

ESSENTIAL OILS

&

BACH FLOWER REMEDIES

*A Potent Healing Combination*



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Table of Contents

[INTRODUCTION 1](#_Toc395083675)

[CHAPTER ONE: Bach Flower Remedies – The Original Flower Essence 2](#_Toc395083676)

[Who was Dr Edward Bach? 2](#_Toc395083677)

[What are Bach Flower Remedies? 2](#_Toc395083678)

[How are Bach Flower Remedies made? 3](#_Toc395083679)

[How do Bach Flower Remedies work? 4](#_Toc395083680)

[Do Bach’s Flower Remedies really work? 5](#_Toc395083681)

[How are flower essences and remedies being used today? 5](#_Toc395083682)

[CHAPTER TWO: Essential Oils – The Art & Science of Aromatherapy 7](#_Toc395083683)

[What are essential oils? 7](#_Toc395083684)

[How are essential oils made? 8](#_Toc395083685)

[How do essential oils work? 8](#_Toc395083686)

[Is there any scientific evidence that to proof that essential oils work? 9](#_Toc395083687)

[CHAPTER THREE: Bach Flower Remedies and Their Corresponding Essential Oils – A Detailed Guide 10](#_Toc395083688)

[Agrimony & Neroli 11](#_Toc395083689)

[Aspen & Vetiver 12](#_Toc395083690)

[Beech & Peppermint 13](#_Toc395083691)

[Centaury & Thyme 14](#_Toc395083692)

[Cerato & Clary Sage 15](#_Toc395083693)

[Cherry Plum & Lavender 16](#_Toc395083694)

[Chestnut Bud & Juniper 17](#_Toc395083695)

[Chicory & Marjoram 18](#_Toc395083696)

[Clematis & Peppermint 19](#_Toc395083697)

[Crab Apple & Vetiver 20](#_Toc395083698)

[Elm & Sweet Orange 21](#_Toc395083699)

[Gentian & Cedarwood 22](#_Toc395083700)

[Gorse & Thyme 23](#_Toc395083701)

[Heather & Benzoin 24](#_Toc395083702)

[Holly & Jasmine 25](#_Toc395083703)

[Honeysuckle & Frankincense 26](#_Toc395083704)

[Hornbeam & Ginger 27](#_Toc395083705)

[Impatiens & Bergamot 28](#_Toc395083706)

[Larch & Rosemary 29](#_Toc395083707)

[Mimulus & Roman Chamomile 30](#_Toc395083708)

[Mustard & Lemon 31](#_Toc395083709)

[Oak & Geranium 32](#_Toc395083710)

[Olive & Sandalwood 33](#_Toc395083711)

[Pine & Pine 33](#_Toc395083712)

[Red Chestnut & Palmarosa 35](#_Toc395083713)

[Rock Rose & Sandalwood 36](#_Toc395083714)

[Rockwater & Eucalyptus 37](#_Toc395083715)

[Scleranthus & Clary Sage 38](#_Toc395083716)

[Star of Bethlehem & Frankincense 39](#_Toc395083717)

[Sweet Chestnut & Cypress 40](#_Toc395083718)

[Vervain & Sandalwood 41](#_Toc395083719)

[Vine & Lavender 42](#_Toc395083720)

[Walnut, Benzoin and Cypress 42](#_Toc395083721)

[Water Violet, Geranium & Juniper 44](#_Toc395083722)

[White Chestnut & Clary Sage 45](#_Toc395083723)

[Wild Oat & Cypress 46](#_Toc395083724)

[Wild Rose & Cardamom 47](#_Toc395083725)

[Willow & Yarrow 48](#_Toc395083726)

[TABLE ONE: Positive attributes and psychotherapeutic properties of all 38 single Bach Flower Remedies and their corresponding essential oils 49](#_Toc395083727)

[CHAPTER FOUR: BACH FLOWER REMEDIES AND ESSENTIAL OILS IN UNISON 51](#_Toc395083728)

[Taking Single Bach Flower Remedies 51](#_Toc395083729)

[Applying Essential Oils 51](#_Toc395083730)

[Using Bach Flower Remedies and Essential Oils Together 53](#_Toc395083731)

# 

# INTRODUCTION

Bach Flower Remedies were developed by Dr Edward Bach in the earlier part of the 20th century to directly address emotional imbalances. He believed that the root of all disease lies in the mind, and ultimately, deep in the vast depths of an individual’s soul. It is a belief that was also shared by the Greek philosopher Plato, and in traditional societies where medicine men play key central roles, providing physical and spiritual healing and as well as sage advice.

Alternative therapies make no distinction between spirit and matter, unlike conventional medicine, where only alleviating the physical symptoms of disease matters. The wisdom of therapies such as Reiki, Ayurveda and Traditional Chinese Medicine, lie in the very fact that the substances vital to sustain life – such as blood, hormones and body fluids, are simply manifestations of the complex energetic field that flows in all of us. Therefore, in order to attain optimal health, it is crucial to keep this energy moving in a balanced state. Bach Flower Remedies, which are a form of vibrational medicine, work directly on this live-giving internal energy system, helping to bring it back into a positive state when it is assailed by negativity. It is a holistic way of treating others, affording an appreciation of the individual.

Aromatherapy works in a similar manner, influencing the mind and spirit through a physical medium that encapsulates the healing powers of nature.

The primary aim of this book is to provide readers with the foundational tools to help them achieve healthy, fulfilling lives. By looking at the energetic aspects of each essential oil and Bach Flower remedy, we will be able to distil their spiritual and psychological effects to intuitively tackle different emotional states and situations.

Initially, we will look at Bach Flower Remedies and Essential Oils in detail, specifically at its production methods and scientific studies supporting their use for emotional healing. In the subsequent chapters, we will explore Bach Flower Remedies and their relevant essential oils in detail equipping you with the vital knowledge to heal yourself.

# CHAPTER ONE: Bach Flower Remedies – The Original Flower Essence

This segment has been adapted from our Self-Healing Workbook – which provides a comprehensive overview of all 38 remedies as well as a wealth of self-healing resources - and is free to download from our website.

## Who was Dr Edward Bach?

Dr Edward Bach introduced the concept of flower essences to the world in the 1920s, continuing his work right up to his death in 1936. A respected Harley Street consultant and bacteriologist, he turned his back on conventional medicine to become a trailblazer in the realm of alternative healing. Feeling disgruntled with the orthodox approach to treating patients he learnt at medical school, he turned firstly to homeopathy, believing that as its founding father Samuel Hahnemann did that the “patient is the most important factor in his healing”.

He cultivated a considerable reputation in this field – the vaccines known as Bach’s seven nosodes that he isolated still play a crucial role in homeopathy today. However, he remained dissatisfied and finally decided to strike out on his own to develop his own unique natural system of healing. Dr Bach began working feverishly on developing and refining this system in the late 1920s, declaring it finished just over a year before he passed away. His seminal work on flower healing is described in full in his booklet *The Twelve Healers and Other Remedies*.

## What are Bach Flower Remedies?

Flower essences or remedies can be described as the energy imprint or life force of wild flowers preserved in pure water. Each flower transmits its own unique energy pattern or essence.

During the initial stages of his mission to find an alternative method of healing after he abandoned orthodox medicine, Dr Bach discovered that flowers embody positive internal forces to counteract negative emotional states.

