

New about Bach flower essences

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For the first time in Russian, a Russian publishing house publishes a book by Hagen Heimann "All about Bach flowers and new therapies with Bach flower essences." The author has kindly provided materials for the publication of this article. He is a doctor of alternative medicine, deputy director of the International Center for New Treatment Methods in Hanau (Germany), head of the regional group of the union of naturopaths, conducts seminars and lectures in Germany and abroad. In 2014, Mr. Heimann plans to conduct lecture seminars in Russia.

Dr. Edward Bach (1886-1936) was able to accurately classify 38 negative mental states and to select 38 flower essences for their therapy. Bach treated exclusively the mental disorders of his patients. He was clearly convinced that the patient, by receiving the missing virtue through the Bach Flowers, would again be in harmony with himself, due to which he would recover.

Dietmar Kremer, a German naturopath 50 years later, designated 38 states of mind discovered by Bach as "Bach archetypes", because they cover every negative state of mind that can be found in every person.

The concept "archetype" comes from the Greek language and means "archetype" or, also, "original form". It is mainly used by C.G. Jung in connection with the dreams he described. Between the "Bach archetypes" and the "Jungian archetypes" - how to properly call them - there is no therapeutic connection. Carl Gustav Jung talks about dreams and their interpretations; from Dr. Bach - about negative states of mind, such as: jealousy, envy, impatience, lack of self-confidence or feelings of guilt, which are familiar to everyone.

The fact that in the mental states described by Bach we are really talking about archetypes became possible to prove in connection with the study of skin zones by Dietmar Kremer using Bach Colors. He found 243 dermal zones corresponding to Bach's flower essences and called them "reflex zones of the soul." He was able to prove that each archetype has direct correspondences also on other therapeutic levels. To simplify the nomenclature, "Bach's archetypes" are named for the colors they represent. An example of the correspondences of the "Bach archetype": Pine is a Bach flower, Peruvian balsam is an essential oil, and lapis lazuli is a precious stone. All three are direct identities of this "archetype" at various therapeutic levels. For simplicity, this is called the Pine archetype.

Dr. Edward Bach discovered individual archetypes, and naturopath Dietmar Kremer developed from them the general concept of "New Therapies", which not only takes into account the relationship of flowers to each other, but also complements them with new treatments.

It was only after Dietmar Kremer investigated these ratios that it became possible to effectively treat chronic ailments with flower essences. Perhaps this is one of the reasons why Bach's flower therapy has not been given much importance until now, and even in the field of traditional medicine, this therapy has been assigned a very insignificant role. On the one hand, this circumstance is easy to explain: after all, it was only about 38 unrelated flower essences that did not have an objective, scientifically proven effect.

After Dietmar Kremer discovered the skin areas of the Bach Flowers, it became possible to recognize 38 "Bach archetypes" in other therapeutic areas as well. He developed the general concept of "New Therapies", which takes into account the relationship not only of Bach flower essences with each other, but also their correspondence with acupuncture meridians, aromatic oils and precious stones. The essential oils and gems that complement these flowers are direct equivalents of the Bach archetypes, not their equivalents or counterparts. Their high therapeutic efficacy has been established for 25 years.

The main differences between the Bach Flower Therapy, which he himself practiced, and the New Bach Flower Therapies are, in particular:

- the relationship of the Bach Colors (the ratio of colors to each other), the so-called floral

- Bach tracks;
- skin areas of Bach Flowers;
- supplementing therapy with equivalents of "Bach archetypes" (essential oils and precious stones);
- observance of the clock of the meridians.

Naturopath Dietmar Kremer was able to discover the interrelationships of colors and the resulting therapeutic sequences. He divided Bach flower essences into "Inner", "Outer" and one Basic flower. The "Inner Flowers", in turn, are divided into 12 subgroups, each with three flowers - the so-called Bach flower tracks. This is reflected in the table of the ratio of Bach's flower tracks and acupuncture meridians (Table 1). Based on this distribution, it is possible not only to control the course of therapy, but also to easily select color combinations, because the therapeutic result - the effect of the tracks - becomes apparent at a glance.

