

A helpful handbook that looks at the life and work of Dr. Edward Bach, and gives details about his 38 Flower Remedies. Guidance notes on how and when to take these therapeutic essences are also included for the reader.

Turning to Nature

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4116.html?s=pdf>

Turning To Nature

**The Healing Flower Remedies
Created by Dr. Edward Bach**

Marion Webb-De Sisto

Copyright © 2009 Marion Webb-De Sisto

ISBN 978-1-60145-873-5

Library of Congress Control Number: 2009905790

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

BookLocker.com, Inc.
2009

Table of Contents

Introduction.....	1
Chapter One: Dr. Edward Bach and His Philosophy on Wellness .	5
Chapter Two: The Fear Group.....	17
Chapter Three: The Uncertainty Group	23
Chapter Four: The Not Sufficient Interest in Present Circumstances Group.....	29
Chapter Five: The Loneliness Group.....	35
Chapter Six: The Over-Sensitive to Influences and Ideas Group .	39
Chapter Seven: The Despondency or Despair Group	43
Chapter Eight: The Over-Care for Welfare of Others Group	51
Chapter Nine: Rescue Remedy® Drops and Rescue® Cream	57
Chapter Ten: The Bach Remedies for Pets and Plants	61
Chapter Eleven: Comparable and Opposite Remedies	65
Chapter Twelve: Additional/Alternative Categories	71
Chapter Thirteen: How to Put Together a Treatment Bottle.....	73
Chapter Fourteen: The Two Methods of Creating the Bach™ Original Flower Remedies	77
Chapter Fifteen: Creating Flower Essences and Flower/Gem Elixirs	81
Epilogue	91
Appendix One: The Type and Mood Remedies	95
Appendix Two	97

Marion Webb-De Sisto

Relevant Contact Details	101
Answers to Exercises One and Two	103

Chapter One

Dr. Edward Bach and His Philosophy on Wellness

Dr. Bach trained and qualified at University College Hospital and became the Casualty Medical Officer in 1913. Later in the same year he was also appointed to the position of Casualty House Surgeon at the National Temperance Hospital. He gained the Diploma of Public Health at Cambridge in 1914 and spent the following years until 1930 as a consultant, bacteriologist and homoeopath in London. Yet even during his medical training he began to think that the primary reason for sickness was not totally due to a physical cause. As time passed he became increasingly dissatisfied with orthodox medicine and believed that negative emotions and an unhappy mindset drain the body's natural ability to ward off illness. Dr. Bach also moved away from the conventional practice of looking upon his patients as medical cases that were displaying certain symptoms. He viewed them as people with attitudes and personalities that needed to be addressed when treating their medical problems.

In 1915 he turned his attention to immunology and became Assistant Bacteriologist at University College Hospital. Then from 1919 to 1922 he took up the position of Pathologist and Bacteriologist at the London Homoeopathic Hospital. While there Dr. Bach developed his Seven Bach Nosodes, which were oral vaccines, originating from certain purifying intestinal bacteria. These vaccines proved to have very positive effects on some chronic conditions and they continue to be

prescribed today by various homoeopathic doctors and other physicians. However, he was not entirely happy that they were based on bacteria and he hoped to find a more gentle approach to healing.

By 1928 he concluded that a person's personality definitely needed to be considered when treating illness. This happened one evening during a dinner party. As he looked at the other guests, he realized they could be classed into distinct types. From his earlier homoeopathic training he was aware that Samuel Hahnemann, the founder of Homoeopathy, had advocated the importance of character when dealing with sickness. Now Dr. Bach was convinced it was necessary to establish a patient's persona in order to help achieve wellness. He realized that each type of person would react to illness in her/his own manner.

During that same year he visited Wales and brought two plants back with him. They were *Mimulus* and *Impatiens*, and he prepared these in the same way as his oral vaccines. They were administered to patients who displayed the type/personality of a sensitive introvert *{Mimulus}* and an impatient and irritable person *{Impatiens}*. The results were instantaneous and successful. Sometime later Dr. Bach also created an oral vaccine from *Clematis*, and these first three plants heralded his venture into an entirely different attitude toward medical care.