Flower essences prepared by the Bach method can be used therapeutically to channel that healing force to users. In fact, Bach Flower Remedies are actually a form of ***energy or vibrational medicine,*** which includes other types of established complementary therapies, such as homoeopathy, acupuncture, Reiki, Ayurveda and Traditional Chinese Medicine (TCM).

“Energy medicine is the future of all medicine. As we get better at understanding how little we know about the body, we begin to realise that the next big frontier in medicine is energy medicine. It’s not the mechanistic part of the joints moving. It’s not the chemistry our our body – its understanding for the first time how energy influences how we feel.”

Dr Mehmet Oz, on the Oprah Winfrey Show, 2006

Ongoing scientific research supports Dr Bach’s idea that water takes on and maintains the energy imprint of what is placed in it. Dr Masuru Emoto in Japan, and Dr Lee H Lorenzen based at the University of California in Berkeley, took water samples from various sources – pure springs, polluted lakes and even tap water – and froze it. They then examined their resulting snowflake patterns. Interestingly, those from pure sources were symmetrical and beautiful, but those from polluted origins were deformed. Further experiments highlighted that even music and words could radically alter snowflake patterns.

Bach flower remedies are often mistaken for essential oils. However, unlike essential oils, flower essences contain no scent or perfume and they are safe to be ingested as they contain no plant or flower matter.

Flower essences work gently and have no recorded side effects, but are powerful enough to cause major shifts in emotions and mood. Dr Bach was adamant that no poisonous or exotic flowers and plants were used to create the remedies – he wanted a gentle and subtle system of healing.

The effects of taking flower essences can be immediate - change often occurs within a few days, and the longest it will take for you to notice a difference is a couple of weeks.

Sometimes, patients complain of feeling worse before they actually get better. This is a natural part of the healing process when using Bach flower therapy. It is actually a welcome side effect as it shows that the essences are working to detoxify and purge the mind and body of negative emotions.

## How are Bach Flower Remedies made?

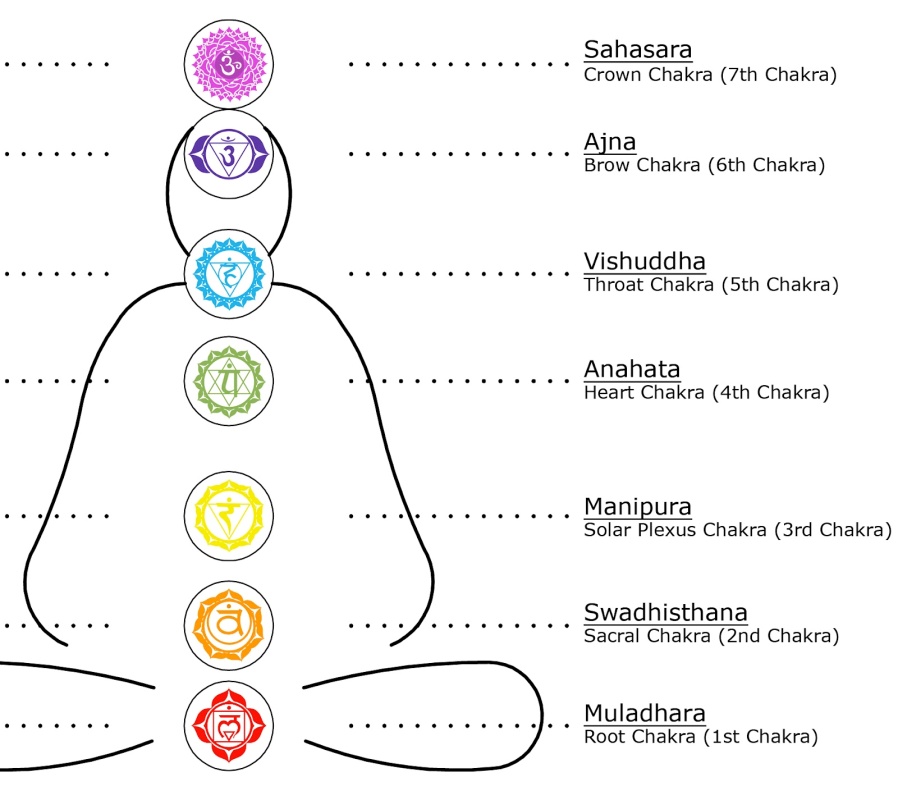
Two methods are used to transmit the internal energy of flowers into spring water – the Sun and the Boiling method.

In the Sun Method, which is unique to flower therapy, wild flowers that come into bloom during the late spring and summer are picked in the morning and placed in still spring water. They are then left to stand in full sunshine for three hours until the water becomes energised. The flower heads are then discarded, and an equal amount of brandy is added to the potenised or energised water. This solution is then added to brandy or vegetable glycerine (in a 1:5 ratio) to make the actual bottled remedies or essences you see on shelves. This method is used for 20 types of Bach’s Flower Remedies. The remaining 18 flower remedies are prepared using the Boiling Method. In this instance, twigs and leaves are collected in the morning and are boiled in spring water before being siphoned into bottles.

## How do Bach Flower Remedies work?

As mentioned earlier, Bach Flower Remedies are a form of energy medicine, which work subtly to imbue our physical, spiritual and emotional selves with the positive energy of certain types of flowers and plants.

Exponents of energy or vibrational medicine believe that the metaphysical or spiritual body of human beings is made up of seven energy centres or *chakras*, which are interconnected with the physical body through various arteries, veins and nerves. They are the openings for life giving energy to flow into and out of our spiritual selves. Their function is to vitalise the physical body and to bring about the development of our self-awareness, and ultimately, self-actualisation. If they become blocked due to emotional turmoil, stress or conflict, it will eventually cause a physical problem in the area where the *chakra* usually supplies energy to.



What this actually means is that a disrupted energy flow through a particular *chakra* weakens the physical part of the body it corresponds to, making it more susceptible to external attacks from allergens, viruses and bacteria etc. For example, a blockage in the throat *chakra* simply because you are afraid of voicing your opinions could produce chronic tonsillitis. This does not imply that factors such as poor nutrition, genetics or environmental toxins do not cause illness, but often the root of physical problems or ailments starts with deficiencies in the *chakra*.

Together, the seven layers of energy emitted by the *chakras* meld to form the luminous energy field called an *aura*. This is perceived by some as a halo of light. The colours and density of a person’s aura reflects their vitality and state of health.

Flower essences are believed to work on your *aura*, which is linked to your physical body and mind. They operate by first penetrating the *aura*, where they work on both the emotional (mind) and spiritual level. Then, because your *aura* and solid body are one, they go on to affect you physically, helping your body to regain its vibrant healthy blueprint.

The theory for vibrational medicine can also be explained by quantum physics. Many consider this to be the frontier where science and spirituality meet, and it rationalises why this type of therapy works.

Quantum law states that all matter vibrates, each at their individual frequency and rate, and that it is this vibrational frequency that determines the physical form the matter takes.

" The action of these remedies is to raise our vibrations and open up our channels for the reception of the Spiritual Self; to flood our natures with the particular virtue we need, and wash out from us the fault that is causing the harm.......”

Dr Edward Bach

Emotional upheaval often causes a lot of disruption to our internal vibrational rates. Logically, the correct level of frequency can be restored by exposing them to the right or healthy rates. Flower essences are a storehouse of positive vibrations and hence they can be used to kickstart the body’s internal self-healing mechanisms to combat specific emotional problems.

