

## Treatment of chronic pathology with Bach flower essences

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Do not think for a second that you are being led away from the scientific work of Hahnemann - quite the opposite. He provided us with a significant, fundamental, foundation. But he only had one life. If he could continue his business and develop it, no doubt he would go in this direction. We just move forward a little and take his writings to the next, natural level (Dr. Edward Bach "You are suffering from yourself") [2].

Dr. Edward Bach (1886-1936) managed to classify 38 negative mental states and select 38 flower essences for their therapy. He treated exclusively mental disorders. The therapeutic advances made by these new agents made him very popular with his colleagues, who perceived him as a "second Hahnemann". While working on the problem of the true causes of the disease, he came to the conclusion that they are not in the bodily symptoms of the disease, but in negative states of the soul.

On May 17, 1987 the German naturopath and homeopath Dietmar Kremer discovered the first "skin area according to Bach flower essences" and a little later - the connections between Bach flower essences, the so-called "Bach flower essence tracks". With the help of these discoveries, it became possible to prove that Dr. Edward Bach found a suitable flower for all initial negative states of mind. There is not a single gap in the topography of the 243 mental reflex zones - the so-called "skin zones according to Bach's flower essences". This is typical for the track system, which is directly related to the acupuncture meridians.

Later, Dietmar Kremer managed to find the correspondence of Bach flower essences to precious stones and essential oils, as well as the correlation of Bach colors tracks with meridians, colors, sounds and metals.

All studies lasted nine years. It follows from the principle of therapy that mental causes of physical illness must be healed so that the body no longer has to convert negative mental states into organ diseases. Arose completely a new form of therapy: "New therapies with Bach flower essences, essential oils, precious stones, colors, sounds and metals. "

Dietmar Kremer designated the 38 states of mind discovered by Bach as "Bach's archetypes", since they cover all negative mental states that can be found in every person, regardless of gender, age, culture, race, religion, education, social status and time era.

The concept "archetype" comes from the Greek language and means "archetype" or, also, "original form". It was used primarily by C.G. Jung in connection with the dreams he described. There is no therapeutic connection between the "Bach archetypes" and the "Jungian archetypes," as they should be properly called. Carl Gustav Jung talks about dreams and their interpretations; Dr. Edward Bach speaks of negative mental states such as jealousy, envy, impatience, lack of self-confidence or feelings of guilt, which are familiar to everyone.

The fact that the negative states of mind described by Bach are really archetypes became possible to prove only later, in connection with the study of skin zones using Bach's colors by the naturopath Dietmar Kremer. He was able to prove that each archetype has direct correspondences on other therapeutic levels. To simplify the nomenclature, the "Bach archetypes" are named for the colors they represent.

Examples of correspondences of "Bach archetypes": Pine - Bach flower, Peruvian balm - essential oil and lapis lazuli - a gem. All three components are direct identities of this "archetype" at various therapeutic levels. For simplicity, this is called the "Pine archetype".

### Basic Principles of New Therapies

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 colors to each other - the so-called Bach flower tracks, but also supplements them with new methods of treatment.

Only after Dietmar Kremer investigated these relationships, it became possible effectively treat chronic ailments with flower essences.

After Dietmar Kremer discovered the skin areas of Bach flowers, it became possible to recognize 38 Bach archetypes in other therapeutic areas. The essential oils and gems that complement these flowers are direct equivalents of the Bach archetypes, not their equivalents or counterparts.

The main differences between Dr. Bach's Bach Flower Therapy and the New Bach Flower Therapies are, in particular:

- the relationship of Bach colors (the ratio of colors to each other), the so-called floral Bach tracks;
- skin zones of Bach flowers;
- supplementing therapy with equivalents of "Bach archetypes" (essential oils and precious stones).

Thus, the scientific work of Dr. Edward Bach has not been changed in any way. The basic principle is still valid: "Treat a person, not a disease - study the cause, not the result." To this can only be added the following: "Heal the negative manifestations of the soul the state of a person at the therapeutic level at which they were discovered, and in the reverse order of their occurrence."

