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**Positive Thinking By Bach**  
**Flower Remedies**

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## **Chapter-1**

### **Bach Flower Remedies introduction, principles and ideology in the light of Indian spiritualism and philosophy.**

Bach Flower Remedies is a holistic system of treatment, based on spiritual principle. Its father was Dr. Edward Bach, who is known as second Haniman in the world of medical science. He was born in England. He was a humanitarian physician and a saint. He had great faith in religion and spiritual principles. Apart from being an allopathic physician, he was also a pathologist and immunologist. He was also a successful homoeopathic physician.

By the long study and research of the body, mentality and psychology of different types of patients in the various fields of treatment, Dr. Bach came to the conclusion, “The roots of diseases lie in the mind of man, not in his body. Where as according to the modern system of treatment, body is the centre of diseases. Consequently the modern system of treatment fails in treating diseases successfully.” Dr. Bach found that the main cause of diseases afflicting man is the mental disturbance and perversity

that give birth to negative thinking with the result that mental, physical and emotional imbalance is caused in the mind of man.

It is this imbalance that gives rise to various kinds of physical, mental and psychological diseases. Dr. Bach firmly believed that to remove this imbalance, it is very important to develop positive thinking. So long as it is not developed, one cannot get rid of physical ailments completely. Dr. Bach fully believed in the maxim of Haniman that it is the patient who should be treated, not the disease. Later on he propounded Bach Flower Remedies on this very principle.

After discovering the main causes of diseases, Dr. Bach devoted himself for discovering the medicines that could transform man's negative thinking into positive thinking. He had firm faith in nature. He believed that when nature has produced negative feelings, it must certainly have produced herbs that can counteract them (the negative feelings). With this faith and, he gave up his roaring practice in London in the year 1930 and went to live in a small village of fishermen.

From 1930 to 1936, he wandered here and there in the jungles, valleys and mountainous regions and found out 38 kinds of diVine plants and herbs and also discovered a stream, the water of which had medicinal quality. In this way he discovered 38 kinds of remedies to change 38 kinds of negative feelings. This is the gist of his system of treatment. Thereafter, while treating an

unconscious sailor, who was on the point of death, he invented rescue-remedy by mixing five remedies that he had discovered earlier.

This rescue-remedy enhances the vital force of the persons who are on the verge of death because of accidents and severe diseases and helps them in recovering. These 39 medicines, invented by Dr. Bach are known as Bach Flower Remedies. Crores of people in the world are getting benefitted by them. Unfortunately this system has not been so much propagated in our country and hence people do not know much about it and are not able to take its advantage.

### **The inference of Dr. Bach regarding diseases**

Man keeps healthy so long as he is in harmony with nature but when he goes against nature, there arises a mental conflict between mind and spirit. This conflict gives rise to mental strain that causes various kinds of negative feelings. These negative feelings, in their turn, cause many physical, mental and emotional diseases. It is clear, thus, that in order to be healthy and happy physically, mentally and emotionally, balance and harmony in mind, body and spirit are extremely necessary.

### **Role of oxygen and mind in keeping healthy**

Oxygen is an important element that is found in different quantities in all the living and non-living beings of the world. The

electric current that flows in the body of man is a part of this oxygen. Man takes it in with breathing, fire, water and thoughts. The body that draws it in appropriate quantity appears healthy, happy and full of zeal and enthusiasm. On the contrary, one, who cannot draw it in proper quantity, appears unhealthy, lethargic, sad and dull.

There is a strong preventive force in life (vitality) that not only protects against diseases but also plays a great role in removing diseases. Flow of oxygen in all parts of the body is very necessary to keep all of them healthy and in a good condition. The parts that do not get appropriate oxygen, or get insufficient oxygen, get diseased.

Thoughts get wonderfully forceful when mixed with oxygen. Thinkers who have strong feelings and will power, combined with vital force, cause a stir in the world. Thoughts and principles of great thinkers like Karl Marx and Mahatma Gandhi amply prove this doctrine. Proper flow of oxygen removes all the obstacles in the parts of the body and keeps it healthy and fit.

Anger, ego, illusion, greed and possession (tendency of possessing things unnecessarily ) are our passions. These passions cause the feelings of fear, anxiety, stress, frustration, despair, jealousy, malice, lack of confidence, enmity and revenge.



All these are negative feelings and cause many complexes in mind which render the whole constitution of body right with the result that the flow of oxygen is obstructed and man gets ill. Negative feelings not only cause complexes but also produce vibrations that render our thoughts imbalanced and weak.

### **Gross and subtle bodies and oxygen**

Like gross body, there is also a subtle body that is not perceived with eyes. Gross body gets all the strength from subtle body. Subtle body is much more stronger than the gross body. Diseases first attack the subtle body and then gradually get hold of the gross body. At this stage, diseases become difficult to cure or even incurable. These diseases pursue man for many births to come. Diseases like leprosy, goitre, T.B., aids and syphilis etc. on getting chronic, get rooted in the subtle body. The medicines prescribed by physicians being gross, can cure the gross body but they cannot cure the diseases deeply rooted in the subtle body and mind. That is why diseases attack again and again and very often they persist up to the whole life.

Diseases like insanity, epilepsy, weakening of nervous tissues, despair, anger, anxiety, sleeplessness, delusion and apathy are caused because of the disorders of mind and conscience. False concepts also cause great pain. The roots of these diseases reach up to the subtle body. Only the flow of oxygen can attack the roots of these diseases and provide relief from them. Ordinary diseases are

very quickly cured by oxygen. Bach Flower Remedies are very minute medicines. They help in the flow of oxygen in the subtle body and thus many diseases are very easily cured.

### **Illusion of mind**

Mind is the most conscious element of body. Our distorted and evil thoughts and feelings affect first of all our mind. Mind is very sensitive and delicate. These are the attitudes of mind that first of all exhibit the symptoms of diseases. These diseases cannot get rooted in the body, if treatment is started at an early stage, keeping these symptoms in view. By doing so, even the possibility of one getting diseases be removed. But when these symptoms of mind are not taken care of and when they are neglected, they cause diseases in the body. If these mental disorders persist for a long time, they get deeply rooted in the subtle body. Migrain, heart disease, diabetes, ulcer, blood pressure, contipation, asthma, rheumatism, skin allergy, depression and the tendency of committing suicide etc. are caused mainly by the negative thoughts that are deeply rooted in our conscience.

Total and complete health is not possible unless these negative thoughts are removed. Evil, mean and petty feelings are the main cause of all our physical and emotional diseases. These feelings cause extra-ordinary changes in our body and then appear in the form of serious diseases. A person is sure to be ill if he is

obsessed all the time with the feelings of selfishness, fear, anxiety, anger, ego, jealousy and revenge.

Mind governs the whole body. All the nervous tissues are connected with brain and are controlled by it. There is a network of extremely thin nervous tissues in every part of the body and then tissues are governed and controlled by brain. Even the modern physicians admit this fact. According to Dr. Dalton, feelings of fear, jealousy, hatred, despair and distrust slow down all the activities of the body and dry up blood. Dr. Vane considers anguish and mental agony to be the cause of death of many people.

Chronic anxiety is said to be the cause of ulcers and cancer. Chronic stress, anxiety and mental pains are the causes of constipation, ulcer and crohense disease. Mental worry prevents the growth of body as the arteries cannot function in a proper way.

Dr. Amer Gates claims that anger, despair and perturbation produce deadly toxins in the body. Dr. Musso knows by his experience that fear causes diseases like tremors, epilepsy, tetanus and diseases of gums. Dr. Takene says that behind diseases like insanity, paralysis, diseases of liver, hair getting grey at an early age, baldness, miscarriage, urinary diseases, skin diseases, ulcers and decay of teeth at an early age, there are fear and anguish. The number of people dying of these diseases is far greater than that of people dying of plague, cholera, dengue and chicken-gunia.

## **Negative thinking and other systems of treatment**

Ayurveda is the oldest system of treatment in the world in which the causes and remedies of physical and mental diseases have been very minutely dealt with. This is a complete system of treatment. In this system, causes of both physical and mental diseases have been explained. Physical ailments in course of time turn into mental ailments and vice-versa, Lust, anger, attachment, jealousy, vanity, grief and fear etc. have been said to be the diseases of mind and swoon, insanity and disrespect have been said to be psycho-physical diseases. In Ayurveda, Vat, Pitta and Cough have been said to be the three humours of body. Raja and tama have been said to be the two defects of mind.

The Ayurvedic system of treatment believes that physical ailments are cured by the blessings of gods, by adopting proper course of things and by medicines and mental disorders are cured by having patience, and by resorting to knowledge of things, science, memory and meditation.

Mental vices like anger, grief, greed, lust, attachment, dependence on others jealousy, vanity, suspicion, having no mercy on others, malice and hatred have been said to be the wrong doings that are committed knowingly, out of negligence. When intellect, discretion and memory i.e., the capacity of remembering the auspicious and inauspicious results of the past deeds are destroyed, man starts doing things that are inauspicious and not in his interest.

Committing deeds in this way is known as Pragyapradh (doing things knowingly, having lost the capacity of deciding what is good and what is bad).

Ayurveda lays stress on the balance of the three humours- Vat, pitta and cough-of the body. Similarly, equilibrium of intellect, discretion and memory is also essential. The humours of the body get imbalanced because of the mental vices and passions and give rise to various diseases. But these diseases cannot be cured by medicines only. To get rid of them, good and positive ideas are extremely essential and good and positive ideas can be gained by studying good books and by being active all the time. Activity keeps depression at bay. The mist of depression that gathers on conscience gets cleared by remaining active. Thus we find that the great scholars of the olden times have expatiated in detail the causes of diseases and their expatiation is perfectly scientific and rational. Their's is a unique contribution to the world of medicine.

Incidentally, we find no mention of medicines for mental disorders in the old books of Ayurveda like Charak Samhita, Sushrut Samhita and Ashtanga Sangraha etc perhaps at the time when these books were being written, man was not so much afflicted with mental disorders as he is now. This may be the reason for the Acharyas of Ayurveda for not thinking about these

mental afflictions. Otherwise they would certainly have given thought this important aspect of treatment.

The great contribution of Dr. Bach is that in the form of Bach Flower Remedies, he has presented medicines for almost all sorts of negative thinking, common to all and sundry, by discovering diVine herbs. This contribution of Dr. Bach is extraordinary, wonderful and miraculous and puts him in the category of old physicians Charak and Sushruta and in modern times, in the category of Dr. Haniman.

### **Homeopathy and Bach Flower Remedies**

Dr. Bach had full faith in the Homeopathic maxim, “ **It is the patient who should be treated, and not the disease.**” and he based his own system of treatment on this maxim. In other words we can say that there are no diseases but there are sick persons. In Homeopathy, disease is said to originate not in body but in the living force. That is why this pathy treats the ailments that cover the living force. When living force is cured and vitalized, diseases of body get automatically cured.

Living force exhibits disease through mental symptoms. Man first thinks and then acts. Living force expresses itself through mental symptoms. Therefore it is the inner self and the living force of the patient that should be treated. After paying attention to the mental symptoms, symptoms exhibited all over the

body should be taken into consideration as they too are related to the living force. At the mental stage, the reaction of the patient is expressed through mental symptoms. A person says that he is ill. It means that the disease is not yet at developmental stage, it has not yet developed in any part of the body.

At the initial stage of disease, many symptoms are exhibited e.g. sleeplessness, restlessness, lack of appetite, lack of the natural love and affection for the members of the family, lack of willingness for the members of the family, lack of willingness for mixing up with other people and a desire to die etc. These symptoms indicate that the person is ill, he is not well. This also means that the disease has started but it has not yet taken its root in the body. The will power and all the powers of perception of the person concerned have been attacked and sooner or later, body will also be affected. Whatever the mind suggests, gets rooted in the form of physical ailment.

**Disease originates first in the mind, then it develops in the body.** Disease never goes in from outside, it always comes out from within. Perfectness of health too begins from within i.e. it starts from the mind and then cures the diseases of the body. This is the nature of perfectness of health. Physical ailment is the result of mental disorders, not the cause. Therefore one can get rid of physical ailments only when one's mental disorders are cured.

Thus we find that the basis of the system of Dr. Bach is the principle of treatment propounded by Dr. Haniman. This is also true that Dr. Haniman has thrown ample light on the mental causes of diseases. Besides, he discovered many medicines for mental passions like fear, jealousy, malice, and hatred etc. and these medicines have proved very effective. Dr. Bach, adopting Homeopathic system, prepared seven kinds of vaccine from the bacteria found in the intestines of man. These vaccines proved very effective in the treatment of many physical diseases. However, he later on, stopped using them. But the fact is that these vaccines are used even today by the homeopathic and the allopathic physicians. But Dr. Bach was not satisfied with the homeopathic system of treatment also.

There were many reasons behind his being dissatisfied with the homeopathic system of treatment. Difficulty in selecting the right medicines out of thousands of medicines on the basis of symptoms, use of many toxic and impure things in manufacturing the medicines and the harmful effects of the medicines wrongly selected were some of them. **Dr. Bach believed that man's body is a temple, it is the dwelling place of God-like soul.** Hence, toxic, impure and unholy things should not be used to keep the body healthy. He, therefore, renounced the homeopathic system of treatment. He had already renounced the allopathic system of treatment.



## **Shortcomings of Allopathy**

In allopathy, body is supposed to be the house of diseases. In this system, gross medicines are used for treatment. Such medicines can cure a gross body that they cannot cure the subtle body ie. the diseases caused by mental disorders. Although the feeling of mental pain and suffering can be subsided for a time being with the help of tranquilizers but such medicines ultimately have a very bad effect. The patient's gets used to them. The side-effects and reactions of such medicines very often put a patient's life in danger. They cure one disease but at the same time, produce a new disease. The poor patient is never fully cured and has to suffer for the whole life. Dr. Bach took the ill effects of allopathy very seriously and renounced it.

## **Treatment of physical mental and emotional diseases by postures, pranayam and Yoga**

Postures, pranayam and Yoga not only provide relief from physical, mental and emotional diseases but also help in attaining salvation. In order to get the knowledge of self, Yoga starts with the body and by controlling the mental and emotional levels through body, the feeling of spiritualism can be aroused.

The vitality and the power that are produced by the practice of Yoga, remove the disorders of the body and make it strong and pure. This is only the physical aspect of Yoga. When the body gets

purified, mental disorders are automatically removed. In Yoga, body and mind are supposed to be one entity, not two separate entities. There is a close relation between mind and body. Physical ailments produce mental ailments and vice-versa. By practising Yoga, one gets a strong hold on mind and body and to get relief from physical, mental and emotional diseases becomes easy.

Yoga aims not only at getting relief from diseases but also at the welfare and uplifting of one's soul or spirit. The state of total health is achieved with Yoga just as fodder is automatically gained with grain. Asanas help a lot in gaining physical health, where as Pranayam helps in gaining mental and emotional health. Asanas and Pranayam too are parts of Yoga.

Breathing is closely related to mind. No other system of treatment is better than pranayam for the cure of mental disorders. Pranayam means controlling and regulating life force. In a gross form, this life-force is related to breathing. By practising pranayam, one can get control over life-force and attain physical and mental health. As has already been told, physical and psycho-physical diseases originate in mind, feeling and thought.

The seeds of anxiety, worry, violence, jealousy and malice lie in mind and the symptoms are felt by the body and its internal actions. Mental, physical and psycho-physical diseases are caused by negative feelings that cause an imbalance among body, mind and emotions. Pranayam removes this imbalance. Swara Yoga

(Yoga related to sound) and pranayam are closely related. Swara Yoga is an ancient science related to the co-ordination of subtle body. Pranayam is inclusive in Swara Yoga, but Swara Yoga is a very subtle science.

In our nose there are, from time to time, breathing flows from right and left and there are three flows at the same time from both the nostrils. When breathing takes place from the left nostril, it is said to flow from a nerve known as 'Ida' when it takes place from the right nostril, it is said to from a nerve known as 'Pingla' and when it takes place from both the nostrils, it is the nerve 'Sushumna' that gets active. The time and speed of breathing are fixed. Any disturbance in it becomes the cause of the origination of diseases. These three swaras are co-ordinated with the three systems of body-mind, life-force and soul, one remains healthy physically, mentally and emotionally so long as there is a perfect co-ordination among these three. Lack of combination among the three causes diseases. Pranayam plays an important role in co-ordinating the three. Thus the combination of asanas, pranayam and Yoga ensures physical health but in this age of materialism, they have their limitations, rendering thier utility limited and consequently common people cannot take advantage of them.

The training and practice of asanas, pranayam and Yoga should be done under able guidance or they may prove more harmful than useful. To get full advantage of them, long practice,

patience and devotion are required. One has to wait patiently for a long time to get relief from diseases. Life in the modern age has become very fast and it is very difficult to practise Yoga patiently and regularly. That is why most of the people cannot get its advantage. Bach Flower Remedies is an effective medicinal solution for changing negative thinking into positive thinking. It will not be an exaggeration if this system is said to be **“Yoga in bottle”**. This system of treatment is a wonderful gift to mankind and this unique discovery puts him in the rank of physicians who were also like saints.

Bach Flower Remedies is significant not only for the treatment of physical, mental and emotional diseases but also for the people who are struggling against corruption, crimes, terrorism and the adverse circumstances created by natural calamities. Behind all these problems are the negative and destructive feelings of fear, frustration, despair, jealousy, malice, hatred and revenge. Bach Flower Remedies helps man in getting rid of these mental vices and develops in him the positive and constructive feelings of love, compassion, piety, hope, self-confidence, generosity and good will for others.

From the short study of all the systems of treatment Ayurveda, allopathy, homeopathy and also of Yoga, it is clear that in allopathy, treatment is given keeping gross body in view. By doing so, treatment of gross diseases afflicting the gross body may

be possible. but the treatment of the diseases afflicting mind is not possible According to the great and famous ayurvedic book 'Charak Sanhita', "Raj and Tam are the two qualities of nature and they are mental defects. They give rise to the negative and destructive feelings of lust, anger, greed, jealousy, attachment, vanity, ego, grief, anxiety worry and fear." The ayurvedic acharyas had fully understood and realized the role of mind in the origination of diseases thousands of years back, but they did not present medicinal solution to remove these mental disorders. It was Dr. Haniman, who studied deeply the mental causes of diseases and tried to present, first of all, their medicinal and emotional imbalance caused because of mental disorders has been regarded as the main cause of diseases and a scientific solution too has been presented to remove this imbalance. If Dr. Bach had studied Yoga and ayurveda, he would not have to have toiled hard for twenty long years to propound Bach Flower Remedies. However although the roots of Bach Flower Remedies lie in ayurvedic, Yoga and the ancient Indian scriptures, it goes to the credit of Dr. Bach that with his extra-ordinary intellect and with the help of homeopathy and by dint of his perseverance, he propounded a medical principle that is totally scientific. His is a great and unique contribution to mankind.

## **Chapter - 2**

### **The Spiritual form of Bach Flower Remedies**

The main aim of the principles of eternal rules and morality propounded by the ancient spiritual saints was the welfare of the self. Attainment of health was the natural outcome. Without being healthy one can not put even a step on path of the good of the self. Therefore, behind all the religious rules and regulations, the aim of attaining good health is implied. If we follow them, there will be fewer chances of our contracting diseases.

Dr. Bach was a physician. Naturally his main aim was to guide and instruct people so that they might enjoy physical, mental and emotional health. For this purpose, he did not lay stress on observing the rules of health, he put all stress on removing negative and destruction feeling and developing positive feeling that make us healthy and happy. To achieve his goal he discovered some medicines. When we go into the depth of Bach Flower Remedies, we come to know that it is spiritualism that is the basis of his system of treatment.

Dr. Bach said that in order to be healthy, man must develop four qualities-mental peace, hope, joy and faith. These are the four

steps after climbing which total health can be attained. The man having these qualities in abundance never falls ill and if by chance, he does fall ill, recovers very quickly. Bach Flower remedies helps in developing these natural qualities.

If we think from spiritual point of view , we find that soul possesses seven natural qualities –(1) knowledge (2) purity (3) peace, (4) love (5) pleasure, (6) joy and (7) strength. These qualities nourish and make grow all the parts of the body. Different parts of the body are affected if the soul is lacking in these qualities.

### **1. Knowledge**

Knowledge is very important for the development of mind. Because of lack of knowledge , a child gets mentally weak since the very beginning of his life. His memory is very weak.

### **2. Purity**

Purity nourishes and strengthens our resistance power. Purity is of two kinds- external and internal. By external purity is meant the purity of food materials and the way of our living. Internal purity means purity of heart, freedom from mental pollution. The latter gives birth to positive feelings which are very important for a happy and healthy life.

### **3. Peace**

Peace, calm and quiet help our lungs in performing their function properly. When we are devoid of peace i.e. when we are restless, an obstruction is caused in our lungs due to which supply of pure oxygen to them is hindered.

### **4. Love**

Love is to life as oil is to machine. It makes our life meaningful. It is like the fragrance of Flowers that makes life sweet. In the absence of love one may suffer from heart attack and also develop a hole in the heart.

### **5. Pleasure**

Pleasure helps our our intestines in doing their work properly and smoothly. When we are pleased and happy, food is digested easily. Food taken in the state of anger, sorrow and stress, acts like poison. Consequently one gets diseases like constipation, in digestion, gastric trouble, ulcer and mucus.

### **6. Joy**

Joy is the extreme form of pleasure. It provides us mental satisfaction. It helps the hormones in working smoothly. Proper functioning of hormones helps in controlling negative feeling like violent passions, anger, fear, and stress.



## **7. Strength**

There are eight kinds of power that make our body strong. If one lacks strength, one suffers from many kinds of troubles such as headache and bodyache.

All these seven qualities flow into the body through mind. Combined together, they keep the body moving and healthy. Mind is the subtle body. Thoughts, feelings, attitudes and memory are the four aspects of mind. They are the strong pillars that support pleasure and peace in life. When these pillars get weakened, man falls a prey to mental pollution and impurity and negative feelings inviting various diseases.

The habits earned because of the karmas of the previous births also go along with soul. These habits enter the womb along with the foetus. Genes are affected in accordance with the karmas. Religious rites, spiritual sermons, Yoga and meditation etc. are resorted to in order to get rid of karmas, with the spiritual strength of soul, mental strength of mind and the physical strength of body maintain a balancer among mind, body and spirit and with this balance, body can be protected from diseases.

Good thinking, good attitude, good feeling and good memory- these are the four attributes necessary for a healthy life. Our thinking plays a very important role in the origination of disease. Thinking is of four kinds- (1) negative thinking, (2)

positive thinking, (3) necessary thinking and (4) unnecessary thinking. Negative thinking makes mind impure and fills it with unwanted ideas. Unnecessary thinking does not let man live in the present. It makes man absorbed either in the unpleasant memories of the past or in the pleasant anticipation of the future with the result that his present, his most important period of life goes waste. People obsessed with negative feelings are a burden on himself, his family and the society. Both the negative and the unnecessary thinking cause fear , anxiety, grief and despair and render man ill physically as well as mentally. On the contrary , positive and necessary thinking pave the way of man's development and growth. Those who do not think of future that is unknown and uncertain and do not grieve over past that is gone for ever, are not afflicted with fear, anxiety, grief and despair. Such people live a healthy , happy and meaningful life.

### **Attitude (view point) and Health**

Human life goes along with two contradictory elements- consciousness and body. Body is unconscious, it has got no consciousness. Going along with two contradictory things is a problem in itself. Doing so causes many difficulties. For a happy, healthy and successful life, one must have positive, constrictive and constructive and creative attitude. Negative attitude causes nothing but despair, fear, frustration, anxiety, jealousy, malice and even enrruity. The greatest cause of our sorrow is our negative

attitude. No person or circumstance can make us unhappy and no force of the world can deviate us from our path if our attitude is positive and if someone has aptly remarked "**change your attitude and your world will be changed.**"

According to Acharya Mahaprayya "Our consciousness is neglected because of our materialistic attitude. In the present age matter has become more important than consciousness. The latter is supposed to be only secondary. Even our relations gone have secondary, money getting hold over them. Negative thinking develops when consciousness is neglected and lost. Coordination between materialistic and spiritual attitude is very necessary if we want to be healthy and happy. A person believing in spiritualism does not look outside he always looks within. When a person tries to find a solution outside he has to depend on others. This dependence causes either inferiority complex or vanity.

One who does not look at himself but always looks at others develops negative feelings like anger, vanity, jealousy malice and inferiority complex. When a person compares himself to his inferiors, he gets vain and when he compares himself to his superiors he feels small and develops inferiority complex. The desire of taking revenge and wrangle cause deadly mental diseases. These are also the causes of many physical diseases. The attitude of taking revenge develops a complex in the mind. So long as this complex is not removed diseases cannot be cured, whatever we do.

Deadly diseases like cancer are caused because of inner conflicts and complex. some other diseased are caused because of mental weaknesses.

The essence of all the above expatiation is that positive thinking keeps a man fit, strong and healthy-physically mentally and emotionally. Negative thinking does just the contrary. It makes a man ill sick depressed and grief stricken. Dr. Bach through his medical research has propounded this very spiritual fact. He says “Physical health depends upon our way of thinking, our feelings and emotions. Good health is harmony rhythm when we think positively, constructively and happily. Ill health is when we think negatively, unhappily and destructively. This is the secret of a happy, healthy, rich and meaningful life.

### **Ayurveda and Spiritualism**

According to Acharya Mahaprayya “Ayurveda speaks of three defects Vat, Pitta and Cough. Good health is the balance and harmony of the three. These three humours cause all the physical mental and emotional diseases. All the three humours can be controlled by spiritualism. Knowledge pacifies Vat, philosophy pacifies Pitta and character pacifies Cough”.

## **Chapter – 3**

### **Dr. Edward Bach Life history**

Dr. Edward Bach was born in the country of Mosley, near Birmingham in the year 1886. Since childhood he had been interested in the field of medicine. His father was commoner. Being aware of the poor financial condition of his father, he could not express his desire of doing something in the field of medicine. When his father came to know of his wish, he got him admitted in the Birmingham University. After completing his training in Birmingham University, Edward Bach joined University college, London from where he got his degree in medicine in 1906. He earned great name and fame in University College Hospital, London. In 1913, he was appointed casualty medical officer. Later on, he was posted as casualty house surgeon in National Temperance Hospital. He got diploma in the year 1915, he started working as Assistant bacteriologist in University College Hospital. While working here, he discovered a particular type of bacteria found in the intestines and studied their effect on diseases that were considered incurable. The vaccines prepared from these bacteria had a wonderful effect on the patients suffering from arthristis and headache. It (the effect) was more than expected by Dr. Bach.

In 1919, he got appointment in London Homeopathic Hospital. It was here that he came to know Dr. Haniman's philosophy and system of treatment. He was highly influenced by Dr. Haniman's maxim, **“It is the patient who should be treated, and not the disease”**. Finally he based his own system of treatment “Bach Flower Remedies” on this very principle.

Dr. Bach continued his research on the bacteria found in intestines. In 1920, he prepared seven kinds of vaccine based on homeopathy. These vaccine are known as seven Bach Nosodes. These vaccines brought great fame to Dr. Bach. Homeopaths in countries like England, America and Germany use these vaccines at a large scale even today, but Dr. Bach himself was not satisfied with this discovery of him. He believed that medicines prepared from unholy bacteria should not be used in the holy temple of body.

Apart from serving in the hospital, Dr. Bach ran his own clinic also in the Harley street of London. He treated the poor patients free of charge. Dr. Bach began to gain eminence in the world of medicine. His articles came to be published in many newspapers and magazines, including British Homeopathy Journal. In the year 1925, he wrote a book “Chronic disease: A working hypothesis” in collaboration with Dr. C.W. Wheeler. This book was published by H.K. Lewis & Co. Ltd.

In spite of many successes, Dr. Bach was not satisfied with the allopathic and homeopathic systems of treatment. In allopathy, importance is given only to the physical diseases of the patients. Homeopathy is very complicated. In this system, there is the problem of selecting a right medicine out of thousands on the basis of symptoms. Then there is the problem of determining the potency. Toxic and unholy things were used in preparing homeopathic medicines and Dr. Bach totally disliked it. Then, selection of wrong medicines caused great reaction. Because of all these problems and difficulties, Dr. Bach ultimately decided to renounce this system also.

Up to 1930, his practice was at the peak. By treating different type of patients and by the study of their psychology, Dr. Bach come to this conclusion, “Disease lies not in the body but in the mind of man. So long as man maintain harmony with the business of creation, he remains healthy and happy. Actions that are contradictory to the laws of nature cause mental conflict. This conflict causes stress and this stress, in turn, gives birth to different kinds of negative thought. Thus there is a vicious circle that destroys the balance among mind, body and spirit and this imbalance is the main cause of diseases.”

When Dr. Bach had discovered the main causes of diseases, he had to develop a system of treatment that had to be simple, holy and free from all side-effects. He had great faith in nature. He

believed that if diseases and mental disorders are there, nature must have produced herbs that could cure the diseases and mental disorders. Because of this faith, he renounced his roaring practice in 1930 and settled in Cromer, a small village of here from 1930 to 1934 and began searching suitable medicines. In the valleys of Wales, in the forests and on the mountains. He wanted to find out diVine herbs that could change man's negative thinking into positive one.

Roaming here and there, one fine morning he saw that the whole valley was a glow with the light of the sun. Golden rays of the sun, coming out of the swaying leave of trees were falling on the blooming Flowers. The whole valley was presenting a wonderful sight. Seeing this bewitching beauty of nature, Dr. Bach had an instinctive desire of putting the fresh dew drops on his tongue and tasting them. He lost no time in putting his desire into action. The moment he put the dew drops on his tongue, he felt their diVine effect.

He felt that wonderful medicinal qualities were imbibed in the dew drops that were coming through the rays of the sun and were then falling on the Flowers. By this incident, he got the idea of making use of the medicinal qualities of the rays of the sun and the Flowers of the herbs.

During the period 1930-1936, he discovered 37 kinds of plants that can change negative thinking into positive thinking. In



the course of his discoveries, he also found out a stream, the water of which had diVine medicinal qualities. He prepared a medicine 'Rock Water' from the water of this stream. Besides, he also prepared a medicine known as 'Rescue Remedies' while he was treating a sailor who had got unconscious in a boat mishap caused by storm. This medicine was prepared by mixing together the five medicines came to be known as Bach Flower Remedies.

Dr. Bach was determined to discover a simple and natural system of treatment. He had a wonderful power of will and spirit. In the year 1917, he fell seriously ill. The doctors were of the opinion that he would live for three months only, but because of his strong will power and the strong desire of achieving his goal, he miraculously recovered, and resumed his work. He died in 1936, but by then he had succeeded in discovering a total system of treatment.

Before his death, he had declared Bach Flower Remedies to be a complete system of treatment. He said that there was no further need of any research in this field. He said that his system of treatment would be effective for all times and in all circumstances. He also destroyed all his documents and photographs so as to avoid any confusion in future, this act of his shows his greatness and simplicity of nature. Makind will be gratefull to him for this great contribution, "Bach Flower Remedies" We wish his soul eternal peace and still further spiritual development.

### **Cause of mental diseases**

Diseases akin to insanity are caused by some defect in the subtle body. When it (the subtle body) gets weak, even a small shock can perturb it.

### **Significance of life force**

According to Acharya Ram Chandra, “Life-force, that prevails in the whole of the world, is a great element. It is found in different degrees in all the living beings of the world. The electric current that flows in human body is only a part of this great element. Human life-force has tremendous disease-preventing force.”

## **Chapter-4**

### **Gradual Development of Bach Flower Remedies**

The foundation of Bach Flower Remedies was actually laid in the year 1920. During the period 1919-1922 Dr Bach had been working as a pathologist and a bacteriologist in London Homeopathic Hospital. During this period, he found by his research that bacteria found in our intestines are the cause of the chronic diseases contacting human body. When he separated the secretion of the intestines and examined the reaction of its fermentation on sugar, he found seven kinds of bacteria that cause chronic diseases like arthritis and dysentery etc. from these bacteria he prepared, on the basis of allopathy and homeopathy, seven kinds of vaccines that proved very effective in chronic diseases.