Table 1

Star of bethlehem		Gorse	Walnut		Elm	Aspen
Pine		Crab apple	Sweet Chestnut	Beech	Wild rose	Mustard
Holly		Rock water	Vervain	Chestnut Bud	Willow	Impatiens
Centauray		Scleranthus	Agrimony	Water violet	Gentian	Clematis
B		G	Du	KS	M	Di
White Chestnut	Cherrv Plum	Wild oat	Honevsuckle		Mustard	Oak
Hornbeam	Agrimony	Vine	Red chestnut		Heather	Olive
Vervain	Rock rose	Cerat	Chicory		Mimulus	Impatiens
H	3E	MP	Lu		N	Le
Larch						

External flowers are indicated for use if a negative state of mind has arisen or as a consequence of outside influence or as a reaction to such influence. These five flower remedies hold a special position in Bach's flower therapy as they are those negative states of mind that they represent mean a blockade of therapy and can interfere with the healing effect if left untreated.

Based on the observation that negative states of mind develop separately and follow each other, Dietmar Kremer divided the inner flowers into twelve groups, each with three flowers, and called them "Bach flower tracks." This sequence from the point

in terms of the mechanism of action can be briefly described as follows:

Communicative flower - Compensating flower -
Decompensating flower.

In this way, Dietmar Kremer tried to explain the interconnection of colors within flower tracks. For example, if the problem of internal conflict, typical of the Dival state, is compensated by firm determination, this corresponds to a negative state of mind Mountain water. Thus, strict rules and moral guidelines, it would seem, end internal conflict once and for all. The rules adopted by the patient himself become more and more stringent over time, with the goal of in no case getting into a situation where he will have to make a decision himself. Although he already notes that at times he is not able to follow the strict standards set by himself. It turns out that he is in the stage of decompensation. Figuratively speaking, the patient is now at a dead end where his previous behavior led him. He considers his behavior shameful if he breaks one of his strict rules at least once, and because of this he feels vicious from the inside. This state corresponds to the negative state of mind of the Wild Apple tree.

A short description of Bach's flower track

A brief description is given in the book by Dietmar Kremer [1].
It graphically represents how individual states develop in different directions.

Vervain - Horn beam - White Chestnut

Vervain

The Vervain type is full of enthusiasm and desire for idealism. He is instantly passionate about the topics that interest him and wants to captivate his interlocutors. If he is faced with indifference on their part, he still tries with obsession and missionary zeal to inspire others with his ideas. Often, he experiences a strong inner urge that makes him fight against the injustice of this world.

Hornbeam

The Hornbeam is prone to feelings of extreme fatigue and exhaustion due to mental strain. He has too much need for sleep, it is difficult for him to get out of bed in the morning. Often, upon waking up, he feels more tired than in the evening before going to bed. However, the longer he stays in bed, the more tired he feels. Despite the fact that he feels weak and lack of strength, physical labor is given to him easily, as soon as he forces himself to get down to business.

The over-enthusiasm of the Vervain state inevitably puts a lot of stress on the brain. As a consequence, exhaustion, fatigue and indifference appear. The patient now feels that he can no longer cope with daily activities.

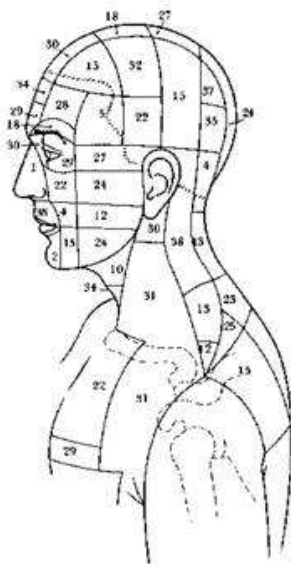
WhiteChestnut

The WhiteChestnut type is tormented by a constant need to think. Thoughts or chants are constantly swarming in his head; they cannot be controlled. Like a gramophone record with a needle on it, they repeat themselves incessantly. If the patient hears any motive, he will haunt him day and night. In the same way, some snatches of conversation, newspaper articles, television pictures or ringtones come to mind that he cannot get out of his head.