## Do Bach’s Flower Remedies really work?

There have been a number of scientific trials to determine the efficacy of Bach’s flower remedies.

Research carried out by the Italian paediatrician Dr S Calzolari, published in 1999 after studying 417 children over three years, concluded that Bach Flower Remedies were highly effective in helping them to deal with emotional difficulties. Another trial, conducted by Drs D’Auria and Pezza, also suggested that flower essences are supportive, especially to control the psychological aspects of pain.

Jeffery Cram, a former research and clinical psychologist with the Sierra Health Institute in Nevada City, California, completed a double-blind placebo study of Dr Bach's emergency formula in 1999. Subjects were placed in an induced stress situation - a mental arithmetic exercise. In the test group of 24 subjects, those using the flower remedy were found to have a significantly reduced level of reactivity, as measured by muscular activity (EMG) at spinal locations corresponding to the heart and throat *chakras*.

## How are flower essences and remedies being used today?

The effect of flower essences – be it Bach or other systems - on emotions may be subtle, but they can act powerfully to deal with a whole spectrum of physical ailments.

Hospitals and clinics worldwide are just beginning to accept the role flower essences can play alongside conventional medicine in helping patients on their path to recovery.

Within the US, both the Texas Cancer Care Center in Fort Worth and the Baylor Medical Center in Dallas have developed cancer support programmes that utilise the American Petit Fleur range to relieve the nausea, anxiety and stress caused by chemotherapy.

Swiss medical charity Green Cross used Australian Bush Electro Essence with spirulina extract in Belarus to treat child victims exposed to extreme radiation levels by the tragic Chernobyl disaster. The study, conducted over 2003-04, showed a 43% reduction of radiation levels after a course of only two weeks of Electro essence in comparison with a control group which showed a 3.5% reduction.

# CHAPTER TWO: Essential Oils – The Art & Science of Aromatherapy

Aromatic plants have been used for centuries by mankind. Archaeological evidence points to the fact that the Ancient Sumerians utilised scented herbs such as myrrh and cypress over 4,000 years ago, while scrolls dating back to 1,500BC outline that the Egyptians were privy to the medicinal properties of 850 botanical herbs. The use of essential oils spread out across ancient civilisations, with the Romans and Greeks using them to improve their health and wellbeing. During the dark ages, essentials oils were used to combat disease and pestilence.

Herbal therapies grew out of favour in the 17th and 18th century, as physicians and scientists became fixated with chemical-based medicines. The practice of healing was ripped out of the hands of ordinary people and put it into the hands of specialists armed with chemical medicines. Natural medicines including essential oils were therefore consigned to the annals of history, where they lingered until a French chemist rediscovered their potent healing properties.

In 1910, Rene-Maurice Gattefoss, a French chemist severely burned himself in an accident. He dipped his arm into lavender oil. The pain subsided quickly, and he was astonished to find that there was no inflammation or blistering despite suffering third-degree burns. Fascinated by the results, he spent his lifetime researching and studying essential oils.

A contemporary of Gattefoss, Dr Jean Valnet, used essential oils to successfully treat injured soldiers during World War II. He then successfully treated psychiatric patients with essential oils, demonstrating their powerful emotional healing properties. Maugerite Maury then proceeded to pioneer their use in beauty therapy, thereby adding another dimension to the modern practice of aromatherapy.

Today, scientists and medical practitioners continue to conduct extensive research into the constituents of essential oils, hoping to understand and to leverage this knowledge to develop new, credible treatments.

## What are essential oils?

Essential oils are natural aromatic compounds found in the stems, roots, seeds, flowers and other parts of plants. These concentrated scents have qualities which when extracted or distilled, can relieve physical ailments, while enhancing emotional as well as spiritual wellbeing. They can be used singly, or combined to form a blend for specific therapeutic effects. Traditionally, they are the main constituents of perfumes and fragrances. Even though essential oils are a gentle form of holistic therapy, they have the power to reach deep into the psyche, to relax the mind as well as to uplift the spirit.

“If they please the nose, they also please the spirit. Then there is the physiological action of the oils on the nervous system and the rest of the body”.

Robert Tisserand

World-renowned Aromatherapy practitioner, advocate & author

## How are essential oils made?

There are three principle methods when it comes to extracting essential oils from aromatic plants – expression, distillation and solvent extraction.

Expression is used primarily for citrus fruits. The essential oils of citrus fruit are found close to the surface of the peel and are easily obtained through squeezing or by finely puncturing the peel.

In distillation, plant material is heated until a vapour is formed. The vapour then cools until it becomes liquid. There are two types of distillation processes used by essential oil producers. In water distillation, the plant material is covered in water and heated in a vacuum-sealed container. This method is slower compared to steam distillation which utilises steam under pressure to swiftly extract essential oils.

For the most delicate plant material such as flowers, solvent extraction is used. The main solvents used in modern production are volatile hydrocarbons like hexane and heptane. Essential oils produced in this manner, such as Jasmine and Linden Blossom, are difficult to source and are therefore highly expensive.

## How do essential oils work?

Our sense of smell is one of our most powerful, yet under-used of the five senses that we possess. Medical research has proven that human beings respond strongly to smell through the limbic part of the brain, one of the most primitive regions of consciousness, which is associated with the formation of emotions and memories.

This explains why certain scents or smells can trigger certain emotions or physical reactions. On top of the emotional response, the complex chemical constituents of essential oils can also have a beneficial impact physically, helping to kickstart the body’s own innate self-healing abilities, helping to reduce any pain or inflammation.

## Is there any scientific evidence that to proof that essential oils work?

On the whole, the scientific community is supportive of aromatherapy as an effective treatment for anxiety. There is also clear positive conclusive evidence about the efficacy of aromatherapy for depression, pain and mood.

In 1999, the Marie Curie Cancer Centre London carried out a study on 103 patients in palliative care. Patients were randomly selected to receive just a massage, or a massage with Roman Camomile essential oil. This study concluded that “the addition of an essential oil seems to enhance the effect of massage and to improve physical and psychological symptoms, as well as overall quality of life”

A clinical experiment carried out in 1996 on acutely ill elderly patients at the Oldham Cottage Hospital and Alton Community Hospital in the UK, found that nighttime lavender aromas help to improve sleep quality significantly. When the study ended, the results were quite astonishing:

* 72% of patients receiving lavender aromatherapy slept well
* 11% of lavender patients receiving no odour slept well
* 79% of lavender patients reported having a good day
* 26% of no-odour patients reported having a good day

In another trial carried out in 2010, researchers from King’s College London assessed the anxiety level in 340 dental patients while they were waiting for their appointment. Those that inhaled the scent of lavender showed lower levels of anxiety compared to the control group.

# CHAPTER THREE: Bach Flower Remedies and Their Corresponding Essential Oils – A Detailed Guide

Bach Flower Remedies and essential oils complement each other perfectly. They both derive from the same source – nature – and they possess powerful healing energies that can be harnessed to flood the body, mind and spirit with positive emotions, paving the way for self-awareness, and ultimately, self-fulfilment.

In order to tap the full potential of Bach Flower Remedies as well as essential oils, it is vital to first understand the innate and subtle psychotherapeutic properties of each remedy and oil pairing. These will be examined in detail within this chapter, forming the foundation for a successful recovery or transformation journey.