Dr. Bach earned great name and fame in the western world of medicine because of his vaccines, but he was not happy with the vaccines that were prepared from the secretions of intestines. He thought that diseases should not be treated with dirty things. He believed that dirty things should not be used in the holy temple of the body. He, therefore, renounced the use of the vaccines, prepared by him, that are known as “Seven Nosodes.”

Homeopaths, however, use these vaccines at large scale even today.

This discovery of Dr. Bach did not go waste for him. It was this discovery that paved the way for the discovery of Bach Flower Remedies. While applying Bach Nosodes on various patients he found that a particular kind of nosode proves very useful for one patient but is not of much use for another patient suffering from the same disease. When he tried to find out why it was so, he found out that there are seven kinds of men in the world, the physical and mental structures of whom are found to be similar. These seven kinds of men, by reason of their natureal symptoms, exhibit particular physical symptoms.

These physical symptoms, in turn, exhibit mental attitudes. These symptoms are mainly exhibited when a person is diseased. The patient reacts to his physical disease in accordance with his personality. Keeping the inference in view, when he used nosodes not in accordance with the nature of the disease but in accordance with the nature and personality of the patient, he found great improvement in the condition of the patient. Prior to this, Dr. Bach had come to realize the importance of peace of mind. He knew that mind plays a great role in physical diseases. Bach nosodes strenthened his belief.

It is, therefore an interesting paradox that although the nosodes, these were the nosodes that came to be the basis of his

future principles of treatment. He came to the following conclusions-

1. Some mental disorder is the main cause of physical diseases. This disorder causes stress and this stress causes imbalance between body and mind.
2. The cure of physical diseases depends on the view-point and nature of man and also on how he reacts to physical pains.
3. In order to get complete relief from diseases, removing the mental disorders and establishing balance between mind and body is very necessary.

### **Discovery of medicines**

Dr. Bach had already discovered the principles of his system of treatment. Now he was in the quest of medicines that could remove mental disorders (negative feelings) and help in developing positive thinking. He therefore gave up his roaring practice in 1930 and devoted himself whole-heartedly to the discovery of such medicines. During the period 1930-1936, he discovered 38 remedies, the account of which is given below-

In the beginning of his mission, he discovered 9 herbs- (1) Impatiens (2) Mimulus (3) Clamatis (4) Agrimony (5) Chicory (6) Vervain (7) Centaury (8) Scleranthus and (9) Cirato. In 1931 he discovered three more herbs – (1) Water Violet (2) Gentian and

(3) Rock Rose. He prepared an essence from the flowers of these 12 herbs from the sunmethod. These medicines are known as Type Medicines. They have been prepared keeping in view the characteristics found in all the human beings. According to astrology, man's personality depends on the Zodiac sign of his birth. On the basis of this sign, men have been divided into 12 categories. The zodiac signs reflect the negative and positive thinking of different men. Zodiac signs and constellation are said to be closely related to herbs and plants. The herbs discovered by Dr. Bach also seem to be related to zodiac signs. It is a matter of research. But one thing is certain that these medicines remove the shortcomings found in different personalities and develop positive thinking. Dr. Bach developed, enhanced and groomed the personalities of thousands of patients and cured their diseases.

Up to 1933, Dr. Bach grew acutely sensitive to the negative thinking found in his patients and to the qualities of the herbs. He found that some patients get used to their ailments and change their life-style accordingly. By doing so, they lose the characteristics and peculiarities of their personality lose interest in the treatment of their diseases and do not co-operate with their doctors, with the result that even good medicines do not have proper effect on them, as they lose all interest and enthusiasm. Dr. Bach realized that cure of such patients is not possible so long as they are not gotten rid of such negative feelings.

He, therefore, prepared four preventive medicines- (1) Goarse (2) Oak (3) Heather and (4) Rock Water. These medicines help four particular types of people in getting rid of gloom and negative ideas.

Then, in 1934-35, he discovered three supplementary medicines- (1) Wild Oat (2) Olive and (3) Vine. It was about at this very time that he prepared Rescue Remedy by mixing together five medicines. In 1934 he got the second edition of his book 'The twelve healers and four healers' published under the title "The twelver healers and seven helpers" In this book he has given a very good account of the peculiarities of all the 19 medicines in a very simple language.

Up to the year 1936, he grew all the more sensitive. Nora weeks, his chief assistant, writes, "He himself began to feel the negative thoughts and began to search herbs that could help in changing such negative thoughts into positive ones and strangely enough, he very soon found them out." As a result, because of his sensitivity he discovered the rest of the 19 medicines within a short period of six months. Most of these medicines have been prepared by boiling method. The name of these medicines are given below-

(1) Chery Plum (2) Elm (3) Aspen (4) Chest Nut Bud (5) Horn Beam (6) Larch (7) Walnut (8) Holly (9) Crab Apple (10) Red Chest Nut (11) Pine (12) Honey Suckle (13) Sweet

Chest Nut (14) Wild Rose (15) Mustard (16) Star of Bethlehem  
(17) White Chest Nut (18) Willow (19) Cerato.

Dr. Bach had already discovered 38 kinds of negative thoughts that haunt human beings. In order to remove and uproot negative feelings that always carry a man to his doom, developing positive thinking and the habit of looking at the bright side of things is very necessary.

The medicines mentioned above have proved to be extremely beneficial for developing positive and bright attitudes. It will be worthwhile to note that all kinds of negative thoughts are incorporated found in each and every human being that were discovered by Dr. Bach. Even after trying hard, the authors of this book could not find any negative thought, that cannot be remedied by Dr. Bach system of treatment. If someone, comes to think of any such negative thought please inform us. Suggestions and ideas are welcome.



## **Chapter – 5**

### **Dr. Bach's Philosophy of Life**

Dr. Bach presented an absolutely new concept of the origination of diseases and their cure. The basis of his concept is spiritual. The principles that he propounded regarding the causes of diseases and their remedy are unique and extra-ordinary. In this regard, he studied the role of karma and astronomy too. He came to believe that the karmas earned in the previous births and the position of zodiac signs are also responsible for the origination of diseases. Indian philosophy, astronomy and ayurveda too acknowledge the existence of diseases caused by karmas. According to astronomy, a man's health and personality are influenced by the zodiac sign on which the moon moves at the time of his birth. The moon is said to be the God of mind. The position of the moon in the horoscope of man influences his mind. If the moon is at the position of a higher zodiac sign, man's behaviour and personality remain balanced. Otherwise he gets mentally imbalanced and this imbalance affects his health adversely.

Regarding diseases, the religious supposition is that the ones caused because of the influence of constellation and because of the karmas earned in the previous births can be cured only when the stars and constellation are favourable and only on enjoying the fruits of the Karmas. In ayurveda too, diseases earned because of

the previous Karmas, have been said to be incurable. Dr. Bach studied all these beliefs deeply and very carefully and then came to the conclusion that his system of treatment(Bach Flower Remedies) was useful and effective in soothing the ill-effects of stars and curing the diseases earned because of the previous karmas. This belief of his seems to be correct to a great extent, even then deep study and research should be carried on this topic. This research can add a new chapter to medical science and can open new vistas of knowledge. In no other system of treatment, the remedy of the diseases caused by these reasons ( the influence of stars and the karmas earned in the previous births ) has been suggested.

Attachement, illusion, greed, avarice, fear, anxiety, jealousy, malice, enmity and hatred- all these are negative feelings and do no good to man. There is no provision of treatment of emotional diseases in other systems. These are mental evils and vices and they can be treated and controlled only by practising different postures (asanas), pranayam (exercises in breathing), meditation and by listening to spiritual sermons. All these practices take their own time. Bach Flower Remedy is the first and the only system of treatment in the world that provides cure and medicines for these mental ills too. Thus it is a complete system of emotional treatment, though there is possibility of research in this field also to

make the most of this system in the various perspective of emotions.

As Already mentioned in the previous chapters, Dr. Bach first of all, divided human being into 12 catagories, keeping in view the different traits of their personalities. This division of Dr. Bach conforms to the zodiac signs of astronomy. In every personality, various kinds of negative feelings are found. In order to remove these negative feelings and to develop positive, constructive and creative feeling, Dr. Bach preparad 12 kinds of Type Remedies. The herbs too from which these medicines have been prepared seem to be infuenced by the moon. That is why these medicines have proved extremely effective in bringing about a revolutionary and postive change in the thought of man.

In the initial period of the study of the Bach Flower Remedies, it had been a matter of great curiosity for us as to how treatment of the evils and ills of personality with the help of medicines is possible and what the scientific basis of this system is? The solution of our queries that we found out is absolutely scientific.

“The moon is the planet of mind and controls and governs the mental condition of man. If the moon is favourable at the time of brith, and individual possesses positive personality, otherwise negative feelings get the better of him and render him weak physically and mentally. The postion of the moom and the other

planets in the horoscope determine the destiny and health of a man.”

An individual's destiny and personality are influenced by his karmas also, performed in the present and earned in the previous births also. Auspicious karmas provide a pleasing personality and healthy body. Such a person gets success in his life. The effect of inauspicious karmas is just the contrary. Karmas play a very significant role in determining the personality of a man. Behind every thing he does, there are the karmas. When the karmas that are accumulated and are in existence, rise, i.e. get fruition, various kinds of things occur in life. Behind joy and sorrow, disease and grief, favourable and unfavourable situations there is the fruition of karmas. Fruition of karmas is known in psychology as the emergence of suppressed desires.

Dr. Bach acknowledged the effect of astronomy and the karmas earned, but he did not agree to the idea that the treatment of physical, mental and emotional diseases caused by the effect of astronomy and the karmas is not possible. He was of the opinion that if people control their negative feelings, they can get rid of their diseases. He also believed that if man is sincere to his good deeds, industry and efforts, he can become the maker of his own destiny. Our ancient sages and saints too said that by dint of one's industry, one can even change one's destiny. Similarly, one can

get rid of one's diseases by dint of one's good and auspicious deeds.

Dr. Bach himself was perfect example of this maxim. By dint of his good intentions, good deeds and valour he discovered some diVine herbs and prepared medicines from their Flowers that were enriched by the diVine light of the sun. These medicines had the capacity of changing one's negative feelings into positive feelings. It is a proven fact that the sun plays a great role in developing positive and constructive feeling. Every body knows and has experienced that as the sun rises, piercing the darkness of night and spreads its golden rays on the earth, all the creatures are filled with zeal, enthusiasm and vigour. Flowers bloom, birds begin to twitter and all the people start their day with a new hope. All the negative and depressing feelings that had filled the mind in the night, disappear.

The medicines prepared by Dr. Bach are affected by the moon too. Ancient Indian scriptures tell us that medicines are ripened by the moon. The moon is said to have emerged from the totality of mind. The medicined obtained from such a moon, produce through mind a favourable impact on the totality of mind and removing the minute and subtle mental ills, cure the diseases of the gross body. The soothing qualities of moon flow from the mind having all the qualities and relieve the patient from all this diseases and sufferings. This is the scientific reason in which the

power of Dr. Bach Flower Remedies transforming negative ideas into positive ones lies. It was because of the voice of his conscience and his extra-ordinary insight that Dr. Bach could identify such miraculous herbs and was able to prepare wonderful medicines from them.

Thus we see that Dr. Bach prepared 38 medicines from the flowers of these herbs and from the water of a stream that had medicinal qualities. Then he prepared a mixture of five remedies Chery Plum, Impatiens, Clamatis, Rock Rose and Star of Bethlehem already discovered. This mixture is known as Rescure Remedy and has proved to be extremely effective in curing critical and chronic disease. Thus, in all, Dr. Bach prepared 39 kinds of remedy and brought into existance a complete system of treatment.

In order to introduce his system of treatment to doctors, physicians and the common public, Dr. Bach addressed them on 24 September, 1936, that unfortunately proved to be his last birthday. He died on 27 November, 1936, but upto that time he had acheieved his goal. His mission is being carried on even today by his devout followers and assistants. They collect herbs from those very places from where Dr. Bach used to collect, prepare medicines from them and supply Bach Flower Remedies all over the world. The remarkable thing is that the basic features of this system of treatment have been maintained even to this day. The office of Dr. Edward Bach centre works at Mount Vernon,

England, from where the detailed literature and teaching material can be obtained. Humanity will remain indebted and grateful to Dr. Bach for this unique gift and contribution of his. We bow to this great man and offer our heartiest tribute to him.

“Our souls are perfect, being children of the Creator, and everthing they tell us to do is for our good. If we follow our own instincts, our won wishes, our own thoughts, our own desires, we should never know any thing but joy and health.”

**Dr.**

**Edward Bach.**

## **Chapter - 6**

### **Dr. Bach's philosophy regarding the origination and treatment of diseases**

Dr. Edward Bach gave a new direction to the modern world of medicine, regarding the origination and treatment of diseases. His thinking was highly influenced by the principles of homeopathy propounded by Dr. Haniman. Dr. Bach went a step further and propounded a new system of treatment that is extraordinary, unique and miraculous. It is based on spirituality, ayurveda and Yoga. These and sermons are very helpful in getting rid of negative feelings. For getting rid of negative and depressing feelings and for developing positive, joyous and constructive feeling, devotion, persevernace and the guidance of a good teacher are very necessary. These things are not available to all. Very few people are fortunate enough to avail of them. Bach Flower Remedies is a medicinal form of Yoga. It can be appropriately said to be "Yoga in the bottle".

Negative feelings like anxiety, fear, apprehension, discontentment, jealousy, perturbation, lack of self confidence and criminal tendency spoil the mental equilibrium of man. These ruinous feeling affect the whole body adversely and produce a number of psychophysical diseases.



But in every thing that happens to man, mind plays a greater role than body. Mental diseases are much more harmful than physical ones. Man can achieve a lot if he is mentally fit and alert even if he suffers from some physical ailment. If some ills and evils develop in mind, everything goes wrong even if the body is perfectly fit.

Modern system of treatment believes that diseases are atomic. It provides different treatment for different diseases. The medicines provided for this purpose cure the diseases of the gross body and the strange thing is that different people having the same disease are given the same medicine. Individual differences are not taken into consideration.

It has been observed that one person suffering from some particular disease gets cured from some particular medicine, but that very medicine does not work in the case of some other person having the same disease. The reason is that all the people do not suffer in the same way. Diseases too are classified. Hence one medicine for the same disease will not be effective on all the patients. It goes to the credit of Dr. Haniman that he realized this fact and changed the notion that one medicine can work on all the patients. Hence he gave the slogan, “ Treat the patient, not the disease”.

Body and mind are the two sides of the same coin. A disease can strike any side but the other side is sure to be affected.

Modern systems of treatment treat only the body where as disease strikes both mind and body. That is why the disease is cured any yet a person remains ill and uneasy.

Allopathy proves futile in case of diseases coming outside from within. It works only on diseases that go within from outside. Diseases coming from within are not physical ones. They are either mental or lie at the bottom of conscience. The roots of fear, anxiety, depression, migrain, heart diseases, diabetes, rheumatism, blood pressure, sleeplesness, asthma, skin allergy etc. lie in the mind. Their treatment is not possible so long as the causes lying in the mind are not removed. According to Dr. Bach, the main cause of all these diseases is our negative thinking deeply rooted in our minds. The proper way of treating these ailments is to develop positive thinking.

Dr. Bach Flower Remedies have the wonderful capacity of changing all kinds of negative thinking into positive thinking. This is a unique gift of Dr. Bach, not only to the world of medicine, but to the whole of mankind.

Giving a rational and scientific ground to his philosophy of treatment, Dr. Bach has given an interest and lively account of the causes and the diagnosis of diseases in his famous book “ Free Thyself.”

### **Philosophy of Dr. Edward Bach**

The philosophy of Dr. Bach regarding the causes and cure of diseases, is as given below –

(1) God has sent every person into this world with a special mission. Jain philosophy analyses this mission from a totally scientific point of view. According to Jaina karmic theory, the whole life of man is influenced by his previously earned karmas. He gets the fruits of whatever karmas he does. Karmas play an important role in determining the aim of man's life and the functions he has to perform. Man has to work for the whole life accordingly. When a man does something contrary, he has to face failure with the result that he gets stained. Dr. Bach has presented this fact in a different way.

God has sent every man into this world to achieve a world pre-decided goal. The course of his life is determined accordingly. If a man works accordingly, he feels peace and pleasure. A person who is calm and quiet mentally, has the feelings of love and brotherhood for others. He feels happy, serving humanity unselfishly. He does everything with great pleasure and gets satisfaction in whatever he does, because he is whole heartedly devoted to and interested in his work.

When someone else interferes in his work, a reaction arises in his mind. This reaction is the cause of disease. When we are forced to bear with the interference of others, feeling of unhappiness and the fear of failure are aroused in our minds. Feelings of fear,

anxiety and apprehension too are aroused as to whether we will succeed in whatever we are doing. These feelings in turn give rise to lack of interest and zeal with the rise of these negative feelings, man is doomed to fail.

## **(2) Meaning of Health**

Health really means a perfect coordination of our mind, body and soul. Health is a sort of patrimony. To be healthy and happy is the birth right of every man. The co-ordination of mind, body and spirit is god-given, and it is not difficult to attain it. There is always something behind everything big or small that happens in life.

Everybody has got a mission in life. Mind, body and spirit are the means by which this mission can be attained. So long as there is balance among the three, man remains healthy and happy. There is no need of giving up the pleasures of life in order to attain this diVine mission. Man has only to be practical in whatever he does. If we do the things that have fallen to our lot willingly, sincerely and honestly, whether they are the domestic chores or functions related to agriculture or business, we can have a sense of pleasure in them.

An ideal man possesses all the spiritual qualities. He is sent into his world only to exhibit these qualities. The sounder these qualities are the greater success he gets in the attainment of his

goals. We select our business and the external circumstances to test our ability and efficiency. All the sorrows and adverse circumstances coming in our life test our courage and patience. They help us in strengthening our spiritual power. When a man faces all the odds with courage and confidence, no adverse circumstances can hinder his success. God has given man the capacity of fighting and facing circumstances and situations. It depends on him how he handles them. As famous writer says nature has given us powers fit for gods but we use them like children.”

It is a proven fact in adverse circumstances, our spirit gives us the right guidance and direction. In an hour of difficulty, our inner voice guides us and if we follow it, we can certainly get rid of all sorts of anxiety and stress and can enjoy perfect health and pleasure. Shakespeare, the great English poet has rightly said, “Sweet are the uses of adversity.”

**(3)** As we are all the children of Almighty God, our spirit is the true and real guide in achieving our goals. Being children of God, we all are perfect, like God, from all points of view. We should be content with whatever God has given to us and try to live within the means provided by him. Listening to the inner call and following it is the best way to get peace, prosperity, health and happiness. No body can deny this fact. Hence, we must not suppress the voice of our soul, nor must we allow anybody to crush

it. Then only we can be able to help and serve others, without causing any harm either to ourselves or to others.

Being happy and content with our work means we are happy and we are acting on our inner voice. We should do everything as our duty and should not expect any return. While doing our duty, we should not get irritated and should not act in haste, as "haste makes waste", says the proverb. If we do something in haste, without giving proper thought to the pros and cons, a person, who really needs our help, may be deprived of that assistance.

Arguments and fascinating talk are not required to do our work honestly and sincerely, Even boasting of our good deeds is not required. It is enough that we do our work whole-heartedly and devotedly. Only by doing so, we get real pleasure. And this is possible only when there is perfect harmony between the mind and the spirit. For the whole world to be happy it is necessary that each and every body does his work honestly, sincerely and whole-heartedly. Our desires and wishes are of no significance when we act according to our nature. Actually, by doing so, our attention is not diverted to petty desires and triflings, we think only of healthy, happy and meaningful life.

It is not difficult to recognize our inner voice. We only need to listen to it. It can be easily recognized by our attitudes, ambitions, likes and dislikes. It must be followed because only our

spirit knows what is required to be successful and healthy and happy.

(4) We should never accept the interference of others in fulfilling and achieving our dreams and ambitions. Not to act against the call of spirit is the greatest penance. We should always keep it in our mind. Behind the voice of spirit, there is no vested interest, it is simply pure and unselfish. The voice of spirit is personal in nature and for personal good. It helps in keeping both mind and body happy and healthy.

Our body resists when something is done against our natural instinct. And doing so (acting against our natural instinct) causes disease. When we neglect the call of our conscience that is actually the call of God and try to impose our own whims on others and follow their instructions and orders that are not right, our body reacts in many ways in the form of diseases.

It is commonly believed that fulfilling our desires is selfishness. But actually it is not so, On the contrary, trying to govern and control others and to impose our wishes on them is selfishness. Dr. Bach has explained this thing with the example of a bee. He says that we should be free in thinking like a bee. It knows its function well. It knows from which Flowers it has to collect honey so that others plants may be pollinated.

When a person accepts the interference of others in his life, he is deprived of the voice of his inner self. This deprivation causes imbalance in his mind and this imbalance in turn causes different types of diseases. The moment we allow others to encroach upon our private and personal thoughts and get influenced by their wishes and ideas, we deviate from the right track of life. We lose our individuality and our free thinking and begin to dance at the tune of other people.

Every person in this world has been endowed by god with his own individuality and personality and with a particular mission to fulfil. Hence, we should develop our own individuality, personality and thinking and never follow others blindly. We should not tolerate interference of any kind as it suppresses our power of thinking and taking our decisions ourselves. And even more important thing is that we too, should not, in any circumstance, interfere in the lives of others. This is the secret of health and this is the real service to others.

Interferences and obstacles are but natural in the life of man. As a matter of fact, this is the law of nature. Interferences and obstacles and difficulties develop in us the capacity of facing and removing them. These things are a blessing in disguise. They not only test our patience and forbearance but also help in developing, improving and polishing our personality. As a famous writer says, "You are your greatest asset. Put your time, effort and money into



training, grooming and encouraging your greatest asset.” We should not be scared of obstacles and difficulties. We should think that the greater the difficulty, the greater our mission is. By facing these obstacles, one gets the stature of a Gandhi, a Mahaveera and a Buddha.

Unnecessary interferences in life causes the negative feelings like fear, stress, compunction, irritation and dilemma etc. Which cause an imbalance among body, mind and spirit. It is clear from this expatiation that interfering in the lives of others and also allowing others to interfere in our lives are the main causes of disease.

Every person must try to save and develop his personality. One should do as one’s conscience directs one to do, live one’s own life and be the captain of the ship of one’s life. Then only one can develop and groom one self and achieve whatever one likes. A man should develop positive qualities like love, affection, compassion, sympathy, peace, firmness, nobility, strength, mutual understanding, tolerance, prudence, forgiveness, valour and joy etc. All our sages and saints have recommended these qualities. All the people in this world-rich and poor, big and small are the creations of god and all have their own importance and all have a right to live with dignity.

One thing to be remembered in this respect is that it is not easy to develop these qualities, Negative feelings like resistance,

grief, fear, impatience, over-confidence, ignorance, indecision, restlessness, weakness, terror and absent-mindedness obstruct the way of good and positive feelings. But we should not regard them to be our foes. We should consider them to be a blessing in disguise as they enable us to develop a strong will-power and character to fight them. By overcoming them, we develop self-confidence that is very necessary to go ahead in life. We should be strong-minded enough not to allow these negative and harmful feeling to enter in our mind. The moment we allow them to prevail on us, they will render us ill and diseased. This is the real cause of disease and the paradox is that man wrongly considers different kinds of germs to be the cause of different diseases like arthritis, cancer and asthma.

Negative feelings like fear, jealousy, malice, anger and hatred etc. develop various complexes that obstruct the free flow of oxygen in our body. It is a well-known fact that equal and smooth flow of oxygen keeps the body fit and healthy and the parts that are deprived of oxygen, get diseased. Dr. Bach found during his research that the whole human race can be classified into seven catagories. The people belonging to different catagories have different personalities. They perform thier functions in accordance with their personalities and traits. There are seven kinds of personalities if we think of people having negative feelings. The

lives of such people are imbalanced hence they fall a prey to different diseases.

Good health means happiness in life. We can derive pleasure even from small things, if we take interest in them. By doing things, taking interest in them, we do not feel any exhaustion, the deeds are performed easily and spontaneously. It is only when we do a thing against our will that we feel stress, exhaustion and sorrow. Just take the example of Nature. Nature does everything spontaneously and in time. When a man performs his jobs spontaneously, he feels great joy and satisfaction. Pleasure is felt only when something is done willingly and in accordance with the nature of the doer. It is thus evident that one must do a thing as one's soul instructs one to do. One should not be influenced or pressurised by others.

(7) When a person adopts a right course of life and adheres to it, everything goes on smoothly and without any effort. Man is the maker of his destiny. If something goes wrong, it is not proper to blame stars. The solution of all our problems lies in our own hands. If we remove imbalance among mind, body and spirit, remove all our fears, apprehensions, anxieties and indecisions, balance among mind, body and spirit will automatically be restored and the body will be perfectly fit and healthy. Whatever the disease, its roots lie in our physical and mental imbalance. To remove this imbalance is in our control and if we wish, we can easily do so.

We are all the children of God and are endowed with the godly qualities of love, affection, compassion and sympathy for others. We should have love and compassion in our hearts for all the living beings and even for animals and plants. We should be prepared to help others in the hour of sorrow and distress. If we help others, we can expect help from others too. Thus by helping one another, we can keep others and ourselves healthy and happy.

(8) Nature is very kind. It has provided us food to satisfy our hunger. In the same way, it has provided us plants, herbs and trees to remove our mental disorders and to improve our personality. These herbs help us when we suffer from mental disorders.

Dr. Bach discovered following 12 kinds of mental disorders. These herbs are double blessing. They do away with the mental disorders and also help in developing an impressive personality-

| <b>S.N.</b> | <b>Name of the medicine</b> | <b>Negative aspect</b>  | <b>Positive aspect</b>  |
|-------------|-----------------------------|---|---|
| 01          | Agromoney                   | Deep mental grief sorrow and restlessness in the midst of cheerfulness. | Peace, pleasure, joy, cleanliness and deep mental satisfaction. |
| 02          | Sclaranthus                 | Indecision, dilemma.  | Steady thoughts, able to take                                   |

|    |               |  |   |
|----|---------------|--|---|
|    |               |  | firm decisions.   |
| 03 | Vervain.      | Hyper-active, extremely strict with others, intolerant, always under stress. | Balanced and tolerant, honouring the ideas of others.               |
| 04 | Clematis      | Indifferent towards the present, lack of interest in life.                   | Hopeful about the present, having interest in everything.           |
| 05 | Chicory       | Tendency of imposing one's authority out of selfish motives.                 | Tendency of helping and serving others without any ulterior motive. |
| 06 | Gentian       | Feeling of despair even at petty failures.                                   | Enthusiastic and optimistic.  |
| 07 | Water Violet. | Vain, feeling of loneliness, unhappy.  | simple nature, affable, happy-go-lucky.                             |
| 08 | Centaury      | Poor personality, serving others to the extent of servitude.                 | Strong personality, eager to help and serve others.                 |
| 09 | Impatiens     | Hasty, impatient, perturbed.   | Calm and cool, tolerant, balanced, sophisticated.                   |
| 10 | Cerato        | Lacking self-confidence, wants others to testify that                        | Intelligent and confident, balanced personality, able to            |

|    |           |                               |  |
|----|-----------|-------------------------------|--|
|    |           | he has made a right decision. | take quick and firm decision.                  |
| 11 | Rock Rose | Always scared and horrified.  | Able to face terror with patience and courage. |
| 12 | Mimulus.  | Always fearing, cowardly.     | Fearless, courageous.                          |

Everybody herb mentioned above has the unique and diVine quality of developing a particular positive attitude. These herbs help in overcoming the weakness of a poor personality.

The medicine made from these herbs are known as type medicines and they help in transforming the negative thinking of an individual into positive feeling. Besides, Dr. Bach discovered 38 herbs that remove the other kinds of negative feeling and fill a person with a positive attitude that is conducive to health and hapPiness.

**(9) The real nature of disease**

Ailments of the body are nothing else but the menifestation of the imbalance of mind and spirit. They are merely the syptoms. One cause of the disease shows different symptoms in different people. If these causes are removed, the disease is automatically cured.

To understand this thing, just take the example of the tendency of committing suicide. Although the aim of committing suicide is one and the same-to and one's life-but the ways adopted for doing this are different. Someone falls off a high building, the other takes poison and yet someone else burns oneself to death. Behind committing suicide, there are the feelings of despair and depression. If these feelings are removed, one will never think of putting one's life to an end. Fear has different reactions on different people. But if the feeling of fear is removed, one will not be affected by it, of whatever kind it may be.

In modern system of treatment, different kinds of germs and bacteria, improper and contaminated food and change in weather etc. are supposed to be the causes of diseases.

We find that infectious diseases do not affect all the people in the same way. Some people are easily infected where as others are not affected even at the outbreak of epidemics. Some people fall an easy prey to change in weather and catch cold or a stroke of heat where as some others enjoy the fresh open air. It is clear from this account that nature does not cause any harm to any body nor does it cause physical diseases. It does no harm when we are fit and balanced both physically and mentally. It is only when we get under the control of negative feelings like fear, apprehension, anxiety, depression, jealousy, malice, indecision and uncertainly that there is an obstacle in the free flow of oxygen, causing a loss

of our resistance power and then we fall ill. Even serious and chronic diseases may be cured if only we have a strong will power.

(1) Peace (2) Hope (3) Joy (4) Faith (5) Certainty (6) Wisdom and (7) Love are the seven steps that lead to certainly get rid of even serious and critical diseases by developing these positive qualities.

### **To gain freedom, give freedom**

This is a significant maxim of Dr. Bach. It has a strong similarity to Lord Mahavira's maxim, "Live and let live". Perfection and fulfilment of man's life depend on the observance of this principle. The only thing needed is that man shares his experiences with others. One should not be unduly influenced by others, nor should one be lured by temptations nor should one deviate from one's path of love, affection, compassion, prudence, courage, tolerance and mutual understanding are the natural qualities of spirit. They provide confidence and strengthen will power. These are the qualities that make life worth-living.

The Journey of life can be pleasant and enjoyable only when we respect the freedom of others. We can never remain free by enslaving others. We can enjoy real freedom only when we let others enjoy their freedom. It is our duty that we do not try to control and govern others and impose our authority on them. We should love and respect not only human beings but also animals,



plants and trees. We should remember that we treat others the way we want to be treated.

To respect the rights and freedom of others is not a difficult job. We should first give complete freedom to others and should refuse politely but firmly to be governed and dominated by others. We do not have to resort to anger, apposition, hatred or physical force. We should treat even our enemies as our friends. They will automatically come round to us. We should always remember that hatred cannot be conquered by hatred, it can be conquered only by love.

Attachment binds us even to our houses, furniture and all sorts of petty things. This undue attachment does not allow us to be free. We are enslaved to them. We should detach ourselves from them and let them alone. It is because of the desire of accumulating wealth and the other material things that we fall prey to fear, anxiety and stress. These negative feelings ultimately cause great harm both to our mind and body. We should certainly use these worldly things and comforts but should not get duly attached to them.

When we get detached from the people and the things around us, we are doubly blessed. We provide them their freedom and privacy and at the same time we too get greater love and satisfaction. The pleasure derived from giving freedom to others fill us with such noble and lofty feeling that the negative feeling like

narrow – mindedness, jealousy, enmity, superiority and inferiority complexes are automatically removed. At such a stage, balance and equilibrium are easily established between mind and body.