Almost two years later this visionary man closed his London practice and laboratory and moved to Wales. He enjoyed taking early morning walks in the countryside and on one occasion, while strolling across a field, he noticed the profusion of dewdrops on the petals and leaves of wild flowers. Seeing them glistening in the sunshine, he suddenly realized that as the sun heated each drop, the healing essences/energies of the plants were being transferred into those tiny deposits of

Turning to Nature

dew. This realization prompted Dr. Bach to create a process for extracting the healing essences of plants, shrubs and trees with the help of pure spring water. For some the water would be heated by the sun, but for others boiling the liquid was the necessary method. *{See Chapter Fourteen for further details of both techniques. There is also a breakdown that lists into which of these two methods the various Remedies fall}*

From 1930 to 1934 Dr. Bach lived in Cromer on the Norfolk coast and discovered and prepared more plant essences with which he successfully helped his patients. Then he moved to Mount Vernon in Oxfordshire and continued the search for his Remedies, as well as treating patients with his newly ascertained therapy. By the time he had developed the 38 Remedies and Rescue Remedy, Dr. Bach knew that his task was complete. He requested his friends and personal assistants, Nora Weeks and Victor Bullen, to ensure that his work would not be forgotten or ignored. They, in turn, gave Dr. Bach's insightful knowledge and theories about illness to John Ramsell, who then passed the doctor's work and philosophy on to his daughter Judy Ramsell Howard. In this way, awareness of the Bach Flower Remedies has been handed down to us so that we can gain wellness.

During his lifetime Dr. Bach never enjoyed robust health. He volunteered for service in World War I, but his application was declined on medical grounds. Later, in 1917, he became seriously ill from overwork and was given only three months to live. However, by clinging to his belief that staying true to one's own *raison d'être* is paramount to wellness he rallied and continued his medical work. Later he was diagnosed with having cancer, but did gain some relief from his physical ailments by taking his own Remedies. In November 1936 Dr. Edward Bach died peacefully in his sleep from exhaustion. Some may question why his Remedies could not cure him, and

that is understandable. I believe, however, that they did keep him alive until his reason for being here was completed.

There is not a great deal known about the doctor's personal life. This is mainly due to the fact that Nora Weeks only discussed and explained his work and not other aspects of his life. There were also only a very few personal papers left by him following his death. He was married twice, but both marriages had ended prior to 1936. The first was due to the death of his wife and the second one failed at some point before he closed his London practice. One daughter was born during the second marriage.

Some confusion exists over the pronunciation of his family name. Usually, people presume it is pronounced in the same way as that of the German composer Johann Sebastian Bach (1685 - 1750), but the doctor's family referred to it as "Baytch" *{rhyming with the letter 'h'}*. However, while in medical school his fellow students repeatedly articulated his name as "Batch" and over time it has become the accepted pronunciation. Anyone who goes to the Centre, whether as a student or a visitor, is quickly given the explanation by the staff of how this unusual variation arose.

Dr. Bach's Remedies address our mood and mindset when we are less than well and they also pinpoint our type of character. They are divided into the categories of either Type or Mood and ten of the former frequently double up as being Mood Remedies. *{See Appendix One for a breakdown of the Remedies}* However, all of the Type Remedies can on occasion be taken by anyone who happens to be experiencing a mood that is consistent with the innate nature of the Type.

The 38 do not take into account the symptoms we have or even the exact nature/name of the malady from which we are suffering. Dr. Bach believed the character of the person, who is experiencing dis-ease, should be treated rather than the actual

Turning to Nature

effects of the illness. This is completely at odds with what conventional medical practice has taught us. When we visit a doctor s/he asks us to state any pain/discomfort and adverse physical conditions that we are experiencing. This helps the doctor to diagnose the correct illness and/or may indicate that some form of testing is necessary. Whereas, a Bach Foundation practitioner will ask us to describe our personality, how we react to certain situations and how we feel about life in general. If told that we are suffering from dis-ease, apart from asking whether we are receiving medical attention, s/he will inquire about our attitude toward having that illness. In addition, s/he will want to know our immediate and present feelings and emotions. All of this information will aid the practitioner in prescribing the correct Remedies for us.

