BACH FLOWER ESSENCES

The Power of the Flower

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Bach flower essences are a form of energy medicine used to relieve stress and ameliorate the psychological causes of disease.

Flowers in Energy Medicine

Bach flower remedies or essences are a form of energy therapy used to facilitate relaxation, reduce stress, and heal the psychological causes of disease. Unlike aromatherapy, the healing properties of flower essences are based on the notion that the energetic signature of a particular flower can be transmitted to the user, thereby affecting the user's psychological state. Specific flower essences are associated with specific healing properties. For instance, the essence of elm is reported to benefit people who are overwhelmed by responsibility, and the essence of gorse benefits people afflicted by hopelessness and despair.

Historical Background

The British physician Edward Bach (1886-1936) reported that he psychically or intuitively discovered the healing effects of 38 different wildflowers by "inspirations" that occurred while he was out on nature walks. The concept of discovering the healing powers of plants is hardly unusual. Until the recent introduction of synthetic medicines designed to mimic the effects of plants, most medications have traditionally been derived from plant sources. The healing properties of plants are well documented.

Bach claimed that he could intuit the healing nature of specific flowers by holding or tasting the plant. Bach further stated that flowers had a soul or energy with affinity to the human soul and that illness resulted from a contradiction between the purpose of the soul and the desires associated with the personality. The main claims of flower essences tend to be based on metaphysical principles rather than empirical science.

Applications

Bach flower remedies are derived from the essential energy found within flowers rather than the physical plant material. This energy is extracted and preserved in a liquid matrix. According to Bach, there are 38 primary psychological causes that account for thousands of different variations on physical illness. These causes can be classified under 7 headings:

* Fear
* Uncertainty
* Lack of interest in present circumstances
* Loneliness
* Overly sensitive to influences and ideas
* Despair or despondency
* Excessive concern for the welfare of others

**Preparations**

Similar to many homeopathic preparations, flower essences are dilute substances that are administered as drops. The basis for their use is the concept that the positive energy from the essence can redirect or neutralize negative energy. Bach flower essences are prepared from non-toxic substances. Bach formulations include the 38 original flower essences and the combination formula known as Rescue Remedy. Preparations manufactured by as many as 400 other companies are also available worldwide, with more than 60 companies registered in the United Kingdom.

Rescue Remedy, which is the most widely used Bach essence, contains a combination of Rock rose, Impatiens, Clematis, Star of Bethlehem, and Cherry Plum essences. Rescue Remedy is reported to relieve acute stress, anxiety and panic attacks. Rescue Remedy is not intended as a daily medication used to prevent the effects of stress. Rather, it is to be used as needed when stressful emergencies occur.

**Benefits**

The benefits of flower essences are primarily based on anecdotal reports. These reports have not generally been duplicated in peer-reviewed clinical trials. However, the effects of flower essences tend to work on an individual basis depending on the unique emotional makeup and general health of the subject. Used as directed with the understanding that individual responses vary, flower essences have much to offer for persons with autoimmune diseases.

**Resources:**


Bach Centre, with information on practitioners of Bach flower essence therapy, http://bachcentre.com/

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