## **Healing**

Nature is very kind. From the every beginning it has provided us herbs that are extremely useful in keeping us healthy and therefore happy. It is a well known fact that the nearer we are to nature, the healthier we are and the farther we go from nature, the more we suffer from various kinds of pains and ailments and diseases. Nature has provided us not only eatables like wheat etc. water and air but different kinds of herbs also. Man has studied the effect of stars and heavenly bodies on health. In the same way, our ancient saints and sages have been trying to discover herbs that may bring us the valuable treasure of health. But before we make efforts for discovering such herbs, we should be clear as to what our aim in doing so is. We should also keep in mind the difficulty that we may have to face. Difficulties and problems will certainly be there, but we should not be scared of them. Instead we should always keep our aim in mind and face the difficulties courageously and patiently, thinking them to be our allies. We should be grateful to Almighty God an king nature for providing us such wonderful and miraculous fruits, trees, plants, flowers and herbs. These things not only delight our senses but also provide us health, the most valuable of all earthly things. For healing a disease, we have

always to keep in mind the mental condition of the patient and the difficulties that may come our way, whatever the disease. Today we are going away from nature and are leading artificial lives. We have to establish a rapport and close connection with nature so that we may lead a happy, healthy and full life.

We must understand well that the cause of our physical ailment lies not in our body but in our mind. It is our mental condition that is mainly responsible for diseases. Therefore, improving the mental condition of the patient and establishing proper balance, equilibrium and harmony among mind, body and spirit is very important. While treating others and also ourselves, we have to find out the negative thoughts that are causing pain to us and that are to be got rid of.

No doubt nature has given us the valuable gift of herbs to gain perfect health, pure happiness and a good and impressive personality. But we must also realize the fact that it is the physician who handles these herbs and who decides which herbs are suitable to which patient. The role of a physician in healing can never be under – estimated. A physician too must possess positive feelings like love, affection, mercy and compassion and sympathy. Then only he will be able to treat a patient successfully. Then only he will be able to kindle the rays of hope in the heart of a patient. If the physician is lacking in these positive and optimistic feelings and is obsessed with negative feelings like

anger, greed, envy and malice, how can be expected to treat a patient? It will be like blind leading the blind. If this be so, both will fall into the ditch and no one will be benefitted. A physician must know from what depressing mental feeling the patient is suffering, what pessimistic thoughts are haunting him and then select the medicine accordingly. He must arouse hope and faith in the heart of the patient.

### **Mind and disease**

The Gita is a sacred book of the Hindus. It contains ideas the parallel of which are found nowhere else. According to Gita. “Restlessness, attachment, lust, anger, greed, vanity, ego intolerance, impatience and arrogance are the maladies of mind. To be controlled by them means to be mentally ill. Only the mind, having these maladies, is the greatest enemy of mind. On the other hand, a mind that is full of pleasing, optimistic, constructive and creative ideas in short, a healthy mind, is the real friend of man.”

Dr. Edward Bach says, Our faults lie not in our stars but in ourselves and how full of gratitude and hope can we be when we realize that the cure also lies within ourselves. Remove the disharmony, the fear, the terror, or the indecision, and we regain harmony between soul and mind, the body is once more perfect in all its parts”.

## **Chapter-7**

### **Characteristic features of Bach Flower Remedies**

Bach Flower Remedies is the simplest system of treatment of the world. For its study no knowledge of the different branches of medical science such as anatomy, physiology, pathology, immunology, morphology or histology etc. is needed. Nor any particular degree is needed for its practice. Any educated person, who is interested in medicines and treatment, can study this system of treatment and treat himself, the members of his family, and his friends and thus can save a lot of money spent on doctors and medicines. He can ensure the physical and mental fitness and health of himself and of the members of his family and thus can live a healthy and happy life. Therefore, for the safety of the whole family, at least one member of the family must acquire the primary knowledge of Bach Flower Remedies, so that one does not have to run after doctors for the treatment of common diseases.

Bach Flower Remedies has got the following characteristic features:-

These remedies are prepared from the beautiful Flowers of the diVine herbs, plants and trees that are found in abundance in nature. No Flowers of poisonous herbs or plants are used in it.

- (1) These remedies are prepared from the beautiful Flowers of the diVine herbs, plants and trees that are found in abundance in nature. No Flowers of poisonous herbs or plants are used in it.
- (2) This system is very simple and easy. There are only 38 kinds of remedies, hence selection of medicines is easy. It is probably the only system of treatment in the world in which treatment of almost all the diseases is possible and that too with so little medicines.
- (3) In all, 38 kinds of negative feelings are found in human beings. These negative and pessimistic feelings hamper the proper development of personality and cause many physical, mental and psycho-physical diseases. There are different, remedies for each kind of negative feeling. Even a common man can select the right medicine easily.
- (4) No violent, unholy or poisonous herbs are used in these remedies. They are, therefore absolutely safe and harmless.
- (5) It is very easy to select these medicines on the basis of mental symptoms. There is no chance of any harm or of a side effect or of a reaction even if, by chance a wrong medicine is selected or say, an overdose is given to the patient. Medicines, therefore, can be selected without any hesitation.

(6) These medicines can be used with other medicines as well. They do not affect the other medicines in any way. These medicines have their own effect.

(7) Those, who have not studied medical science, but are interested in it, can easily understand and grasp this system of treatment. They can treat not only themselves but the members of their families, relatives and friends also. They can start their own independent practice as well.

This system of treatment gives importance not to the disease but to the patient. That is why, under this treatment, patient is treated, not the disease. What the disease is, this is not important, the important thing is that the patient is to be treated and cured. It is observed very often that different patients react differently to the same disease and as such some people think that it is very easy to treat the disease. But actually, this is not so very easy. Sometimes even the doctors are confused about the disease and are at a loss to decide what medicines to prescribe.

In the ordinary course of life, every body has got his own character and nature. His character and nature are reflected through his likes and dislikes, ideas, thinking, desires, ambitions and the way he behaves towards others. These traits of character denote not his body but his mental make-up. Mind is the most conscious element of the body. That is why, symptoms of disease first of all appear on mind. Mind being so sensitive, there cannot

be a better means of knowing diseases than mind. Naturally, treatment should be done according the symptoms displayed by mind. Bach Flower Remedies do this very thing and physical ailments are automatically cured.

As diseases affect mind first of all, so, the causes of diseases come to be known even before they affect the body. This fact ends the possibility of the physical diseases originating. 'Prevention is better than cure' is an important maxim for a healthy life. The greatest peculiarity of Bach Flower Remedies is that they remove even the possibility of the disease originating. If by chance disease has attacked, in that case the basic causes of disease i.e. the mental ills and disorders are removed with the result that physical diseases are automatically cured.

The biggest problem before the doctors while treating a patient comes when the patient gets totally depressed and loses all hope of recovering. He comes to believe that he can never be cured and hence loses all interest in treatment and does not cooperate the doctors. For a treatment to be successful, it is necessary that the patient has full faith in the medicine given to him and that he cooperates the doctor both physically and mentally. Unfortunately modern system of treatment provides no medicine to do away with this depression and pessimism. If by chance, there is some such medicine, its effect is momentary, not permanent. At the course of Bach Flower Remedies, there is one



such medicine 'GORSE ' available that kindles the ray of hope in the heart of the patient and makes his recovery quicker and easier.

**(8)** Very often death is caused not by disease but by the fear of disease. The patient is frightened at the thought of the disease getting worse and of death. Diseases like heart attack and cancer terrorize not only the patient but also the members of his family. Instead of helping the patient by creating positive feelings in his kind, they, indirect create the feelings of despair, hopelessness and fear. Treatment cannot be successful if these feeling of fear and anxiety are not removed from the mind of the patient and the members of his family. Remedies like Mimulus and Rock Rose work wonders in removing the feelings of fear, apprehension, anxiety and despair and in arousing positive feelings, like hope and confidence.

**0** There are some persons who are not actually ill but have a phobia of having some disease or the other. They suffer from all sorts of imaginary physical and mental diseases. They go on trying different medicines but even then they do not feel well. Such people are always complaining of headache, cold, cough, pain in the knees, indigestion, sleeplessness and pain in the chest. When checked, no signs of diseases are found in them. Yet they are always grumbling about some ailment or the other. For such people, Bach Flower Remedies have many medicines. These

medicines have been prepared keeping in view the phobia and thus it is removed and the patient is left healthy and therefore happy.

**(10)** Some people are fit and strong physically but suffer from various mental problems. Such people find great difficulty in doing their work. Sometimes they are unnecessarily worried about their work and sometimes they get exhausted physically and mentally. Some people have so many apprehensions in their minds. Some people have a great fear of failure. They lack self-confidence. Some people are always indecisive. Negative feeling like lack of self-confidence, inferiority complex, nervousness, and indecisiveness are always plaguing them. Bach Flower Remedies have proved extremely useful in such cases. The gist of all the above expatiation is that Bach Flower Remedies remove all kinds of negative thoughts and develop good, optimistic and positive feelings that fill life with joy, peace and happiness.

**(11)** This system of treatment is very useful for homeopaths, as there is a great similarities in them. Bach Flower Remedies are based on the principle that it is the patient who should be treated, and not the disease. Homeopathy is also based on the same principle. In homeopathy, treatment is given, taking into consideration the physical and mental symptoms of the patient. But Dr. Bach has gone a step further. The credit of discovering all the mental disorders found in every human being and finding out a medicine that conforms to every symptom goes to Dr. Bach only.

However, while treating various physical diseases, if homeopathy and Bach Flower Remedies are applied side-by-side, the patient will have greater benefit and will recover earlier.

In order to get the patient in confidence, homeopaths sometimes use false (placebo) medicines. These medicines have only a psychological effect. If Bach Flower Remedies are applied instead of these false medicines, the patient will have greater relief. In short, by using Bach Flower Remedies, a physician can earn both name and fame.

**(12)** For the treatment of emotional diseases Bach Flower Remedies is the only system in the world. Diseases are of three kinds – (1) physical (2) mental and (3) emotional.

Jealousy, envy, malice, enmity, hatred, distrust, suspicion, anger, ego, vanity, greed, undue attachment and unnecessary accumulation of worldly things- these are some of the emotional ailments that in turn cause many kinds of physical and mental diseases. In olden times there was no system of treatment that provided medicines for such emotional disturbances. Postures of Yoga, some breathing exercises, meditation and listening to spiritual sermons were suggested to do away with these mental ills. No treatment for these mental passions has been suggested in Ayurveda, the oldest system of treatment. Bach Flower Remedies provide for these mental afflictions medicines that are very effective. An even better and a complete system of treatment can

be developed by conducting research and deep study in this field. If this supposition materializes, it will be a revolutionary achievement in the field of medicine. Hence, there is a great need of research along with the coordination of postures of Yoga , breathing exercises, various methods of meditation and the expert physicians.

### **Without love**

“Righteousness without love makes us hard, faith without love makes us fanatical, power without love makes us brutal, duty without love makes us peevish, orderliness without love makes us pittry.”

## Chapter-8

### **Bach Flower Remedies for getting relief from 38 kinds of negative feeling**

It goes to the credit of Dr. Edward Bach that he discovered 38 kinds of negative feeling found in all the human being. He wandered from jungle to jungle in mountain ous areas, discovered 38 kinds of diVine herbs, so bountifully provided by nature and prepared out of them 38 kinds of medicines that are known as Bach Flower Remedies. Given below are the 38 kinds of remedy to do away with the 38 kinds of negative feeling, that are common in all the human beings. These remedies have the extra-ordinary capacity of transforming all sorts of destructive, devastating, and depressing negative. feelings into constructive, creative and optimistic positive feelings.

| S.N. | Negative Thought   | Remedy   |
|------|--|----------|
| 1    | Mental grief, feeling agony, but trying to keep up appearance with mask of cheerfulness, seemingly very good-natured, pleasing to all, but in reality-feeling intensely grieved, full of pain, resorting to liquor and drugs to keep away the feelings of grief, sorrow and anxiety. | Agrimony |

|   |   |               |
|---|---|---------------|
| 2 | Suffering from some unknown fear, greatly scared even when there is no reason for being so, always worried and anxious.   | Aspen         |
| 3 | Lack of tolerance, always criticizing and slandering others, always finding faults with others, not tolerating even petty mistakes, lack of sympathy and humility, strictly disciplinarian.   | Beech         |
| 4 | Weak will-power, very obedient, always ready to help others, never saying 'no', very weak and unimpressive personality lack of resistance power.  | Centaury      |
| 5 | Always seeking advice from others as lacks confidence himself, and then repent, not listening to the voice of conscience.   | Cerato        |
| 6 | Having no control over physical and mental impulses, losing mental equilibrium under momentary excitement, doing unbecoming things, even murder and suicide in a state of excitement and then repent on the wrong doings, always having the fear of losing mental equilibrium, highly beneficial in burns and intolerable pain. | Chery Plum    |
| 7 | Not learning any lesson from past mistakes and experiences, always repeating the same mistake, escapist attitude.   | Chest Nut Bud |
| 8 | Tendency of imposity authority with an ulterior motive, extremely caring and affectionate, but expecting too much in return, always trying to grab attraction, very unhappy and angry if no sympathy is shown in return, such feelings are found mostly in  | Chicory       |

|    |  |           |
|----|--|-----------|
|    | parents and children.  |           |
| 9  | Having no interest in the present, always lost in the dreams of future, calm nature, lazy and always dozing.   | Clematis  |
| 10 | Having apathy and hatred for self, feeling inferior because of ugliness, pimples and physical deformities, having an intense desire of getting rid of the feelings of hatred and uncleanness. A very good medicine for pimples.  | Crabapple |
| 11 | Moments of weakness in the life of a powerful, and able person, holding a responsible post, getting exhausted because of over-work , losing self-confidence even at the slightest lapse in data and come to believe that one is not capable of performing one's duties properly. 'Elm' is a medicine that develops strength and energy in such persons and helps them in performing their duties satisfactorily. | Elm       |
| 12 | Depressed, having no zeal, in despair, losing heart even at petty obstacles and difficulties, always looking at the dark side of things, tendency of giving up even at the slightest obstacle. 'Gentain' is a medicine that fills such persons with hope and courage and enables to do their work with zeal.   | Gentian   |
| 13 | Discouraged and in despair, when a patient gets tired of his chronic disease and comes to believe that he will never recover whatever he may do. He continues treatment because of the persuasion of the members of the family and the well-wishers, but   | Goars     |

|    |  |              |
|----|--|--------------|
|    | loses all hope.  |              |
| 14 | Self-centred and selfish, always talking of one's own troubles and ailments, no time to listen to the troubles of others, but his tale of woe never ends. People, getting tired of him, avoid him. Thus he is left alone, with no friends and sympathisers.  | Heather      |
| 15 | A person, having the acute feelings of jealousy, envy, enmity and distrust. Unhappy and depressed. This type of persons are of cruel nature, having no feeling of love, jealousy and enmity among the siblings.  | Holly        |
| 16 | Always lost in past memories, cannot get detached from the past. Repenting on past mistakes and be unhappy. No interest in the present. Cannot live away from the members of the family and feels unhappy an being separated from them.  | Honey Suckle |
| 17 | Confused even before starting to do something mentally exhausted. Feels tired and nervous before starting a work, but once the job is undertaken, completes it without having any feeling of exhaustion or tired. Feeling weak on waking up in the morning and therefore does not feel like getting up.                    | Horn Beam    |
| 18 | Impatience, perturbation, restlessness and always in a tearing hurry. Excessive impatience and hurry in everything-in taking food, thinking, talking and taking decision. Cannot bear with slow persons and getting impatient, snatches work from them and starts doing himself. Getting angry and then cooling down in no | Impatiens    |



|    |  |         |
|----|--|---------|
|    | time. Although good-natured, yet not get popular because of irritable nature and impatience. Cannot bear waiting, have a keen desire of recovering at the earliest on falling ill.   |         |
| 19 | Accepting defeat even before starting, doing something because of lack of self-confidence and suffering from inferiority complex .Weak mind. Absolutely capable of doing anything but apprehend failure because of lack of self-confidence. Have no courage to start a work. Accepting defeat even before the battle starts.   | Larch   |
| 20 | Suffering from fear, cowardice, and shyness. A great fear of worms and insects, lizards and cockroaches. Also fear of unknown hazards like disease, accident, darkness, financial loss, kidnapping and of having no promotion. The remedy ‘Mimulus’ is very effective in removing known fears.   | Mimulus |
| 21 | Deep melancholy, depression, sadness and a feeling of darkness. Getting absorbed in despair, hopelessness, sadness, gloom and melancholy without any rhyme or reason and then suddenly getting out of them. There is no time or reason for this gloom. Getting depressed all of a sudden, perspire on head and face. This remedy removes gloom, despair and the feeling of hopelessness. | Mustard |
| 22 | Never giving up in life, never losing hope, striving hard inspite of failure. Such a person has all the qualities that are required to be successful.  | Oak     |

|    |   |               |
|----|---|---------------|
| 23 | Want of strength and physical energy, exhausted physically and mentally, getting bored because of excessive physical and mental work. Ramedy 'Olive' helps in removing physical and mental exhaustion caused by long illness, want of balanced diet attending sick relatives for a long time.   | Olive         |
| 24 | Condemning self due to false sense of guilt, considering oneself to be guilty even at the faults of others and therefore, inflicting pain on self. Such people do their work honestly and sincerely and always try to bring about improvement, even then, they consider themselves responsible if they fail. They condemn themselves even for the faults of others and thus they suffer mental pain and pang. The remedy 'Pine' relieves such patients from this false sense of guilt and pain. | Pine          |
| 25 | Excessive anxiety and apprehension for the safety of one's dear and near ones. Such people get worried when their old parents do not return home in time. They also fear some strange happening while going on a journey. They even fall ill because at such thoughts. 'Redchest Nut' relieves such people from this unnecessary anxiety and fear.  | Red Chest Nut |
| 26 | The medicine 'Rock Rose' provides relief in the state of terror caused by an accident, fire, illness, kidnapping or by some bad news. This medicine removes the weakness caused by the loss of oxygen and saves the patient from this critical situation.   | Rock Rose     |

|    |  |                   |
|----|--|-------------------|
| 27 | Strict disciplinarian, idealist, very strict in observing principles and ideals, have to suffer both physically and mentally because of sheer obstinaces and natural development of personality is hampered. 'Rock Water' removes this stubbornness and helps them in living a normal life.  | Rock Water        |
| 28 | Always in a dilemma, indecisive and uncertain, such people cannot choose the right alternative when there arises a situation in which one option is to be chosen. Neither do they like to seek advice from others. As a result, they are always changing decisions, and prevaricating, such people are happy sometimes and sometimes unhappy. 'Scleranth's' relieves. Such people from falling into a dilemma and develops self-confidence in them. Thus helping them in taking decision easily and confidently. | Scleranth's       |
| 29 | Physical and mental ailments caused by mental shocks. People may sometimes not get rid of the ill-effects of the shocks caused by the death of near and dear ones, accidents and sad news. 'Star of Bethlehem' is the remedy that provides relief from the diseases caused by mental shocks.   | Star of Bethlehem |
| 30 | Acute pain, agony and the height of anguish. The pain caused by mental agony gets unbearable and there seems to be no ray of hope. Feeling of loneliness and helplessness.   | Sweet Chest Nut   |
| 31 | Excessively enthusiastic, idealist, disciplinarian, honest and sincere, capable of influencing the ideology of people. Firm on   | Vervain           |

|    |   |        |
|----|---|--------|
|    | <p>principles and followed. Working going out of physical capacity, victim of sleeplessness because of excessive zeal. Cannot take rest physically and mentally and this lack of rest gets injurious to health.</p> <p>‘Vervain’ is the medicine that calm such people down and develops in them the tendency of taking their work in a normal way and enables them to work quietly and patiently.</p>  |        |
| 32 | <p>Having great ability, energetic, having strong will-power, successful leaders but unrestrained, despotic, dictator, intolerant and strict. Prepared to go to any extent to achieve their goal. Intolerant to opposition and disobedience.</p> <p>Because of these tendencies, such people come to be cruel and hard-hearted dictators. They cruelly crush the feelings of others. Threatening others and inspiring in them comes to be their nature. Such people suffer from mental strain and blood-pressure.</p> <p>‘Vine’ is the medicine that calms down the feelings of dictatorship and despotism and appreciating the feelings of others. Such people are capable of giving a new direction to the society.</p> | Vine   |
| 33 | <p>Easily affected by changes and external influences. Nurturing old habit, superstitious, habit of taking drinks and drugs, feel difficulty in adjusting to new situations. Easily influenced by the</p>   | Walnut |

|    |   |                 |
|----|---|-----------------|
|    | <p>ideas and personalities of others. Very conservative.</p> <p>Walnut is a medicine that is very effective in such cases. It helps such people in developing strong will power to give up their bad habits and outward influences. It helps them develop their own thinking and personality so that they are not unduly influenced and impressed by others. It also helps such people in adjusting to new situations and environment.</p>  |                 |
| 34 | <p>Independent, fearless, self-confident, taciturn, peace-loving but very proud and vain, preferring to go alone. Such people neither interfere in the affairs of others nor do they like the interference of others in their matters. To achieve their noble aims, they work on their own, without seeking the advice or help of others. Hence they come to consider themselves to be very superior to others and get vain. They do not like to mix up with others and so develop a feeling of loneliness.</p> | Water Violet    |
| 35 | <p>The same unwanted and futile idea occurring again and again in mind, cannot get rid of such ideas in spite of trying hard. Always absorbed in baseless and illogical thinking. So do not enjoy sound sleep. In the day time, concentration of mind and at night, sleep are disturbed, always thinking over the same problem.</p>   | White Chest Nut |
| 36 | <p>Very capable and ambitious, capable of accomplishing any job very successfully, but are not able to select the right job that may provide full satisfaction. Change business or profession</p>   | Wild Oat        |

|    |   |           |
|----|---|-----------|
|    | frequently in spite of the fact that their work goes on very smoothly. Students are not able to select right subjects, young men cannot make a choice of a right business or profession. Being victims of indecision and uncertainty, they cannot choose the right path of life and wander here and there aimlessly.  |           |
| 37 | <p>Taking the situation for granted, fatalist, giving up without resistance in the struggle of life. Such people do not make any effort to improve their lot and endure everything without a complaint. Lose interest in every thing. Life for such people becomes dull, boring and purposeless. Lose interest in the present.</p> <p>Wild Rose is the medicine that arouses interest in everything and fills the lives of such people with a new zeal and enthusiasm.</p>                | Wild Rose |
| 38 | <p>Always having bitterness in mind, disrespect for everthing. Blaming others for faults of their own. Feel jealous at the progress of others. Always expect from others, but do not want to give. Feel happy at the sufferings of others. Not satisfied with whatever is given to them, Always grumbling; mind filled with hatred; never smile 'Willow' is the medicine for such people. It removes the feeling of bitterness and develops the finer feelings of love and affection.</p> | Willow    |

**Some important combinations**

### **(1) Rescue Remedy**

Apart from the 38 Bach Flower Remedies, mentioned above, Dr. Bach prepared a Rescue Remedy with a mixture of five medicines- Rock Rose, Chery Plum, Clemetias, Impatiens and Star of Bethlehem. This rescue remedy acts as elixir, as a life-giving medicine when the condition of the patient gets serious and critical because of an accident, heart attack or the shock caused by the death of a near and dear one. Of course, a medicine is a medicine and cannot take the place of a doctor, but it certainly save the vitality of the body from being broken and interrupted because of some disease, accident or shock and helps the patient in recovering and getting healthy. This medicine has proved very effective and useful in cases of burns, cuts, insect- bites and terror caused by kidnapping or other terrorist activities.

### **(2) Rescue Sleep**

This medicine is prepared from the mixture of Rescue Remedies and White Chest Nut. It helps the patients in having a sound sleep when they suffer from sleeplessness because of brooding over the same unwanted idea.

### **(3) Septenate Floual Mixture**

This medicine is prepared from the mixture of Heather, Clematis, Red Chest Nut, Impatiens, Walnut, Rock Rose, and Star

of Bethlehem. This mixture removes all sorts of negative and destructive feelings and provides great relief and mental peace.

### **Greed and domination**

“The result of greed and domination of others is such diseases as will render the sufferer a slave of his own body with desires and ambitions curbed by the malady.”

### **Healing herbs**

According to Dr. Edward Bach, “The healing herbs are those which have been given the power to help us to preserve our personality”.



## **Chapter-9**

### **Bach Flower Remedies for seven emotional stages**

From his long experience of treating patient. The psychological study of different people, Dr. Bach came to the conclusion that in all, 38 kinds of negative feeling are found in all the human beings. He thought that for every negative feeling there must be a positive feeling. He tried hard and made many experiments and then prepared 38 kinds of Bach Flower Remedies. Keeping in mind the personality of the patient, he classified these remedies into seven parts so that right medicines might be selected and that-too, without falling into confusion.

The year 1928 has been an important day in the history of Bach Flower Remedies. This was the year in which Dr. Bach discovered three Bach Flower Remedies first of all and developed his group theory. He found that on the basis of the negative feelings found in every human being, the whole humanity can be divided into seven parts. Although all the people- having these seven kinds of personality do not suffer from one and the same kind of disease, yet the people belonging to the, same group react alike when they are diseased. Whatever the disease, the same kind of medicine provides relief to them. Bach Flower Remedies were

classified keeping in view the traits of personality of various people.

**The classification of seven kinds of personality and medicines is as given below**

**(1) Fear**

Same people are always fearing. Five remedies- (1) Rock Rose, (2) Mimulus, (3) Chery Plum, (4) Aspen, (5) Red Chest Nut fall into this Category.

**(2) Uncertainty**

People belonging to this category are always under uncertainly. Six medicines - (1) Cerato, (2) Scleranthus, (3) Gentian, (4) Gorse , (5) Wild Oat and, (6) Horn bean fall into this category. They are very effective in removing six kinds of uncertainty from which people suffer and increasing self-confidence.

**(3) Insufficient interest in present circumstances**

Seven kinds of medicines- (1) Clematis, (2) Honey Suckle, (3) Wild Rose, (4) Olive, (5) White Chest Nut, (6) Mustard and, (7) Chest Nut Bud fall into this category. Persons having this kind of personality have insufficient interest in present circumstances because of seven different reasons.

**(4) Loneliness**

People of this category begin to feel lonely due to various reasons. Three medicines – (1) Water Violet, (2) Impatiens and, (3) Heather fall into this category.

**(5) For those over-sensitive to influence ideas**

Persons falling into this category easily get influenced by the ideas and personalities of some other people, as they find several lacunas in themselves and hence cannot accomplish their work independently. Four remedies- (1) Agrimony, (2) Centaury, (3) Walnut and (4) Holly fall into this category.

**(6) For those suffering from despondency or despair**

Persons belonging to this category fall a victim to despondency and despair because of various reasons. Eight kinds of remedies- (1) Larch, (2) Pine, (3) Elm, (4) Sweet Chest Nut, (5) Star of Bethlehem, (6) Willow, (7) Oak, and, (8) Crab Apple fall into this category.

**(7) For those over-sensitive to welfare of others**

Persons having this sort of personality are over-sensitive to welfare of others. Five kinds of remedies- (1) Chicory, (2) Vervain, 3.Vine, 4.Beech and, 5. Rock-water fall into this category.

The main aim of the classification of Bach Flower Remedies and different kinds of people was to select the right medicine in an easy way. Although the medicines falling into a particular class are very effective for the treatment of people having a particular kind of personality under the same circumstances, a special type of remedies is prescribed for different kinds of negative thought.

### **Multi-Purpose uses of Bach Flower Remedies**

The scope of Bach Flower Remedies is very wide. They are useful in the following ways.

(1) These remedies provide relief from stress. Every negative thought developing in the mind has an adverse effect on the body; the whole body is strained. Bach Flower Remedies help in removing the causes that affect the body.

(2) These medicines create mental equilibrium. Finding a creative and constructive solution of our personal problems and challenges becomes easier when we get control over our mental and emotional impulses.

(3) We can make use of Bach Flower Remedies for the development of our personality. These medicines help us in searching our real selves and in freeing ourselves from our orthodox and conservative ideas. We come to know and solve our problems from a new and fresh point of view. It has been observed

that people who are of spiritual bent of mind, are generally rigid and stubborn. Bach Flower Remedies lessens this rigidity and stubbornness and helps in developing liberal thinking.

Apart from the benefits cited above, Bach Flower Remedies have many more benefits. They are very helpful in removing the mental ills and disorders of the people who are suffering from physical ailments. It is a well-known fact that every physical disease is accompanied with the feelings of fear, apprehension, gloom, despair and hopelessness. For example, a patient of cancer is always scared. He is horrified at the idea of the dreaded disease attacking again even after the operation may have been performed successfully. Bach Flower Remedies remove these depressing negative feelings and help in regaining health speedily.

Besides all these things, Bach Flower Remedies establish mental and physical equilibrium and increase the resistance power of the patient. With this resistance power, the patient is able to face his disease bravely and gets mental peace. If the individuals are at peace, naturally there will be an atmosphere of peace and friendliness in the society too. A person suffering from the negative feelings of fear, apprehension, envy, jealousy and frustration etc. gets not only physically ill but also proves to be a threat to social well-being and social good will.

It is very important to study in the above perspective the negative thought found in persons having different kinds of personality. Some such findings are given below:-

## **1. Different forms of fear and their remedy**

Fear is the greatest enemy of man. It obstructs all the ways of peace, prosperity, joy and happiness. It causes many physical and mental diseases, even death. A fearful person even goes to the extent of committing suicide. He lacks self-confidence and hence avoids work. Fear is manifested in many forms-anxiety, worry, jealousy, cowardice, suspicion, superstition, and intolerance etc.

Fear is also the main cause of man's defeat. All the credit of victory goes to fear as one gets victory over someone else because the other fellow is fearful. If there is no fear, no one can win over someone else. If the feeling of fear is removed from the mind of man, no power on the earth can overcome him.

Fear of failure prevents us from endeavouring for success. Fear of defeat prevents us from making an attempt to win. We fear what the people will say and think about us and this fear prevents us from moving to the path of progress. The biggest disaster that fear causes is that it destroys and throttles all our hope and confidence. A person who is in gloom and despair and lacks self-confidence cannot even think of solving his problems. Thus, fear is the greatest enemy of our progress.

There are many forms of fear. In olden times, kings could not even relish their delicious food. They feared that it might have been poisoned by some secret enemy. Modern political leaders fear

assassination. Pregnant woman fear that their baby may be mentally retarded.

There are people who cannot come out of the psychological fear and shock caused by accidents. This fear persists for the whole life. There are persons who have a phobia of travelling by aeroplanes or buses or cars or even rikshaws. There goes the incidence of a person who feared that a heavy wall would fall on him and he would die. Because of this feeling of fear, he did not walk along the road. He always walked in the middle of the road. He had seen someone dying because of a wall falling on him and hence he developed this phobia.

Businessmen are always worried about their hard-earned money. They fear theft, robbery, kidnappy and loss in business. They also fear the raids of Income Tax Department. Service-class people have the fear of their boss getting displeased with them or not being promoted. They also fear that they may lose their job and may have to face financial and other difficulties.

Small children have the fear of cockroaches and lizards. Students feel failing in the examination. They also fear their parents and teachers. A wife fears that her husband may have affairs with other women and a husband also doubts the fidelity of his wife. These fears and suspicions put the peace of family in danger.

Fear makes a man coward. He fears facing the crowd and cannot express his ideas. Fear can be removed if there is a reason behind it. But fear without any reason cannot be removed and cured easily. The main reason of fear is the spiritual and physical weakness of man. Fear that has no reason behind it causes many kinds of mental disorders.

Psychologists have found out more than five thousand kinds of fear that trouble man more than half of the people in the world. Feel restless because of fear that has no reason. Physicians and scientists are in search of a medicine that can provide relief from fear. Scientists of an American University have discovered a switch in human mind that causes the unpleasant-feeling of fear. They hope that very soon they will be able to make a pill that will control fear.

But it is unfortunate that these American scientists do not know that about 65 years back, Dr. Bach had discovered in the form of Bach Flower Remedies, a sure and certain cure to remove different kinds of fear found in human beings as a whole. These remedies are very effective in removing fears of all sorts.

### **Different forms of fear and their remedy**

There are many kinds of fear. However, Dr. Bach classified them into five categories and discovered five special remedies that



have proved very effective in removing fear found in mankind as a whole.