***In each description the Bach Flower Remedy is mentioned first, followed by its matching essential oil.***

***A table summarising all the positive attributes of Bach Flower Remedies and their matching essential oils are found on Page 49 & 50.***



### Agrimony & Neroli

Agrimony is the essence for people who hide behind a false facade of happiness, and who go out of their way to avoid conflict or confrontation. Originating from a decision – made consciously or unconsciously – they will do their utmost to conceal or repress their emotions – be it pain, fear, anxiety or sorrow – even from themselves. They often appear happy and carefree, sometimes using humour to deflect others from uncovering their emotional turmoil. People in a negative Agrimony state are also prone to using drugs or alcohol to numb their feelings.



Neroli oil both comfort and strength, and assists in the release of repressed emotions. Often described as a spiritual scent, it helps to foster links between a disconnected body, spirit and mind. Neroli is best given to individuals who are increasingly disturbed by swirling negative emotions which have been pushed out of their consciousness, and internalised only to manifest as spasm or intense pain. The oil paves the way for their gradual release, removing any form of self-denial.



### Aspen & Vetiver

Aspen is administered to those tormented by unpleasant thoughts, or those who possess vague, unidentifiable fears or anxieties. In daily life, it is used to address strange feelings and premonitions which have no logical explanation.



Vetiver oil has a grounding and centering aroma that promotes spiritual calmness. It imbues individuals with a strong sense of awareness and the ability to distinguish between their imagination and reality, helping to ease any unfounded fears.



### Beech & Peppermint

Beech was described by Dr Bach as the remedy for people who “feel the need to see more good and beauty in all that surrounds them”. Individuals with a negative Beech nature tend to be intolerant and highly critical, and are quick to jump to expose others’ faults. They lack compassion and empathy, failing to see alternate points of view. Sometimes, their intolerance manifests as irritability, anger or even allergies.



Peppermint oil works to facilitate the absorption of new ideas and opinions. In other words, it imparts emotional tolerance, enabling you to become more accepting of the behaviour and idiosyncrasies of others. You will come to exemplify sympathy and empathy, and become a source of inspiration instead of pessimism.



### Centaury & Thyme

Centaury people are often described in Bach literature as “perpetual doormats”. They are excessively cheerful and agreeable individuals, whose good nature is usually exploited by stronger personalities. Moreover, they often lack the ability to assert themselves, and are therefore prone to falling into co-dependent relationships, where they tend to lose their sense of self-identity as well as their self-esteem. Shy and nervous, they have an unhealthy need to please other people, which could eventually lead to discontentment and even depression. Centaury personalities are often lethargic, having depleted their energy reserves in their rush to help others.



Thyme has been linked to the Greek word *thymon* which means courage. Hence, this plant was often associated with bravery. The oil is highly beneficial to those mired in self-doubt or individuals on the brink of depression caused by nervous exhaustion. It is thus an effective antidote against a lack of confidence, and the fear of standing up for oneself.



### Cerato & Clary Sage

Cerato is prescribed for those dogged by insecurities, and who are constantly seeking the advice and counsel of others, even though they instinctively know what action they should take. However, due to their inability to listen to their own inner voice, they are often led down the wrong path, perpetuating their self-doubt in their own abilities and decision-making powers.



Clary Sage oil is used therapeutically as a neurotonic by aromatherapists. It calms and clarifies clouded, restless minds. The oil is best used on individuals besieged by nervous anxiety, characterised by changeable moods, indecision and emotional confusion. It restores lucidity, enabling individuals to develop intuitive insight to discover their life’s true purpose.



### Cherry Plum & Lavender

One of the five remedies in Dr Bach’s infamous composite Rescue Remedy, Cherry Plum is used to treat obsessive behaviours, suicidal tendencies and aggressive or violent compulsions. It stops individuals from committing irrational acts they might come to regret triggered by intense, cumulative emotional pain or strain.



Lavender oil releases mental energy that has become stuck, having been suppressed or hidden for an extended period of time. It soothes and calms when an emotional crisis erupts, helping the mind to attain equilibrium once again, and allaying feelings of extreme panic, irritability and hysteria.



### Chestnut Bud & Juniper

Chestnut Bud is for people who are inclined to make the same mistakes time and time again. Often plagued by learning disabilities, individuals in the negative Chestnut Bud state may also observe others making a mistake and fail to apply the lesson to their own lives. Little thought or analysis is given to past life experiences, and as a result, they often feel trapped and are unable to move on.



Juniper oil works to combat psychological stagnation, where an individual is so absorbed in his or her own little world, making them predisposed to missing out on learning from life’s harsh experiences. It restores one’s faith and determination to overcome life’s obstacles and challenges, replacing stasis with a strong conviction to learn from mistakes. The oil also imbues wisdom, building a solid foundation for personal growth and self-enlightenment.



### Chicory & Marjoram

On the surface, Chicory personalities may seem caring and doting. They often play the martyr, appearing self-sacrificial, but always anticipating gratitude or some form of gratification in return. They are extremely demanding, and desire to be the centre of attention. Negative Chicory people will often resort to emotional blackmail to get what they want. He or she thus offers love with strings attached. The Chicory remedy helps to break down pathological egotism and emotional dependence, fostering the ability to give love freely, without expecting anything in return.



Relaxing, warm and comforting, Marjoram oil helps to put feelings of emotional deprivation – whether real or imagined – into perspective. It quells deep emotional cravings as well as egos, increasing the capacity for self-nurturing and real love.



### Clematis & Peppermint

Clematis is administered to people who live their lives in a fantasy world, and whose daydreaming is causing them to lose their grip on reality. Individuals deep in the negative Clematis state are absentminded and inattentive, preferring to keep their head in the clouds to escape from the daily grind and any unpleasant realities, so much so that they no longer enjoy living in the present.



Peppermint oil enhances concentration, helping the mind to absorb what is happening in the here and now. On a spiritual and emotional level, it develops intuition and insight, helping individuals to make the most out of the opportunities that appear, while rejuvenating interest in everyday life.



### Crab Apple & Vetiver

Known as the cleansing remedy, Crab Apple is those who feel they have been contaminated in one way or the other – whether physically or spiritually. It is often recommended to those with a compulsive obsession or bad habits they are trying to break, such as smoking or nail biting. The essence combats feelings of inadequacy and self-loathing, helping an individual to accept themselves, flaws and all.



Vetiver oil is suitable for personalities who always strive for perfection – whether in their behaviour or appearance – and in their zealousness, are often controlled by their obsessions. The oil grounds you, helping you to connect with our inner self, changing your perceptions about yourself and your situation, while planting seeds of self-love and acceptance.



### Elm & Sweet Orange

When life’s responsibilities and tasks become too daunting to tackle, it is time to turn to Elm. The negative Elm condition is characterised by the tendency to push oneself past one’s capabilities and limits. Elm personalities are high achievers, and they often carry numerous burdens. However, they rarely ask for help, even if they are close to collapsing under mounting strain. If the negative Elm condition is allowed to persist, they will become flustered and extremely fatigued, and begin to doubt their own abilities to carry on juggling all the challenges that life throws at them.



Sweet orange oil is ideally suited to hardworking individuals who are over-achievers. They become tense and irritable when they try to do too many things at once, and they show little tolerance for failure. A reluctance to call on others for help often results in an accumulation of problems and pressure on their weary shoulders. By using Sweet Orange oil, individuals will find themselves taking a more relaxed approach to tackling and juggling problems, and will therefore be less overwhelmed by them.



