. These thoughts haunt me forever and always remain, or even if they disappear for a while, they will return. They seem to go around and around and cause mental anguish. The presence of these unwanted thoughts upsets the inner peace and prevents us from being able to concentrate only on work or on the pleasant events of the day. — Dr. Edward Bach





This flower is associated with the mental ability of inner peace and discernment. In a negative state, a person is a victim of thought impulses. His mind is always on something. Your thoughts keep coming back to the same thing over and over again. This constant thinking leads to headaches for many people. Others struggle with sleep disorders, or even if they fall asleep, they wake up at dawn, unable to get rid of their thoughts. Strong mental tension is also visible on the face. People with whom they dealt with at all or only very little as children are prone to this condition. A proven remedy for speech disorders (e.g. stuttering) in combination with Vervain. We should not only take White Chestnut when our thoughts are racing, but also when we are short of thoughts and ideas. The essence also helps with concentration.

It is recommended to combine it with Star of Bethlehem, because if someone is comforted by the drug, White Chestnut will also be needed so that depressing images are not recalled in the person's head again and again.

Key symptoms may include:

- Constant, recurring thoughts
- Inner monologues
- Constant worry, repetition of unwanted thoughts
- Difficulty sleeping
- Overly active, uncontrollable thoughts or images

Confirmations:

"I FEEL THE SILENCE"

"ALL CLEAR AND LIGHT"

"I CONTROL MY THOUGHTS"

36.Wild oat

The Bach flower of dedication

From searching …… to finding.

If you are uncertain about choosing your own life path, are dissatisfied with your current situation, but cannot choose the best path for yourself

Key symptom:

"For those who want to do something special in their lives, who want to gather more experiences and enjoy what is possible for them to live life to the fullest. Their problem is to decide which activity to choose. Although their desire is very strong, they do not feel a commitment to any one that would put any one over the others. This can cause delays and dissatisfaction.” — Dr. Edward Bach





Wild oat is associated with the spiritual potential of dedication. In a negative state, a person is not aware of his or her vocation, and is therefore deeply dissatisfied and unfulfilled. This type is involved in many things, but lacks the inner certainty to commit to something. Over time, he gets bored with his work, becomes disinterested in his colleagues and looks for something again, seizing another opportunity towards the desired fulfillment. The drug helps us know what we want more and more precisely. Effective help for those looking for a new profession. It can also be used during male climax.

If the patient does not respond to other essences, or if it is not possible to decide which remedy is needed, Wild Oat should be tried. Bach writes that it is necessary to give the essence for at least a week, until his condition continues to improve, and only then can he try another flower.

He is able to orient the patient in the right direction, if we have deviated from our path, he helps to point us in the right direction. This type often stops at the gate of opportunity, it lacks ambition. The essence helps to find a definite purpose in life.

<u>Key symptoms may include:</u>

- Uncertainty about life's path
- He tries many things, but none of them satisfy him
- She shreds her strength, wants many things at once
- Deep down, he doesn't want to commit

<u>Confirmations:</u>

"I SEE THE MEANING OF THINGS"

"I FOLLOW MY PURPOSE"

"I AM SATISFIED"