Whatever the disease, chronic or new, fatal like cancer or an ordinary fever, it is necessary to remove the feeling of fear, if it is there in the mind of the patient. He must also be given medicine in accordance with the symptoms. If his fear is not treated and removed, his recovery is difficult, if not impossible. Sometimes the disease is cured simply by removing the feeling of fear.

Not that we fear only when we are ill. A healthy man too suffers from the feeling of fear. Fear is of five kinds.

### **(1) Terror, Panic**

This is the most dreadful form of fear. Terror strikes not only an individual, but also the whole family and a large part of population. When some terrifying thing happens all of a sudden, many people are wounded and all the persons around them are terrified. The whole habitation is terrified when some epidemic breaks out. Everybody fears that he too will be caught in the grip of the epidemic. People are terrified in the events of floods, wars and terrorist activities. So much so that people flee from their houses to the places of safety.

Rock Rose has proved to be a very effective medicine that removes the feeling of terror from the minds of people. Its wonderful and miraculous effect is seen only after a few hours and

sometimes after a few minutes of the administration of this diVine medicine. The terrified person feels great relief and ease. His mental equilibrium is re-stored and he comes in the position of taking a right and balanced decision to get rid of the emergency. All these factors help in finding the proper solution of the problem.

The main symptoms, on the basis of which this medicine is prescribed are panic, terror, great emergency or danger.

(2) The other kind of fear is very common that affects each and every body. It is called 'known fear'. Fear of an accident occurring, fear of theft and robbery, fear of darkness, fear of poverty, fear of failing in the examination and fear of the ailments of old age. These are the various kinds of fear, the causes of which we know well. If we know the definite cause of fear whether it is real or not, it is said to be known fear. This kind of fear renders man a coward. 'Mimulus' is the medicine that is very effective in such cases. It removes all kinds of known fear and arouses and develops the feelings of courage and valour.

### **(3) Unknown and vague fear**

Sometimes man suffers from unknown and vague fear or anxiety. Apprehension and anxieties too cause fear. People suffering from this kind of fear do not know why they are fearing. They are fearful, worried and anxious even though there is no particular reason to be so. Some people fear ghosts. Children at times

suddenly wake up at night and begin to cry and scream, as if they saw something frightening. 'Aspen' is a wonderful medicine that removes this feeling of unknown fear and brings the patient to normalcy.

#### **(4) Fear of one self**

Sometimes man fears his own self. People who cannot control their physical and mental impulses, fall into this category. They get angry and annoyed at the slightest provocation and indulge in quarrels and foul language. Thus a very unpleasant and serious situation is created. Persons, holding high posts, have been observed behaving in a very vulgar manner towards women and have to face humiliation because they cannot control their impulses. Even the members of their families are put to shame.

Most of suicides are committed for this very reason. Under the influence of impulse, a wife pours kerosin oil on herself and burns herself to death. Students, out of fear of not having fared well at the examination, commit suicide and it is discovered later on that they had secured first class marks. Such people are always fearful and apprehend taking a wrong step under impulse.

Chery Plum is the cure for such people. This medicine increases their mental strength and develops confidence in them. It enables them to overcome their physical and mental impulses.

#### **(5) Fear because of one's dear and near ones**

Parents, grand-parents and elderly persons have been found to have this kind of fear. They are always worried about the safety and well-being of school, the son has been out on a journey or they do not turn up in time from school or office, they just begin to fear that something wrong must have happened to them. These days the situation has gone from bad to worse because of the increasing incidents of kidnapping. If the son does not come back in time, his parents are extremely worried. They wait for him at the gate until he comes back and then they have a sign of relief that their dear son is safe and sound. Even the son is filled with all sorts of worry and anxiety and thus this situation is harmful for both the children and the parents.

Red Chest Nut has proved to be very effective in such cases. This medicine removes unnecessary fear and provides relief from anxiety stress and mental disturbances. Thus we see that these five remedies are very useful and effective in removing different kinds of fear.

## **II. Uncertainty, its types and remedy**

A certain goal, self-confidence, a well-prepared work-plan and taking initiative to carry out this plan these things are very necessary to get success in life. The work is to be started at proper time and the opportunity is to be made the best use of. To achieve the goal some important decisions are taken. Success or failure of a project mainly depends on the capacity of the individual of taking

decisions. Most of the people always suffer from uncertainty and are not able to take right decision at the right time, there by losing most of the opportunities. Such people, in spite of having ability, fail in life. One, who grabs the opportunity, gets success in his venture. Because of being uncertain, and because of always wavering, one loses the golden opportunities and then can do nothing but repent. Such people lose the golden opportunities and they (the opportunities) knock only once in one's life.

In cases of uncertainly, nothing can be as useful and helpful as having faith. The good thing is that everybody has faith but the tragedy is that people do not use it properly. Uncertainty is the reason for their not being able to do so.

Uncertainly is a negative force. A person may have all the qualities but if he is always uncertain, always in a dilemma and is not able to decide what to do and what not to do, he cannot get success in life. Not being able to take the right decision at the right time sometimes proves to be the cause of one's ruin.

In this age of cut-throat competition, one has to take quick and radical decision to keep pace with the changing time and circumstances. Quick decisions are to be taken to make necessary changes in the decisions taken previously. New things are taking place in the business world. The industrialists and the businessmen, who adopt these new discoveries and ideas get to the

top and those, who cannot do so because of always being in the state of uncertainty, remain where they were or are almost ruined.

The persons, on whom lies the responsibility of leading others, whether they are big industrialists or political leaders or military commanders, have to take important decisions in their respective fields. While taking decisions, they make the maximum use of their creativity, far-sightedness and constructive faculty and prepare a very good working plan. Choosing one alternative and that too the right one, out of the various alternatives available, requires a deep insight and strong power of taking decisions. One makes plans for the future based on one's previous experiences. Only one option is to be chosen; all the other options have to be left. This is a difficult task. Sometimes one is required to take very quick decisions. Those, who go for leadership, must be clear in their ideas and concepts and be prepared to accept reality.

Taking a quick decision and to fail is better than taking no decision at all, because of being uncertain and undecided. The Finance Minister of a country will invite economic crisis and depression if he is unable to take correct decisions in time. A General may lead his country to defeat if he fails in taking right decisions in the battle field. People may lose their lives if the administrative authorities make delays in taking decisions at the time of famine, floods and epidemics breaking out.

Dr. Edward Bach has given six reasons for a person being in the state of uncertainty. They are- suspense, fear of failure, despair, distrust in one's physical and mental capacities and the uncertainty of goals. As a matter of fact it is nothing but one's negative thought. If this negative thought is removed, all uncertainty will be removed and eliminated. Bach Flower Remedies provide an effective solution for removing this negative thought.

### **Types of uncertainty**

#### **(1) Distrust in self**

There are some people who do not have confidence in the decisions taken by them. They are fully capable and can take correct decisions but as they lack confidence, they want their decisions to be confirmed by others. They are easily influenced by others and so they do not adhere to their own decisions but start acting on the advice of others. Many a time they fail miserably when they act on the advice of others and then they repent. As their ideas do not conform with those of others, they get into dilemma and also get restless. Their decisions are delayed and the golden opportunities are lost.

#### **Cerato**

This is the medicine that relieves man from negative thoughts and develops self-confidence in him. This remedy

enhances his decision-making capacity and so starts taking decisions using his own discretion. He does not have to depend on to others. He is freed from the painful condition of uncertainty and indecisiveness.

## **(2) Suspence and dilemma**

Some people are always in a dilemma. Whenever they have to make a decision, they find themselves on the cross-roads and cannot decide which way to go. They are always on the horn of a dilemma even in petty matters of daily life. For example, they see a car coming at full speed on the road. Now, such people get into a fix. They cannot decide whether they should run and cross the street or they should retreat. Because of this fix, they very often meet with an accident. And for this very reason, they lose big opportunities for which they have to suffer for the whole of their lives.

## **Scleranthus**

Scleranthus is the medicine for such cases. It helps people who are always in a dilemma by relieving them from this painful mentality and enabling them in making right decisions at the right moment.

## **(3) Doubt and uncertainty about the efforts made and their results**



There are people who are always shrouded in melancholy, suspicion, doubt and uncertainty. They get discouraged, disappointed, and sad even at the trivial obstacles and difficulties with the result that they lose heart and stop making efforts. Such people are pessimistic and always look at the dark side of things. They are always doubtful about the success of their efforts. Such people are great failures in life. They lack self-confidence, firm determination and the capacity of making decisions. They fail to make decision in time and hence lose the opportunities that come their way. Gentian removes doubts, depression, gloom and the feeling of uncertainty from the mind of the patient and fills him with new zeal and enthusiasm and enables him to accept the challenges of life.

**(4) Not making any effort to try again because of absolute hopelessness and despair**

Some people are so depressed that they lose all hope and all interest in life and fall a victim to uncertainty. The feeling of utter hopelessness gets deeply rooted in their minds. They do not even think of trying again and of making more efforts as they feel that success will always allude them and to try to succeed will prove to be a wild goose chase. Their condition is even worse than that of the patients who need Gentian. Such people get fatalist and accept their mental condition as their destiny and so they do not even think of having some treatment. Of course they go to the

doctor at the insistence of the members of their family, but in their heart of hearts they believe that it is all futile. A person passing through such a deplorable mental condition can never be expected to think of the bright side of things. Because of this mentality of hopelessness they suffer from uncertainty and indecision.

The remedy 'Gorse' brings new hope in the lives of such people. It increases their self-confidence and saves them from the suppressing and suffocating feeling of uncertainty.

#### **(5) Uncertainty caused by physical and mental exhaustion and distrust in spiritualism**

Some people develop the tendency of uncertainty because of physical and mental exhaustion, and because of avoiding and delaying their work. They have no confidence and doubt their capability even before starting some work. Of course, once they start the work, they do not leave it incomplete. As they are doubtful about themselves, their success is also doubtful.

#### **Horn Beam**

This medicine of Dr. Bach provides mental, physical and spiritual strength to such people. It removes their distrust in their own ability and also saves them from boredom as they begin to take interest in their work. They develop the ability of making quick decisions.

## **6. Uncertainty regarding the selection of career and profession**

There are some people who cannot decide what career or profession to choose. They are always wavering and hesitating. Such people have no aim in life and hence their life becomes monotonous, boring and meaningless. They can't give the right shape to their lives as they are unable to make proper decision as to what their goal and object should be. Such people are very capable and can work successfully in any field, but the only problem is that they do not know what line to choose. They try their hands at different jobs at the same time and are even successful in their ventures, but not being satisfied and not attaining perfection, they leave and adopt one profession after another. The youths and the students are not able to choose one specific line. If they choose one particular field, they are not able to choose the right subjects. The result is that they are always confused and lose the golden opportunities that come their way and ultimately end as failures.

### **Wild Oat**

This medicine is very useful for such people. It helps them in getting out of confusion and selecting the right profession or course of education that suits their nature and provides them great satisfaction. This medicine relieves such people from uncertainty and indecisiveness and fills them with confidence and hope. Thus

it saves them from wandering aimlessly. With the help of this medicine, such people are able to make the most of their abilities and to reach to the top

### **III. Insufficient interest in present circumstances**

One should not leave anything for tomorrow, as tomorrow never comes. It is uncertain and no one knows what will happen the next moment. This is a radical practical maxim, “The past is gone, the future is uncertain, only the present is real and by living in the present and making the most of by living in the present and making the most of it, one can get success in life”. Thinking about the past is simply wasting time as it is gone and the moment that is lost is lost forever. The future is certain, death may come any time. There is no use in getting lost in and dreaming of the pleasant thought of future as they are only dreams and dreams may break any time. The person who loses and wastes his present, being lost in the sweet dreams of future, darkens his future also as the foundation of happy future can be laid only on the good use of the present. The people who lock the resolutions of the present in the safe of the future make their success doubtful. The secret of success lies in living in the present and in making the most of the present moment.

These are all practical things. Sometimes stars and circumstances have such an adverse effect on the personality of man that he loses all interest in present circumstances. He is either

lost in the pleasant or unpleasant memories of the past or gets engrossed in the sweet dreams of the future. In both the conditions, the present is totally neglected and forgotten. Hence the golden present goes absolutely waste. People having this mentality, prove worthless both for themselves and for their families. There may be many reasons behind their losing interest in the present but the fact is that such people are mentally ill. Negative thought prevails on them with the result that they are unable to do anything however they may wish. There are seven main reasons of loss of interest in present circumstances. Dr. Bach discovered seven remedies that enable the patient to enjoy each and every moment of the present and to avail it to the fullest. The account of these medicines is given below-

**(1) Those who are wrapped in a mental world of imagination**

Such people are indifferent to and careless about the present. They are always feeling sleepy. Physically they are in the present but mentally they are lost in the imaginary world of dreams. They are always making castles in the air and waiting for their dreams coming true. Hence they do nothing in the present. They try to find a solution only when there arises a problem. So much so that they do not even care for their treatment when they fall ill. They are lethargic physically but quite active mentally and

are always lost in imagination. Such people are of artistic and creative nature.

### **Clematis**

This medicine helps such people in coming out of their world of dreams and initiating them in living in the present. It develops positive thinking in them with the result that they get able to put their artistic and creative ideas to practice. Such people are good artists, fashion designers, writers and poets.

#### **(2) Those who are occupied with the events of past**

Such people are lost in the memory of their past days. They recall those golden days and opportunities and get unhappy. They always repent the opportunities that they lost the desires that remained unfulfilled. They remember the days when they were the members of prosperous and well-to-do families and lived a happy life. They feel happy on the remembrance of their past life but feel unhappy that those happy moments are lost for ever. Thus, both the happy and the sad memory cause them pain. Being lost in the past memories they waste their present also and so there remains no hope for the future. Thus, such people are lost in a vicious circle.

This type of people must keep in mind the maxim, “let bygones be bygones”. It is better to try to improve our future than to repent on the follies of the past. But this simple thing proves to be too difficult for such people to practice and they simply waste

their lives. Such people cannot even fulfill their responsibility towards their families and the later have to suffer on account of them.

### **Honey Suckle**

This medicine helps such people in getting out of this vicious circle and enables them to live in and to make the best use of the present. It relieves them from the feeling of repentance for the past mistakes and motivates them to lead a normal life.

### **(3) Lack of zest and interest in life**

A person who lacks zest and interest in life is totally cut off from his conscience. He takes no interest in his work and in his surroundings. Because of illness, monotony, adverse working conditions and family problems, he loses all interest in the present. He accepts his destiny. He comes to believe that he is destined to lead a monotonous and boring life that has no aim. He takes no interest in good food or good standard of living, nor does he blame others for his miserable lot. He is always depressed, having no interest in the present.

### **Wild Rose**

This medicine, prepared by Dr. Bach, fills hope and trust in the hearts of such people and removes the feelings of dullness monotony and boredom. It arouses ambitions in their hearts and

inspires them to live a joyous and meaningful life. The medicine 'Wild Rose' develops in them a sense of responsibility and accountability and the feeling that they can bring about pleasant changes in their lives. They start taking interest in the present when such positive thoughts are developed in their minds.

**(4) No interest in the present because of mental, physical and emotional fatigue**

Man gets completely broken and exhausted physically and mentally because of the fatigue caused by a long and tiring spell of work, personal problems, long illness and adverse and boring working conditions. Such people have no joy, no gusto in their lives. They neither derive pleasure in their work nor can they enjoy their leisure with the result that they lose all interest in life.

**Olive**

The medicine named Olive arouses zeal, energy and strength in the hearts of such people and creates interest in their lives. Positive feelings having been developed in their minds, they start doing things in accordance with their physical strength and mental energy and thus they are saved from unnecessary fatigue. They get mental peace and their interest in the present is aroused again.



**(5) Lack of interest in the present because of obsessive and worrying thought**

There are some people who are always obsessed with worrying thought. Because of these obsessive thoughts, they always feel unhappy, their mind never being at rest. They are not able to get rid of such unpleasant thoughts, however hard they may try. Such thoughts go on moving in their minds, like a worn out gramophone record. They get exhausted even when there is no cause for their being so. They can neither concentrate on their work in the day time nor can they have a sound sleep at night. As a result they always suffer from physical and mental exhaustion. These thoughts are not at all related to the present and so such people do not take any interest in the present.

**White Chest Nut**

This medicine is highly effective in such cases. It relieves the patient from idle and disturbing thoughts and provides him great relief and mental peace. Thus, mental disturbances like exhaustion, irritation and sleeplessness are removed with the result that the patients gets able to concentrate on his work. This medicine works wonders in restoring interest in the present.

**(6) No interest in present because of deep gloom and sudden depression**

Man gets perturbed and his mental peace is disturbed because of gloom and depression. Many a time a person is beset with sudden gloom and depression. He even stops talking. Then suddenly his gloom disappears but he can't explain why he was caught in the fangs of gloom. Such recurring fits of gloom and depression render him restless and he loses interest in present.

### **Mustard**

Mustard is the right medicine for such people. It relieves them from the sudden fits of sadness and melancholy and arouses in them an interest in present.

### **7. No interest in present due to repetition of one and the same mistake again and again without learning a lesson from the mistake**

Some people lack concentration. They do something or the other, but their mind is not in what they are doing. They have great difficulty in learning something because they do not observe anything carefully. They commit mistakes again and again but do not learn from them. They remain careless and absent-minded in their daily lives as well. The reason is that they are not attentive to what they are doing; their attention is always getting diverted. It happens this way because such people have no interest in present.

### **Chest Nut Bud**

This remedy removes the above mentioned tendency and mentality of the patients. On taking this medicine, their observation power is increased. They observe everything carefully, try to understand and then start the work. When they do a thing after understanding it thoroughly, they commit lesser mistakes. They even learn by their mistakes and do not repeat them.

Thus we find that there are seven kinds of persons, who, due to different reasons, do not find any interest in present. This is a great disadvantage due to which their life goes waste and they come to be a burden on the society. All these things happen only because of their negative thoughts. It goes to the credit of Dr. Bach that he discovered medicines of seven different kinds that change the negative thoughts into positive ones and fortunately all these medicines have proved to be highly effective.

#### **(IV) Loneliness**

Man is a social creature. He is an indispensable part of society. He has his family members, relatives and friends with whom he shares his joys and sorrows. A lonely person can neither enjoy his moments of joy nor can he share the burden of his sorrows with others. It is a well-known fact that joy is doubled and sorrow is lessened by sharing. Man is social by nature but at times he gets lonely and this feeling of loneliness makes his life miserable. There are three reasons of feeling lonely:

**(1) Those who are self-centred, selfish and preoccupied with their own situations**

Some people are self-centred and selfish. They are concerned only with their own troubles and problems. They have nothing to do about the problems of others. When they meet their friends, they talk about their own troubles and that too in detail. They do not listen to the problems of others. They are very talkative and do not give others chance to describe their problems. Listening to others is not there in their nature. Gradually people come to know their nature and begin to avoid them. With the result that such people are left alone and then they feel lonely.

**Heather**

This remedy helps people in getting rid of this evil. It develops in them the habit of listening to others and in making the conversation a dialogue in the real sense. It produces such an effect on them that besides telling their own tales of woe, they listen to the problems of others also and also give suggestion if necessary. By sharing the feelings, they develop the habit of mixing up with others and thus they are freed from the awesome feeling of loneliness.

**(2) Suffer from impatience, irritative nature, want things done quickly**

Some people are highly capable, intelligent and hard-working. They are very quick in understanding and doing things. They want everything done quickly and can't bear delay. If things do not happen the way they want, they get irritated and annoyed. But the modus-operandi of all the people is not alike. Some people are very slow by nature and some may be lazy and shirkers. Some people take a long time in understanding what is to be done. Naturally, the former (i.e. the people having Impatiens personality) do not like the latter. If their assistants do not do the work speedily they get impatient and hurry to get the work done quickly. If the assistants are not able to do the task speedily, they try to snatch the work from them and to do it themselves. Such people do not like the interference of others in their work. In-stead of asking others to do something, they would like to do it themselves. Although such people are kind by nature and clean-hearted, others begin to avoid them because of their impatience, hasty nature and getting irritated at the slightest provocation, with the result that ultimately they are left lonely.

### **Impatiens**

This medicine relieves such people from negative thoughts. By using it, their thinking is changed for the better and they come to realize that the methodology and speed of all the people cannot be alike. People's ways of doing things are different. By accepting this fact, they can easily gain the co-operation of others and then

the feelings of patience and tolerance develop in them. Their irritation and keen anxiousness are removed. Impatiens (the medicine) makes such people popular among others with the result that they no longer feel lonely.

### **(3) Knowledgeable, calm and capable people suffering from vanity and aloofness**

There are people who are very knowledgeable, capable and efficient, doing their work quietly. They are innovators and provide guidance to others. They have many positive qualities but they suffer from superiority complex. They consider themselves to be far superior to others. They look down upon other people, not thinking them to be fit for their friendship. Such people believe in doing their work themselves, quietly and efficiently. Such people ultimately get self-centred. They do not mix up with very many people in their office or in their neighbourhood or in the society. The number of their friends is limited and these friends too are of the same nature. When such people retire from service, not many people keep contact with them and they find themselves suffering from loneliness.

### **Water violet**

This is the medicine that brings about a positive change in the nature of such people and makes them calm and quiet, humble and practical. It removes their feeling of superiority and brings

them back to normalcy. It develops in them the feelings of friendship with the result that the number of their friends increases and they are freed from the depressing feeling of loneliness.

**(V) Over sensitive to influence and ideas of strong personalities**

Every body comes into this world with a special purpose and to achieve it, God has given him an independent entity. He has to achieve his goal without any external interference and influence. Only by doing things this way, he can get to the zenith of success and live a healthy, happy and meaningful life.

It is one's conscience that tells one what one's mission in the world is and what one has to do to carry it out. And one must act on the guidance of one's conscience. Many difficulties may come his way when a person acts on the voice of his conscience. His parents, friends and the reputed people of society try to influence him with their personalities and ideas and to deviate him from his chosen path by pointing out the shortcomings in the plan made by him. All sorts of obstacles come this way that discourage him paradoxically. Dr. Bach believes that all these interferences and influences and obstacles are there not to dissuade or discourage him, but to help him. They are blessings in disguise. A person gets valuable experience from these obstacles and this experience stands him in good stead. He must face them patiently

and with great courage, thinking them to be a challenge that has to be overcome anyhow.

Apart from external interferences and influences, other natural calamities, environment, climate and change of place etc. also affect him both physically and mentally. He has to face with courage all these odds.

Dr. Bach believed in a very significant maxim, “we should neither interfere in the lives of others nor should we allow others to interfere in our lives. One who interferes in the affairs of others can never escape the interferences in the affairs of others, in one’s life. To avoid interference of any kind we do not need any struggle or conflict. The only thing to be done is that we have to let others know politely but firmly that no interference will be tolerated.”

These are the parents who influence a man’s life the most. They think it to be their right as well as duty to guide and advise their children. These are the parents who decide as to what course their children should adopt and what line they should choose. Without caring for the desire and interest of the children, they simply impose their decisions on the children. The result is that the poor children yield to the desire and authority of their parents and in the process deviate from their path and get frustrated. How can such children be expected to get to the top?



Parents are the symbol of creative energy. The fact cannot be denied that as they have given birth to their child, it is their duty to provide him all love, affection and protection that a child needs. This they should do without having any ulterior motive. But as the child grows up and gets mature, the parents should leave him free to choose whatever path he likes. They should enable him to make his own decision. They may guide him if need be, but they should not impose their will or order on them. And they should not expect anything in return.

The entity of parents is extremely important for the family. For the last so many centuries, there has been a tradition that parents bring up their children with love and care until they grow mature and sensible. When they get mature, they should be left free from the control and discipline of the parents. This is the golden rule. But unfortunates parents abuse their authority and interfere in the lives of their children even when it is not desirable. The result is that instead of being a support, they prove to be the unwanted obstacles in the path of progress of their children.

Not only the parents but the teachers, friends and influential people and environment also affect the lives of the children. This unwanted and undesirable interference causes stress and frustration. Development of the children's personality is hindered and they (the children) get ill both physically and mentally.

So the important thing is that man should be free from external influences. Keeping this thing in mind, Dr. Bach studied many cases and found four kinds of people suffering from this negative thought and accordingly discovered four kinds of medicines that change negative thought into positive thought.

**(1) Overly sensitive to discord and conflicts, suffering from mental torment, want peace at any cost.**

People of this type suffer from mental torment and grief. They are overly sensitive to disputes and conflicts and they want mental peace at any cost in spite of being mentally upset and distressed, they put on a mask of happiness just to keep up appearance. They seem to be lively, happy-go-lucky and carefree, but in fact they are sad, unhappy and gloomy. They lead an artificial and dual life. They are extra careful lest there should be any conflict with others. And for this they can compromise to any extent.

In order to get relief from their mental grief such people resort to alcohol and drugs. They live an artificial life lest other should come to know their real feelings. But doing so is not the solution of the problem. On the contrary, the problem gets even worse, as sooner or later, their real character gets revealed and people come to know the truth.

## **Agrimony**

This medicine relieves people from this kind of negative thought. With its effect, they accept both the joys and sorrows and the good and evil in a normal way. They make efforts to lessen their sorrows by sharing them with others. Agrimony has proved to be a very effective medicine in establishing mental peace and joys. Thus the patient is relieved from external circumstantial effects.

### **(2) Influenced by others due to weak will and personality**

There are people who are easily influenced by others because of weak will and personality. Such people have no individuality of their own. They are so humble, docile and gentle that they are always ready to help and serve others. They can't say 'no' to anybody, Their humility goes to the extent of servitude. Naturally, the other people take undue advantage of their gentlemanliness. It all happens because of the weak will of some people. Such people are easily influenced by others. Very often they are exploited too and their physical and mental development is obstructed. This is indeed a pitiable condition.

## **Centaur**

This medicine is a boon to such people. It removes the lacuna-weakness of their personality and will power. Not that by

using this medicine, the feelings of service to others and co-operation are obliterated from their minds. On the contrary it enhances and strengthens their will power. With the result that they get able to make their decisions themselves. They come to realize that they should render their services and help only to those who really want them. They get free from the undue influence of others and are able to make their independent decisions.

### **(3) People suffering from distorted attitudes like jealousy, envy and hatred**

Some people are highly affected by the destructive and negative feelings of jealousy, envy and hatred. This is a distorted form of thinking. Such people have no feelings of love, affection and are of cruel and violent nature. Sometimes they have a fit of great anger. There is no apparent reason behind all these distorted attitudes. They are the result of ill habits. Such people lose not only their own mental peace but are a menace to social good will also. They have faced the consequences of their distorted attitudes in the form of various diseases and mental unrest.

### **Holly**

Holly is the remedy for such people. It develops the feelings of love, affection, amity, co-operation and security in place of jealousy, envy, malice, hatred and enmity.

#### **(4) Oversensitive towards strong personalities circumstances and environment**

Some people are over-sensitive to strong personalities, circumstances and environment. Their sensitivity is innate. They are easily overwhelmed by strong personalities and their principles, old customs and traditions, environment and circumstances. They can't make decisions on the call of their inner self. They are unable to make independent decisions in their own interest as they are unduly influenced by old customs and bonds and therefore deviate from their chosen path. They are so sensitive that even the slightest change of place and weather affects their health. Such people can make a great contribution to any field they are working in, if only they are enabled to choose their own way and to make their own decisions without being influenced by others.

#### **Walnut**

It is a diVine remedy that protects a person from such influences and enables him to have his own way and to make his own independent decisions. This medicine changes his negative attitude to such an extent that he gets able to make a remarkable contribution to humanities. Helped and empowered by it, they carry out their decisions firmly. They get free from the bondage of old and rotten customs and keep pace with the current trend.

## **(5) Despondency and despair**

Everybody in this world wants to live a happy and healthy life. But unfortunately this desire is not always fulfilled. There goes the proverb, “If desires were horses, beggars would ride them.” Very often people are caught in the web of despondency and despair because of the karmas earned previously or because of an accident.

Sometimes this despondency or despair is temporary but things like serious accidents, sudden death of a dear and near one, long and incurable disease, physical disability, heavy financial loss caused by flood or fire may so shock a person that he becomes a victim of permanent despondency and despair. The life of such a person is no less than a curse.

## **(VI) Eight reasons of despondency and despair**

### **(1) People suffering from lack of confidence, doubting their own ability and expecting failure even before starting work and suffering from inferiority complex**

Some people are worthy and capable but have no confidence. Because of lack of confidence, they cannot avail themselves of good opportunities. Whenever an opportunity comes their way, they lose it, as they have no courage to go ahead with it

and apprehend failure even before starting the work. Opportunity knocks at your door but once. The result of their not being able to grab the opportunity and to make the most of it is that their companions go forward and they are left lagging behind. In the long run, they become victims of despondency and despair.

### **Larch**

This diVine medicine develops self-confidence in such people. It removes their inferiority complex and hence they get rid of the obstructinl habit of expecting failure even before a venture is started. They get bold, confident, daring and gather courage to take risk.

### **(2) Those who suffer from self-reproach and guilt**

There are people who hold themselves guilt and responsible for the mistakes committed in the past. They are so obsessed with the sense of guilt that they hold themselves responsible even for the mistakes committed by others. If they fall ill, they think that it was their own fault. They are always suffering from the sense of guilt and shame with the result that they are deprived of the joys and pleasure of life. They are not able to forget the mistakes of past and are always blaming them-selves.

### **Pine**

Pine is the remedy that rescues such people from the feelings of guilt, shame and masochism. It develops in them a sense of self-respect and relieves them from the negative thought of repentance for the past mistakes. It also removes the feelings of despondency and despair.

### **(3) Temporarily overwhelmed by the responsibilities taken on by capable and confident people**

Some people are very capable and worthy, but they get exhausted by over-work and liabilities and responsibilities and they too have their moments of weakness. They come to believe that they can no longer bear the burden of responsibilities and this temporary feeling of weakness causes in them despondency, despair and distrust. They begin to think themselves to be helpless and hopeless. When some difficulties come their way, they begin to think that it is not possible for them to overcome them. They also come to think that they have done whatever they could and that they can do no more. Thinking this way, they are lost in hopelessness and despair. Such moments come in the life of everyman, however strong and worthy he may be.

### **Elm**

Elm is the medicine that removes this type of negative thought from the mind of such people. Removing their feeling of



weakness, Elm develops, in them the positive feeling of self-respect and strength and relieves them from despair and despondency. Filled with renewed zeal and enthusiasm, these people then get busy with fulfilling their responsibilities. A person may be very strong and capable, even then he has his own limits, both physical and mental. One should never cross one's limits. Elm enables a man to work on the call of his inner-self, keeping in view his capacity.

**(4) For those whose mind and body are taken to utmost limit of endurance due to unbearable anguish and despair**

Sometimes some persons come to such a stage where they become a victim of acute physical and mental pain and anguish and their anguish gets unbearable. They feel that nothing is left for them in life except ruin and destruction although such people do not think of committing suicide but they certainly get the precipice of destruction and nervous breakdown. They bear the pain, sorrows, diseases and difficulties for such a long time that they lose all faith in God and develop the negative feelings of despair, hopelessness and despondency.

**Sweet Chest Nut**

This medicine cures such people of the feelings of despair, gloom and melancholy. It develops in them the feelings of faith

and trust and they get able to face circumstances patiently, bravely and positively.

**(5) For those who become despondent from shock, distress or grief**

Sometimes accidents natural calamities, serious diseases, unpleasant news and unexpected failure affect people in such a way that they become the victims of physical and mental shock and consequently they suffer from acute depression and despondency.

**Star of Bethlehem**

It is the proper remedy for such people. It removes the depression and despondency caused by the reasons cited about and brings rays of hope in the lives of such people.

**(6) Despondency and despair caused because of adversities and misfortunes in life and bitterness and resentment received from others**

Many people have to face failures and difficulties in life because of misfortune and adverse circumstances. Instead of trying to find out the real reasons of their problems, and making efforts for removing them, they hold others responsible for their troubles. They develop the feelings of hatred and anger for others and are always grumbling. Such people do not have a real and practical

attitude towards life, they do not try to realize the realities of life. On the contrary they develop the feelings of bitterness and enmity whereas they themselves are responsible for their failures and misfortune. The result is that their problems get worse and worse. As they have bitterness in their hearts and have no respect for others, their friends and relatives begin to avoid them and ultimately desert them. Because of this negative thought, feelings of despair, hopelessness, despondency, bitterness and ingratitude are aroused in them.