#### How flower tracks work - track effect

In the treatment of acute ailments, Dr. Bach prescribed the necessary flowers for a very short period of time, mainly from several hours to several days, and stopped taking them immediately after the symptoms disappeared.

Here are two cases in the practice of Dr. Bach, which describe, on the one hand, the effectiveness of colors, and on the other hand, the duration of their use.

"... Bach was called to a patient who slipped on the sidewalk and sprained his ankle. When Bach came to see him around 8 pm, the foot was swollen and numb. It hurt the man a lot ...

Two or three drops of each of the two medicines were mixed in a cup of warm water. ... The very next day he was able to carry out his official duties again." [3].

"One 55-year-old teacher, who had suffered from recurrent attacks of nervous gastritis for several years, met Edward Bach. ... The patient took some Scleranthus at intervals of several minutes and remained under observation for two hours. After this period of time, it became much easier for him. The therapy with Scleranthus flower essences lasted only a few more days. There was no need for further medication." [4].

A chronic illness, however, cannot be cured as quickly as described above. This often requires taking flower remedies over a longer period of time. When using Bach colors for a long time, two circumstances must be taken into account: the first is the therapeutic levels, and the second is the "track effect", which is achieved by the interconnection of colors with each other.

Table 1

Relationship of colors

Decompensating flower	Pine	Crab apple	Wild rose
Compensating flower	Holly	Rock water	Willow
Communicative flower	Centaury	Scleranthus	Gentian

Long-term use of a communicative flower such as Scleranthus can exacerbate the negative state of mind of the corresponding compensating flower (Rock Water) or decompensating flower (Crab Apple). Of course, this only happens if the patient was already in a state of compensation or decompensation before taking the flower. Here we are in no way talking about an exacerbation of the disease at the beginning of the drug intake; I mean only the effect of tracks, which appears when a person accepts any "located below" flower for a long time, despite the fact that it would still be necessary to accept a flower "located above".

Long-term use of Centaury can exacerbate Holly or Pine, while Holly can exacerbate "just" Pine.

As far as the group effect goes, each flower track is completely separate. Therefore, long-term use will never aggravate the condition of Rock Water or Wild Rose, since these flowers are not in the Centaury track.

The resulting therapeutic conclusion for the treatment of chronic cases is as follows:

1. Negative states of mind must be treated in the reverse order of appearance.
2. The required flower must be assigned for the period when there is a need for it. V Otherwise, the reception of the "located below" flower from this track can lead to exacerbation and coming to the fore the negative state of mind of the flower "located above".

#### Bach color additions

Dietmar Kremer was interested in another question: "Are there other matchesarchetypes like Bach flowers?" To find the corresponding ethereal oils and precious stones, he used the skin areas of the Bach flowers as a "testing ground" for matching the Bach colors. After 21 months of intensive research work, having carried out more than 20,000 specific tests with essential oils and precious stones, Dietmar Kremer came to the following result: in each zone, apart from the corresponding Bach flower, only one stone and only one type of essential oils acted.

#### Essential oils

By carrying out very expensive serial experiments, Kremer discovered, along with correspondences, some features of the quality of essential oils. He found that differences in the quality of oils are determined by the species, the country of origin and the method of production, as well as the year of manufacture, which determines the duration of the use of the oil as a match for a particular flower. The biological species is similar to the Bach flowers, where, for example, there are more than 20 different species of Enzian (gentian), of which only one species represents the Gentian archetype. In the case of Cistrose, only the oil of the Cistus creticus species corresponds to the Bach flower Mimulus. The overwhelming majority of Frankincense oil sourced from Cistus labdaniferus on the market has nothing to do with archetypes. The importance of the country of origin is most evident with regard to patchouli oil. Only the Indonesian patchouli oil matches the Bach flower Star of Bethlehem, and the much more famous Indian does not, although we are talking about the same kind of Pogostemon patchouli.