37.Wild Rose

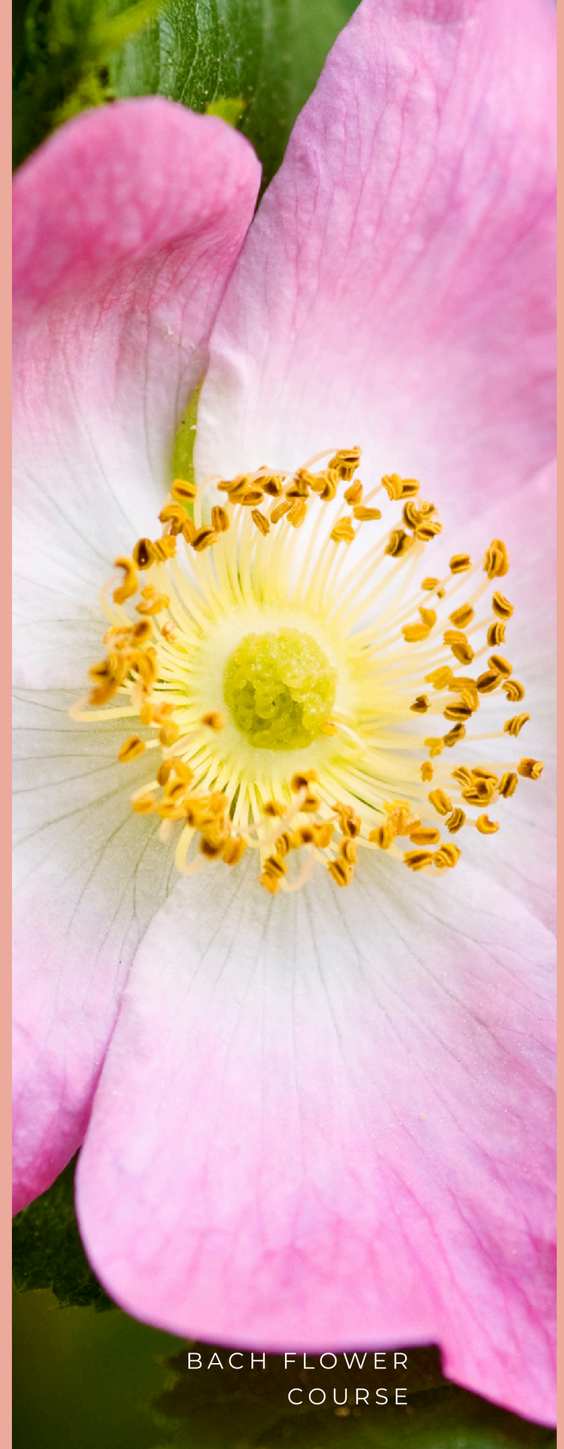
The Bach flower of zest for life

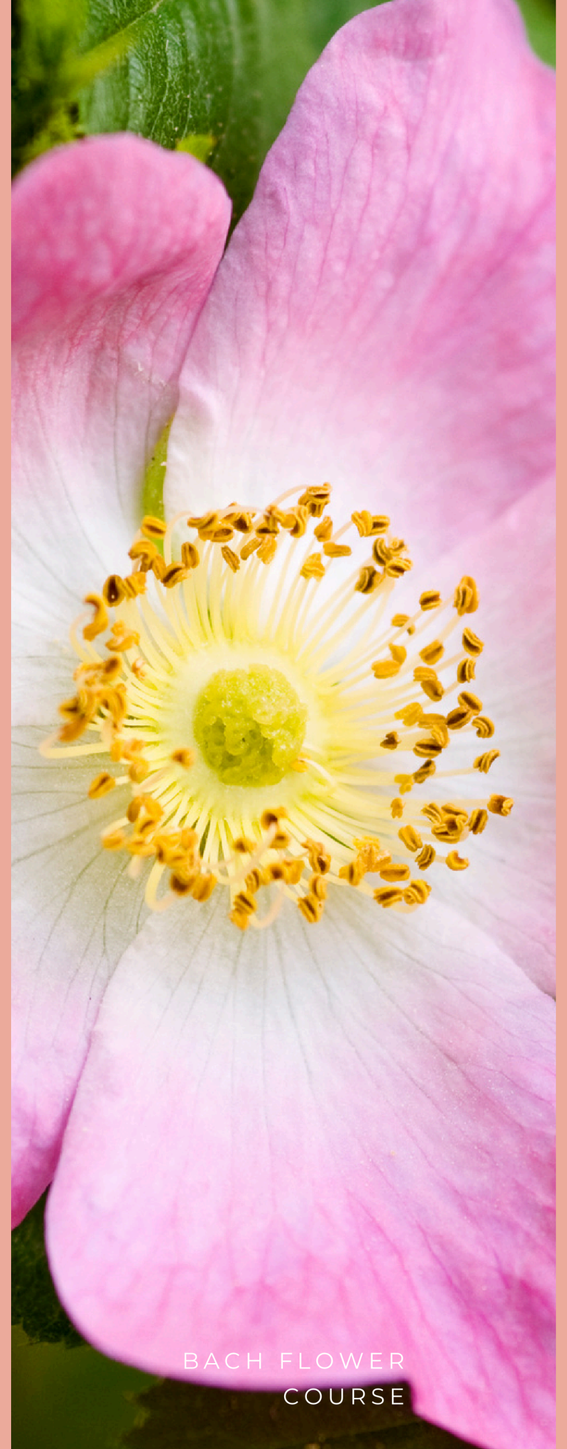
From self-surrender …… to devotion.

If he does little to improve his own situation, he is indifferent and adrift in his life.