### **Willow**

This is the medicine that removes negative thought from the minds of the patients and helps them in establishing relation with their inner self. The result is miraculous. By using this medicine, the thinking of the people undergoes a radical change and it gets positive and realistic. It removes the feeling of bitterness and enmity and develops instead feeling of friendship, co-operation and affection. Their feelings so softened, they get rid of despondency and despair.

### **(7) Despondency and despair in the lives of brave people who are stoic and who do not give up easily**

Struggling upto the last, valour and making efforts until the goal is achieved these are all positive qualities. They are very necessary to get success in life. For persons endowed with these

qualities, nothing is impossible. They neither lose heart nor give up easily. They strain every nerve, and leave no stone unturned to achieve their goal. They are strong, brave and trust-worthy. Driven by the feeling of duty, they work hard untiringly. Once they undertake a job, they do not leave it incomplete. They go on struggling even when all the possibilities of success are lost. This spirit of struggle and adventure takes its toll. Because of going on working hard incessantly and untiringly, they get exhausted both physically and mentally. They do not even think of their comfort, physical requirements or rest and limits. In spite of endeavouring so hard, when they fail to get their target, they get desperate, melancholic and depressed.

## **Oak**

This medicine works wonders in such cases. It prevents these people from making unnecessary efforts and struggles and toils. Not that it renders them dull and inactive, on the contrary, it controls their feelings in such a way that they do only as much as is required. It saves them from wild goose chase. They do every thing necessary but they do not let their time, energy and resources go waste on futile attempts. This medicine, Oak, moderates their excessive enthusiasm so much so that besides concentrating on their work, they also care for rest and leisure. By doing so, their physical energy and vitality are saved. They are also saved from physical and mental exhaustion, with the result that the mist of

despair and depression is cleared and they get renewed strength and energy.

### **8. Despondency and despair due to the feeling of physical and mental uncleanness and poor self-image**

Sometimes people develop the feelings of shame, nervousness and ugliness because they feel that they have been rendered ugly, dirty and not presentable because of some accident, physical deformity, skin diseases, ulcers, pimples and that they are no longer good-looking and that people may shun their company. When these feelings persist for a long time, they become victims of despondency and despair. The positive feelings of cleanliness, cheerfulness and enjoyment give way to the negative feelings of gloom, hopelessness and of avoiding company. In spite of trying hard, they cannot remove their physical ugliness and deformity. The feeling of uncleanness gets deeply rooted in their minds and they come to think that they are not fit to live in society or to face other people. They lose all interest in life. Everything seems to be boring and monotonous.

### **Crab Apple**

This medicine removes this negative feeling of the type of people mentioned above. It not only removes physical and mental uncleanness but also cures skin diseases. Positive feeling having

been developed in such people, they accept themselves as they are and take their physical shortcomings in a normal way. Their self-image is improved and they no longer think themselves to be pitiable and miserable. This medicine helps a lot in clearing the clouds of gloom and hopelessness. Their lives and aspirations are brightened.

### **(VII) Oversensitive for the welfare of others**

Five kinds of characters and personalities fall under this category. They all have one thing common. They are keenly interested in the welfare of others. They are of dominating nature and wish all the people to obey and follow them. They are always interfering in the affairs of others and want to impress others unnecessarily. Behind their feeling of welfare of others, there is an ulterior motive. Because of their tendency of going to the extreme, they suffer from various physical, mental and emotional problems and diseases. This tendency becomes a problem not only for themselves but also for their family member, and friends.

#### **(1) Those who are well- discipline, punctual and perfectionists and want others too to follow them**

Discipline is very necessary for cleanliness, perfection, punctuality and maintaining order and system in life. This fact can never be denied. To follow the above-mentioned maxims and to expect others too to do the same is a good thing, but to go to the

extremes and to expect other people too to do the same, may create problems. Such people want their homes, offices and their working places perfectly disciplined and well organised. They cannot tolerate disorder and indiscipline in their family members and subordinates, any lacuna in their work; irregularity, lack of punctuality and the chaotic way of their working. They show the same intolerance towards natural habits, personal characteristics and superstitions. They get annoyed when they are not obeyed and followed and treat others severely. They do not try to find good in others, they only point out their shortcomings and mistakes. They exhibit great annoyance even over trifles.

## **Beech**

Beech is the medicine that helps this type of people in getting rid of this negative characteristic and develops in them the qualities of tolerance, forbearance and taking things in an easy and normal way. It also develops in them the positive and noble qualities of love, affection and compassion.

### **2. Those who are of motherly nature, very kind and loving, but at the same time selfishly possessive**

Some people are very loving and affectionate by nature. They take great care of the feelings of others, but they are extremely possessive. Indian parents are the best example of this kind of people. They love their children but their love is selfish. It

is not broad, it is narrow. In return of all their love, affection and care, they expect complete possession and mastery over others. In return they wish that they should be obeyed and respected and all their wishes should be fulfilled.

They wish that their children should live with them and if that is not possible, they should be with them whenever they so desire. They also wish that their children should support them physically, mentally, financially and emotionally. But very often to do so not possible because of some unavoidable circumstance or even because of the selfishness of the children. When the children fail to do so, the parents feel emotionally hurt and sometimes also cheated. Consequently they not only become unhappy but also get many physical, mental and emotional ailments.

This expectation of parents proves very pernicious not only for themselves but also for their children. It is the duty of parents to bring up and look after their children, to provide security and guidance to them without expecting anything in return. They should do their duty without any ulterior motive. Then only they can get real happiness and joy.

## **Chicory**

It goes to the credit of Dr. Bach that he discovered wonderful remedies for all kinds of negative thought he could think of. Here also, he has presented a wonderful medicine,



Chicory. It removes the negative feelings that are based on selfishness and develops the feeling of true love that has no tinge of selfishness in it. It relieves the people having this kind of mentality from the habit of dominating over others. When parents expect nothing from their children, they will not have pain or anguish of any sort. They will be able to live a happy and normal life.

### **(3) Strict with themselves and rigid in their principles and ideology**

Such people are of an idealistic, religious and spiritual bend of mind. They are very rigid regarding the observance of their principles and ideals. They are very strict even with themselves, it does not matter if they have to suffer great physical or mental pain. In no circumstance do they deviate from their deals, so far as deals are concerned, they are highly prejudiced and wish that the other people too should observe and follow their ideals and principles as strictly as they do. But in reality, it does not happen. They are intolerant and stubborn by nature and so many problems crop up. It is true that there is no ulterior motive behind observing their principles and wishing others also to do, they do so driven by the feeling of welfare of others. But the fact is that because of their rigidity stubbornness and intolerance, they create problems not only for themselves, but for other people also.

## **Rock Water**

Here again we should be grateful to Dr. Bach. He discovered a medicine, Rock water, for such people. This medicine is prepared from the water of streams. As a stream wears out even hard stones and makes its way through them, in the same way Rock Water removes the mental rigidity and obstinacies of the people and develops in them the feeling of tolerance, thereby making their lives easy and stress-free.

### **4. Over-enthusiastic about their principles, ethics and convictions**

Such people observe their principles, ethics and convictions with great zeal and enthusiasm. Driven by the feeling of welfare of others, they wish other people too to avail themselves of their principles by following and observing them. They leave no stone unturned to persuade them to follow their ideals. These are certainly good and positive qualities, but to try to influence others unnecessarily is a sign of negative thought. Doing so hinders the natural and normal development of others. It must be the sacred duty of each and everybody not to try to influence others and not to be influenced by others. In both the conditions- in influencing others and in being influenced by others- frustration and stress are caused in the minds of both the parties. And these two negative feelings- frustration and stress- are the sworn enemies of peace and

hapPiness. They impair the balance among body, mind and soul and cause many diseases.

## **Vervain**

This miraculous medicine free a person from his prejudices and over-enthusiasm and makes him normal and realistic.

### **(5) Dominating, rigid and inflexible**

Some people are very wise and efficient, having a strong will power and fall of confidence. They act with great restraint in adversity and are good guides to their subordinates. They have all the qualities of a successful leader. They nurture a great desire of becoming a top leader. Such people are great assets to any society or country. Only a very lucky person can have such positive qualities.

But if the feelings of lust for power, and covetousness are associated with these good and positive qualities, people having these traits may be very dangerous.

In that case such people crave for power by hook or by crook, get vain, cruel and heartless and aggressive. They can go to any extent to get power. They crush the feelings of others and try to impose their will on them. They do not value the advice of others. They turn out as a cruel, and hard-hearted dictator. In order to satisfy their lust for power, they do not hesitate in thrusting their country into war. They do not hesitate even in murdering someone.

But this negative thought cannot go on forever. Ultimately they have to face the consequences of their evil doings in the form of defeat or the strong opposition of the public with the result that either they are compelled to commit suicide or are assassinated or have to spend their lives behind the bars. The glaring examples of Hitler, Saddam Hussain, Idi amin and the many presidents of Pakistan are before us. Many of the parents, administrative officers and teachers too are of this mentality.

### **Vine**

Vine is a diVine medicine that transforms this kind of negative thought into a positive one and helps in transforming persons having this negative thought into good leaders, kind parents and successful teachers, extremely useful for the society and the country. Having developed the positive attributes such people use them in guiding the country both in weal and woe and in motivating. People to go ahead and make progress in life.

### **Disease**

Disease of the body itself is nothing but the result of disharmony between soul and mind. It is only the symptom of cause and the same cause will manifest itself differently in nearly every individual. Any disease, however serious, however long standing will be cured by resorting to the patient hapPiness and desire to carry on with his work in life.

## **Chepter-10**

### **Classification of 38 kinds of Bach Flower Remedies**

Classification of kinds of Bach Flower Remedies is as given below-

1. Agrimony 2. Aspen 3. Beech 4. Centarury 5. Cerato 6. Chery Plum 7. Chest Nut Bud 8. Chicory 9. Clematis 10. Crab Apple 11. Elm 12. Gention 13. Gorse 14. Heather 15. Holly 16. Honey Suckle 17. Horn Beam 18. Impatiens 19. Larch 20. Mimulus 21. Mustard 22. Oak 23. Olive 24. Pine 25. Red Chest Nut 26. Rock Rose 27. Rock Water 28. Scleranthus 29. Star of Bethlehem 30. Sweet Chest Nut 31. Vervain 32. Vine 33. Walnut 34. Water Violet 35. White Chest Nut 36. Wild Oat 37. Wild Rose 38. Willow

#### **1. Agrimony (*Agrimonia eupatoria*)**

**Key Symptoms :** Hide problems behind a cheerful face.

“The jovial, cheerful, humorous people, who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much.”

**Dr. Edward Bach**

Agrimony is a very effective medicine which hide deep sorrow and anguish behind a cheerful face. The humour of such people is superficial and artificial. In reality they are full of grief, anguish, remorse and compunction, but they hide their sorrow not only from others but from themselves also. To others, they seem to be very happy, prosperous and talented. Even in the midst of deep sorrow and grief, they try to look fresh and cheerful and take part in entertaining programmes, games and sports, social functions and parties. They are the life of a party. They are always surrounded by friends, but as a matter of fact, they do all these things to forget their grief and sorrow so that others may not come to know the reality.

They try to overlook the dark side of life and even give up their rights to avoid quarrels, disputes, and arguments so that they may have a peaceful life. So much so that they avoid medical check-up also when they suffer from some disease. They try to appear to be humourous and witty and to entertain doctors and nurses even when they are ill. Very often such people get addicted to drugs and alcohol just to forget their sorrow and grief.

Actually such people are expert in many different forms of disguise and put on the mask of cheerfulness to hide their inner grief and pain but when they go to bed at night, they come to their real form. Then they cry, shed tears, and being unable to go to

sleep, toss and turn all night. They start recalling the painful events of the day with the result that they cannot have a sound sleep.

In spite of having so much pain and grief in their hearts they do not even talk about them. Instead of trying to find out a proper solution o the problem, they tend to avoid it.

### **Expected diseases**

People having Agrimony personality suffer from inner restlessness and other inner and later on develop diseases like stress, headache, heart problem, insomnia, blood pressure, constipation, gastric trouble, ulcer, rheumatism and skin disease. Hiding the facts of life and overlooking them is a mental disorder which may caus many physical, mental and psychic diseases. Agrimony is a boon to this type of people. It relieves them from these painful negative thoughts and helps in developing positive attitude with the result that they start living a happy, healthy and peaceful life. This medicine motivates them to open their hearts to others and they start discussing them. They even seek advice and help if need be. They start taking both the joys and the sorrows in an easy way and try to understand both the dark and bright sides of life. This positive change in their thought having taken place, they are saved from diseases, and if by chance, they get some, they face and resist them.

## **2. Aspen (Populus Tremula)**

**Key symptoms :** Unknown fears, worries and anxieties.

“Vague unknown fears, for which there can be no explanation or reason. The patient may fear that something terrible is going to happen. This vague and unexplainable fear may haunt him day and night. Sufferors are often afraid to tell their fears to others.”

#### **Dr. Edward Bach**

Patients having Aspen personality suffer from vague and unknown fears, worries, and anxieties. They fear that some untoward thing may happen anytime. Fears and anxieties overwhelm them day and night. They tremble with fear and perspire profusely. When asked, they can't give any reason for their fear. They are even afraid to tell of their fear to others. Children fear ghosts and phantoms. They start crying at night at the thought of ghosts. They have frightening dreams and so they fear going to sleep again.

The patients of Aspen personality suffer from many kinds of fear- fear of darkness, fear of death, and getting worried all of a sudden. They also suffer from confusions, superstitions and excessive fantasies.

Aspen provides relief to such patients from the symptoms cited above and removes worry and anxiety.



### **Expected physical and psychic diseases**

Such people may suffer from tremors because of fear and worry, nervousness, insomnia, emotional disturbance and diarrhoea etc. If this unknown fear is treated well in time, these diseases can be prevented.

Aspen not only provides relief from unknown and vague fears and anxieties but also from the physical and psychic disorders caused by them.

### **3. Beech (Fagus sylvatica)**

**Key symptoms :** Intolerance, tendency of criticizing, desiring perfection in everything.

“For those who feel the need of seeing more good beauty in everything that surrounds them.”

**Dr.**

**Edward Bach**

“Critical attitude, arrogant intolerance, criticizing without any understanding of the views and situations of others”.

**Mechthild- scheffer**

Patients having Beech personality are strict disciplinarians, lovers of beauty and desirous of doing everything in a proper and systematic way. They are very punctual. They are very particular

about maintaining not only their homes but also their offices. They expect the same from others. They can't tolerate carelessness even in other people. It is good to have such qualities, because they are positive ones. But when these qualities are taken to the extreme, they have a negative impact.

It must be admitted that there are individual differences. Every body has got his own tastes and interests. Similarly everybody has got his own shortcomings, limitations and problems. It will be unfair and unnatural to have the same expectations from everybody. Persons having Beech nature are very critical, vain and intolerant. They criticize others without understanding the views and situations of others. They can't tolerate indiscipline in any way, whatever the reason may be. They always find fault with others. They are blind to the good in others. As a result, they are always tense. They are always scolding others even over trifles. As they do not try to realize the problems and limitations of others, do not give importance to the thoughts and ideas of others, get angry and annoyed over trivial matters and are always anticipating unfavourable and bad results, without having an understanding of the situations. People gradually start avoiding them with the result that they are left to themselves and then they find themselves lonely and insecure.

Such people suffer from superiority complex and always consider themselves right and others wrong.

## **Expected diseases**

Rigidity in the limbs because of mental rigidity. This rigidity may cause gout and pain in the joints. The desire for perfection, high efficiency and the execution of everything in a proper way demands great pains, efforts and labour which exhaust them both physically and mentally. Such people very often develop gastric trouble and duodenal ulcers.

Beech develops the quality of tolerance in such people and enables them to understand the problems and difficulties of others. It also enables them to see both the good and the bad in others. As they show understanding towards the problems of others, the other people also respond in the same way. They do not hesitate in coming closer to such people and consequently such people no longer feel lonely. As their negative feeling is cured and changed, they get relief from their physical and psychic ailments too.

Patients having Beech personality are perfectionist by nature. They want to execute everything in the best possible way. They study deeply and minutely every aspect of a thing. They try to adopt the best possible ways and means for doing the job they have undertaken. They start their work when they are fully satisfied from all points of view. But the problem is that because of the feeling of perfection, they are not satisfied easily and so they can't even start the work or it is so delayed that all its importance and utility is lost. Because of their extremist nature, they can't

make the fullest use of their ability; all their plans of perfection, beauty and utility remain in their minds; they are never materialized. Desiring perfection is a good quality, no doubt, but this very quality sometimes proves harmful to such people. It becomes a cause of failure, despair hopelessness and futility. Beech helps in controlling their superiority complex and desire for perfection.

#### **4. Centaury**

**Key symptoms :** Weak willed, unable to refuse or oppose, yielding to others, easily influenced and utilized by others.

“Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavours.”

##### **Dr. Edward Bach**

People of centaury type are kind, quiet and gentle. Their feeling of helping others goes to the extent of servitude. They are always ready to help others even at the cost of their own work. They can't say 'no' to any body. People take undue advantage of their gentlemanliness and very often exploit them. Such people are weak willed, having no individuality of their own. They are easily influenced by people of strong will and personality. They are so anxious to please others that they leave their own work to be of some help to others. With the result that they get exhausted and

always feel tired. Such people can never be the leaders but they prove very good followers and workers.

Although helping and serving others is a good and positive quality, neglecting one's own work and allowing others to exploit one is a negative quality and a sign of servile mentality. Such a nature can never be of any help and use either to the individual himself or to the society. Personality of such people is never developed. They waste their time, energy, ability and even life in serving others. Late on they too fall victim to many physical and psychological diseases.

### **Expected diseases**

As such people are of helping and serving nature, they overlook their personal needs and consequently suffer from physical and mental fatigue. Besides, they may also develop blood pressure, diseases of liver. They get so busy with and engrossed in serving others that they neglect their own health and allow themselves to be exhausted physically and mentally.

Centaury is the medicine that helps in developing positive and healthy feelings and attitudes in such people. It cures them in such a way that serve other with pleasure but provide their services only where they are needed. They do not allow others to exploit them. This remedy helps in the proper and full development of their personality. It enables them to make their own decisions and

that too with full confidence and to express their ideas freely when and where necessary. Other people can not unduly influence them. In fact centaury converts such meek and servile persons into real social workers and helpers.

Centaury enhances physical and mental strength and stamina. It cures the weakness in any part of the body, caused by long illness. It has been observed that cough persists even when fly and measles are cured. Centaury provides relief from such persistent cough.

People having Centaury personality are very obedient to their parents. They fulfil their smallest wish, be it a domestic matter or the question of choosing their career. Driven by the feeling of duty, they spend their whole life helping, serving and obeying even their younger brothers and sisters. They possess all the qualities and are fully capable, yet because of lack of confidence and weak will, they cannot make their own way and establish their identity. Such people observe social and spiritual traditions too devotedly.

Because of the feeling of serving others, such people sacrifice their own wishes and goals. Their real abilities are never developed. Being over-burdened with work, they always suffer from physical and mental fatigue.

## **5. Cerato (Ceratostigma will mottianna)**

**Key symptoms:** Lack of confidence in own decisions.

“ Those who do not have sufficient confidence in themselves to make their own decision. They constantly seek advice from others, and are often misguided.”

**Dr.**

**Edward Bach.**

People of Cerato type are very sensible, able and experienced. They are absolutely capable of making decisions but they have no confidence in decisions made by them and so seek advice from others with the result they are very often misguided and have to repent and suffer later on. Lack of confidence is the weakest point of their personality and so they always try to seek the approval of others on the decision made by them. If others do not agree to their decision or point of view, they immediately change their own decision, which make the wrong decision given by others and have to face failure. Such people are lacking in the following things-

1. No confidence in the decision made by them. Seek advice from others and make decision accordingly.
2. Have an acute yearning for knowledge. Have great knowledge but cannot make use of it.
3. Can't implement their own decisions as they act on the advice of others. Always want approval.

4. They are always uncertain and unstable and so are always wavering and deviating from their decision.
5. Such persons may be called simpletons. Their personality is not at all impressive as they have no decision making capacity.
6. They have full faith in traditions and customs. They are the staunch supporters and blind followers of spiritual and political leaders and follow them devotedly and whole heartedly.
7. Because of lack of confidence in their decision, their concentration power is also weak.
8. Such people keep on changing doctors when they fall ill.
9. These are the mental patients or children who always follow and copy others in every way- the way they talk, walk or live- as they can't make their own decision.
10. Such people cannot choose the right profession or career.

The fact is that no one else can make as correct a decision on our matters as we can do. In order to get success in life and to achieve the goal, decisions must be made quickly and firmly. As Cerato type people do not have this quality, they cannot make proper and full use of their knowledge.

### **Expected diseases**



Such people suffer from stammering. They have difficulty in using correct and right words in speaking and writing. The medicine Cerato enhances self-confidence by changing the evil negative thoughts into constructive and positive thoughts. It enables a person to make independent decisions and he does not have to depend upon the advice or suggestion of others. By using this medicine he gets confidence of his ability and prudence.

## **6. Chery Plum (Prunus Cerasifera)**

**Key symptoms :** Fear of losing one's mind, fear of loss of control, uncontrollable outbreaks of temper, shouting or throwing things in fits of anger, feeling of going mad.

“Fear of the mind being over-strained, of reason giving way, of doing fearful and dreadful things, neither wishes nor knows wrong, yet there comes the impulse to do them.

**Dr.**

**Edward Bach.**

The patient of Chery Plum is not able to control his physical, mental and emotional impulses. This is a very critical state of mind. Such people may harm themselves and others to any extent. They may misbehave with and abuse their family members and friends. In a fit of anger they may behave like an insane person. They may throw thing, tear them to pieces, strike their head against the wall under the influence of impulses, they may

divorce their wives and throw their children into fire. Because of the apprehension of failing in the examination, students may commit suicide by throwing themselves into rivers or taking poison. Such things very often happen in the serious stage of Chery Plum. Such people are maniac and crazy.

The patients of Chery Plum have unbearable pain. They have no control over their physical and mental impulses, anger, fear, and sexual urges. They have a great yearning for eating and drinking. All these are negative traits. They have a great fear of themselves. They always fear that they may do something shameful under the influence of mental and emotional impulses. They feel extremely sorry and repentant when their flurry of excitement is over. But they can't help it. Parents and teachers beat the children mercilessly in a fit of anger. Sometimes the children receive severe physical injuries and even die because of this beating.

Apart from being useful in the above cases, Chery Plum has proved to be extremely helpful in the following cases also :-

1. When mental disorder goes upto the extent of insanity.
2. In case of unbearable pain, headache, hunger, thirst and a great yearning for eating and drinking.

3. Very strong sexual urge, sexual mania, great desire for sexual intercourse in middle-aged people, habit of masturbation.
4. In the unbearable pain of migraine, the patient even thinks of committing suicide. Chery Plum provides relief in cases of burns also.
5. In the case of the patients of diabetes and blood pressure, it curbs the desire of eating sweets and salt respectively.
6. It helps a lot in deaddiction and in getting rid of the habit of too much tea and coffee and of smoking.
7. It removes the children's habit of sucking their thumb and of urinating in the bed. Sometimes our fingers are crushed in doors and an unbearable pain is caused. Chery Plum is very soothing in such cases.

### **Expected diseases**

People of Chery Plum type may suffer from great nervousness, stress, stiffness in the body, nervous breakdown, epilepsy, severe headache, blood pressure, sleeplessness, emotional diarrhoea, and heart trouble. In all these cases, Chery Plum gives wonderfully positive results. It calms down the mental and emotional impulses of the patient and helps him in making wise decisions. It develops strong will power, firm determination, tolerance and control over oneself.

## **7. Chest Nut Bud (*Esculus hippocastamum*)**

**Key symptoms :** Failure to learn from past mistakes.

“For those who do not take full advantage of observation and experience and who take longer time than others to learn the lessons of daily life.”

### **Dr. Edward Bach**

People of this type are careless and have an escapist attitude. They learn nothing from their past mistakes and repeat the same mistake again and again. Their speed of learning is very slow. Such people are dull and stupid.

Women having the negative Chest Nut Bud personality waste their money buying sarees of same colour and design again and again. Males having this personality marry many times and their relationship is always broken because they learn nothing from their past experiences and do not make wise decisions. In their daily life they are forgetful and careless. The following shortcomings are found in a negative Chest Nut Bud personality.

- (1) Repeating the same mistake again and again.
- (2) Slow learners. The reason may be any lack of interest, absent-mindedness, tearing hurry, not observing anything carefully or forgetfulness.

- (3) Learn nothing from incidences and circumstances, neither do they think over them seriously.
- (4) Want to forget unpleasant experiences and incidents as early as possible.
- (5) Want to start a new business instead of trying to bring improvement in the previous one.
- (6) Do not want to learn from the experiences of others.
- (7) Fall ill frequently without any apparent reason.

Children belonging to this category avoid studies by making different excuses. Their speed of reading writing and learning is very slow. They are dull, stupid and mentally retarded. Their retaining power too is very weak.

### **Expected diseases**

Such people are always restless and impatient. Later on they may develop diseases like obesity, peptic ulcer, diabetes, extreme hunger or lack of appetite and gastric trouble etc.

Chest Nut Bud provides relief from the negative thought mentioned above. It helps the patients to learn from their past experiences and hence there remains no probability of repeating the same mistake again and again. It enables the patients to do their work carefully and sincerely. It enhances mental activeness and retaining capacity. By using this medicine, children start taking

interest in their studies. It also removes the tendency of avoiding work.

## **8. Chicory (Cichorium intybus)**

**Key symptoms:** Possessive attitude, over-protective, excessively interfering, manipulating, demanding full support from those around.

“Those who are very mindful of the needs of others. They tend to be overful of care for children, relatives and friends. Always finding something that should be put right. Continually correcting what they consider wrong and enjoying doing so. They desire that those for whom they care, should be near to them.”

### **Dr. Edward Bach**

Selfless love and renunciation make a man great, but love and affection that are selfish and have an ulterior motive, cause many physical and mental diseases. People having Chicory personality are extremely loving and sacrificing. They pay attention to all the needs big or small of their children, friends and relatives. They take great care that everything is at its proper place so that nobody may have any difficulty in getting them. They try to set right even the minor mistakes.

They feel very happy when they get a chance to help and serve others and of doing something for them. It is all o.k. But their

love is not selfless. They want something in return of their love. They want that the people always take care of them in return of their love. They want that those, for whom they are doing so much must always be around them and do same in return.

People of this type are very strong-willed always interfering, criticizing and finding fault with others. There is an ulterior motive behind whatever they do. They do not want to be left alone. They want that someone should always be with them and expect others to take care of their comfort and convenience as they have done for them. They have the tendency of dictatorship. They get annoyed when something is done contrary to their wish. They even pretend to be ill to draw the attention of their children towards them.

Indian parents, husbands and wives, brothers and sisters are the best examples of the persons having a Chicory personality and it is a negative one. Members of a joint family and particularly parents, husband and wife are extremely loving and are prepared to do everything for each other, but sadly their love and affection are not selfless. In return, they want that all their wishes are respected and they too get the same or even more love.

Naturally, feelings of selfishness and jealousy develop in their minds. A mother expects from her son that even after his marriage, he should love her more than he does his wife and obey and take greater care of her. The wife also expects from her

husband that he should pay greater attention to her. Because of this selfishness, the feeling of jealousy, malice, enmity and disputes are found in most of the families.

People having positive Chicory personality love, serve and make sacrifices without any ulterior motive. They do not expect anything in return. They do not hanker after name and fame in return. They are very kind and very sensitive to the needs of others.

They are always ready to help others without expecting anything in return. They derive great happiness and pleasure when they do so.

Some other characteristics of persons having negative Chicory personality are given below :-

- (1) Such people are vain, selfish and pertain to dictatorship. They have great expectations from others.
- (2) They always take great care of the needs of their family members and friends. They are very strict so far as rules are concerned.
- (3) They get pleasure in criticizing, finding fault with and commenting on others. They feel happy when they get a chance of making suggestions that may improve the work of others.
- (4) They do not like to be left alone. They want to be always surrounded by their family members and friends.



They want that someone should accompany them when they go somewhere.

- (5) Their love is selfish and conditional.
- (6) They have the habit of blackmailing others emotionally. They start crying over trifles. They want to get themselves obeyed by crying.
- (7) They get annoyed and start crying when something is not done according to their wish.
- (8) Such women are powerful mothers. They keep the whole family under their control. They are emotionally attached to their family.
- (9) They are homesick and of quarrelsome nature. Have a great yearning for sympathy and praise very much attached to persons and things.
- (10) Children belonging to this category always try to attract attention toward them. They do not like to share their toys with other children. Pretend to be ill to avoid going to school.
- (11) Such people are never satisfied. Thus are always restless and under stress as they want more and more. Have a tendency of accumulating things, whether they are required or not.

(12) Can't bear even the slightest pain or illness, and so exaggerate these things. They also do so to get attention.

(13) Depend on others even for small things. Do not like to take even medicine themselves. They want that someone or the other should attend them.

### **Expected diseases**

On this negative thought persisting for a long time, persons having Chicory personality may develop the following diseases- constipation, problems of liver and gall bladder, soft tissue rheumatism, rhuemite, arthritis, asthma, lack of appetite, gastric trouble and duodenal ulcers etc.

Chicory helps in changing this negative thought into positive one.

### **9. Clematis (Clematis vitalba)**

**Key symptoms :** Dreaminess, lack of interest in present, little attention to what is going on around.

“ Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present. Living in hopes of happier times, when their ideas may come true.”

**Dr. Edward Bach**

Patients of Clematis live in the happy dreams of future than in the present. They are always dozing. They are of quiet disposition but in reality they are not happy with their present circumstances. They live more in future than in present and always anticipating a happy and bright future making castles in the air. The fact is that their happy future never comes because they are only dreaming and living in their own world of make-believe. They do not make efforts to make their dreams come true. When they fall ill, they do not care for proper treatment, nor are they careful about their standard of living and atmosphere.

A person is totally cut off from present in the event of unconsciousness, coma and giddiness. Clematis is very useful for such persons.

The patients of Clematis are usually lost in their imaginations and fancies and so fall an easy prey to road accidents. Their observation and capacity for hearing are poor because of their being lost in their own thoughts. They are not able to concentrate on anything.

Because of being lost in their dream world, they do not concentrate on their studies, though they are not dull and mentally poor. They are not curious to have a specific knowledge about anything. Such people are burden on their family and on the society.

## **Expected diseases**

People having negative Clematis though are prone to accidents. They fell things off their hands as the mind has no control over the body. They are depressed and fatigued physically and mentally. Because of this fatigue and exhaustion, they suffer from unconsciousness, dizziness and constipation.

Clematis removes their negative and harmful thoughts and arouses in them interest in future. It also fills them with hope, zeal and enthusiasm. It makes their present enjoyable. Being thus motivated and activated, they strive devotedly to achieve their goals. People having positive Clematis thought prove good artists, successful writers, fashion designers, doctors and scientists. They get full control over their thoughts and accomplish their work devotedly.

## **10. Crab Apple (Malus Pumila)**

**Key Symptoms:** Poor self image, sense of self-disgust, get stuck in details, hyper sensitive to trifles, give more importance to trifles, too much jesting, laugh over trifles, immoderation in acts.

“The remedy which helps us get rid of anything we do not like either in our mind or in our body.”

**Dr. Edward Bach**

Crab Apple removes the feelings of uncleanness and unpleasantness from our minds. Sometimes we have a false feeling of dirt and uncleanness, of something getting stuck in our throat, of ants creeping on our body or of cutting off a part of our body because of acute pain. Crab Apple works in such cases and relieves us from such unpleasant feelings.