### Gentian & Cedarwood

When the chips are down, and you find yourself feeling sorely disappointed by an unfavourable outcome, you are in a negative Gentian state. This remedy is best prescribed to individuals feeling a little let down by circumstances, but who just require some gentle persuasion to get back on their feet.



Cedarwood oil helps the conscious mind to resist the negative emotions triggered by specific events from undermining confidence and morale. It fortifies the will, giving individuals the strength to carry on, even in the face of disappointments and setbacks.



### Gorse & Thyme

The negative Gorse state of mind often occurs if the Gentian state is left unchecked. People deep in the negative Gorse state have loss all hope of a better tomorrow. They are hopelessly pessimistic, and see no point in even trying to improve their situation.  If ill, they may think themselves incurable, and that nothing can be done. The remedy helps to open their heart and mind to possibilities, enabling them to spot opportunities, even when there are seemingly insurmountable challenges. It essentially restores faith in oneself and in the world.



Thyme’s psychotherapeutic properties are two-fold – the oil dispels despondency while enlightening the spirit, gifting it with the drive to keep going even in the face of massive obstacles. As the traditional antidote for melancholy, it is highly beneficial for people deep in depressive states characterised by pessimism and self-doubt. Thyme also restores hope and morale, enhancing both spiritual and physical strength.



### Heather & Benzoin

If you have ever been accosted by someone who only wants to talk about themselves, and who hardly listens to a word you say, then you have definitely met a person in the negative Heather state. Individuals in this frame of mind latch onto people – even virtual strangers - talking at exhaustive length about their problems, until people begin to actively avoid them. As a result, Heather people are often lonely. This remedy quashes self-centeredness, helping individuals to become more empathetic listeners.



Used in meditation circles to open and calm the mind, Benzoin oil tones down narcissistic tendencies. It calms and reassures, forging a positive state of mind, so that individuals no longer dwell on their problems, which in turn cultivates a nurturing and empathetic nature.



### Holly & Jasmine

Holly is described by Bach practitioners as the most important discovery out of all Dr Bach’s remarkable remedies, given that it is the antidote for hatred. It fills individuals with love, patience and compassion, tampering any malevolent feelings such as jealousy, lust for revenge, anger, aggression, mistrust and hate.



Jasime oil is used to counteract aggression borne out of fear, vulnerability or anxiety. It allows love to flow though the heart again, combating jealously and suspicion, enhancing an individual’s capacity to demonstrate love and affection.



### Honeysuckle & Frankincense

People in the negative Honeysuckle state are struck in the past. They yearn for the way things used to be or what they perceive as a happier or more carefree time. Their conversations are peppered with words like "I used to...." or "When I was still....". Consequently, they often lack interest in the here and now, and miss opportunities along the way.  The remedy will help you to let go of the past, giving you the push to focus more on the present, so that it no longer dominates your thoughts. Honeysuckle also helps the bereaved to move on, and it also works well on those suffering from homesickness.



Use Frankincense oil to help snap you out of your unhealthy fixation with the past. It possesses profound psychological benefits, helping to instill tranquility in a confused mind mired in a cacophony of thoughts. Frankincense is a potent oil; it imparts the power of transcendent awareness, which will strengthen your fortitude to break from the past, and to seize the present.



### Hornbeam & Ginger

Ever had that “Monday morning” feeling when even the thought of doing week leaves you wretched and in despair? Often prescribed to procrastinators, the Hornbeam remedy is also ideal for those who find the demands of everyday life too difficult, and they keep shirking from them, despite being fully capable of carrying them out.



Ginger oil is warm and invigorating. This fiery oil activates willpower, stimulates initiative and drives determination, and is thus well suited for individuals who have clear plans and good intentions, but lack the motivation to take immediate action. It fires up the human will, so that any tasks and responsibilities ahead seem less daunting.



### Impatiens & Bergamot

Impatiens is the essence for, as the name implies, impatience. When you fall into the negative Impatiens state, you are always in a rush, and get irritated with people who you perceive are taking far too long to tackle a task. Because of this, you often prefer working alone. You can spot an Impatiens person a mile away – they are often restless or nervous, and are constantly looking at their watches or tapping their fingers on the table. The remedy helps us be more relaxed with others. It is also a key component of Dr Bach's five-flower crisis formula, where it acts to calm agitated thoughts.



Bergamot oil disperses irritability borne out of frustration and accumulated stress. It helps to direct nervous energy away, imbuing souls with a more relaxed approach to life, giving individuals the ability to unwind and to simply “let go”.



### Larch & Rosemary

People who lack self-confidence are in dire need of Larch. This remedy helps to inject faith into one’s own abilities, dispelling any lack of self- esteem in the process. It can also be used to treat shyness and timidity, and is especially beneficial for sensitive children growing up in a harsh environment.



In ancient circles, Rosemary was associated with vitality. Its psychotherapeutic properties thus encompass the ability to bolster self-worth. It develops a healthy ago, boosting the confidence and morale of those who lack faith in their very own potential.



### Mimulus & Roman Chamomile

Mimulus is another remedy for fear. But unlike Aspen, which is for fears of a indiscernible nature, Mimulus should be used by those who are gripped by fears of an identifiable nature – such as a fear of enclosed spaces, a fear of snakes or a fear of heights. People in the negative Mimulus state are often shy and nervous, preferring to avoid social occasions. The remedy draws out the courage that lies dormant in all of us, so that we can face everyday trials and tribulations without fear.



Roman Chamomile oil injects a sense of tranquillity and acceptance, helping to dispel fears planted during childhood or by negative personal experiences. It opens up the mind and soul to see fears for what they truly are, enabling individuals to confront and overcome them much more easily.



### Mustard & Lemon

Mustard is for people who fall into a depression which comes and goes sporadically, without any logical or apparent reason. They are overcome by sadness and anxiety, despite fully acknowledging that their lives are going well in every sense. Individuals stuck in the Mustard state often feel somewhat guilty about feeling sad and despondent. Often, the sadness dissipates as fast as it descends. Consequently, Mustard people often appear moody and unpredictable.



Lemon oil has an uplifting scent that refreshes and disperses any confusion in the mind. It has an immediate clarifying and calming effect, reducing any mental oppression, while injecting bursts of optimism and renewal.



### Oak & Geranium

Oak people are generally steadfast and strong, carrying out their duties and tasks without complaint. Sturdy and highly dependable, Oak personalities never give up, even in the face of numerous obstacles. They simply keep going even when the going gets tough. Indeed, they will fight to carry on even when they are gravely ill, becoming increasingly frustrated in the process since that they can no longer complete their intended tasks – despite the fact that all their energy has been expended, and they are on the verge of a breakdown. The Oak remedy helps ensure that we remain strong in the face of adversity, while at the same time it gives us the ability to sometimes to let go rather than crack under extreme stress.



Geranium oil is ideal for the workaholic perfectionist – the person who goes all out to carry out their duties and responsibilities, sometimes to the detriment of their own health and wellbeing. When personal drive begins to overpower the mind, so much so that a person does not sit back to assess a situation and finds it hard to pull themselves away from their tasks, even under extreme duress, Geranium oil will bring them to the realisation that there are limits to their strength and capabilities. It will also invigorate them to seek out pleasure and enjoyment.