The manner in which the 38 Flower Remedies work is simple and timeless. By treating the cause behind the illness and not the ailment itself, nothing will ever be beyond the scope of them. No new dis-eases or return of old ones will ever invalidate one single Remedy. Our attitude toward sickness, whether it is fear, denial, or acceptance, is diagnosed and prescribed for, rather than addressing the virus or bacteria. Life in the 21st century in many ways is very different from any other time frame in history, due mainly to the advancement of technology. Yet human emotions have not changed. We continue to love, hate and envy other people; and the desire for power and possessions persistently dominates the thoughts of some.

As already stated, Dr. Bach changed his opinion on how dis-ease develops within the human body. He understood that we are more than just corporeal beings and that when there is disharmony between our various subtle bodies, or levels, illness will manifest within the bodily form. Apart from the Physical, we possess seven other bodies, i.e. the Etheric, the Emotional,

the Lower Mental, the Higher Mental, the Intuitional, the Spiritual and the Divine. The Etheric Body is almost entwined with the Physical Body; it is like a second skin, and within spiritual disciplines it is not usually listed separately. Yet it is the gateway to our true spiritual identity, the portal to the Higher Self, and when there is no accord within all of our levels of being we are out-of-touch with our soul goals. Therefore, we need to promote harmony within the subtle anatomy and the physical self. We must maintain a healthy balance of well-being between them.

Dr. Bach equated the process that takes place when we take his Remedies with the peeling of an onion. As we ingest the correct Type and Mood Remedies, the adverse emotions and mindset, which have built up around our true personality, are peeled away in the same way the layers of an onion can be removed in order to reach its core. This usually means that as we address and release one particular emotion and/or mindset, another underlying one is revealed. This then will require a different Bach Remedy to be taken and, when that emotion and/or mindset is discharged, yet another will become apparent. This process continues on until we have ‘peeled back’ all our feelings and thoughts that are keeping us in an unhealthy state of body and mind.

We come into this world with certain soul qualities that manifest as our core personality traits, and these characteristics are as innate to each one of us as are our skin tone, eye and hair color, or body shape and height. Yet just as modern technology can change our external appearance with tanning lotions, hair dye, colored contact lenses and elevated shoes, so, too, can our life experiences alter our inner profile.

Within the first seven years of life there is intensive ‘fine-tuning’ of the core personality. However, the immediate and subsequent experiences throughout life, whether

Turning to Nature

pleasurable or traumatic, can intensify or undermine its veracity. As babies, we bond with our parents and care givers, and from these encounters we develop our first understanding of a relationship with another human being. Next, our siblings become significant to us and, as we grow, we form further relationships with friends and, eventually, with partners and our own children.

During this process of relating to others, their responses to us greatly influence how we feel about ourselves and our life in general. If the love and friendship we offer is rejected, ignored, or abused, with the passage of time we build layer upon layer of protection around our emotional pain. In turn, these layers begin to mold, change, or hide the true core character. This action displays differently in each of us, depending on our type of personality. For example, we may present a brave and happy face to the world, determined never to allow others to see the totally shattered self-image that lies painfully within. Or perhaps the love we once offered has now been transformed into hatred, resentment, or intolerance of other people. Throughout our physical existence we also nurture and cherish certain desires and ambitions within our professional and personal lives. Here, too, the negative layering and molding effect on the core personality will inevitably take place when the outcome is failure rather than achievement.

Dr. Bach recognized how importantly this effect relates to the treatment of dis-ease. If the core personality becomes hidden or is being expressed inappropriately, what he called a “negative soul state” exists and this disharmony leads to sickness. Therefore, in order to discover and reclaim the positive soul state/wellness, the layering process must be reversed. Then, as with an onion, each separate layer and what caused its formation can, in turn, be exposed, understood and, if necessary, treated and healed; and, ultimately, the true core

personality will become evident and flourish. The doctor also knew that by ‘peeling the onion’ positive learning takes place. By recognizing and understanding what has created negative feelings and attitudes, we gain a valuable life lesson so that any future difficulties will be handled in a more positive manner.

If you are wondering how Dr. Bach recognized which Remedy was the correct one for each particular Type or Mood, the following explains how he was able to do this. Apparently, he cupped the blossom head in his hands while it was still attached to the plant, shrub, or tree, and then he experienced the personality type the bloom’s essence would address, or the negative emotion and/or mental state that it would cure/remedy. In this way he was adept in discerning the exact flower essence for each negative soul state.