In some people, the feeling of infection and uncleanness gets so strong and intense that they wash their hands and also their bodies again and again, so much so that they use fire wood too after washing it. This is a pitiable condition. Crab Apple relieves such people from this painful mental condition.

Crab Apple also helps in cases when people develop inferiority complex because of pimples, spots, boils, abscesses and physical ugliness. Feelings of uncleanness, unpleasantness and apathy also develop because of someone's harsh words, inhuman behavior and unpleasant incident. Crab Apple helps in all these cases. Crab Apple also helps when we want relief from unbearable pain in some part of body, toothache and uneasiness caused by gastric trouble.

Some people can't bear the sight or smell of stool, urine or vomit. Because of the feeling of great hatred, some wives do not like to have sex. Even a mother does not like to feed her child. Being very sensitive to foul smell, she does not want to clean the

dirty clothes, huggies or napkins of the child. Crab Apple provides relief from such intense feelings of dislike.

Very often people get addicted to alcohol, tobacco and other drugs. They want to get rid of these addictions. Crab Apple is of great help to such people. Some people give so much importance to small and minute details that they forget and overlook some very important things. Crab Apple helps them in maintaining proper balance between the two.

A girl who is suffering from cancer, has pimples and spots on her face. Ordinarily she should be more careful about remedy of cancer but ironically she is more concern about pimples and spots. This is an example of people giving more importance to minor things and paying secondary attention to really big things. Crab Apple is the remedy for such people.

Some other characteristics of the patients of Crab Apple are given below :-

- (1) They give more than enough importance to the cleanliness at physical, mental and spiritual level.
- (2) Because of their negative thought and egoistic behavior, they first insult and ill-treat others and then regret and repent. They condemn even themselves when they happen to do something that is contrary to their nature.

- (3) Very efficient in and careful about the maintainance of their houses. They keep everything as its proper place and in a beautiful and tasteful way. They like everything neat, clean and tidy. They are very sensitive to disorderliness in personal as well as public life.
- (4) They come to hate themselves when they have skin diseases, spots, on any part of the body or when the sweat in hands and feet. They are unduly worried about dirt, insects and harmful bacteria etc.
- (5) They sweat heavily in hands and feet.
- (6) Crab Apple proves very effective when there is an acute feeling of pain in any part of the body, when one develops pimples, when one urinates drop-by-drop, when the throat gets dry, when there is a feeling of dust in the eyes and when one has a sore throat.
- (7) People of this type do not feel easy until they organize their household chores ina proper way. They can't even sleep peacefully at night.
- (8) Crab Apple removes the ill-effects of other medicines and infection caused by germs and bacteria.

People having negative Crab Apple personality are prone to following diseases :-

Feeling like vomiting because of intense hatred and dislike, lack of appetite, diarrhoea. Skin allergy, skin diseases, exema, perspire heavily and give out four odour.

Crab Apple is the medicine that brings about a change in the above negative thought and cures all the probable diseases cited above. It removes the feeling of physical and mental impurity, and ugliness and develops self-respect. It removes the feelings of repulsion with the result that one feels good, light, easy and normal.

Crab Apple can be used both externally and internally. Its cream can be applied on skin diseases and boils etc. A bath with water having 8-10 drops of Crab Apple is very refreshing and soothing.

## **11. Elm (Ulmus Procera)**

**Key symptoms :** Temporary feeling of inadequacy, overwhelmed by responsibilities.

When capable, sincere and quite efficient people, holding high and responsible posts have moments of weakness, they lose their self-confidence and begin to despair. Elm is the right medicine for them. It arouses their self-confidence and self-esteem and removes the devastating feeling of hopelessness.

Ministers, officers, eminent scientists, doctors, advocates and engineers, successful industrialists, managers and c.e.o.s. have



great responsibility on their shoulders. They have to think of the safety and employment of thousands of people. But even such people sometimes have moments of weakness in their lives when they feel exhausted, over-worked and over-taxed.

At such moments they feel themselves to be inadequate to fulfill their responsibility. They feel tired and exhausted both physically and mentally. However, this feeling is temporary. Elm removes their exhaustion and fills them with renewed zest and self-confidence. Because of the taxing duties and over-work, such people at times even begin to doubt their capabilities and potentialities but their inner confidence is intact. Feeling of tiredness and despair is, therefore, only temporary. They very soon come out of this negative feeling. Elm helps them in coming out of this mental state.

Important symptoms of Elm are as given below :-

- (1) Suddenly feeling over-burdened with work. People feel that their work load is increasing day by day.
- (2) They feel that they do not have the energy or capacity to carry out all their important jobs and responsibilities.
- (3) Such people are sincere, hard-working and of high character and integrity. But sometimes there are moments in their lives when their self-confidence is shaken. It

happens like that because they want to do everything in the best possible way.

- (4) This temporary doubt in their capacity and ability arises only when they have to accomplish a particular task. They feel that enough is enough, they can't do any more.
- (5) Such persons are the back bone of an institute. They can't just get rid of their responsibility. They undertake many things at a time and when they fail inspite of endeavouring hard, they are disappointed .

### **Expected disease**

People of negative Elm feeling are prone to physical and psycho-physical ailments like despair, physical, mental and emotional exhaustion, stress, sleeplessness, constipation, headache, ulcer, diabetes, and difficulty in breathing.

The remedy Elm relieves patients from such negative thoughts and restores their self-confidence and normalcy. It develops their efficiency. It also develops the attitude of looking at the problems in their right perspective and of finding a proper solution. Besides fulfilling their responsibilities, such people pay great attention to their personal needs also.

### **12. Gentian (Gentiana amarelle)**

**Key symptoms :** Discouragement and despondency.

“Those who are easily discouraged. They may be progressing well in illness, in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.”

**Dr. Edward Bach**

Gentian removes lack of strong will power, feelings of hopelessness and despair caused by difficulties and obstacles. It also removes lack of faith and trust in one's capacity of doing something and increases the capacity of working. Sometimes one develops doubt in his capacity because of failure in examination or in interview, in business or because of losing one's job. All these unfortunate incidents cause the feelings of despair and hopelessness and one's confidence is shaken even at the initial stage of a job. The medicines prescribed by the doctor bring about improvement, even then one does not like to make a new start because one feels that the speed of improvement is very slow. Children do not want to make for fear of falling down and students do not want to go to school for fear of lagging behind in studies. The main reason behind all these attitudes is the lack of strong will power and the tendency of despair. Gentian brings new zest, new hope and new enthusiasm in the lives of such people. With the help of this medicine they are enabled to face all these odds successfully.

Gentian is a boon to persons who are easily disheartened and who give in easily. It enables them to face all the problems and difficulties in an easy way. A man having positive Gentian personality comes to believe that he has to succeed and he will succeed any how.

Those who do not have creative thinking, hesitate in expressing their ideas and views. They do not have a definite goal, they lack motivation to go ahead with their work, they always doubt the success of their undertakings and they always feel mentally insecure. They do not have faith in themselves. Gentian can be a boon to such people.

### **Expected diseases**

People having this type of personality are not able to express their feelings frankly and confidently. They lack physical stamina and zest, and always have doubts in their minds. They are pessimistic. They suffer from lack of appetite and sleeplessness. They may also have problems in breathing because of nervousness.

### **13. Grose (Ulx Europaeus)**

**Key symptoms :** Hopelessness, despair.

“Very great hopelessness; they have given up belief that more can be done for them. Goarse people look as if they needed sunshine in their lives to drive the clouds away.”

### **Dr. Edward Bach**

Gorse brings new hope in the lives of the people who have lost all faith in medicine, cure, a person or a religion and who has got a victim of utter hopelessness.

Very often it so happens that a patient is fed up with having different treatments and even the doctors for sake him as a hopeless case, advising him to learn to live with ailment. In such a situation the patient is completely disheartened, he loses all hope and falls in great despair. Although he loses all hope of his getting well yet, on the insistence of his family members and friends, he agrees to go the doctor for check up.

Expressing his total hopelessness he says to the doctor, “O doctor! I know my disease is incurable. There is no remedy for my ailment. I have come to you only to respect the feelings of my family members and friends. I know my disease will go only with my life.” These pathetic words of the patient express his utter hopelessness, great despair and disappointment. The treatment of such patient is not possible unless and until faith is aroused in him. To get rid of a disease, faith and strong will power on the part of the patient are absolutely essential.

Gorse brings rays of new hope in the lives of such patients. It not only fills their life with the positive ideas of getting well but

also relieves him from his physical ailments. The condition of a Gorse patient is really miserable and pitiable. There is no luster in his eyes, there are dark shadows under them, and the face is withered and lusterless. Improvement in the condition of the patient, on using Gorse starts again when the progress is slowed down after the medicines have taken effect for some time.

Apart from diseases, there come many occasions in the struggle of life when man has to face failures repeatedly and no ray of hope is to be seen anywhere. The poor man gives in, totally exhausted and does not even think of trying again. Gorse brings new hope and zest at such a critical time.

Many a time man loses all hopes of a happy and bright future. His life is filled with uncertainty, despair and confusion. There is no goal before him. He loses all faith in God and destiny. Life becomes dull, boring and gloomy having no inspiration. Gorse relieves a man from such negative feelings when, because of some chronic and hereditary disease, the patient takes it (the disease) to be his destiny.

### **Expected diseases**

Such people lack drive and life-force. They easily give in to diseases and even to death. They have no resistance to fight-against infectious diseases. Their digestion and nerves are very

weak. Later on they contract ulcers, kohen's diseases and several psycho-physical diseases.

Gorse brings new and bright rays of hope, trust, faith and joyfulness in the lives of such people. They begin to feel well and even better and gradually they are relieved from all diseases.

#### **14. Heather (Calluna Vulgaris)**

**Key symptoms :** Self-centred, obsessed with own troubles and affairs, self pre-occupied, talkative.

“Who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others no matter whom it may be. They are very unhappy if they have to be alone for any length of time.”

#### **Dr. Edward Bach**

The patient of Heather is talkative and a gossip. They talk bringing their mouths very close to those of others. That is why Dr. Bach calls such persons 'button-holders'. In order to gain attention, they talk putting their hands on the shoulders of others or taking their hands in their own hands. They talk only about themselves, their families and their friends. When ill, they talk all the time about their illness.

They are not tired of telling even the minutest detail of their illness, right from its beginning to every respect of treatment. It does not matter to them whether others are interested in the details of their illness. When they go to the doctor for check up, they waste the doctor's valuable time and their own, by explaining each and everything in detail, no matter how busy the doctor is or how long the queue of the patients is. When one thing is finished, they immediately start the other. It does not matter to them whether what they are telling concerns the doctor or not. So much so that they start speaking even when the doctor is talking to other patients. They try all the time to attract the attention of others. Such people cannot live alone. They get unhappy when they have to as they live on the life-force of others. They interfere even when two persons are talking to each other. They add something from their own side and do not give others any chance to speak.

Such people are selfish, talkative and self-centred. They have only their own say. They are concerned with their own joys and sorrows only and have no interest in what others have to say. People get bored listening to such people. Gradually people come to know their nature and begin to avoid them. The result is that ultimately such people are left alone.

People having Centaury personality are an easy prey to them. Being weak-willed, Centaury people cannot say 'no' to them and have to suffer the bordon of listening to them. They are so



absorbed in talking non-sense that sometimes they forget even their important jobs.

### **Expected diseases**

People having Heather personality may, in course of time, suffer from hysteria. The medicine Heather relieves such people from the habit of speaking too much. It develops in them the understanding of saying less and listening more. When this understanding is developed, they try to realize the troubles and problems of others and even try to solve them.

Heather helps in many other ways also. As already explained, this medicine curbs the patient's habit of talking too much. When this much is done, he starts taking interest in the affairs and problems of others also. He then tries to understand and solve them.

### **15. Holly (Ilex aquilium)**

**Key symptoms-** Envious, jealous, feelings of hatred and distrust.

“ For those who are sometimes attacked by thoughts of such kind of jealousy, envy, revenge and suspicion. Holly protects us from everything that is not with universal love. Holly opens the heart and unites with diVine love.”

**Dr.**

**Edward Bach.**

Holly is one of the most important of the 38 Bach Flower remedies. Envy, jealousy, revenge, hatred, enmity, anger, ill-will, suspicion and distrust-these are the human evils from which more or less all the people in the world suffer. These evils arouse cruelty and rage in the hearts of men. When these negative feelings persist for longtime, they affect the inner self, causing serious physical and psycho-physical diseases.

People who have no feelings of love and affection, are cruel and hard-hearted. They always nurture the destructive and ruinous feelings of hatred, envy, malice, distrust and aggression. These feelings are found even in children. They envy their brothers, sisters or friends and also quarrel with them. Sometimes such feelings grow so intense that they even murder their brothers, sisters or friends. Apart from human beings, animals too exhibit the feelings of anger, hatred and jealousy. When a baby is born in a family and attracts the attention and love of the family members, pets like cats and dogs express their feelings of anger and dislike by growling.

Some people confine these negative feelings to themselves but when these feelings grow intense they cannot control them with the result that they get extremely violent and aggressive. There may be various reasons of not being able to control emotional passions, but to control flurries of anger, envy and jealousy Holly is the most appropriate medicine.

It goes to the credit of Dr. Bach that he has prescribed different remedies for controlling different emotional passions. There is Chery Palm to control anger caused by loss of control over emotional passions, Vervain for the rage caused by despair, Vine for the rage caused by dictatorial attitude, Beech for the rage caused by intolerance and impatience.

In the present age of cut-throat competition, acute feelings of envy, jealousy and enmity are found in all sorts of people-officers holding high and responsible posts, business men, industrialists, and even students. There is a feeling of distrust between a husband and a wife. There are feelings of envy and distrust between a mother-in-law and her daughter-in-law, when after the marriage of the son, his (the son's) love is divided between his mother and wife. Holly comes as a boon to all these persons. It relieves all of them from the gnawing and good for nothing feelings of jealousy, envy and anger.

Some other characteristics of the patients of the Holly are as given below :-

- (1) These people are cruel and hard-hearted. They are always dissatisfied, unhappy and in despair for no reason at all.
- (2) They always fear of being cheated by others. They misunderstand them and are always complaining against them.

(3) They are hurt even by trifles and get unhappy. They have distrust and suspicion for others.

(4) Because of intense feeling of jealousy, they are not able to control their rage.

### **Expected diseases-**

Mental passions like-envy, jealousy, enmity, distrust and hatred cause many physical and psycho-physical diseases.

One of the main reasons of diseases like nervousness, irritation, stress, lack of tolerance, shouting, sensitiveness to light, foul smell and touch, headache, blood pressure, migraine, skin diseases, arthritis, diabetes and diseases related to heart and breathing are the negative thoughts, developing in man's mind. Unless one gets rid of this negative thoughts and develops constructive and positive thoughts one cannot get rid of the above diseases.

Holly protects one from these diseases and if, somehow, one has contacted them, it helps in controlling and removing them. How does Holly work? It relieves one from negative thought and kindless the positive and life-saving feelings like love, affection, compassion, mercy, generosity, trust and faith. All these qualities develop the feelings of co-operation and amity.

### **16. Honey Suckle (Lonicere Caprifalium)**

**Key symptoms :** Dwells on the past, regrets over the past, not living in the present.

“Those who live much in the past, perhaps a time of great happiness or memories of lost friends or ambitions which have not come true. They do not expect future happiness such as they have had.”

**Dr. Edward Bach.**

The patients of Honey Suckle live not in the present but in the past. They are always lost in the memories of the past pleasant or unpleasant. They grieve over the death of their wives or friends they remember the days spent with them, feel sorry for the ambitions which could not be fulfilled and repent over past mistakes. Such people are either homesick or of saintly nature. They can't be free from the memories of the past, and are always thinking and talking of the past. They do not live in the present and so, do not try to improve it, if it is not good or happy.

Such people are absent minded. Their mind dwells on the past whereas their body is in the present. They repent on trivial things- be it a petty quarrel with a friend or a matter of scolding a servant or losing a good opportunity. Feeling sorry for everything is their nature.

No doubt past history is very important for everyman. We learn many lessons good or bad from history. It depends upon us

how we use these lessons or experiences. If we really wish, we can make our present happy and successful, learning lessons from past mistakes. The patient of Honey Suckle is always lost in the old memories. Instead of learning from past mistakes, he goes on repenting on them. This is his greatest drawback.

The patient of Clematis is just the opposite. He is lost not in the past, but in the sweet dreams of the future. Thus we see that the patients of both Honey-suckle and Clematis are absorbed in unnecessary, unproductive and futile thinking and waste their valuable present. Such people are burden not only for themselves but for the society also.

### **Expected diseases**

The patients of Honey Suckle are dull and lazy. Their life-force is very weak and they may contract ulcerative and Krohen's diseases.

The medicine Honey Suckle helps the persons living in the past in coming out of the past and living in the present. It brings about such changes in their thinking that they emerge out of the past and start living a normal life in the present. Honey Suckle provides relief from the painful feeling of repentance on the past mistakes. Besides, it motivates the patients to turn the past mistakes to account in the present. It helps elderly people in taking old age in an easy way and to live a normal, comfortable life.

Honey Suckle also helps in getting success in examinations or interviews. If used some time before the examination, it helps the students in making good preparation.

It lessens the possibility of repenting on a topic or point that may have been left over inadvertently. When you are doing something in which you have to be successful, you can't afford to be careless in any way. The slightest slip may be fatal as then you can do nothing but repent. Some doses of Honey Suckle save you from such predicament.

The tendency of being lost and engrossed in the past is mostly found in people who have made merry in their younger days. They remember the family and social organization of the days gone by when everything was pure and cheap and was available all the time. Elderly people remember the past as 'those were the days!'. They do not like the changed circumstances of the present. It is a fact that the past is gone by, it is no more and has got to significance. Brooding over it is simply wastage of time and life-force. Honey Suckle helps people forget the things that exist no longer.

## **17. Horn Beam (Carpinus Betulus)**

**Key symptoms-** Weariness, mental exhaustion, procrastination.

“For those who feel that they do not have sufficient strength, mentally or physically to carry out the burden of life

placed on them, the affairs of everyday life seem too much for them to accomplish, though they generally succeed in fulfilling their task”.

### **Dr. Edward Bach**

The patient of Horn Beam is a victim of exhaustion and fatigue. People of this type consider themselves to be very weak physically and mentally. Even the ordinary chores of daily life are like a burden to them. They feel exhausted and dull when they get up in the morning but, paradoxically, they do not feel tired at night even after working hard for the whole day. They are very slow and try to avoid doing things, but once they start doing some work, they complete it easily. In the morning, they wake up but out of laziness do not come out of the bed. However, they feel very helpless mentally in doing their daily tasks and fulfilling their duties, but once they leave bed, they complete all their work in time. They do have the habit of avoiding work.

Such patients can't develop self confidence even after they recover from illness. They are always asking the doctor for tonics where as they do not need any, as they have no weakness at all. It is only their fantasy. In order to remove their imaginary weakness, they prefer to have nutritious food. When they go to a party. they try to have only the selected nutritious items. Mothers always want to provide nutritious food to their children. As a matter of fact,



such people are not weak. Their weakness is only psychological. The medicine Horn Beam helps in removing their false belief of this type of people.

The patient of Horn Beam feels too lazy to do the work which he enjoyed very much previously and that is why he tries to avoid it. Horn Beam provides emotional strength to people who feel mentally fatigued even at the beginning of the day.

Some other characteristics of the patients of Horn Beam are as given below :-

- (1) They feel mentally exhausted and fatigued. Feel heaviness.
- (2) They develop headache when they watch T. v. for a long time or study or sew for a long time. Inflammation in the eyes. They feel mentally blocked.
- (3) They lack zeal and interest in doing something, have a mild depression, always feel bored, irritated and tired.
- (4) They are mentally weak and dull, physical growth is also hindered. Very slow in learning.

### **Expected diseases**

Laziness, mental fatigue, lack of agility and liveliness, unable to concentrate because of some head injury. Besides these ailments, they may get obese and contract peptic ulcer.

Horn Beam is useful both in obesity and peptic ulcer. It removes mental fatigue and fills mind and body with agility and liveliness with the result that the patients gets rid of the habit of avoiding work and therefore, completer everything in time.

### **18. Impatiens (Impatiens glandulifera)**

**Key symptoms :** Impatience, irritable, excessive reactions, mental tensions.

“For those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill, they are anxious for hasty recovery. They often prefer to work and think alone so that they may do everything at their own speed.”

**Dr.**

**Edward Bach.**

The patients of Impatiens lose temper very quickly. They lack patience. They want to get everything done quickly. They think quickly, speak quickly and work quickly. Such people are very efficient and sharp and so they can't tolerate persons who work slowly. They get annoyed with slow workers, snatch work from them and start doing it themselves. They can't tolerate wastage of time. They are in the habit of interfering when others are talking. As such people can't tolerate the slowness of others, they like to work independently. They get angry when they find

others working at snail's pace, but their anger subsides in a few moments.

When such people fall ill, they get restless and irritable, and want to get well quickly. As they are always in a tearing hurry, they are prone to accidents. They expect others also to complete their work quickly. They do not realize the simple fact that the capacity and speed of working of all the people is not alike with the result that they are always annoyed and tense. Even their bodies are tense and they may have the problem of pain and strain in muscles.

In their daily lives, such people are tense and restless. They hurry in everything and suffer from sleeplessness and itching. They are very impatient. Impatience, restlessness, hurry and getting angry at the slightest provocation are the greatest drawbacks of such people with the result that they displease the persons who work with them.

### **Expected diseases**

People of Impatiens type are very sensitive to strain in muscles and nerves, light, noise, foul smell and touch. They suffer from restlessness and pain. Because of mental strain, they sometimes get addicted to alcohol and drugs. Besides these ailments, they are prone to get heart disease, hyper-tension, thoroid, blood pressure, arthritis, skin diseases and insomnia.

The medicine Impatiens provides relief from anger, annoyance and strain etc. caused by restlessness. It removes the negative evils of the people of Impatiens attitude and are able to do their work peacefully in a proper way, without any hurry or strain. They develop an understanding that people differ in their ways of working, some may be slow and some may be quick. Hence they do not expect their sub-ordinates to work as quickly as they want them to do. Instead of snatching work from others and doing it themselves, they motivate them to accomplish their work as quickly as they can, without wasting time unnecessarily. Their thinking thus changed, they succeed in getting their work in an easy and comfortable way. They also get rid of the habit of losing temper over trifles with the result that they gain popularity among their subordinates.

### **19. Larch (Larix decidua)**

**Key symptoms :** Lack of self-confidence, inferiority complex, expect failure before starting work.

“For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be successful and so do not venture or make strong and enough attempts to succeed”

**Dr.**

**Edward Bach.**

The remedy Larch is for people who love all the abilities and capacities of doing something but the only thing that they lack is self-confidence. They lag behind in the race of life and someone else surpasses them. They lose many golden opportunities simply because they have no confidence. They take it for granted even before availing themselves of the opportunity that they will not be able to accomplish the task that is before them. Hence they do not even make efforts. They are never sure of their ability and are always apprehending failure. Such people give in even before the fight begins. Their lesser capable companions go far ahead of them, leaving them far behind. Consequently they develop inferiority complex and in spite of being fully capable, can't make progress in life. Not that they do not get opportunities. They do get opportunities but because of lack of confidence and inferiority complex, they do not try to avail them. If some high post is offered to them, they refuse it, saying that they are not fit for that post.

Contrary to such people, people of Cerato type do have confidence, but they do not make their own decisions. They depend and act on the advice of others. As a result, their work is not started and if it does start, it gets delayed. Larch is the medicine that helps in removing the ruinous feeling of inferiority and lack of confidence before the candidate's going for an examination or interview or for a driving test.

Some other characteristics of the patients of Larch are as given below:-

- (1) They feel themselves to be inferior to others. They feel happy when someone else gets success in some venture and shower praises on him. They are not envious of others, as they do not think themselves to be able enough.
- (2) They apprehend failure even before starting some work. They take it for granted that they will not succeed and hence they do not even make efforts to get success.
- (3) As they lack self-confidence and suffer from inferiority complex, they are shy and have a pessimistic attitude. They consider themselves to be worthless and good for nothing.
- (4) Such people have all the talent of becoming good authors, artists, singers or actors but because of lack of confidence, they can't enhance it. As they consider themselves to be worthless, they are always depressed and in despair.
- (5) As they always apprehend failure, they do not want to face others. They get introvert and confined to themselves. They avoid mixing up with people and attending meetings or conferences.

### **Expected diseases**

Such people are prone to physical and mental fatigue and always feel lethargic and lazy. They lack zeal and enthusiasm and have no agility and energy. Besides these ailments, such people may have hyper ventilation syndrome, migraine, gastric and duodenal ulcers and skin diseases.

The wonder medicine Larch is very effective in removing the feelings of inferiority and worthlessness and enhances self-confidence. It brings about such a positive change in the thoughts of the patient that he is filled with confidence, courage and zest. It motivates him not to hesitate in starting a new venture and relieves him from the degrading feeling of failure. When positive thoughts and attitudes are developed, a person can make the best use of his ability and reach the zenith of success in life.

## **20. Mimulus (Mimulus guttatus)**

**Key symptoms :** Fear of known things, timidity, shyness.

Fear of worldly thing, illness, pain accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others.”

**Dr.**

**Edward Bach.**

Mimulus is a wonderful and very effective remedy for all kinds of known fear, cowardice, feeling of shame, fear of being

alone, nervousness before addressing a gathering or presenting some programme, stammering because of shyness and not being able to express one's ideas in the classroom and nervousness before appearing at an examination or facing an interview. Mimulus is the magical medicine that helps in removing all these kinds of fear and phobia.

Known fears are of many kinds. They are given below :-

- (1) Children fear cockroaches, lizards, insects and other animals.
- (2) Fear of injection, operation and of teeth being pulled out.
- (3) Fear of illness, pain and accident.
- (4) Fear of poverty, loss in business, theft or dacoity, of being kidnapped and of terroristic activities.
- (5) Employees fear their boss. They have the fear that they may not get promotion.
- (6) Children fear their parents and teachers.
- (7) Students fear examinations and failing in them.
- (8) Fear of dark, fear of sleeping in the dark. If someone does not fear sleeping in the dark if somebody else is with him, Chicory is the remedy for him.
- (9) There are two main reasons of nervousness. If it is caused by fear, Mimulus is the remedy. But if nervousness is



caused by excessive enthusiasm and joy, White Chest Nut must be given to the patient. If nervousness is caused before starting some work, Mimulus is the remedy, but if nervousness is caused by excessive zeal during the course of the work, White Chest Nut must be given.

If the fear is caused by delusion Mimulus removes that delusion. Suppose a person is bitten by a snake. The snake is not venomous, even then the person is scared. In such a case, Mimulus and Rock Rose must be given to the patient. Mimulus also removes the fear of old age, death and of the disease getting worse.

Fear is the most dangerous disease. Most of the fears are only imaginary, they do not exist. Fear is a psychological condition that hinders man's progress and development. It destroys mental peace. Many serious diseases may be caused simply because of fear. A fearful person is always worried, anxious, strained and restless. He does not tell of his fear even to his family members and friends.

Mimulus provides a welcome relief from all kinds of known fear, nervousness and anxiety and thus helps the patients in living life peacefully. It removes the feelings of cowardice, shame and shyness and fills mind with courage and valour. It removes the emotional passions caused by fear and enables a man to live life peacefully and joyfully.

Fear may cause diseases like constipation, sleeplessness, skin allergy, diabetes, emotional diarrhoea, nervousness and breathing syndrome.

Mimulus removes the possibility of mental, physical and psycho-physical diseases and if unfortunately someone has contacted these diseases, Mimulus helps in their recovery.

## **21. Mustard (*Sinapis arvensis*)**

**Key symptoms-** Deep gloom and meloncholia suddenly appear and disappear for no apparent reason.

“For those who are liable to times of gloom or even despair, as though a cold dark cloud has overshadowed them and hide the light and joy of life. It may not be possible to give any reason or explanation for such attack.”

**Dr.**

**Edward Bach.**

Gloom sometimes covers the life of man like a dark cloud and makes it (the life) miserable and unhappy. Surprisingly, this feeling of gloom appears and then disappears too, for no reason at all. Drops of perspiration begin to shine on the face of such a man, anxiety and fear being clearly visible on his face, leaving him quite inert. This fit of gloom appears and disappears all of a sudden and no time is fixed for it. Even the patient does not know what

happened and how it happened. When he is asked, “what happened to you.”? He is surprised and says that he is alright.

There are moments in the life of a man when he gets sad and melancholy for no apparent reason at all. Mustard is the medicine that removes this unwelcome sadness and gloom and brings peace and joy. It is an important remedy for depression.

There is no apparent reason of the gloom and melancholy of the patient happens to come of a well-to-do family, and his financial position is quite sound. He has nothing to worry about and even then he is surrounded by sadness, gloom and depression. Such a position may last for a few hours, few days or few weeks until the patient recovers automatically. This thing happening time and again, the patient fears going somewhere lest he should have a fit of gloom.

People of this type are always absorbed in their thoughts and get irritable. They do not like to talk to any one and there is no joy, no zest and no zeal in their lives. They can't make proper use of their capacity and life for them becomes boring, monotonous and meaningless. They then suffer from the feelings of repentance, mental lethargy and self-reproach. Their physical and mental development too is affected adversely.

### **Physical and mental condition of such people**

The patients of Mustard have no energy and agility. They are the victims of lethargy, dullness and weakness. As their digestion is poor, they suffer from lack of appetite and constipation. They either gain or lose weight and may contract obesity, diabetes, ulcer gastric, and ulcerative colitis, etc. Symptoms of Mustard may appear if the patient gets head injury in an accident.

Mustard provides great relief from the disturbances cited above and brings about internal stability and peace.

## **22. Oak (quercus robur)**

**Key symptoms-** Exhausted but struggles on bravely, never giving up.

“They are brave people, fighting against great difficulties without loss of hope or effort. They will go on trying one thing after another though their case may seem hopeless.”

**Dr.**

**Edward Bach.**

People having Oak personality are brave, patient and optimistic. They never lose heart or give in. In spite of failing time and again, they go on struggling. They go on trying even if they fail once, twice or even thrice. They do not give in even if they come to know that there are no chances of getting success. Trivial

illnesses, fatigue or other factors do not deter them from making efforts.

When ill, they do everything possible for their treatment and recovery. They do not lose hope even if the disease is found incurable and the doctor gives them up as a hopeless case. They try one therapy after another but never stop taking treatment. They are full of hope, self-confidence and the feeling of struggle. Nothing is impossible for them. Nothing can deter them from doing their duty.

This description seems very beautiful and no doubt all the qualities cited above are positive ones and most coveted. But the problem is that people having Oak personality go to the extreme. They are so engrossed in fulfilling their duties and responsibilities and in achieving their goals that they come to neglect their own comfort, their mental and physical fatigue, personal needs and physical capacity. And when after striving so hard, they do not get success and the desired result, they get disheartened and disappointed.

Life is a constant struggle. The people having Oak personality have all the desirable and praise-worthy qualities such as the qualities of a leader and a conquerer, inborn capacity for facing problems and obstacles, patience, strong will-power, courage, devotion to duty, high and lofty ideals and the attitude of never giving in. The only lacuna is that they forget their own requirements and limitations too. They can be healthy and happy

and can enjoy life fully only when they keep these things too in mind. Otherwise they may get many physical mental or psychophysical diseases.

### **Physical and mental condition**

Because of excessive labour and long struggles, such people suffer from physical and mental weariness and lassitude, strain and rigidity. Because they waste their energy unnecessarily, they are not able to sleep well, very often such people, out of fatigue and lassitude, get addicted to alcohol.

Apart from the ailments mentioned above, possibility of coronary heart disease, gastric and duodenal ulcer, tension, headache, blood-pressure, insomnia and gout too cannot be dismissed.