### Olive & Sandalwood

Olive is one of Dr Bach’s most popular remedies. It is used to revitalise a weary and exhausted mind, as well as body. Typically, it is used to relieve fatigue and burnout, and to aid recovery after a prolonged illness. It acts as a tonic, fortifying the body, mind and spirit so that life’s trial’s and tribulations no longer seem insurmountable.



Sandalwood oil has a calming and toning effect on the body’s nervous system. It works effectively on emotional states that lead to insomnia, headaches and nervous exhaustion. The oil refreshes an overheated mind and body, diminishes any racing thoughts, and instils peace and tranquilly, so that the body can start healing itself naturally.



### Pine & Pine

When someone is deep in the negative Pine state, they will become the so-called “fall guy”- they will take the blame for everything, even when it is obviously not their fault. Their catchphrase is “Sorry”, and they often exude a downtrodden, sullen disposition. Even after having tasted success, they think that they could have done better, and are never content with their efforts or the results. The Pine remedy helps individuals to live their life naturally without guilt, and to only assume responsibility for mistakes that they have actually made.



Pine oil instils positivity, killing off any pessimism. It works extremely well on those who constantly blame themselves, who feel responsible not only for their own actions, but also for the mistakes and sufferings of those around them. Pine is therefore indicated when a person feels unworthy and helpless, to the point where they no longer value themselves, and hence, are always willing to be marked as the scapegoat. The oil works to dissipate a negative self-image and feelings of guilt and remorse, replacing it with self-forgiveness and self-acceptance.

### Red Chestnut & Palmarosa

It is only natural to worry about your loved ones – however these fears can easily get out of hand, causing you extreme pain and anguish. In this case, Red Chestnut is indicated. When you are in a negative Red Chestnut state, you will be assailed by negative or irrational thoughts regarding those you love; you might think that something bad or unfortunate will befall them, and you will worry incessantly about their safety and wellbeing. Dr Bach’s Red Chestnut will help quell these unfounded fears, putting them into perspective, so that your anxiety will no longer be projected onto yourself and others.



Palmarosa oil promotes an inward feeling of security, and helps you to accept changes happening to yourself and others far more easily. Fears tied to the welfare of others will dissipate, as you learn to “let go” of those you love.



### Rock Rose & Sandalwood

Rock Rose – one of the key components of Dr Bach’s Rescue Remedy - is administered when one is struck by sudden horror – the sort of deep, primordial fear that causes palpitations, sweats and outright terror. Use it during an emergency when a crisis or accident strikes, and you find it near impossible to plot your next move. It is also a helpful antidote to counteract recurrent nightmares.



Sandalwood oil nourishes the soul, providing warmth and comfort during a crisis or emergency. It injects an inner calm, encouraging a connection to an individual’s higher consciousness, so that they might be spurred into action even when they are overwhelmed by extreme fear.



### Rockwater & Eucalyptus

Generally, Rockwater types can be described as overzealous perfectionists – whose high expectations for themselves often results in self-loathing. They are often harsh on themselves, setting impossible rules and targets, trying to perfect themselves in some way. When they fall short, they inevitably crumble, and beat themselves up for their failures.



Eucalyptus oil is well-suited for individuals who feel emotionally restricted due to habits, fears or responsibilities. It opens up the mind, freeing it from suffocating thoughts, while reviving the spirit to look beyond self-made boundaries.



### Scleranthus & Clary Sage

Sceleranthus works best on those bogged down by indecision – when they are unable to make a choice because they lack confidence in their own judgement and often refuse to listen to their inner voice. People in the negative Sceleranthus state simply can’t make up their minds in the face of various options or alternatives. People in this state often suffer from mood swings, and they rarely ask for help or advice. Taking the remedy helps us to reconnect with our intuition so that we can make a definitive choice.



Clary Sage oil is indicated when there is mental confusion and indecision. It dispels anxiety and worry, and enhances wisdom and insight.



### Star of Bethlehem & Frankincense

Star of Bethlehem is acknowledged as one of Dr Bach’s most popular remedies, and it is one of the key ingredients in his crisis formula. Used mainly to counteract shock – whether recent or in the past – it is also typically applied to comfort the bereaved or those distressed by their traumatic childhood.



Frankincense oil has profound psychological and spiritual benefits, and is often used to help ease any mental chatter and pain, freeing the soul from profound shock. It restores tranquillity, insight and spiritual understanding and it comforts people through their grief, helping them come to terms with any loss or trauma.



### Sweet Chestnut & Cypress

Heartbreak, anguish and despair characterise the negative Sweet Chestnut state. Individuals requiring Sweet Chestnut are at the end of the tether – having tried all means and ways to resolve their problems – but they see no hope in sight. The light at the end of the tunnel has long been extinguished. They may even entertain suicidal thoughts, but they think even death might not even end their suffering. The remedy renews faith and hope – in themselves and others –helping them to see a silver lining in every dark cloud. Sometimes a way ahead may open even when we least expect it.



Cypress oil is often associated with psychological transformation and renewal. It invokes a desire for change and action to try again to improve one’s situation. It liberates the dormant energy within so that we are no longer contained by emotional roadblocks such as heartache, anguish or despair – giving you the faith, hope and strength to build a better tomorrow.



### Vervain & Sandalwood

Dr Bach noted that Vervain personalities are often “full of big ideals and ambitions for the good of humanity”. Highly committed to right what they perceive as injustice or wrongs, they generally do not heed the advice of others, and in the extreme, they can even be callous – dismissing or ignoring the thoughts and opinions of others. In their overzealousness and devotion to their cause, they often exhaust themselves, trying to convince others to accede to their point of view. The remedy helps to tone down any over- enthusiasm, while encouraging you to be more open-minded and to set limits to your efforts, allowing time for your mind and body to relax and unwind.



Sandalwood oil enlightens and balances overactive minds, helping individuals to pull themselves from their over-attachment to certain ideals or ambitions. It soothes tired minds, weary from over-investing their time and effort in attaining certain desired outcomes. At the same time, it cultivates acceptance – allowing an individual to discern when it is worthwhile to continue to fight for a cause, and when to retreat.



### Vine & Lavender

Vine individuals are born leaders, blessed with tremendous willpower and a presence of mind. However, in the negative Vine state, you will lose all sense of proportion, believing yourself to be infallible and irrevocably right, and will try to force your will and ideas onto others – without considering what is best for them. Therein lies the seed of dictatorship. The remedy helps to bring Vine’s most positive aspects to the fore, so that rather than dictating what others must do, you recognise the value of persuasion, and lead by example instead.



Lavender oil possesses a variety of emotional properties to help tamper the domineering nature of the Vine character. It cultivates compassion as well as clarity of mind, helping to tone down Vines’ tendency to dominate and bully. Instead, they will become more composed, and will be able to express themselves in more enlightened, gentle ways.



### Walnut, Benzoin and Cypress

Walnut is best applied when a person is undergoing massive changes in his or her life – be it emotionally, physically or spiritually - for instance, starting a new job, moving to a new house or the birth of a new child. The remedy helps to break down old preconceptions and restrictions, enabling one to embark on a brand new direction in life. Whatever the situation, the remedy eases the emotional upheaval associated with transitions, imbuing you with a strong sense of determination as well as confidence in your own judgement. Walnut can also be taken when your mind is assailed by mental chatter originating from external sources – for instance when you feel that others are preventing you from achieving what you desire and you want to break free from their influence.