The doctor advocated keeping things simple, and the qualified Bach Foundation practitioners are required within their Code of Conduct to follow his example. This means they will adhere to the process of prescribing the correct Remedies by asking about a client’s character, feelings and mental attitude. They are not allowed to use any other method, such as dowsing with a pendulum or using kinesiology, for ascertaining which of the flower essences are needed. In the same manner, a person can decide upon the correct Remedies to take by self-questioning herself/himself in order to establish personal character traits, relevant moods and mindset.

Identifying a person’s Type will often reveal that s/he is a mixture of personalities. For example, a shy person {*Mimulus*} may also be someone who is extremely submissive {*Centaury*}. Similarly, a dominant person {*Vine*} can possess an impatient disposition {*Impatiens*}. However, this in no way creates a problem when prescribing the Bach Remedies because more than one Type Remedy can be taken at the same time. What is most important is the need to take the identified Type(s)

Turning to Nature

together with the necessary Mood(s). This may involve taking as many as six or seven Remedies and, with this in mind, there are instructions in Chapter Thirteen about how to put together a treatment bottle that contains all of the required flower essences.

Dr. Bach envisaged us using his Remedies instead of turning to “over the counter” medicine. We can rely on them to help alleviate whatever degree of illness we are suffering. They can be taken together with conventional medicine and/or medical procedures because they carry no harmful side-effects. They are free from artificial additives, which makes them totally safe for adults, children and also for animals *{as shown in Chapter Ten}*. These healing flower essences are also suitable for vegans. If the choice of Type or Mood Remedy is incorrect, there will be no adverse consequences; the result will be the same as if no Remedy is being taken.

The correct dosage of these therapeutic liquids is:

- 2 drops taken in a glass of water at least 4 times each day. This can be with or between meals.
- 4 drops of Rescue Remedy taken in a glass of water as frequently as needed, but at least 4 times each day.

If preferred, the Remedies can be put into fruit juice or a hot drink, but water is the recommended carrier. It absorbs whatever energy/essence is placed into it and, thereby, increases its potency. This is a Homeopathic principle. Water will hold and enhance the memory of any flower essences and/or elixirs that are placed into it; therefore, it is the most beneficial way of taking the Remedies.

The 2 or 4 drops can also be released straight onto the tongue if water or any other drink is not available, but there is a word of caution with this method. Our mouths are filled with

bacteria and if the bottle's pipette should accidentally touch the tongue, the teeth, or any part of the mouth, then some of those bacteria will transfer to the pipette that is then placed back inside the bottle, resting within the liquid Remedy. Given time, those bacteria will grow and multiply among the bottle's contents. When the Remedy is next used, the pipette will not only deposit 2 or 4 drops of flower essence, but also liquid that contains possibly harmful bacteria. In order to emphasize this point, one of the items that we students were shown during our training days at the Bach Centre was a Remedy bottle in which bacteria had been allowed to grow. I cannot fully express in words just how disgusting the contents looked, but the image will always remain, reminding me that it is much safer to take the Remedy in water rather than directly onto the tongue.

In his little booklet: *The Twelve Healers* Dr. Bach's 38 Remedies are listed within the seven groups to which he assigned them. Keeping true to his understanding of these flower essences, the following chapters list the Remedies and the Groups into which he placed them. Some may appear similar to each other so be certain to read Chapter Eleven where several comparisons are explored. The reader may also consider that s/he would have placed certain ones in a different group, but as a Bach Foundation Registered Practitioner and admirer of the doctor's work, I present them in the same manner that he gave them to us. From the Bach Centre training and my own practical experience over the years with the Remedies I believe they are grouped correctly.

Please Note: Each of the twelve original Remedies that Dr. Bach discovered are indicated by an asterisk.

Apart from identifying the seven groups or areas of discord, which can adversely affect our well-being, Dr. Bach also delineated the seven phases that form the remedial process for dis-ease: Peace, Hope, Joy, Faith, Certainty, Wisdom and

Turning to Nature

Love. Therefore, it follows that if we take the correct Type and Mood Remedies for our individual needs, we will gain these seven blessings on our journey to wellness.

A helpful handbook that looks at the life and work of Dr. Edward Bach, and gives details about his 38 Flower Remedies. Guidance notes on how and when to take these therapeutic essences are also included for the reader.

Turning to Nature

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/4116.html?s=pdf>