Key symptom:

"For those who, without doubt, without sufficient reason, become resigned to everything that happens, life passes them by, they accept it as it is, without making any effort to improve things or find joy in it. They gave up the fight for life without any problems." — Dr. Edward Bach





Wild Rose is associated with the spiritual potential of zest for life and devotion to life. Whoever needs this flower has given it up, it looks half dead. He is over the depression a long time ago, resigned to his fate. He thinks he can't change his circumstances. In a negative state, the closeness of the Wild Rose type can be tiresome, due to its indifference. The essence is recommended for long-term use, although it is also effective in temporary energy-poor conditions. If children instinctively choose this agent, it must be added to their mixture.

The key words of the drug are submission and resignation. It is for those who have sunk into apathy, are bored, and are indifferent. Those whose life of will has fallen into a dream. The intention is unclear and the type is characterized by a weak will.

Key symptoms may include:

- Indifference, apathy
- Resignation, although the external circumstances are not negative
- Negative attitude
- Internal shipment
- He is tired and has no energy
- He speaks in a monotonous, dull voice
- Let yourself be swept away by events
- He becomes a quitter for seemingly no reason

Confirmations:

"I WANT TO LIVE"

"I CHALLENGE LIFE"

"I GRAB EVERY OPPORTUNITY"

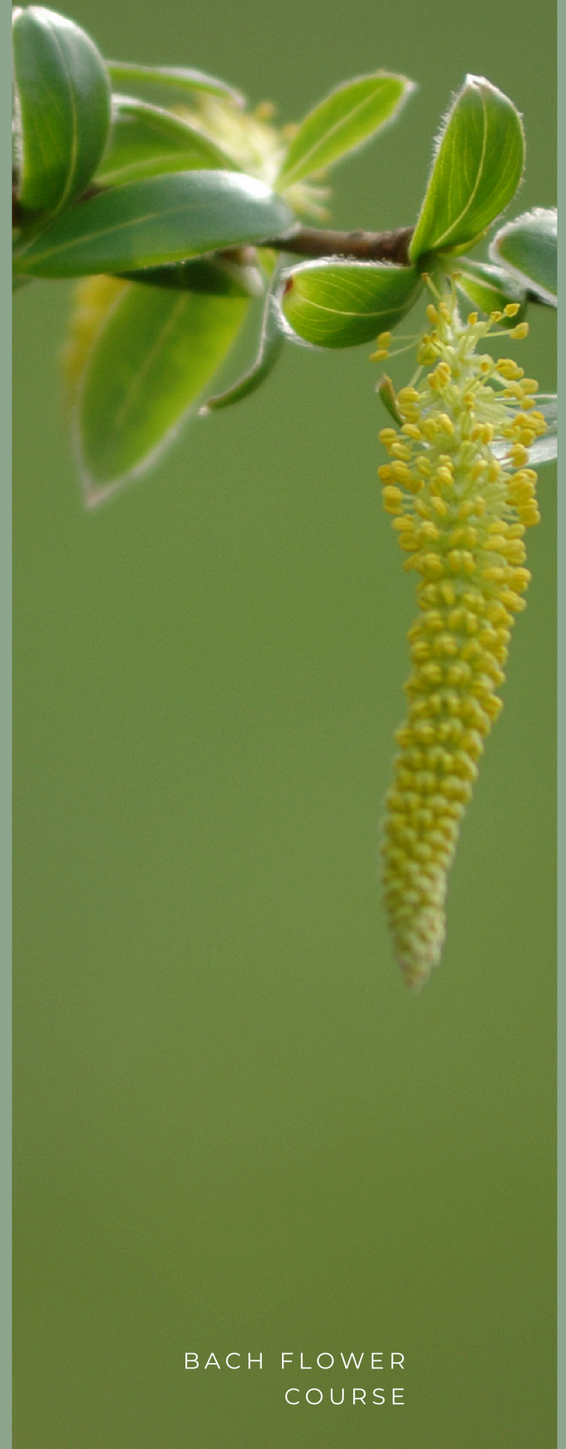
38.Willow

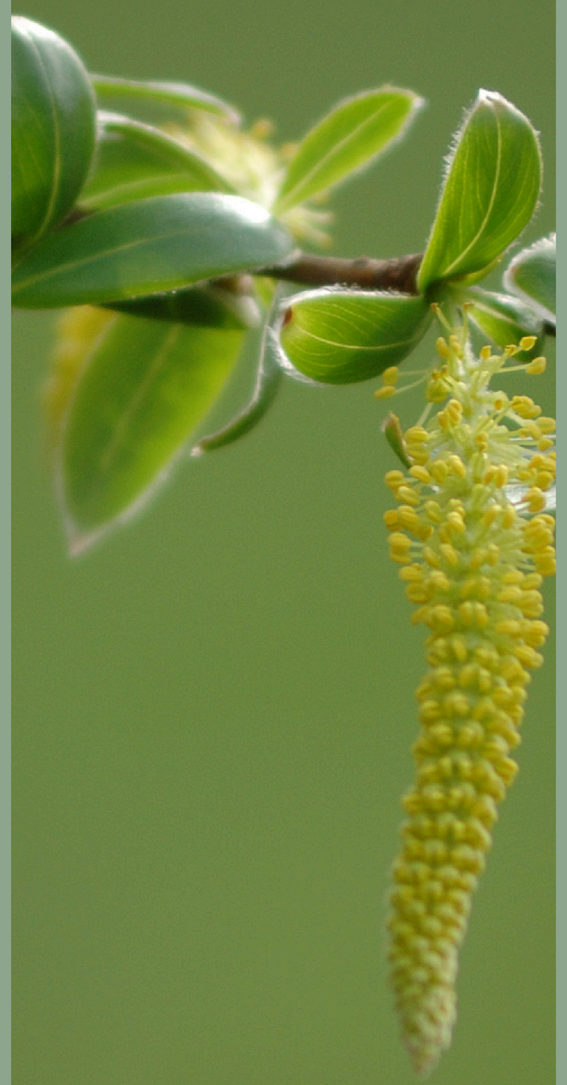
The Bach flower of fate

From anger against fate …… to a sense of responsibility towards ourselves.

If you resent others, feel sorry for yourself, look for reasons outside

Key symptom:
"For those who have been hit by misfortune or bad luck, which they find difficult to accept without complaining and feeling offended, because they think they have already put in a lot of effort in life. They feel that they did not deserve such a great ordeal, that it was unfair, and they become bitter. They often show little interest and activity in the things they used to enjoy." — Dr. Edward Bach





BACH FLOWER
COURSE