Benzoin oil is of great benefit when a stabilising influence is desired, as in times of emotional and physical upheaval. It helps the mind to stay focussed and on course to deal with change. Cypress, on the other hand, unearths and dispels any fears associated with change. It removes any ingrained self-doubt, liberating the energy required to cope with anything that life throws at you.



### Water Violet, Geranium & Juniper

Aloof, snobbish, distant and proud – this is often how others perceive negative Water Violet personalities. Highly independent, they often prefer their own company, and steer away from crowds or social occasions. If the negative state persists, they will find it increasingly difficult to reach out to others, even when they are troubled by fears, worries and anxiety. This self-imposed isolation leads to more mental rigidity, and only compounds the loneliness that they feel. What the Water Violet remedy does is to help boost inner sensitivities so that they become more open to sharing their feelings and experiences with those around them.



Geranium oil reawakens the mind to possibilities and encourages a greater capacity for intimate communication. It reconnects the mind with the soul, so that it becomes less rigid, cultivating emotional sensitivity, and a healthy thirst for life. Juniper oil works in unison to break down any psychological stagnation caused by social withdrawal and self-absorption, strengthening the will to make contact with others.

### http://www.aromaoilstore.com/files/product/small/Geranium%20oil.jpghttp://www.allinexporters.com/files/product/small/Juniper%20Berry%20Oil.jpg

### White Chestnut & Clary Sage

When your mind is plagued by repetitive worries and unwanted thoughts, White Chestnut can help you. If you do not take any action, you might find yourself becoming more and more exhausted, and you will be unable to concentrate. In the negative White Chestnut state, you will become listless and agitated, increasing the likelihood that you will suffer from insomnia. The remedy helps to put a stop to these swirling thoughts, helping you to regain control of your mind. By achieving this, you will be in a far better position to resolve your problems constructively.



Clary Sage oil is an effective natural neurotonic for mental fatigue, easing any tension or psychological disability that prevents productive thinking. It also restores clarity and instils renewed hope and lucidity in the face of adversity.



### Wild Oat & Cypress

Wild Oat is used mainly to stimulate a sense of direction and purpose. You feel dissatisfied and unfulfilled about you lot in life when in a negative Wild Oat state, believing that you have failed to reach your full potential despite your many talents, as you have been unable to identify your true vocation. At the same time, you realise that you have reached a crossroads, but you are unsure which path you should tread on. The remedy helps by opening up your consciousness, so that you will listen more intently to your intuition, so that you can establish what you want in life and the direction you wish to take.



Cypress oil should be applied in states when you have a conscious urge to initiate change, and to find a new direction, by you feel lost, and frustrated by your lack of courage and self-doubt to find the right path. At the same time, it helps you to adjust to the ebb and flow that life brings, unlocking your wisdom and intuition to pinpoint the right direction you should take.



### Wild Rose & Cardamom

Apathetic and resigned to whatever life brings –that is a person in the negative Wild Rose state. Unwilling to initiate change to better their lives, they lack positivity and enthusiasm, and as a consequence, they often miss out on life’s many opportunities. What the remedy does is to rekindle a zest for life, helping a person feel whole and vital once again.



Cardamom oil is restores an appetite for life – to grab it by the horns and to live life to the full. It acts as reminder of the many gifts that living can bring, while restoring the desire to seek out self-fulfilment, even in the face of unpredictability.



### Willow & Yarrow

Negative Willow personalities are full of resentment and they wallow in self-pity, believing that life has been cruel to them, and that all their troubles boil down to external factors, and nothing is truly their fault. They are ungrateful creatures, willingly accepting help, but often do not offer help in return. In turn, others will try to avoid them, which inevitably makes them feel worse, and they become bitterer as a result. By taking the remedy, you will soon realise that you and you alone determine your state of mind. It also reawakens the ability to see things from a positive perspective, rather than always approaching things from a negative standpoint.



Yarrow oil releases any bitterness built up over the years due to life’s experiences. The oil should be used by those exhibiting anger or resentment having been (or perceived to have been) emotionally wounded in the past.



## TABLE ONE: Positive attributes and psychotherapeutic properties of all 38 single Bach Flower Remedies and their corresponding essential oils

|  |  |  |  |
| --- | --- | --- | --- |
| **Bach Flower Remedy** | **Positive Attributes** | **Essential Oil** | **Psychotherapeutic Properties** |
| Agrimony | Self-actualisation; Inner Peace | Neroli | Connected; Understanding; Peaceful, Stable |
| Aspen | Calm and Collected; Realistic | Vetiver | Spiritual Calmness; Grounded; Strength |
| Beech | Tolerance; Empathy | Peppermint | Emotional Tolerance; Receptive |
| Centaury | Assertive; Strong | Thyme | Fortified; Courageous |
| Cerato | Self-Belief | Clary Sage | Inspired; Confidence; Insightful |
| Cherry Plum | Self-control; Composed | Lavender | Gentle; Calm; Acceptance; Inner Peace; Emotionally Balanced; Spiritual Growth |
| Chestnut Bud | Observant; Perceptive; Receptive to Learning | Juniper | Inner Vision; Enlightened; Wisdom |
| Chicory | Secure; Selfless; Unconditional Love | Marjoram | Self-Assured; Sincerity; Eases Emotional Dependency |
| Clematis | Focused; Creative | Peppermint | Concentration; Vitality; Enhances Creativity |
| Crab Apple | Self-love and Acceptance | Vetiver | Mind-Body Connection; Centering; Self-esteem |
| Elm | Resilience; Dependable | Sweet Orange | Regenerated; Strong; Positive; Self-Confident |
| Gentian | Optimism; Enthusiasm | Cedarwood | Stability; Comfort; Persistence; Fortitude |
| Gorse | Renewed Hope; Faith | Thyme | Motivated; Self-Confidence; Fortitude; Hope |
| Heather | Altruism; Good Listener | Benzoin | Comforts; Enhances Ability to Nurture; |
| Holly | Love; Forgiveness | Jasmine | Harmonised; Joyful; Open to Giving Affection; Supportive |
| Honeysuckle | Contentment; Interest in the Present | Frankincense | Comforting; Healing; Acceptance; Introspection |
| Hornbeam | Clarity; Rejuvenated | Ginger | Confident; Purposeful; Motivated; Focused |
| Impatiens | Patience; Tolerance | Bergamot | Refreshed; Relaxed; Good Natured |
| Larch | Confidence; Self-esteem | Rosemary | Confidence; Fortified |
| Mimulus | Courage | Roman Chamomile | Relaxed; Calm; Spiritually Aware; Inner Peace |
| Mustard | Joy | Lemon | Joy; Emotional Clarity; Calm; Emotionally invigorated |
| Oak | Recharged; Endurance | Geranium | Adjustment; Regenerating; Stimulant; Soothing; Tranquility; Steadiness |
| Olive | Vitality | Sandalwood | Serene; Calming; Balancing |
| Pine | Self-forgiveness; Self-worth | Pine | Acceptance; Self-Forgiveness |
| Red Chestnut | "Letting Go"; Trust | Palmarosa | Security; Soothing |
| Rock Rose | Courage; Calm | Sandalwood | Warm; Comforting; Serene; Peaceful; Insightful |
| Rock Water | Flexible; Fun | Eucalyptus | Emotionally Balanced; Flexible; Stimulating |
| Scleranthus | Decisive | Clary Sage | Inspired; Confidence; Insightful |
| Star of Bethlehem | Comfort; Solace | Frankincense | Wisdom; Emotional Stability; Enlightened; Introspection; Fortitude; Acceptance |
| Sweet Chestnut | Comfort; Hope | Cypress | Strength; Comfort, Understanding; Contentment; Inner Peace; Wisdom |
| Vervain | Mellow; Relaxed | Sandalwood | Serene; Peaceful; Wise; Open |
| Vine | Compassionate; Respectful | Lavender | Compassionate; Caring |
| Walnut | Adaptable | Benzoin & Cypress | Stability; Reassuring; Willpower; Strength; Comfort; Enhances Ability to Change |
| Water Violet | Communicative: Sociable | Geranium & Juniper | Humour; Friendliness; Sincerity; Humility |
| White Chestnut | Peace of Mind | Clary Sage | Calm; Grounded; Balanced; Relaxed; Regenerated |
| Wild Oat | Sense of Purpose; Conviction | Cypress | Direction; Assertion; Control; Wisdom; Willpower |
| Wild Rose | Zest for Life | Cardamom | Direction; Motivation; Enthusiasm; Fortitude; Confidence |
| Willow | Responsibility; Forgiveness | Yarrow | Contentment; Happiness; Openness |