Overly excited (Vervain) puts an intense strain on the brain, leading to exhaustion (Hornbeam). Lethargic and tired, he spends time inactive (for example, lying in bed or on the couch). Since his ardor does not give him rest, thoughts begin to swarm incessantly in his head. It is not uncommon to try to correct Hornbeam's condition with stimulants such as coffee, cola, and energy drinks. This only aggravates the state of mental overexertion (White Chestnut).

Dietmar Kremer called the areas he found on the skin, corresponding to Bach colors, skin areas of Bach colors. We are talking about 243 "reflex zones of the soul" that cover the entire surface of the body.

In fig. a fragment of the topography of the skin zones of Bach flowers on the surface of the head is presented [2].



Rice. 1

Dietmar Kremer was able to prove that the entire surface of the body is covered with skin areas of Bach colors, without a single gap (the latter would indicate the absence of the desired colors). In addition, he had progressed with his discovery as far as he previously could not have dreamed, and other signs indicated that Dr. Bach's system of treatment was complete.

Until that time, until D. Kremer began work on the study of skin zones, no one knew that negative mental states change not only the color, but also the shape of the aura. During his medical practice, patients with the gift of clairvoyance told him that they could feel "holes in their aura." In the areas of the body described by them, Kremer could clearly feel these "holes" with his hand. He observed this phenomenon primarily in those patients who were not helped by any methods of treatment. He concluded that there must be a relationship here. Based on this, he tried to develop therapeutic methods for blocking "holes".

In one of the clinical cases, when the disease did not respond well to treatment, Kremer suggested that the mere realization of the cause of his own disease would serve as the basis for subsequent treatment. By local application of Bach flowers on the corresponding parts of the body, he managed not only to block the "holes" in the aura, but also to achieve the disappearance of severe physical pains within a few minutes, which was an absolute surprise. Assuming that there was a placebo effect, he tried to objectively confirm this achievement using the method of Kirlian electrography, which he unexpectedly succeeded. Encouraged by this success in treatment, the scientist began intensive research and discovered 243 dermal zones in Bach flowers.

In addition, D. Kremer was struck by the fact that under various negative mental states the aura always changed shape in the same areas. So, for example, in patients experiencing guilt feelings, changes in the shape of the aura - protrusions or depressions ("holes") - were identified in the same places. With insufficient self-confidence, such phenomena were found in completely different places. Thus, the feeling of guilt leads to the above-described deformations only in the Pine zone, and insufficient self-confidence is always only in the Larch zone. If a depression or "hole" occurs in any skin area, other areas of the same archetype will have a protrusion. In this case, we are always talking about the same archetype. In other words, a "hole" in the Pine zone cannot cause a protrusion in the Larch zone.

Many years of practical experience with the developed new form of application of Bach flowers on damaged skin areas made it possible to draw the following conclusions:

1. The emergence of a "hole" in the aura is directly related to any negative mental state that is embodied in the corresponding Bach flower. Consequently, the skin areas of Bach flowers are very useful for diagnosing diseases.

2. With targeted external application on defective damaged skin areas certain Bach flowers, the effect of the latter can be enhanced. In addition, physical pain can be easily eliminated in this way.

Quite unique (as with natural therapies) is the fact that the areas of the body where the diagnosis was made and where the treatment is being performed overlap. This is exactly in line with Bach's desire to make therapy simple and affordable.

Literature

1. Dietmar K., Wild H. Neue Therapien mit Bach-Blüten 1. - Ansata Verlag.
2. Dietmar K. Neue Therapien mit Bach-Blüten 2. - Ansata Verlag. - S. 297.