Willow is related to the sense of responsibility we feel towards ourselves. Willow is basically a symbol of mourning. In a negative state, a person feels like a victim of his fate, always blaming some external circumstance or person for the development of his life. Willow can demand shape, but usually doesn't want to give it. In this state, one notices the negative side of things. The emphasis is on the role of the victim, he does not want to take responsibility for his life. He projects his inner dissatisfaction onto the outside world, prejudices are formed, he refuses to cooperate.

In this state, they often show less interest and activity in things that they used to love. They hold back their energy, turn inward, and only accumulate bitterness. The Willow type must learn to say yes to life and come to work with renewed strength in order to overcome difficulties.

As an interesting fact, the tree itself is so full of life that it grows back even if it is cut down.

<u>Key symptoms may include:</u>

- Bitterness
- Offense, disappointment, resentment
- Envious of other people's luck and health
- He feels he is being treated unfairly
- He blames others for his problems
- He believes himself to be helpless, a victim of circumstances
- He only sees the bad side of things
- Lonely

<u>Confirmations:</u>

"I HAVE POWER"

"I HAVE STRENGTH"

"I TAKE RESPONSIBILITY"

39.Rescue Remedy

Quick help (Emergency drop)

The First Aid Drop is a pre-composed mixture that was invented by Doctor Bach and with which he successfully saved the life of a fisherman in 1933. In European countries, it is part of the standard equipment of ambulances, but it is not yet widespread in our country. The most popular and most purchased product of Bach flower therapy.

It was given the number 39 in Bach flower therapy, but basically it is not an essence, but a composition of 5 ingredients.

Rescue Remedy is not recommended for long-term use.

Basically, the First Aid drop is preserved with alcohol, like all the other 38 flower essences, however, the Original RESCUE products are preserved with glycerin. If you are looking for alcohol-free packaging for some reason, choose the original English products.





Dosage:

4 drops of it are recommended, which can be repeated if needed. In case of strong panic attacks or extreme stress, this amount can be doubled. It can be given to animals and plants. It can also be used to make poultices, baths and creams. Combine with Crab Apple essence when making a cream. In the same way, drop 2-2 drops into the chosen cream base. We can use a hydrophilic cream that can be purchased at a pharmacy, but it can also be added to natural creams.