The remedy Oak stops such people from going to the extreme with the result that their energy is not wasted in unnecessary struggles and therefore they are saved from weariness. This medicine brings about such positive changes in their thinking that besides fulfilling their duties, they also take care of their own requirements and needs. They find time for leisure. Besides facing problems and circumstances bravely and patiently, they also learn to like a full and meaningful life.

### **23. Olive (Olea Europaca)**

**Key symptoms :** Completely exhausted, extreme physical and mental fatigue.

“Those who have suffered much physically or mentally and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them without pleasure.”

**Dr. Edward Bach.**

When a person toils physically and mentally for a longtime, looks after a sick man for a long time, takes non-nutritious food for a long time and keeps awake for a long time, his physical and mental energies are completely exhausted and he is left a weary wreck. Olive comes to his rescue at such a time.

In the negative stage of Olive, man is so exhausted that he does not have energy left even to do the petty chores and wants to go to bed early. His spontaneous reaction is, “oh! I am so exhausted. I am not feeling well. I am very tired. I need rest. I want to go to sleep.” Olive removes this kind of fatigue.

To remove weakness, there are three remedies :-

**(i) Centaury**

It enhances man’s mental strength and energy and helps him in not depending on others for everything. It also removes the weakness caused by some illness and cures the secondary symptoms too like cough etc.

**(ii) Horn Beam**

Sometimes man feels weak and nervous before starting a work. But once the work is started, he accomplishes it with great efficiency. Horn Beam is the remedy that removes the weakness that overtakes man before starting the work and enables him to go ahead.

**(iii) Olive**

When a person is exhausted physically and mentally because of toiling hard, and is not able to do more, or, he does start the work but gets tired very soon. In both these conditions, Olive helps a lot. When a man's job is dull, monotonous and boring and when he loses interest in it or the work has been imposed on him against his will, he needs Olive.

**Physical and mental conditions**

Olive is very helpful in cases like physical lassitude, weakness of nerves, weariness caused after a long illness, weakness caused after chemo therapy, giving in to diseases, lack of strength for struggle, weak digestion, diseases of lungs, weak nervous system, lack of physical stamina, and sweating heavily.

In the negative stage of Olive, man is prone to get these diseases. He is also prone to gastric and duodenal ulcers and diabetes. The remedy Olive provides energy and stamina to such people. When they are totally exhausted and do not want to do



more, Olive comes to their help and rescue. It removes their fatigue and fills them with new energy with the result that they again start doing their work and that too with pleasure.

Olive has got some more advantages. They are as given below :-

- (a) It removes physical and mental lassitude and enables one to do one's work with renewed energy and zeal.
- (b) When given with other medicines, it expedites the process of treatment and recovery.
- (c) One has to work for long periods on the occasion of marriages and social functions. This causes fatigue. If Olive is given after every two or three hours, one is refreshed and one's fatigue is removed.
- (d) When taken four times a day a few days before examination or starting some work, Olive provides great relief from physical and mental fatigue. The efficiency of mind and body is increased.
- (e) Olive has no intoxicating effect. It provides strength and stamina in a natural way and soothes mind.

#### **24. Pine (Pine sylvestris)**

**Key symptoms :** Self-reproach, guilt feelings and despondency.

“ For those who blame themselves. Even when successful, they think they could have done better and are never contented with their efforts or result. They are hard-working and suffer much from the faults attached to themselves. Sometimes if there is any mistake, it is due to someone else but they will claim responsibility even for that.”

### **Dr. Edward Bach**

People having Pine personality are hard working honest, sincere humble, forgiving, sharing the sorrows of others and fearing evil deeds, but they always have sense of guilt. In spite of being quite successful in life, they could have made more progress. There reproach themselves even for minor mistakes.

As if that were not enough, sometimes they hold themselves responsible even for the faults of others. They feel guilty if they cannot reach office in time because of illness or because of the breakdown of the car on the way. They are prepared to ask forgiveness even if there has no fault of theirs. They are filled with the sense of guilt when someone comes to them to ask for some debt and they are not in a position to comply with his request.

They have great faith in religion and religious rites. Such people are generally vegetarians. They cannot hurt anybody. If

some misfortune be falls on them they bear it patiently, thinking it to be the punishment of the evil deeds done by them in previous life.

They are extremely idealistic and follow their ideals. They have a negative image of themselves in their minds. They consider themselves inferior to others. Because of this guilt sense and inferiority complex, they suffer from gloom and despair.

### **Physical and mental condition**

Because of their guilt sense, such people are always depressed. They may contract diseases like tension, gnashing teeth, breathing, gastric problems, ulcers, and sleeplessness.

The remedy Pine removes the negative thoughts of such people and provides them relief from the false sense of guilt. Their attitude thus changed, they get able to make right decisions about their duties and responsibilities. They also come to realize and esteem their self-respect.

As such people are always finding fault with themselves, they develop inferiority complex. They come to consider themselves to be very miserable and worthless. They have a very low estimate even of their great achievements. Hence they are always prepared to help others in every way. Their standard of thinking and working is very high. The goals determined by them are also very high and it is very difficult to achieve them.

The more they achieve, the less it seems to them. The desire to achieve maximum success gives rise to discontentment. The standards set by them are so high that inspite of their trying best, even beyond their physical and mental capacity, they cannot achieve them and then they condemn and blame themselves. They suffer from physical and mental weariness, despair, melancholy and penitence. They are introverts and bear their pain and problems silently.

## **25. Red Chest Nut (Aesculus Carnea)**

**Key sysptoms:** Excessive concern and worry over others.

“For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of whom they are fond. They may suffer much frequently anticipating that some unfortunate things may happen to them.”

### **Dr. Edward Bach**

The greatest speciality of Red Chest Nut is that it forms a strong energy bond cordial relation between two persons. Red Chest Nut is necessary for those who are always worried about the welfare of their family members, relatives and friends. They are always anxious lest some misfortune should befall them. They always fear something untowards happening to their dear and near ones. Parents, who cannot rest content and sleep until their children

come back home safe and sound at night are the best example of this mentality. They cannot rest content until the children come back from school or from some journey. As a matter of fact, such people have an undesirable and unnecessary fear for the safety of others.

Such people are very sensitive, emotional and touchy and they have great love and affection for their relatives and friends. Unselfish love, apprehension and anxiety for others are the negative aspects of Red Chest Nut. Such people are highly grief-stricken when they get the news of some accident or of some disease or of the death of their dear and near one, so much so that they fall ill. If they are recovering from some previous illness, it relapses. In such a condition Red Chest Nut can restore them to health.

The negative stage of Red Chest Nut is harmful both for those who worry and for those who are worried about. We see many instances of this unnecessary and negative worry in our daily lives. A son has to go out on business. He promises to come back after a certain date. But if due to some unavoidable circumstances, the son is not able to come back on the day fixed, both the parents and the son himself are half-dead with worry. The son wants to inform his parents of his delay and if it is not possible, he may have to come back leaving his work incomplete. Thus the negative thought of Red Chest Nut is harmful to both the parties.

Even doctors and nurses get over-worried when it comes to their close relatives. A doctor does not operate on his son for fear of the operation being unsuccessful. Red Chest Nut removes this kind of baseless fear.

It is natural to be concerned or worried about the welfare of one's dear and near ones. Man will be selfish if there is no such feeling in his heart. Love, affection, compassion, mercy and sympathy are the qualities that bind the members of the family and the society with one another. But taking these feelings to the extreme is certainly harmful and injurious to health. Doing so may cause many physical and mental diseases.

### **Physical and mental condition**

At the negative stage of Red Chest Nut, man's mind is filled with unwelcome, undesirable and negative feeling of unnecessary fear. Fear is only imaginary. It does not exist, even then it causes many problems like irritability, superstition, sleeplessness, restlessness, nervousness, weakness and lack of physical and mental energy and stamina. Unnecessary fear and anxiety weaken digestion. In patients, having chronic asthma and heart disease, the problem get worse.

Red Chest Nut removes this negative thought and provides relief from excessive fear and anxiety. It also cures the chronic

diseases if they have relapsed because of this negative thought. It also develops healthy, constructive, creative and positive thought. With this positive and right attitude having been developed, people of this type, instead of being nervous themselves, try to boost the morale and courage of their friends and relative when they fall ill. The patient is cured by taking this medicine for a few days if this negative thought has developed because of some particular situation. People having Red Chest Nut personality will have to take this medicine for a long time to remove this negative thought and defect.

## **26. Rock Rose (Helianthe mum nummularium )**

**Key symptoms :** Extremely acute case of fear, terror and panic.

“The remedy of emergency, for cases where there even appears no hope. In accidents or sudden illness or when the patient is frightened or terrified, or if the condition is serious enough to cause great fear to those around. If the patient is not conscious, the lips may be moistened with the remedy,”

### **Dr. Edward Bach**

Sometimes such dramatic incident happen in life when fear is at its climax and a situation of horror and terror is caused. Because of such incidents, not only the affect person is terrified and horrified but the people all around are also panic-stricken.

Although such a situation of terror lasts only for a short time, it leaves behind a long lasting impact. The affected person and his relatives are dumb-founded. They do not know how to face the situation.

Because of the increasing incidents of accidents, breaking out of serious epidemics that may cause devastation and death, floods, famines, earth quakes, and kidnapping, the state of terror has become very common these days.

We see and hear of many incidents of increasing terrorism. The head of a well-to-do and happy family receives a phone call demanding crores of rupees. In the event of not giving this ransom, the whole family may be put to death. The condition of that head and his family can be very well imagined. On the one hand, there is the danger of one of the family members being kidnapped, and on the other hand the head of the family has to arrange for the ransom demanded.

It becomes very difficult to control the parents who faint again and gain. In such a critical condition, maintaining mental equilibrium, making correct decisions and taking right steps are very necessary, otherwise the kidnappers may kill the hostage. In such crucial moments, Rock Rose works wonders. Some doses of Rock Rose given to the head and the other members of the family provide them relief and mental peace and help them in maintaining their mental balance. Their attitude thus diverted towards positive



thinking, it becomes possible for them to take right steps and right action. If the situation is very serious, Rescue Remedy must also be given along with Rock Rose after every 15 minutes or half an hour.

Children and sometimes even elders are scared when they have a nightmare. They wake up and are unable to go to sleep again. In such a condition Rock Rose relieves them from terror and helps them to go to sleep again.

### **Physical and mental condition**

Terror and horror cause many problems such as nervousness, phobia, nightmares, and inability to go to sleep etc. Heart-beat increases and other problems like blood pressure, unconsciousness, vomiting, giddiness and difficulty in breathing etc. arise.

Rock Rose relieves one from fear, terror and horror and helps in maintaining mental equilibrium. In serious cases, Rescue Remedies must also be given along with Rock Rose.

Terror may also cause problems like paralysis, swoon, dumb-foundedness, trembling because of fear and horrification. In such cases two drops of Rock Rose mixed with water must be given every 15 minutes. At the breaking out of epidemics and infectious diseases, natural calamities, flood and earth quakes,

terror is rampant everywhere in the atmosphere. Rock Rose is very useful at such times.

## **27. Rock Water (Aqua Petra)**

**Key symptoms :** Hard on themselves, having strict, rigid views, inflexible, suppressed inner needs.

“Those who are very strict in their way of living, they deny themselves many of the joys and pleasures of life because they consider it might interfere with their life”

**Dr.**

### **Edward Bach**

Out of 38 kinds of remedies discovered by Dr. Edward Bach are made from the Flowers of tree and plants, given to us by nature. But Rock Water is the only medicine that has been prepared not from herbs but from the water of a natural stream. This stream is in England amidst deep forests and is untouched by human civilization. Its water contains diVine medicinal qualities and can cure human diseases. This stream was discovered by Dr. Bach himself.

The medicine Rock Water is meant for people who are high idealist and men of strict principles. In spite of great problems and difficulties, they adhere to their principles up to the end of their lives. No problem, temptation or fear can deter them from their ideal. They are prepared to sacrifice everything for their principles.

They can break but cannot bend. They cannot compromise so far as their principles are concerned.

They are proud of their religious and moral values and ideals. They want to present an example before others. They are the people who not only follow their principles themselves but motivate others also to do the same. At the same time they do not want to impose their ideas on others,. They do not have the tendency of changing according to the changing circumstances. They do not have flexibility, but are very rigid and strict in the observance of their high principles. Their ideals are beyond the understanding of common people and hence they (the common people) have no faith or interest in them. Their ideals are impracticable in the view of the common people.

The patient of Rock Water becomes slave of his own principles and ideals. They are very stubborn about their ideals. If they are vegetarians, they will always remain vegetarian. They won't go for non-veg even if they are critically ill and the doctor advises them to take things which are against their principles. Jain monks are the best example of this obstinate tendency.

Rock Water is a medicine prepared from the water of a natural stream. The water of a flowing stream makes its way even through rocks and stones. The water that can wear out hard rocks can also soften the hard heart of a human being. No wonder that the medicine prepared from this water can change the nature of

man and lessen his rigidity and obstinacy and make him flexible. Rock Water helps a lot in doing this. It brings about a positive and constructive change in his thought.

By using this medicine he does not remain hard to the core but changes his attitude and thinking in accordance with the changing situation. He comes to realize that mental equilibrium and peace are more important than external pomp and show. Observance of high ideals may sometimes be very painful. It is good to adhere to one's principles but to follow them at the cost of other considerations is carrying things too far. There goes the proverb that law should be observed not in letter but in spirit. Only sticking to the principles simply for their sake may cause physical and mental strain and sense of guilt, making life miserable. Rock Water lessens rigidity and softens attitudes.

### **Physical and mental condition**

People having Rock Water personality suffer to the core of their hearts from the feelings of anger, annoyance and depression. They lack emotions and sensitivity. Besides, they do not have the feeling of real spiritual joy. Because of the lofty ideas of purity of mind, body and soul, they always fear impurity.

Because of strict self-restraint, even the bodies of such people become stiff and rigid. This stiffness causes strain in muscles. Such people are always under strain and always worried.

They have no free moments of simple joy and pleasure. As they suppress their sexual desires too, their mind and body too are adversely affected and many complexities are aroused. People having Rock Water personality are prone to contact arthritis, skin diseases and sleeplessness. They may also have difficulty in breathing.

## **28. Sclaranthus (Ecleranthus Annuus)**

**Key symptoms :** Indecisive, erratic, lacking inner balance, opinions and mood change from one movement to another movement.

“Those who suffer much from being unable to decide between two things, first one seeming right than the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.”

### **Dr. Edward Bach**

The patients of Sclaranthus are always in dilemma. They waver between two alternatives. Choosing one right alternative is very difficult for them. Hence they cannot make right decision at the right time. Another problem with them is that they do not discuss their personal problems with others nor are they inclined to accept the decisions of others. As they cannot make right decision at the right time, they lose many of the important opportunities

offered to them. The loss caused there by cannot be compensated even in the whole life.

Such people are conscious of the fact that they cannot make decisions and that they are always indecisive. This consciousness disturbs and troubles them very much and they suffer emotionally. There come many occasions in our daily lives when we have to make quick decisions and to choose one option or the other.

But such people are indecisive even at such critical moments. Suppose they have to go somewhere out. Now they will waver whether they should go by train or by bus and whether they should leave on Sunday or on Monday. Students having this personality cannot decide which of the two questions they should attempt. The same thing happens to a candidate who is facing an important interview. In spite of having all the ability and knowing the correct answer, he cannot give it out as he is still in a dilemma. The result is that such people have to face failure.

People of this type have the same problem when they go for shopping. They cannot decide what to buy and what not to buy. This indecisiveness makes them unhappy. And this indecisiveness is the result of their mental imbalance. In order to get rid of this painful and miserable mental condition, they can seek the advice of persons whom they trust, if they so like, but their ego stands in their way. They do not like to share their problems with others and go on struggling alone. Because of their wavering, their decisions

are not only changed again and again but are also delayed. Such people are not stable in their ideas; they are fickle-minded. As they know their weakness, they suffer at both the times-before making a decision and after making a decision. They suffer from mental instability.

Even the mood of the people of sclaranthus is not stable. At one moment they are happy and the next moment they may get unhappy. Sometimes they behave in a very dignified way and suddenly they may be angry and annoyed. When it comes to the treatment of a patient, the people having sclaranthus personality cannot decide which doctor they should consult or in which hospital the patient should be admitted. This indecisiveness may sometimes prove fatal to the patient.

When such people fall ill, their symptoms are always changing. There are variations in their temperature also. Their memory is very weak. While taking an examination, they forget the answers. And the tragedy is that they recall them as soon as they come out of the examination hall.

The remedy scalranthus is a boon to such people. It helps in recovering the memory of such people. They never enjoy sound sleep as because of their indecisiveness they are rolling in bed all night. The condition becomes serious when such people have to cross a road. They cannot decide which way to turn. This indecisiveness may cause accidents which may prove fatal.

Because of the indecisiveness of such people, they cannot develop self-confidence. They are easily influenced by the ideas of others and by the external circumstances. As they are under the influence of others, they cannot develop their own personality or individuality. They cannot even make a suitable work plan to carry out their decisions. There is no clarity in their ideas and they cannot concentrate on anything. Being fickle-minded and because of emotional and mental imbalance, they come to be maniacs or hysterical or temperamental.

When such a mental condition persists for a long time, the mental, physical and emotional symptoms of such people keep on changing from time to time. They may have hormonal imbalance, giddiness, swoon and travel sickness.

Scleranthus removes mental restlessness caused by a head injury, delusion and dilemma. It does away with the condition of indecisiveness caused by dilemma, and lack of confidence and develops the capacity of making the right decision at the right time. It establishes physical, mental and emotional balance and develops the feelings of peace, restfulness self-confidence and assurance.

## **29. Star of Bethlehem (Ornithogalum Umbellatum)**

**Key symptoms :** After effects of shock, whether of recent or distant origin, soother of pains and sorrows.



“For those in great distress under conditions which for a time produce great unhappiness. The shock of a serious news, the loss of someone dear, the flight following an accident and such like. For those, who for a time, refuse to be consoled, this remedy brings comfort.”

**Dr.**

**Edward Bach.**

Star of Bethlehem is a very effective remedy for removing the physical and mental after-effects of a deep shock. It is one of the most important of the five Rescue Remedies. Man is deeply shocked and shaken at an accident, some unpleasant news, death of a near and dear one, the incidence of kidnapping, natural calamities and loss in business etc. Incidents happen in life which produce a deep effect on mind. The effect is not felt immediately. It grows upon one's mind gradually and one goes into deep depression.

Such incident hurt a person physically, mentally and emotionally and leave him a total mental wreck. He loses his mental equilibrium. Mind, body and soul are cut off from one another and they stop working in co-ordination. His life-force is exhausted. It is the state of deep shock men may get invalid. The tears in their eyes are dried up and they are rendered speechless as they cannot give way to their feelings of shocks, surprise and sorrow. Patients soon get great relief if at such a time of shock, mental agony and depression, Star of Bethlehem is given to them.

Rescue Remedies prove very useful and effective in such cases. But when only one of the Rescue Remedies is to be given, it will be Star of Bethlehem. If the shock is caused by some incident and some disease has been caught because of it, in such an event also, Star of Bethlehem must be given.

Road or train accidents cause great shock. Hundreds of people are killed and injured in these accidents. The heap of dead bodies, blood strewn all over the site of accident, cries of the injured people produce a horrible scene cannot stand such a dreadful scene and is deeply shocked.

One can never forget the horrifying incidents of gruesome murder, dacoity or the breaking out of fire. Those, who are over sensitive, are so shocked and dumb-founded that they contract serious diseases. Before giving some treatment to such people, it is necessary to bring them out of the state of shock. It is at this juncture that Star of Bethlehem works. It helps such people in delivering from the state of shock and in coming to a state of normalcy.

Sometimes a person falls from a height and receives a severe head injury. It very often so happens that the impact is not felt immediately, it is felt years later. Similarly the impact of some internal injury is felt years later in the form of unconsciousness, paralysis or severe headache. The poor patient does not realize the real reason of all these ailments as their root lies years back. In

such cases, the physician should make deep inquiries and try to find out the real reason of all these disturbances. Star of Bethlehem must be given if it is found out that the disease has been caused by a severe injury or a big shock.

Star of Bethlehem removes the physical, mental and emotional imbalances caused by such shocks and injuries. When such a balance is restored, the diseases caused by the reasons cited above are automatically cured, no matter the shock was an old one or is recent one. Star of Bethlehem provides relief from mental pain and sorrow and provides great rest, peace and feeling of well-being. It is really a balm, a soother of pains and sorrows.

### **30. Sweet Chest Nut (Castanea Saliva)**

**Key symptoms :** Extreme mental anguish, thinks one has reached the limit of endurance.

“For those movements which happen to some people when the anguish is so great as to seem to be unbearable. When mind or body feels as if it had borne to the uttermost of its endurance and now it must give way. When it seems there is nothing but destruction and an annihilation left to face.”

**Dr.**

**Edward Bach.**

There are moments in the life of a man when his anguish is so intense that he feels that its enough, he can bear no more. Both

physically and mentally, his endurance gives way and he finds no ray of hope or improvement. He feels that there is nothing left but destruction and annihilation. He feels that there is nothing in life. Thinking and feeling like this, he becomes sad and unhappy. His physical and mental anguish and agony grow so intense and acute that he comes to consider himself to be a lone unfortunate fellow. He comes to believe that it is better to die than to live. But inspite of having such intense feeling of anguish, people of this mentality do not think of committing suicide. They think they will not get any relief from their troubles and sorrows even after death. Life seems to be dark and gloomy to them; they see no rays of joy and pleasure. Such people suffer from acute mental despair, and anguish. They are doomed to live a lonely life as they do not discuss their troubles and sorrows with others.

Sweet Chest Nut brings new rays of hope and joy and confidence in the lives of such miserable people. This hope and confidence provide them the strength to bear all their sorrows and to struggle against all odds. In the negative mental stage of Chery Plum, a man cries and shouts as the pain and sorrow grow unbearable.

In the negative stage of Gorse , there is the feeling of disappointment and hopelessness. In the case of Sweet Chest Nut there are both despair and the state of not being able to bear. But as

in the case of Chery Plum, the patient does not cry or shout. He does not discuss his troubles with others.

Given below are the reasons that may be responsible for the state of Sweet Chest Nut :-

- (1) A woman after the death of her husband, brings up and educates her only son with great difficulty and after a hard struggle. But all of a sudden the son dies in an accident or after an illness.
- (2) In a terroristic incident, all the members of a family, except the head, are killed. Now there is nothing but loneliness, grief, sorrow and hopelessness in his life.
- (3) Because of the great depression in share market, a person loses everything and is rendered a debtor. He finds no way to provide for his family and to pay the debt.
- (4) The husband of a newly-married girl dies.
- (5) In the conditions cited above, a man undergoes terrible mental anguish and despair. He is left all alone in this vast world and comes to think that he is utterly helpless and there is nothing left for him. In such a pitiable and miserable condition Sweet Chest Nut arouses hope and confidence in him. He comes to have faith in life and in God and this newly-aroused faith helps him in finding new ways in life. There is no change in the circumstances, but

Sweet Chest Nut provides him new strength to struggle against all the adverse circumstances.

Sweet Chest Nut works wonders in the following conditions :-

- (a) When one undergoes terrible mental agony and anguish.
- (b) When one feels depressed, exhausted, worn out and great despair.
- (c) When one has no appetite.
- (d) When one has digestive problems.
- (e) When one suffers from sleeplessness.
- (f) When one feels sexual weakness because excessive indulgence in sex. Because of sexual problems, one comes to consider life to be a burden.

### **31. Vervain (*Verbena officinalis*)**

**Key symptoms:-** Over enthusiasm, strains his energy, Highly strung and even fanatical.

“Those with fixed principles and ideas, which they are confident, are right and which they vary rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of the things which they wish to teach. In illness, they struggle on long after many would have given up their duties.”

**Dr.**

**Edward Bach.**

The people having Vervain personality have their fixed principles and ideas which they follow sincerely. They are unflinching about their ideals and do not want to give them up. They follow their principles strictly and want others too to do the same. They are strong of will and courage. Even in illness, they struggle on long after many would have given up their duties. They try their best to propagate their principles and to convert others to their own views of life. They are over-enthusiastic about their mission and want to accomplish their task with great efficiency.

Behind all this, they have no ulterior motive. They do all this with a view to help others. The feelings of benevolence and the welfare of others is uppermost in their minds. They have great interest in the welfare of the poor programmes, and in the solution of environmental, political, social and residential problems. They not only devote themselves to these programmes but motivate others also to do the same. The passion of carrying out public works in accordance with their principles and ideals does not allow them to sit idle. They are busy all the time, so much so that they do not care even for their personal needs-food and rest. They wish that the other people, who are associated with them too, should devote themselves to their mission. But it does not so happen. Then such people get tense and restless.

Such people are busy all the time. They never sit idle or have a moment of rest or leisure. Their minds are very sharp and they undertake many things at the one and the same time. They are excessively enthusiastic about their objects and principles and accept all the challenges that come their way. They have great faith in their ideals and to achieve them, they work very hard and do not care even for their rest.

Being enthusiastic about one's work is good, but rest is as necessary as work is. When such people fail to follow their principles as tenaciously as they wish, they contact strain, anxiety, worry and sleeplessness. Their nerves get stiff with the result that their muscles and joints lose their flexibility. They may also contact blood-pressure and mental strain. The patients of Vervain work with a missionary spirit and try to convert others too to their own views. But all the people are not alike. Those, who think that these people are carrying things too far, are not pleased with them and feel bored working with them.

Vervain helps in making such people calm and cool, sensible and tolerant. It helps in restraining their over-enthusiasm. Although these people are very firm with their ideals, they do not hesitate in making necessary changes in them, if need be. They do not try to impose their ideas on others. They are liberal to life and incidents. They take care of their rest and leisure along with their work. As Vervain brings about all these positive changes in their



thinking, they can implement their plans and projects more effectively and can accomplish great tasks.

### **32. Vine (Vitls Vinifera)**

**Key symptoms :** Assertive, inflexible, dominating, striving for power.

“Very capable people, certain of their own ability, confident of success.”

**Dr.**

**Edward Bach.**

People having positive Vine personality are very efficient, intelligent, self-confident, dominating over others, strong-willed, losing no patience even in adversity and very successful. They are very confident of themselves and of their success. They have the ability of giving leadership to their family, society and country. They are dictators and rulers. They are dominating up to the extent of selfishness.

People having Vervain personality are very clear in their ideas and make quick decisions. They do not hesitate in taking any kind of responsibility. They are very ambitious firm. They are very expert in finding out the solutions of the problems of life with great confidence and certainty. They are the leaders of their team and give clear cut orders to their subordinates.

People having Vervain personality have their own ideas and thinking and so have people having Vine personality. But their modus operandi is quite different. People having Vervain personality removes the doubts and suspicions regarding their ideas. They even give arguments and explanations if need be and they take their companions in confidence. But people having Vine personality are so confident of their ideas that they do not think it necessary to give any explanation. They just give order. They do not care what the other people think. People having Centaury personality fall an easy prey to the people having Vine personality as the former do not know to say 'no' to anybody.

Even children having Vine personality are very aggressive, demanding, dominating and threatening. They are the leaders of their group and dominate over weaker children.

People having positive Vine personality give able and successful leadership to their family, society and country and because of their innate qualities they are able to take them (family, society and country) to the top. They are very ambitious and do not hesitate in even abusing their ambitions. They impose their ideas on others and have no respect for their views. If someone dares to neglect their order, they can go to any extent to make themselves obeyed. They do so because they have full confidence of their ability and efficiency. They have no regard for the ideas of others.

The yearning in them for getting power is so strong that they even get aggressive to make their commands obeyed. When this yearning turns to an evil, they turn tyrants. Hitler, Stalin and Saddam Hussain are the glaring examples of negative Vine thought. For their family, such people are dominating and dictatorial fathers, sons and husbands. They rule over their family members using coercion. Children of this type are threatening and menacing to other weaker children.

Because of their innate and inborn qualities, persons having positive Vine personality reach to the top themselves and also carry their society and country to the zenith of success. On the contrary, persons having negative Vine personality prove to be a curse not only to their society, and country but also to the whole of mankind. Ultimately they themselves perish.

Because of the negative qualities, people having Vine personality suffer from strain in muscles and nerves, blood pressure, migrain, heart disease and gastric and duodenal ulcers. Vine is the remedy that removes the negative qualities and develops positive ones. It helps the patients in getting rid of the dictatorial attitude and in converting them into successful rulers having strong will power, who, because of their able leadership set on example before the society, country and the whole of mankind.

### **33. Walnut (*Juglans regia*)**

**Key symptoms :** protection from change and outside influence, difficulties of adjustment in transition period.

“For those who have definite ideals and ambitions in life and are fulfilling them, but on some rare occasions are tempted to be led away from their own ideas and aims, and work by the enthusiasm, convictions or strong opinions of others. The remedy gives constancy and protection from outside influence.”

**Dr.**

**Edward Bach.**

The remedy Walnut is for people who have definite ideas and goals in life and who try their best to achieve them. But on some rare occasions, because of over-enthusiasm or being influenced by the personalities and ideas of others people are led away from their own ideas and path.

Walnut gives constancy and protection from outside influence. Walnut is helpful to those people also who feel difficulty in adjusting themselves to new atmosphere and surroundings and who are very sensitive to outside environment and who are overwhelmed by the powerful personality of others. It saves them from every kind of outside influence.

There are occasions in life when many important changes take place. Teething time, adolescence, pregnancy, divorce, menopause, conversion, transfer in service period and getting

adjusted to the new environment, freedom from old traditions and customs, the mental condition after deaddiction, repentance for new changes, situations created by the death of one's parents or some others near and dear ones, old age and period just before death are some of the situations that are transitional in nature. These are the situations in which a man has to face great problems and difficulties. It sometimes become very difficult to cope with them. Walnut helps in changing the mentality of man in such a way that he can successfully face them and adjust himself accordingly.

There are people who have ideas and goal of their own and who want to have their own way in life. But they are influenced by outside powers-for example, the powerful and strong personalities of their parents or brothers and sisters. Under their influence they sometimes leave the path chosen by them. There are matters like intercaste marriage, conversion or choice of career in which they are carried away by the wishes of others. Walnut helps such people in getting rid of this external influence and follow the ideals chosen by them. A physician must use this remedy when it comes to the treatment of patients who are very emotional and sensitive.

Man is very closely attached to his post. Although he may have done away with old relations and acquaintances, he cannot be to totally free from their memories. People remember their former husbands or wives even after divorce. They can't forget their

former faith or religion even after conversion. Walnut works as a link-breaker for such people.

Walnut proves very effective in dealing with the problems of daily life. For example, some people find it difficult to go to sleep at a new place. They may have constipation while on a journey. In all such cases Walnut is very effective and useful.

Treatment of diseases like heart disease, asthma, gout, baldness and some chronic and hereditary diseases are very difficult and cumbersome. Walnut helps in getting rid of the old links of the disease and in curing it. Given to an expectant mother during pregnancy, it cures the problems arising during that period and also lessens the possibility of the child being born with some hereditary disease, if any.

Walnut is a very effective remedy when it comes to getting rid of the bad habits of drinking tobacco eating, sucking thumb and biting nails with teeth. Walnut so changes the thinking of a man that gets able to achieve his goals and object. It protects him from all kinds of external influence and brings about stability and constancy in his ideas and thoughts. It strengthens his will power and helps in developing a powerful and influensive personality. People having been thus transformed, can show new path to the world and are able to scale new heights of success.

#### **34. Water Violet (*Hottonia Palustris*)**

**Key symptoms :** Proud, aloof, inner reserve, feeling of superiority, in isolation, little emotional involvement.

“For those who in health or illness, like to be alone. Very quiet people, who move about without noise, speak little and then gently. Very independent, capable and self-reliant, almost free of the opinions of others. They are aloof, leave people alone and go their own way, often clever and talented. Their peace and calm are a blessing to those around them.”