Even if the species and country of origin are suitable, there are

significant differences in the quality of oils depending on the production method, which can be objectively detected using gas chromatography. In steam distillation, the output of the product is increased due to the high pressure and high temperatures, and the quality suffers. Enfleurage is an extremely expensive method, which is used to obtain very valuable oils - jasmine or rose. By using chemical solvents, these oils can be obtained much easier and cheaper. This, of course, is accompanied not only by a decrease in quality - traces of these solvents remain in the aromatic oil. Citrus peel essential oils are produced by cold pressing. Obviously, fruits grown under biological control, not fertilized with pesticides and treated with wax, are the best basis for the production of aromatic essences.

### Gems

The quality of gemstones is not influenced by as many factors as is the case with essential oils. Only the country of origin plays a role here and whether the stone is natural or synthetically colored. For example, Afghan turquoise is more potent than California turquoise. The rosin coating protects the turquoise from fading due to environmental influences, which, however, does not affect its medicinal properties in any way.

However, if colorless chalcedony changes color when etched in certain alkaline solutions of metal salts and then fired, it thereby does not acquire the properties of onyx when dyed black or carnelian properties when dyed red. Thus, the fabricated counterfeits cannot be used in new therapies.

After discovering the correspondences of precious stones to Bach colors, Dietmar Kremer continued to search for other evidence of their healing effects. For this purpose, he developed his own test methods based on the resonance phenomenon [5]. In this way, he managed to test medicines on precious stones, as is customary in homeopathy. During the tests, symptoms of both mental and physical nature. The identified indications for use turned out to be truly valuable for Bach flower therapy because these gems, like Bach flowers, are archetypal matches. Negative states of mind, known from Bach's colors, also apply to them.

Essential oils and gemstones that match archetypes but are of low quality can significantly degrade a patient's state of mind when applied to their respective skin areas. For this reason, a former colleague of Dietmar Kremer founded Isotrop-Versand (the Isotrop mail-order business). This was to ensure that essential oils matching the Bach colors for patients and therapists were always available and of consistently good quality.

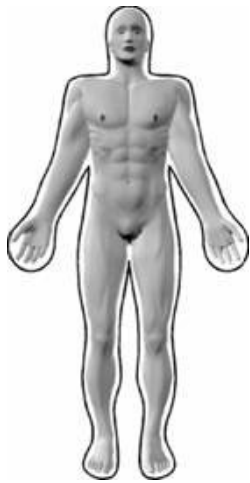
### Therapeutic levels

#### Material level - physical body

The material body, which can be described using anatomy and physiology, is composed of water, proteins, fats and minerals. All this, along with air, must be supplied to the human body.

Therapies that primarily target the body are designed to restore normal physiological parameters. This includes all synthetically produced pharmaceuticals, all herbal remedies without exception, as well as physiotherapy and manual therapy. For medicines acting on the material level, the rule applies: "The more, the better" and "Everything is good in moderation."

All methods of treatment of this material level are united by the fact that they are clothed in a real form, that is, matter affects matter.



Rice. 1. Energy level - etheric body

This body is the carrier of the so-called life force, finely structured energy, which is known in almost all cultures of the world. It permeates the entire physical body and protrudes above its surface by about 1.5–2 cm in a healthy person. In the event of illness, the etheric body becomes thinner. Using a special imaging technique - Kirlian electrography - this body can be detected and used for energetic diagnostics.

The life force in Traditional Chinese Medicine (TCM) is called Qi. It consists of several parts (for example, the energy of nutrition and respiration) and purposefully moves along a well-defined trajectory, the so-called meridians, on which the acupuncture points are located. It is through these points that the Qi flow is influenced. According to TCM, Qi is polar and has two components - Yin and Yang. With the help of dietetics, acupuncture, moxibustion, etc. harmonious balance between Yin and Yang is restored.