Some basic situations when the Emergency Drop can be useful:

- When we are upset, for example after a family quarrel
- Before any unpleasant event (public performance, exam, job search)
- If a person is scared, bitten by an insect, or feels faint
- If there is a lot of stress at work
- We can prevent menstrual pain, biliary spasm, brief loss of consciousness, epileptic and migraine attacks, etc... Later, when the physical symptoms already appear, Rescue is ineffective.
- Highly recommended for panic attacks.

Its constituent elements:

- Rock Rose: for the prevention and relief of excessive excitement and panic
- Cherry Plum: to prevent or relieve the fear of losing control, uncontrolled physical symptoms (sweating, tremors)
- Clematis: helps to stay in the present, effective against fainting and fainting
- Impatiens: to prevent or relieve excessive compulsion to act, agitation, impatience
- Star of Bethlehem: to help process trauma on a physical or mental level

If we prepare the mixture ourselves, put 2 drops of each of the 5 essences into the 30 ml pipette bottle, along with high-quality non-carbonated mineral water and the selected preservative.

Product knowledge:
All RESCUE® products are First Aid drops, as the name suggests.
Any other manufacturer's Bach flower essence product with number 39 contains First Aid drops.

The Emergency Drop is not a substitute for medical care!



CLASSIFICATION OF FLOWER ESSENCES:

Dr. Bach divided flower essences into 7 groups:



1. Fear

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



2. Uncertainty

Scleranthus, Wild oat, Cerato, Hornbeam, Gentian, Gorse



3. Indifference to current events

Clematis, Honeysuckle, White Chestnut, Chestnut Bud, Olive, Mustard, Wild Rose



4. Loneliness

Impatiens, Water Violet, Heather

CLASSIFICATION OF FLOWER ESSENCES:

Dr. Bach divided flower essences into 7 groups:



5. Despair

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



7. Hypersensitivity to other people's ideas and external influences

Agrimony, Centaury, Walnut, Holly



6. Excessive concern for the well-being of others

Chicory, Vervain, Vine, Beech, Rock Water

CLASSIFICATION OF FLOWER ESSENCES:



Interest:
From March to July 1935, Doctor Bach found 19 new remedies. The first 19 essences were completed by 1933, and it took several years to find them.

How do essences work?
The essences help by tipping the negative pattern into the positive opposite pole with the help of their high vibration. Let's look at an example! If someone is angry, for example, the solution is not to say to yourself that you forgive, but to move in the direction of loving forgiveness. These drops can effectively help with this.

Health and disease
The Doctor used the concepts of health and disease to illustrate the relationship between body and soul. If we had the right attitude towards our lives and listened to our souls and understood the purpose of our physical activity, then there would be no need for illness. In short, illness indicates that we have deviated from our life path. The goal of human life, like all life, is development, which happens by exploiting our potential.
Free Yourself has clearly stated that essences are blessed with a pure benevolent power that is independent of belief.

Dr. Bach on the disease:
"Disease is the result of bad thoughts and bad actions, and it disappears as soon as our actions and thoughts are put in their place. Once we have learned the lessons of complaints, suffering, and anxiety, they become unnecessary and disappear automatically." Illness is always the result of conflict, when the personality is reluctant to fulfill the commands of the soul, when there is a disharmony, a break between our higher or Spiritual Self and the lower personality known as ourselves.
According to the Doctor, "the purpose of illness is ... to force us to give up our wrong behavior..." "We get sick so that we can improve faster. However cruel the illness may seem at first glance, its nature is actually benevolent. This is the method chosen by your father, your lover Our soul to help us on the path to understanding."

Mixing, dosing

We use 2 traditional preparation methods:

1. Glass of water method

Add 2 drops of the selected mother essence(s) to a glass of clean water and use this at least 3 times a day to achieve the desired effect. It is recommended to start the application in the morning.
The recommended dosage for the original essences is 4x2 drops. The glass of water method is, in my experience, the most effective suggestion for taking it.

Mixing, dosing

We use 2 traditional preparation methods:

2. Dropper bottle

It is best suited for long-term treatments. A 30 ml bottle with a pipette is available in pharmacies.