# CHAPTER FOUR: BACH FLOWER REMEDIES AND ESSENTIAL OILS IN UNISON

In this chapter, we will be focussing on practicalities. It details how Bach Flower Remedies should be taken, and how essential oils can be applied before delving into the methods that you could employ to synergistically meld these two modalities together to free your mind, body and spirit from emotional roadblocks.

We all possess the innate ability to heal ourselves, but we need to directly address emotional imbalances first before this mechanism can work effectively. Bach flower remedies and essential oils, used in unison, kickstarts our body’s own internal self-healing system, enhancing our health as well as overall wellbeing.

## Taking Single Bach Flower Remedies

There are many ways to take Bach’s flower essences. Traditionally, the remedies are taken orally.

For daily use, simply add about two drops to water for the single remedies and four drops if taking the composite remedy, and sip at intervals. However, the drops can also be taken directly on the tongue if desired.

Deep-seated or chronic problems which have been persisted for a long time require a different approach. Add two drops per remedy to a 30ml dropper bottle, top up with spring or mineral water and take four drops at least four times a day.

Alternatively, you may apply the remedies externally on the lips, soles of feet and temples. It is just as effective, and works extremely well on babies and young children.

You can also create a remedy bath by adding six to seven drops of the required flower essences each to a warm bath. This is akin to steeping yourself in liquid energy. Relax, and soak for30 minutes, by which time you would have absorbed all the positive energies transmitted by the remedies.

As all Bach Flower Remedies only contain the energy imprint of the flowers and plants indicated, and no actual plant, other medications, whether allopathic or complementary, can be taken without any worry of contradictions.

## Applying Essential Oils

Essential oils, should be treated with the utmost reverence and respect and be handled carefully, given their chemical potency. A little always goes a long way, and they should never be ingested, unless prescribed and administered by a trained professional, such as a (clinical) aromatherapist or pharmacist.

One of the most therapeutic ways to harness the healing powers of essential oils is through massage. Combine one drop of essential oil to every millimetre of carrier oil, such as Sweet Almond, Hazelnut, Soy, Peanut and Saff Flower Oils into a dark brown bottle to create massage oils. If using more than one essential oil, combine those first in the bottle before adding the carrier oil. Blend the oils by briskly rolling the bottle in your hands.

Otherwise, run a hot bath and then add the essential oil. Close the bathroom door so the vapours won’t escape. Soak in the bath for at least 10 minutes, inhaling deeply through the nose. Use to a maximum of up to eight drops per bath. Never use Basil, Cinnamon, Peppermint, Thyme and Clove in baths, unless instructed by a qualified practitioner to do so.

A diffuser is a great investment if you intend to use essential oils on a regular basis. Always ensure that you put water in first before adding essential oil when using a diffuser. A maximum of six drops is advised if you decide to use this method. If you do not own a diffuser for dispersing aromas, simply put a few drops into a bowl of hot water for a similar effect.

When on the go, simply place one to two drops on tissue paper and inhale deeply for immediate relief.

***Certain essential oils should be avoided completely during pregnancy or when breastfeeding. This includes Basil, Cinnamon, Aniseed, Fennel, Juniper, Marjoram, Peppermint, Rosemary, Thyme, Clary Sage, Oregano, Clove, Nutmeg, Sage, Valerian, Spikenard, Black Pepper and Cedarwood.***

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## Using Bach Flower Remedies and Essential Oils Together

First and foremost - a word of caution. It is advisable to use only one essential oil with a single Bach remedy at a time. Treat the emotional imbalance that is foremost in your mind, and once that eases, proceed to tackle any other issues, one by one. Take your time to ensure that any chronic negative emotions are dissolved before embarking onto your next stage of your recovery or transformation journey.

The therapeutic benefits obtained in combining these two powerful healing modalities will be compromised if you use different essential oils and Bach remedies simultaneously. Flooding the body with multiple energy frequencies found within both flower essences and essential oils only serve to confuse the body and spirit, gravely undermining the emotional healing process.

To make up a treatment, mix two drops of Bach flower remedies with up to 10 drops in total of the recommended essential oils to a carrier such as Sweet Almond or Jojoba oil and massage directly into the skin. Or you might prefer adding six to seven drops of Dr Bach’s flower remedies to a hot bath, alongside up eight drops in total of the corresponding essential oil, and soak in for at least 30 minutes to absorb the full therapeutic power of these natural remedies.

To boost the healing process, you could also adopt the following simple meditation technique. Practice it daily if you can – it takes no more than 15 minutes, but the effect it has is certainly quite profound.



This technique intentionally uses a combination of breathing, feeling and visualising to release trapped and repressed negative emotions.

To begin, take a single Bach remedy and diffuse the corresponding oil. If you do not own a diffuser, simply place a few drops on a cotton ball or tissue and have it on hand before starting.

Then, get into a comfortable sitting position, either on a chair or on the floor, in a quiet part of your home, preferably away from any distractions.

Focus your mind and your heart to release negative feelings, thoughts and emotions. Inhale the appropriate essential oil before closing your eyes. Take in deep breaths slowly, all the way through your belly. As you exhale, push your breath out. You may sigh, shout or cry if you wish. Repeat these steps several times, until your body slumps and relaxes.

Begin focussing on your body. Take note of where your body is positioned. Feel the chair or floor beneath you. Inhale and exhale deeply again, counting your breaths this time as your chest rises and falls, stopping at ten before starting again until you feel at ease once more. You might begin to feel heavy, as if you are sinking into the chair or floor.

Now think about something that provokes an unloving or negative emotional response or the current melancholic feelings you possess that are tearing you apart. Ask yourself where this harmful energy is being stored and where it is physically causing pain or tension. Scan your body slowly – take your time to note where your emotional and physical discomfort is coming from.

Visualise a white ball of light glowing over the points where you have observed any physical and emotional pain or tension. Let the ball of light grow, until it envelops your whole body, bathing you in blinding white light. Breathe out as hard as you can, feeling the anxiety and tension leaving your body. Do this for as long as you need to, until you feel a palatable sense of relief, emotionally and physically.

Open your eyes when you feel ready. Blow out a final breath. If you wish, drink a cup of herbal tea after, preferably Valerian or Chamomile to soothe and calm.