Therapies affecting the etheric body interfere with the regulation of vital energy through stimuli. In acupuncture, this is achieved, in particular, by acupuncture at acupuncture points on the surface of the body, and in shiatsu therapy, by pressing on these points. At the same time, any stimulation must be correctly dosed so as not to lead to excessive exposure and hypertrophied reaction.



## Rice. 2. Emotional level - astral body

The astral body, often called "aura", protrudes 10-15 cm above the surface of the body. It consists of a multicolored mass, similar to fog, which has the property of a static field. The parts that make up the emotional body come from the outside world through the chakras.

The astral body is not a protective sheath, as is often read, but a finely structured body in which our feelings, both negative and positive, originate. These emotions are perceived by clairvoyants as the colors of the aura. For example, rage looks crimson, its tones darkening and turning to black if rage turns to hate. Love appears pink, piety blue, and intelligence yellow. The more selfless and truthful the feelings are, the lighter the color of the aura will be, up to very delicate pastel tones. Selfish aspirations, on the contrary, contribute to the appearance of darker shades, up to black. These colors can change very quickly, depending on the situation, sometimes even instantly. Let's say if some man in love, due to inattention, hits his head, his pink aura will sharply take on a different color, depending on the change in his emotional state. The color can change from crimson (due to the shock experienced) to crimson if the person experiences anger caused by pain.

For Bach's flower therapy, the ability to see the colors of the aura is not necessary because not all colors can be associated with archetypes. Much more important for this form of therapy is undoubtedly the fact that negative emotions lead to deformations of the aura. The latter are palpable as protrusions, depressions, or even "holes" (insufficient fluctuations). Based on the degree of deformation, it is possible to determine how pronounced a particular negative state of mind is.

Forms of therapy that affect the emotional body replace the vibrations that the patient lacks. Since this finely structured body has the ability to perceive and integrate vibrations in a 1:1 ratio, it is never overloaded. If you transfer already existing vibrations to it, no effect will follow, because there will be no interference in the regulation process, as was the case with the etheric body. Fluctuation also cannot be "stored" like the fat in the adipose tissue of the physical body. For these reasons, when using Bach colors, there will never be a deterioration or intoxication, since in this case we are talking exclusively about replacing vibrations without the use of stimuli.



### Rice. 3. Mental level - mental body

The mental body protrudes 20-30 cm above the surface of the physical. Due to the fact that its structure is much thinner than that of the astral body, very few can see it, even among clairvoyants. In appearance, the mental body is a little like the emotional body, but at the same time, it is arranged in a completely different way. In contrast to the emotional aura, which can be compared to a light, homogeneous fog, the mental aura is "quantized." "Quantum sets" give rise to the finest structures and images, due to which the mental body is comparable to a crystal. Like the emotional body, it receives its constituents from the surrounding world through the chakras. The colors of the mental aura are generally lighter and more pastel than the colors of the astral body, and they do not change as quickly. Sudden moods and unexpected mood swings have no effect on the colors of the mental aura. But the multitude of ideas and thoughts that we constantly keep in our head is precisely what causes deep changes in the shades and subtle structures of the mental aura. She is the bearer of our thoughts, ideas and ideas. All mental images and abstract ideas from which our conscious thinking is formed are born here, as well as our idea of life and of ourselves. Our mental structure determines both the way we perceive things and the main image of our worldview. It has nothing to do with intelligence and logic and has nothing to do with our feelings. It is precisely what causes profound changes in the shades and subtle structures of the mental aura. She is the bearer of our thoughts, ideas and ideas. All mental images and abstract ideas from which our conscious thinking is formed are born here, as well as our idea of life and of ourselves. Our mental structure determines both the way we perceive things and the main image of our worldview. It has nothing to do with intelligence and logic and has nothing to do with our feelings. It is precisely what causes profound changes in the shades and subtle structures of the mental aura. She is the bearer of our thoughts, ideas and ideas. All mental images and abstract ideas from which our conscious thinking is formed are born here, as well as our idea of life and of ourselves. Our mental structure determines both the way we perceive things and the main image of our worldview. It has nothing to do with intelligence and logic and has nothing to do with our feelings.