Fill the glass with 20 ml of clean water (high-quality non-carbonated mineral water is recommended) and add 10 ml of high-quality Brandy (e.g. VSOP). Brandy can be substituted or omitted if you do not want to use alcohol for preservation. It is important to note that if the mixture does not contain any preservatives, it is not suitable for long-term use. Put 2 drops of the selected essences into the bottle filled with water and preservative.
It can be an alcohol-free preservative, e.g. grapefruit seed oil. It is also customary to recommend apple cider vinegar (fruit vinegar) for preservation, but in this case, be aware of the unpleasant taste.
My own experience is that Brandy is the most ideal for preservation, it is no coincidence that Dr. Bach found it to be the most harmonizing preservative with flower essences.

What is important is that the pipette does not come into contact with the tongue under any circumstances while taking, to avoid bacteria getting into the bottle. In addition to incorrect use and storage, mold can also occur.

You can put any number of flowers in a personal mix, but experience shows that no more than 7 is worth it. The Bach center recommends 6 flowers in a standard mixture. The composition of personal blends usually changes over time, so I recommend limiting yourself to the essences you really need. If we have our personal mixture, the recommendation is to take 4x4 drops per day (morning, morning, afternoon, evening). You can deviate from this on the advice of a helper, or if you miss an appointment or if you accidentally use the drops more than once, it does not cause a problem. The 4x4 dosing recommendation does not apply to the First Aid drop. The First Aid drop is used when necessary, even several times a day. See more details in section 39. First aid drops.

The drops can be taken on the tongue or in a glass of clean water. In the case of babies, the mixture can be sprayed into the air, and for smaller children, it can also be put in fruit juice if they cannot take it otherwise. The drops can be used by people who are sensitive to pollen, as well as by pregnant women, although it is not recommended in the first trimester as a precaution. We can also give flower essences to animals and plants.

Mixing, dosing

Storage:

A 30 ml mixture approx. a monthly dose. It is not recommended to store the drops for more than two months. (The use of the mother essences is different, the expiry date indicated on the packaging is the authoritative one) It is not suitable for long-term storage near a TV, mobile phone, microwave, refrigerator, nor in hot sun or extreme cold.

The used bottles can be recycled, it is recommended to boil them to clean them.

It is recommended to label the bottles, especially if more are used.

Preparation of essences:

A significant part of the plants can be found here, so if someone wants to prepare the essences themselves, they can easily do so.

It is recommended to find plants that do not live in the wild in Hungary (sulzano, olive tree) in their original habitat and prepare the mother essence from them there.

The essences themselves can be prepared in 2 ways.

The first method is "sunning"

Dr. Bach's description:

"Method of preparation: the remedies must be prepared close to the habitat of the plants, so that the flowers can be placed on the water immediately after collection, when they are still fresh and full of life.

Take a thin, fine-walled glass bowl and fill it with water from a clean spring or spring. Then put enough flowers on the water so that they completely cover the surface, but do not get under each other. The bowl with the flowers should be left in the sun until the flowers begin to wither. This duration varies, depending on the particular plant and the intensity of the sunlight, it can vary from about two hours to seven hours. Then the flowers should be carefully removed from the surface of the water and the water should be poured into a bottle, after which an equal amount of Brandy should be added as a preservative. "

What is also important is that the flowers should not be shaded during sunbathing, because if this happens, you have to start all over again.

Mixing, dosing

The cooking method:

This method is significantly simpler than tanning.

Doctor Bach succinctly describes it in two sentences:

"The plants must be boiled in clean water for half an hour. Then filter the decoction, half fill the appropriate glass with it, and after it has cooled, fill it with Brandy as a preservative.

Organ selection

The most important and at the same time perhaps the most difficult part of Bach flower counseling is the selection of flowers. The essences have no side effects, but if they are not selected properly, our mixture will be ineffective.

Structure of the conversation:

Conversations should start with an anamnesis. It is important to get to know the patient's medical history, or present complaints. When choosing flowers, we always take the given emotional state as a basis, so in the case of a specific disease, we do not observe the disease itself, but the way the patient reacts to the given disease.

The most important question is what the person who turns to us feels about his situation at the given moment!

Additional questions worth looking for answers to:

- *How long has the problem been going on?*

(The number of years a specific problem has existed, the treatment time is usually about this many months)

-What is the patient's complaint to us?

(Here, it is worth exploring the topic more closely. We must recognize the emotional and spiritual difficulty for which we are looking for a solution!)

-What is the symptom?

(Are there physical symptoms?)

