

[Healing Emotions with Flowers](#)

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Healing Emotions with Flowers

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"Disease is, in essence, the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort. No effort directed to the body alone can do more than superficially repair damage, and in this there is no cure, since the cause is still operative," Is this the statement of a New Age practitioner? No, these are the words of Edward Bach, who was a highly successful bacteriologist and homeopathic physician with a lucrative practice in Harley Street, London. In 1930 he retired to devote his time to find a therapy that would reach to the true source of disease.

Through a sensitive intuition and much research, Dr. Bach determined that the essence of flowers was the vibratory agent that could influence this conflict between the soul and the mind. He was able to extract the flower essence with pure spring water and used a small amount of brandy as a preservative. He formulated 38 remedies grouped into seven headings: For Fear, For Uncertainty, For Insufficient Interest in Present Circumstances, For Loneliness, For Those Oversensitive to Influence and Ideas, For Despondency or Despair and For Overcare for Welfare of Others. In his 1933 book, *Twelve Healers and other Remedies* he stated, "There should be no difficulty either for oneself, or for another, to find the state or mixture of states which are present, and be able to give the required remedies to effect a cure."

A practitioner in this methodology is well trained in observation and self-analysis and has gained experience understanding the various essences. The usual dosage of the selected essence is 3-4 drops in a cup of water four times a day. The effect of the treatment does not occur rapidly. There may even be an occasional increase in symptoms in the first few days, but in three to four weeks a definite change in the emotional state is noted.

These essences can not do any harm, they can not be antidoted by any substance known and they can be given along with other therapies. The usual precaution of not taking another strong energetic substance for at least one half hour before or after is usually suggested.

There is a special remedy called the "Rescue Remedy," that we recommend should be in the emergency kit of all readers. It is a combination of five different remedies for Trauma and Numbness, Terror and Panic, Irritability and Tension, Fear of Losing Control, and the Tendency to Pass Out (the sensation of being 'far away' that often precedes unconsciousness). In the case of an accident or sudden illness, Rescue Remedy not only helps the "victim" but also the witnesses by calming them and giving them confidence in a quick recovery. Four drops in a cup of water are ordinarily given to the patient in frequent sips until the condition changes. It is also available as an ointment for external application.

It is said by those that are well accustomed to the use of the Bach Remedies, that they are applicable (especially the Rescue Remedy) for the conditions of animals and plants that are in the state of shock. There are also floral essences that are more attuned to the stresses and conditions of the modern urban environment. Seventy two of these have been identified. These have been researched and prepared by the Flower Essence Society, P.O. Box 459, Nevada City, CA 95959.

The Bach Remedies and books are available from Ellon Bach USA, P.O. Box 320 Woodmere, N.Y. 11598. phone 516-593-2206, and in most Health Food Stores and Homeopathic pharmacies. Recommended books are: Heal Thyself, Dr. Edward Bach 1931; The Thyself, Dr. Edward Bach 1931; The Twelve Healers and Other Remedies, Dr. Edward Bach 1933; The Bach Remedies Repertory, F.J. Wheeler 1952; The Illustrated Handbook of the Bach Flower Remedies, Phillip Chancellor 1971; Beach Flower Therapy, Theory and Practice, M. Scheffer 1987.

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