So, the subtle structures of the mental body partly govern our thinking. Our thoughts, in turn, influence these structures - that is, some condition others, and vice versa. With the help of the so-called "good thoughts", mental energy is no longer absorbed and a mental structure is not created, as it is sometimes claimed, but only the transformation of the mental body itself is taking place. At the same time, the structures of the body are influenced not so much by specific "thoughts" as by the unconscious intentions associated with them.

The mental body is a finely structured body that can be treated. The method of therapy that is used in this case should be able to move quantum sets in accordance with the archetypes without harming the person's free will. This property is possessed by precious stones. They have a special kind of "energy", which at the same time does not exhibit special properties, such as, for example, Yin and Yang in Qi energy. 38 healing stones grouped by Kremer can change the structure of the mental body according to archetypes. Depending on the "strength" or rather "energy" of the healing stone, more or less "quantum sets" move, and thus negative mental states, psychological trauma and habitual ways of thinking are eliminated. It turns out that there will be no energy absorption in the ratio 1: 1, as is the case with the emotional body. Therefore, incorrect use of precious stones in the mental body can lead to "overload", which, on the contrary, will never happen to the astral body when using Bach colors.

The effect of gems can be greatly enhanced by using twelvemetals assigned by Dietmar Kremer to the Bach color groups. However it will work only in combination with the impact on the chakras. It will only take a trained therapist a few minutes to relieve acute pain with this gemstone method.

#### Therapeutic conclusions

The therapeutic conclusions obtained as a result of the action of the aforementioned principles (skin areas of Bach colors, color relationships among themselves, track effect, therapeutic levels) relate mainly to the methods of treating chronic ailments.

Thanks to the topography of the skin zones of Bach flowers, the diagnosis and treatment of acute diseases has become much easier, and with the use of supplements - aromatic oils and precious stones - even more varied. Since in the case of an acute form of the disease it does not matter, on

what is the therapeutic level of the treatment, in the presence of mild symptoms, stones or aromatic oils can be used instead of Bach flowers. In terms of their effect, they are not at all inferior to floral remedies and can be used equally here.

The therapeutic levels have a pattern very similar to the track effect. It was mentioned above that the reception of the means "located below" exacerbates the manifestation of the state "located above". In this case, "located below" are gems, which have a finer structure than flowers and affect the mental body. Essential oils, like Bach flowers, act on the emotional body and are less subtle in structure.

This picture can be visualized as follows:

- Essential oil;
- Bach flower;
- Gem.

It looks like a representation of the Bach flower group:

- Decompensating flower;
- Compensating flower;
- Communicative flower.

Based on this concept, one can understand why the condition worsens when taking a flower, and the use of an appropriate essential oil is necessary. Conversely, the condition cannot improve if the use of the gem has been prescribed.

Unlike the track effect, the therapy level effect does not have a hierarchy, as is the case with the colors of one track. So, during the course of treatment, it may well happen that within the same archetype, an essential oil, a mineral and a flower react alternately. Again, no such reaction was found on the tracks.

In rather rare cases, the condition worsens, despite the addition of the flower with the appropriate essential oil. This means that there is damage on a more material energetic level. Therapies that are used in such cases: drinking color-charged water or vocalizing resonant tones corresponding to Bach's floral tracks.

table 2

#### Finely structured bodies and associated therapeutic options

Mental level (mental body)	Gemstone therapy
Emotional level (astral body)	Bach flower therapy Aromatherapy
Energy level (etheric body)	Color therapy Sound therapy

For the treatment of chronic ailments, all these data must be taken into account, because otherwise the treatment is unlikely to be successful. Therefore, it is imperative to know and take into account the various reactions of the finely structured body, that is, the "effect of therapeutic levels".

#### Output

Previously, it was generally not possible to successfully treat chronic diseases with Bach flowers, only thanks to "New Therapies" the method of treatment became more accurate and systematized, thereby filling this gap.

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