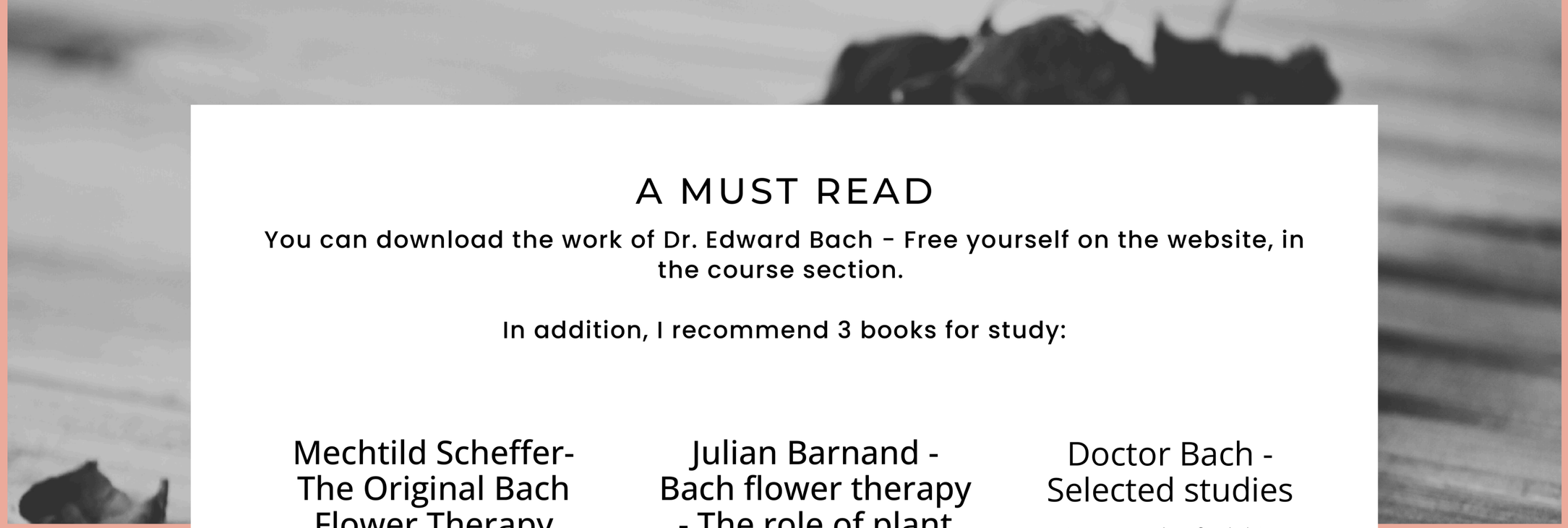
Counseling can be done in several ways. The original Bach method is based on personal conversation, and does not recognize any other method for choosing flowers. My suggestion is that the Mechtild Scheffer test is of great help during practice, until we are proficient enough in the complete knowledge of flowers. This test is very detailed and gives accurate answers about our specific emotional state. I do not recommend choosing flowers with a card, in my opinion, the best guidance is given by our knowledge during conversations, which can be strengthened by our inner intuition. However, getting to know the flowers in detail helps the most in choosing the right essences, which nothing can replace.

If for some reason we are attracted to a certain flower, it is advisable to add it to our personal mix.

Doctor Bach's advice:

"If you encounter difficulties in the search for your own remedy, it will help you to ask what virtues you most admire in others or what are the faults that you are most averse to, since we serve as the most repulsive fault in the other, even if only a trace remains in us, and which we worked the hardest to weed out. This is how we notice our mistakes so that we can write them out of ourselves."

- If we cannot choose between 2 essences, it is advisable to put both substances in the bottle.
- If the patient's condition improves, another medicine is often necessary.
- In some cases, none of the 12 healers seem to be exactly right, sometimes they seem to be part of the being of the disease. In this case, you have to try to get out of the state of stagnation and change it to activity.



A MUST READ

You can download the work of Dr. Edward Bach - Free yourself on the website, in the course section.

In addition, I recommend 3 books for study:

Mechtild Scheffer- The Original Bach Flower Therapy

This is a basic work and very useful. It is worth keeping one of them if someone wants to deal more seriously with Bach flower therapy.

Julian Barnand - Bach flower therapy - The role of plant form in healing

It helps us to gain a more comprehensive and broad knowledge about flower essences as well as flowers themselves. Unfortunately, this book is no longer available, but it is still available in some bookstores.

Doctor Bach - Selected studies

You can also find this book in the webshop next to Mechtild Scheffer's work.