**Dr.**

**Edward Bach.**

People of Water Violet personality possess many positive qualities. They are very intelligent, calm and cool and capable of doing things all by themselves. They are busy achieving their goal very quietly. They do not seek the advice or guidance of others. They can make their decisions themselves. At the same time, they do not like to interfere in the affairs of others. They do give advice but only when asked. Such people talk less. They are very gentle in behavior. They do their work by themselves and do not disturb any one else. Their subordinates are very lucky as they have full liberty to do things in their own way.

No doubt all the qualities cited above are very positive and desirable but their negative aspect is that people of this type come to consider themselves for superior to others and hence they get

vain. They are too vain to mix up with others and work in collaboration with them. Their attitude is very cold. They do not have any emotional attachment to anyone. They do not like to be helped even in the events of some sorrow or illness. They bear all their troubles themselves.

The result is that because of their aloof nature, people keep a distance from them and hence such people come to be lonely and friendless. People of this type have difficulty in maintaining relations with others. The other people too avoid them as they consider them to be vain and proud. Because of their mental and emotional rigidity and the feeling of loneliness, such people are prone to suffer from diseases related to muscles, skin allergy, ulcerative colitis and gout.

Water Violet is a medicine that brings about positive changes in the attitude of such people. It helps them to be free from the feeling of loneliness. Besides keeping their intelligence, ability and honour intact, this medicine enables them to establish cordial relations with others. Their thinking thus turned to the positive side, they feel pleasure in giving the benefit of their knowledge and intelligence to others. They benefit others by giving them valuable advice. The most important thing is that Water Violet helps in removing the false and superficial feeling of superiority of these people and enables them to lead a normal life. The positive effect of Water Violet is that these people have no hesitation in mixing



up with other people. Thus they no longer remain lonely as they too make a good friends circle.

### **35. White Chest Nut (*Asesculus hippo castanum*)**

**Key symptoms:-** Unwanted thoughts keep going round and round in mind, mental arguments and dialogues.

“For those who cannot prevent thoughts, ideas, and arguments which they do not want to enter their minds. Usually at such times, when the interest of the movement is not strong enough to keep the mind full. Thought which worry and will remain or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day.”

**Dr.**

**Edward Bach.**

There comes a stage in a man's life when unwanted ideas come into the mind. One cannot prevent unwanted thoughts, ideas and arguments from entering one's mind. One is always surrounded by these unwelcome and undesirable thoughts which haunt one day and night. One's condition becomes like a worn out gramophone record that goes on producing the same boring and monotonous sound.

One finds oneself unable to get rid of these painful, boring, unpleasant and unwanted ideas and arguments however much one may like. One gets depressed and anguished. As these ideas keep on haunting one's mind all the time, one cannot concentrate on any thing else. One is so disturbed by these ideas that one cannot even give a reply if something is asked to one. One's mind is tired and exhausted, one comes to the verge of madness and one comes to suffer from headache and sleeplessness.

These ideas and thoughts may be related to past events and to some untoward incidents. They may also be related to domestic worries and arguments that may have been taken place in the family. These thoughts are not at all related to the present. When the same ideas, thoughts and arguments keep on coming into mind, a man feels tremendously tortured and exhausted. At such a crucial time, White Chest Nut comes to the patient's rescue. It keeps away such unwelcome, negative and haunting ideas and soothes the mind. It controls the entry of such thoughts in mind and removes worries, as a result of which man gets able to find a positive solution of his problems.

Apart from preventing the same kind of thoughts entering mind, White Chest Nut also prevents the occurrence of the same kind of disease, repetition of the same kind of physical movements, delusion, illusion, hallucination and the illusion of ghosts etc.

White Chest Nut is effective in cases like winking, moving head or some part of the body in the same way again and again, moving feet again and again, counting from number one to one hundred, repeating in mind the lines of a song- in short in all the cases in which physical and mental activities are repeated again and again.

sometimes, because of over-enthusiasm, one's mind is so racked that one forgets everything and accidents are caused. There is a great possibility of an accident taking place while cooking food, of crossing a road when mind is suddenly racked. The same thing happens when one takes an examination. The student's mind gets racked and in spite of knowing all the answers, he cannot write them up.

A speaker's mind is racked while delivering a speech and he breaks down just in the middle. One thinks of doing so many things but cannot put any of them in practice. A psychiatric patient talks to himself. White Chest Nut is very useful in all these cases. It is also effective in cases like the same kinds of diseases like headache, contortion in any part of the body, feeling like making water again and again, sleep getting disturbed at a fixed time at night, and not being able to go to sleep because of unwanted ideas coming into mind again and again.

White Chest Nut must also be given to enhance concentration power. Unwanted ideas begin pouring in mind when

people try to meditate, and they are not able to concentrate. White Chest Nut is of great help to these people.

Scleranthus too is advised for concentration. But it is meant for people who cannot decide which idea or thought is good for them when different ideas pour into their minds at the same time and they find themselves in a dilemma. White Chest Nut is also effective in nervousness caused by over-enthusiasm or in problems caused by too much happiness.

### **36. Wild Oat (Bromus Ramosus)**

**Key symptoms :** Uncertainty as to correct path in life, indefinite as to ambitions, dissatisfaction because one's mission in life not found.

“For those who have ambitions to do something of prominence in life, who wish to have much experience and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow, as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.”

**Dr.**

**Edward Bach.**

Wild Oat is meant for people who find themselves at crossroads of life where they cannot decide which way to go and

what to do. These people are very ambitious, highly knowledgeable and talented but all their talent goes waste because they do not have any clear course before them. They want to gain some unique achievements in life. They are also fully competent and capable to achieve their goals but the problem is that they are not clear in themselves. Their object is not clear to them. They want to live their life their own way. In spite of being capable in every way, such people cannot make a team of their choice. They do not get friends who come up to their standard and who suit their intellect and spirituality. As a result, they get depressed and find themselves in great despair.

Such people take up many professions and businesses in life. They get success also, but as the business or profession is not of their choice, they very soon get fed up with it and get in search of some other occupation. The same thing happens with students. They cannot decide which line or course they should choose. After much indecisive reflection, they do take up some course but then leave it abruptly and start looking for a new course. Thus, inspite of being fully qualified, such people always being in two minds, waste much of their valuable time and all their talent goes waste. They do not have a good and satisfying professional or personal life.

Wild Oat helps such people in making important decisions and selecting a right career in accordance with their capacity and

ability. It helps them adopting a path that is perfectly suitable for them. When they have done so, they are successful in making the best use of their capacities. Thus they are freed from a life of uncertainty and despair.

In the stage of negative Wild Oat, a person gets lazy, depressed and indolent. He lacks agility and enthusiasm and even appetite. Such people's sex life is also affected. They either lose interest in sex or indulge in excessive sexual activities. As these people are careless about their food habits and living, they get obese and may suffer from peptic ulcer and diabetes.

### **37. Wild Rose (Rosa Canina)**

**Key symptoms:-** Apathy, lack of interest and ambition, resignation ha capitulated.

“Those who without apparently sufficient reason, become resigned to all that happens and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.”

**Dr.**

**Edward Bach.**

Some people get indifferent without some apparent reason to the incidents taking place in life and get resigned to fate. They develop a feeling of apathy for everything failure, illness, and poverty. They accept things as they are, thinking themselves to be

destined for them. They do not make any attempt to improve their family and children. Obstacles that come in the way of their education and bringing up-nothing can drive them to come out of their poor lot to do something to improve it, so much so that when such people fall ill, they accept it also as their fate and do not care much to improve their health. They are not particular even about their standard of living and make no efforts to improve. They even do not complain to any one about their miserable condition.

Such people have no joy or zest in their lives. They always find themselves weak, tired and exhausted. They live just like animals. They have no interest as to what is happening in their family or around them. They have no energy and no ambition.

Wild Oat brings about a remarkable and positive change in their attitude and thinking. It relieves them from the tendency of giving in and resigning to circumstances and arouses interest in their lives and fill them with a new zeal, zest and vigour. When their thinking has taken a positive turn, they try their level best to get rid of the present miserable conditions and to improve their living. They start doing everything to carry out their duty not only to themselves but also to their family.

### **38. Willow (*salix veiteuina*)**

**Key symptoms :** Self-pita, resentment and bitterness.

“For those who have suffered adversity or misfortune and find them difficult to accept, without complaint or bitterness, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial, that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.”

**Dr.**

**Edward Bach.**

The patient of Willow grumbles about every thing and every one except himself. His thinking is negative and destructive. They are always angry and dissatisfied with others and are full of bitterness and envy. They envy the progress, hapPiness and happy lives of others. They never try to understand that the progress and hapPiness of others is the result of their positive thought, hard work and perseverance. These are the qualities with which any one can get success and hapPiness.

If unfortunately this negative thought persists for a long time, it has a devastating effect not only on that person alone but on the whole atmosphere. A rotten apple spoils all the apples in the basket. Similarly the negative thought of the patient of Willow affects his family, friends and all the people around him.

People having this type of negative thought suffer from the feeling of self-pity. They consider themselves to be very helpless



and victims of misfortune. They think that they do not deserve what is befalling them. They are always grumbling at every one about every thing but they do not realize that they themselves are responsible for their miserable condition or misfortune.

These negative feelings of self-pity resentment and bitterness are generally aroused when a person attains middle age. At this stage, he comes to feel that most of his targets and ambitions have not been achieved. He is filled with bitterness when his colleague gets promotion and surpasses him or when his (the colleague's) meritorious son gets a good job. He does not try to realize that causes of his colleague's getting promotion and his son getting a good job are their hard work, ability and perseverance. Because his mind is obsessed with negative thoughts of jealousy and bitterness.

Person of Willow type keep their feelings of envy, jealousy and bitterness suppressed for years together. A mother-in-law may nurture the feeling of bitterness for her daughter-in-law because she (the daughter-in-law) has snatched her son from her and has started living in a separate portion. The embittered mother-in-law expresses her bitterness to her son and tries to humiliate the daughter-in-law directly or indirectly. The negative stage of Willow is like the volcano that is boiling within but does not give out the smoke of envy, jealousy and bitterness.

Because of the bitterness and envy of the patient of Willow people come to dislike them and then avoid them because they (the Willow type people) do not feel happy at the progress of others. If someone does something for them, they do not acknowledge gratitude but take it to be their right. Their grievances never come to an end, no matter what is done for them. They know only taking, they do not give anything in return. As people start avoiding them, they are left lonely, with no friends or well-wishers.

They blame God for their failure or misfortune and bad luck and they are angry with every one and every thing around them. Nothing-good food, entertainment or socializing pleases them.

When they fall ill, they blame and curse the medicine given by the doctor even if it conduces to their health. They are not satisfied with the improvement that has taken place and instead of thanking the doctor, they complain that there is not much improvement so far. The remedy Willow is meant for people whose hearts are embittered and full of the negative feelings of envy and jealousy and who are always grumbling about something or the other.

Willow does away with these negative and good for-nothing feelings and develops the positive feelings of understanding and appreciation. It brings about such a positive change in their thoughts that they come to realize that they

themselves are responsible for their misfortune, no one else is. When they realize this thing, they take the right move to get rid of their misfortune and other problems. Their thought being thus changed, their hearts are filled with hope, confidence and peace.

### **The secret of success**

The secret of success, if any, is that we develop the attitude of looking at things not only from our point of view but also from the point of others.

## **Chapter-11**

### **Sanjeevani Rescue remedy: a remedy for emergency situation**

Sanjeevani, prepared by Dr. Bach is a wonderful and effective combination of medicines, that can save even man whose death is imminent. Dr. Bach prepared this combination named Rescue remedy by mixing up five medicines. It gathers the spilt up life-force of a dying man and restores him to life. We have taken the Hindi equivalent 'Sanjeevani'. for this wonderful medicine from Ramayan because it is as effective in saving one's life as Sanjeenvai proved to be saving Lakshaman's life. This name expresses the real worth and qualities of Rescue Remedy.

This combination is a mixture of the following medicines-;

#### **(1) Star of Bethlehem**

This medicine helps the patient and his relatives when they get unconscious or are shocked because of some serious accident or illness. It relieves them from the shock, brings them to consciousness and helps in maintaining physical and mental equilibrium.

#### **(2) Rock Rose**

It provides relief from the fear and terror caused by incidents happening all of a sudden.

**(3) Impatiens**

This medicine removes restlessness and feelings of anger, annoyance and irritability caused by some illness or accident.

**(4) Chery Plum**

It helps in controlling physical, mental and emotional passions and strong emotion caused by nervousness and fear. It also helps in maintaining mental equilibrium.

**(5) Clematis**

It removes the unconsciousness caused by some accident or illness and bring the patient back to senses.

It is true that Rescue Remedies cannot replace a doctor, but in emergency, when the services of a doctor is available, these Rescue remedies prove very effective as first aid treatment. In case of an accident or some serious disease, when the patient's life-force is split up and he is on the verge of death, Rescue Remedies restore the split-up life-force and reduces the likelihood of death.

**Rescue remedies prove very effective in the following cases:**

**(1) Demand in stressful situations**

**(a) Emergency**

When one receives some unexpected news such as the news of the death of some near and dear one, cancer, heart attack, kidney failure, some other serious disease, or kidnapping. In such a condition, the whole family gets panicky, Rescue remedy removes the feelings of dread and terror and help in maintaining mental equilibrium. At such critical moments, making mental right decisions becomes very difficult. Rescue remedies help in removing the dilemma and making right decisions.

**(b)** Rescue remedies are very effective in removing the stress caused when one is awaiting an important piece of information or going to take an examination or to face an interview or to deliver a speech.

**(c)** Officers and employees engaged in controlling emergency caused by natural calamities have to work for very long periods in tiring and exhausting conditions. Consequently they get irritable, restless and are exhausted physically and mentally. Rescue remedies help not only these people but also the other affected people in removing their restlessness, their mental condition being so improved that they get to their work with renewed energy.

**(d)** Rescue remedies are very effective in cases of long and chronic diseases, mental strain and hair loss because of some shock or nervousness.

(e) Rescue remedies provide great relief in cases of serious burns, migraine, the pain and restlessness caused by diseases like cancer etc.

## **(2) Resuce remedy for other difficult situations**

(a) It is very useful in cases of emotional and psychological strain and tension. It is also useful for both the mother and the child during pregnancy and before or after the birth of the child. It has been observed that there are many apprehensions in the mind of an expectant mother. Rescue remedy removes physical and mental strain, fear and nervousness. Rescue remedy helps in the delivery of the baby in the natural way; no scissarian operation is needed.

A newly-born baby, on coming into this world, is very restless. Rescue remedy removes this restlessness and helps in his balanced mental development. During pregnancy, a mother passes through the phases of fear, apprehension and sometimes, the new born baby is not found normal physically and mentally. In all such cases, Rescue remedy provides quick relief both to the mother and the child.

(b) Businessmen, industrialists, administrative officers and factory managers very often get tension due to various reasons. Rescue remedy provides great relief from this strain and tension.

## **(3) Rescue remedies for animals**

Sometimes pets like cats and dogs meet with an accident and are hurt and injured. They are scared when they are to be operated for some reason or when their teeth are to be extricated. Rescue remedy provides relief to them also.

#### **(4) Rescue Remedy for plants and trees**

Rescue remedy has proved to be life-saving and life-giving for plants and trees also, as it has proved in the case of animals. On being planted, some plants and trees begin to wither, they do not grow in a proper way. They are also affected when they are transplanted from one place to another. In all these conditions, Rescue remedy has proved very useful in giving them a new life. If Rescue remedy is given mixed with water, even the dying and drying trees begin to thrive. Thus Rescue Remedy is useful for all-human beings plants, trees and animals.

In cases of emergency, Rescue remedy is an excellent first aid. It is a remarkable combination of life-giving medicines. It must be kept in every home, office, industrial unit and even in a car. One phial of Rescue remedy in the first aid box can save the lives of hundreds of men.

#### **How to use Rescue remedy**

In case of emergency, ten drops of Rescue remedy mixed with 200 ml. water must be given every ten or fifteen minutes until the condition of the patient improves. After that it must be given after



every 15 or 30 minutes, one or two hours as required until the condition of the patient improves or other medical facilities are available. When used with other medicine, Rescue remedy provides quick relief to the patient.

If the patient has got unconscious and is not in a position to take any medicine, some drops of Rescue remedy must be dropped on his tongue. It must also be rubbed on his lips, wrist and behind the ears. The same method can be adopted with animals. As regards trees, ten drops of Rescue remedy mixed with one litre water can be given as per requirement.

## **External use of Rescue remedy**

### **Rescue cream and lotion**

Rescue cream is prepared by mixing Rescue remedy and Crab Apple with a natural homeopathic cream. This cream relieves pain in cases of cuts, burns, severe wounds, injuries, swelling, scratches, tumour caused by a blow, sprain and insect-bite, etc. It saves the wound from pus-formation.

### **Rescue lotion**

If Rescue cream is not available, Rescue lotion can be prepared by mixing Rescue remedy and Crab Apple with water. It is also equally effective.

## **Other combinations of Bach Flower Remedy**

## **(1) Rescue Sleep**

Rescue sleep is a new combination. It is prepared by mixing the five medicines of Rescue remedy with one more medicine that is White Chest Nut. As the name suggests, this combination helps the patients in having sound natural sleep. Rescue remedy provides relief from stress, tension, anxiety and this relief eventually helps the patient in getting sound sleep. There may be other reasons of sleeplessness. Businessmen, industrialist, police and administrative officers work under stressful conditions. When they go to bed at night, they are haunted by the incidents of the day. Naturally they get tense and are not able to go to sleep. White Chest Nut provides relief from such unwanted thoughts and induces sound sleep. It also helps when one is unable to enjoy sleep because of restlessness, emotional imbalance caused by mental perturbations, headache, tension, fear and terror. To enjoy sound sleep, ten drops of Rescue sleep mixed with half a glass of water must be given drop by drop every ten or fifteen minutes until the patient goes to sleep.

Apart from Rescue sleep, Rescue capsules and pills have also been prepared that can be taken easily during a journey. Every pill contains the medicine in liquid form. One dose taken before going to bed induces sound and peaceful sleep. Rescue sleep is a complementary remedy that keeps one fresh for the whole day.

## **(2) Septenet Floral mixture**

It is a mixture prepared by mixing seven Bach Flower Remedies in equal quantity. These seven Bach Flower Remedies are (1) Heather, (2) Clematis, (3) Red Chest Nut, (4) Impatiens, (5) Wal Nut, (6) Rock Rose and (7) Star of Bethlehem. This mixture better and improves different kinds of feelings and mentalities. It can also be prepared as a pill. Four drops of this mixture or five pills (numbered 40) taken four times a day remove many kinds of negative thoughts.

Rescue Remedy has been prepared in many other forms too. So that it can be used even while travelling. One may need it anytime and if it is handy, it can be used easily.

(i) Rescue remedy spray

(ii) Rescue remedy pastillers- in the form of toffees.

## **Mistakes committed by physicians-**

According to well-known psychiatrists Pramod and Vijay Banna, most of the physicians commit the mistake of treating body without treating mind. Mind and body are closely related to each other and they cannot be treated separately.

## **Chapter- 12**

### **Experiences of Dr. Mohan Lal Jain, the author, gained by Bach Flower Remedies-**

It was a mere co-incidence of the will of God that I came to know of a new system of treatment – Bach Flower Remedies and practised it. It was in the year 1997 when I was posted at Muzaffarpur region as Deputy Commissioner, Commercial Taxation. I had hardly been posted for twenty months when I was transferred in a very humiliating way, out of my department, as Chief Accounts Officers, Bihar State Road Transport Corporation, Patna. Although it was a higher post. Yet the fact remains that I was sent on this deputation as punishment.

In other words, it was a prize for my sincere and devoted work that I was doing without being influenced by any pressure. The financial condition of the corporation was very poor at that time. The employees has not got their salary for many months. The employees who were posted at Patna headquarters were getting the salary of 15 days only against one month working. In spite of this post being higher, no officer from Finance and Commercial Tax Department was willing to be posted at it on deputation.

The supreme court had ordered the government to depute an able and efficient Chief Accounts Officer there immediately.

My deputation there was the result of the compliance of this order. As no regular payment of salary was made by the corporation, no officer from the department was ready to go and join there. Taking it to be the will of God, I joined my duty there as Chief Account Officer.

The conditions in the coporation were challenging and horryfying. On the one side, there was an army of thousand of employees that had not been getting salary for years and on the other side there were retired employees and their families who had not received any benefits of retirement for years together. Hundred of such miserable people came to me daily for financial help. The agony of not being able to help them any way because of the callousness of the corporation administration and some legal complexities troubled me tremendously. The attitude of the administrator too was painful and distressing. Here too I had to face many difficulties because of my hard honesty and devotion to duty. I was always tense but I must admit that these horrible circumstances taught me great lessons. It was only while working here that I came to know the stark reality of life.

In the meanwhile I happened to go to Hazaribagh because of some personal work. It was here that my very close friend shri Padam chand Jain gave me a photo copy of Dr. V. Krishnamurthi's book "Lectukes on Bach Flower Remedies practice" another book "Bach Flower Remedies, an easy system of treatment" written by

Dr. Darshan singh Bohra. I had been studying for years the different systems of alternative treatment. On going through these two books, I came to realize for the first time that I had found out just by chance the system of treatment I had been looking for.

I realized that I had got what I wanted. I was filled with wonder when I read the miraculous effects of Bach Flower Remedies. I just could not believe that there could be such a simple, system of treatment, totally non-violent and free from all sorts of toxic elements that could cure and remove mental and emotional evil like fear, anxiety, envy, jealousy, vanity, enmity, illusion and distrust. I started studying this therapy with great devotion and dedication.

### **Miraculous experiences gained by Bach Flower Remedies**

In the mean while I had to go to Delhi to submit an affidavit in the Supreme Court in compliance of the orders of the then administrator. Although it was purely a job of the legal branch of the corporation, it was assigned to me by the Administrator only to harass me physically and mentally. In spite of my not being willing and not being well, I went, thinking that there must be something good behind all this. There in Delhi, I met the necessary preparations to see Mr. Sinha, the standing counsel of the

corporation and to submit the affidavit to him. We come very close even in the first meeting.

During conversation he told me about some mental problems from which his wife was suffering. She too was an advocate in the Supreme Court. At that time she was suffering from a strange mental disorder. At night when by chance the light went out, Mrs. Sinha, inspite of being in deep sleep, woke up and began to cry loudly with fear. She went on crying until there was light again. All the members of the family were very much troubled and worried about her.

To make matters worse, her sleep broke at three o'clock in the morning and her mind was filled with strange and unwanted thoughts and ideas, as a result of which she grew restless mentally. Behind all these troubles there was the fear and the apprehensions that were lying somewhere deep in her subconscious mind. I felt that she could be cured only By Bach Flower Remedy. I advised Mr. Sinha to get his wife treated by Dr. Darshan Singh Bohra, who resided at Model Town New Delhi and who was an experienced practioner of Homoeopathy and Bach Flower Remedy. I also told him that an easy and safe treatment of such a mental condition was possible only by Bach Flower Remedy. The matter came to a close at that time and I come back to Patna.

After some days Mr. Sinha come to Patna on business. He come to see me too. I enquired him of the health of "Mrs. Sinha,

Mr. Sinha Said, "Mr. Jain, you please give me the medicine." His asking me to give her the medicine meant that he had not taken my suggestion seriously. It happens. People generally do not take any suggestion seriously when it comes to the treatment of some mental disorder. They generally believe that such disorders cannot be treated. My study of Bach Flower Remedy was still going on. Even then I could not say 'no' to Mr. Sinha. I searched for the required medicines in Patna. Fortunately they were available there.

It was on the 14<sup>th</sup> of May, 2000. So far as I remember, I prepared a combination of Mimulus, Aspen and White Chets Nut and gave to Mr. Sinha, instructing him to give it to his wife four times a day. On the 18<sup>th</sup> of May, 2000, when I reached my office at 10 in the morning, the telephone rang. It was Mr. Sinha, the Standing Counsel at the other side. He said, "O Mr. Jain a miracle has happened. My wife is now totally cured. She could take the medicine given by you only for two days. Unfortunately the phial fell off her hand on the third day and broke. So please send some more medicine immediately." He also told me that at first his wife was not enthusiastic about taking the medicine, but on watching its wonderful result, she wanted to continue it. It was something unexpected for me. I could not believe myself that a medicine could bring about improvement so soon and that too in such a serious case.



I had to confirm again whether what I heard was right. It was after this incident that I decided to practice this therapy after my retirement. After that, there was no looking back for me. I studied this therapy thoroughly, seriously, deeply and started treating my family members and friends. It is a matter of great pleasure for me that in most of the cases, the results have been excellent.

I had one more wonderful experience of Bach Flower Remedy. This time it was the case of my elder brother Shri Sohan Lal Jian. He had come from Koderma to Patna on some business. He had to go back to Koderma. It was not possible to get immediate train reservation and he did not want to go by bus, as he had to discharge urine after short intervals. It was a five hours bus journey from Patna to Koderma. It was not possible to stop the bus again and again simply to discharge urine. I gave him a combination of White Chest Nut and Chery Plum and asked him to go by bus without any hitch. He did so. In the evening, on reaching Koderma he informed me that during the whole journey he had no impulse of urinating and thus he reached Koderma very comfortably.

The third case is of the seven years old son of Mr. Sinha, the Standing Counsel. He had been severely suffering from Rakta pitta disease for the last four years. He had a great itching, in the whole of his body and to get relief from this itching he had to take

Avil every four hours. It was the month of May, 2001. Mr Sinha had come to Ranchi High Court in connection with a case. Incidentally I too had been there to submit a counter affidavit in an M.J.C. case. I visited Mr. Sinha in his hotel and asked on phone Mrs. Sinha , who was in Delhi how she was? She said that she was quite alright but her son had been suffering from skin allergy for the last many years.

She said that she would be highly obliged if I could send some medicine for him also. I was in a quandary. I had never thought that Bach Flower Remedy could be useful in urticaria too, nor had I got an opportunity of treating a patient suffering from this disease. Even then I gathered some information about the mental set up of Mrs. Sinha's son and tried to find out some suitable medicines for him. I went through the books and by the grace of God, I succeeded in finding out some proper medicine.

I prepared two combination of six different kinds of Bach Flower Remedy and gave them to Mr. Sinha who went back to Delhi. I too reached Patna after two days. On the third day, as soon as I reached my office, I had a phone call from Mr. Sinha. He was ecstatic at the other side of the phone. He said," O Mr. Jain a miracle has happened once again. My son took only one dose of the medicine given by you and he is perfectly alright now. It was a matter of great gratification for me. It was one more unexpected success of this therapy. After these incidences, I thought of my

own ailment. I had been suffering from Urticaria for the last 15 years Encouraged by these successes, I started treating myself. I am happy to say that I was totally cured of this chronic disease although it took one month.

The fourth case is of Mr. N. Kumar an architect of Nagpur and who is also my relative. He was a close friend of my elder brother. I had invited him to come to Ranchi to inspect the architecture of my house. During conversation, he told me of a sad event related to his married life. His wife suffered from uncontrollable physical and mental perturbations. She had attempted suicide many times. On the one occasion, she poured kerosene oil all over her body and tried to burn herself alive.

The relations between the husband and the wife were extremely bitter. She had great distrust and repulsion for her husband; so much so that she did not want to take even medicine, if it was offered by her husband. It was difficult to come to know of the real state of her mind on phone. I thought over the matter and felt that the aggressive nature of her husband must be responsible for such a mental attitude of his wife. I prepared two mixtures of medicines one for each of them. I got no information about them for two years. I summarised that the medicine might not have taken effect or they might not have even taken. After two years I happened to go to Gaya to see my elder brother Shri Mahavir prasad Barjatya. There, an elderly gentleman came to me

for some treatment. I was surprised and asked my brother how this gentleman came to know that I practise Bach Flower Remedies. At least nobody knew about it in Gaya. Upon this my brother told me that an architect by the name of N. Kumar had come to Gaya from Nagpur to inspect the architecture of that gentleman's house. It was Mr. Kumar who had told him (the elderly gentleman) that only I could cure his mental disorders successfully. I also came to know that the married life of Mr. Kumar and his wife had been going on very smoothly for the last two years since I had given them the Bach Flower Remedy. It was a pleasant surprise for me. Even then, to find out the truth, I talked to Mr. Kumar on phone. He admitted that after taking my treatment, his wife was quite o.k. He also informed me that his wife had not taken the medicine, but he himself had certainly taken it. The condition of his wife improved only on his taking the treatment. I was happy that I was able to find out the root cause of his wife's ailment.

Here I would like to cite one more example. It was the case of Suraj Devi, an elderly lady of Daltongunj. It was in the month of October, 2008, when her son came to see me after purchasing the course of medicines prescribed for one month by the famous Psychiatrist Dr. Kumar. He narrated to me the strange mental condition of his mother. She had an old family dispute with her brother-in-law and apprehended that he would get her sons killed.

The result of her apprehension and anxiety was that when any of her sons went out of the house, she troubled all the members of the family, saying that her son would never return, his uncle must have got him killed. Even when her son returned home safe and sound, she could not believe that he was alright. He felt him again and again and tried to get sure. She had one more strange feeling. She felt that her stomach was filled upto the throat with excreta and that worms were creeping in it. Because of this painful feeling, she was not able to eat properly. She also felt that a machine was running on her head. The feelings of unknown fear and dreadful impurity, the illusion of a machine running on her head, the fear of imminent danger looming large on her sons and the same unpleasant thought creeping all the time in her mind were driving her crazy. On the basis of these symptoms, I prepared two combinations, one containing Crab Apple, Chery Plum and White Chest Nut and the other containing Star of Bethlehem, Aspen and Holly. After 15 or 20 days I was given the happy news that she was completely cured of horrible feeling of her sons being killed and of her stomach being filled with excreta.

But she had not yet got rid of the painful feeling of a machine running on her head the whole day. After some time her son informed me that his mother had gone to the village. She was o.k. and was taking care of her ancestral home. After that no body came to get the medicine. After a long time I chanced to talk to Mr.

Pankaj Prasoon, her son. He informed me that his mother had recovered upto 90% and it was very surprising for him.

All the five cases cited above are of different natures. Such cases are generally difficult to treat by some other therapy. So far as my personal experience is concerned, I have got positive and wonderful results in 95% cases by Bach Flower Remedy.

Not that, I did not fail. While working as Chief Accounts Officer, Transport, Patna, I undertook the case of Mr. Vishista Narayan singh, the famous mathematician. I was fully confident that he could be successfully treated by this system of treatment. It was a peculiar case for me. I had gone by my own car to his village Vasantpur to give him the medicines and I had also arranged that I should be informed on phone after 15 days. Strangely enough, the members of his family did not seem to be interested in his treatment and his getting well. His illness was a source of income for them.

Who does not know Dr. Vishista Narayan singh? The son of a petty constable, he come to be such a genius that after passing the pre- university examination, he was allowed to appear at B. Sc. and then, in one year only he cleared M. Sc. In both the examinations, he topped the list in Patna University. He came to be the youngest mathematician to get Ph. D. from the world famous institute of California.

He then became as Associate Professor in that very University. He also worked as a scientist in NASA. He earned name and fame both for Bihar and India. But misfortune did not spare him. He was married to the daughter of Chhapra's doctor. His ambitions of great learning and erudition could not be fulfilled. She divorced him and walked out of his life. He could never be recovered from this shock and got insane. Nearly 40 years have passed since all this happened. Even now he might be passing his life in adversity in his village Vasantpur.

Bach Flower Remedy is the best and the most successful therapy for the treatment of mental ailments. I have got the rare opportunity of treating successfully patient who had been taking medicine for long 10 or 15 years. The treatment of such chronic patients takes 3 to 12 months. Then only the patient can get complete relief. Many patients have been benefited by Bach Flower Remedy but the problem with the relatives of mental patients is that they do not have patience and leave treatment in the middle of course. Hence the patients are not fully cured. They may take medicines prescribed by allopathic doctors for years together but they do not have patience with this new and miraculous therapy- Bach Flower Remedy. I must admit that I could not be totally successful in the treatment of mental patients. The main reason behind it is the non-cooperation of the relatives of the patients and the mistake in the selection of medicines may also

be responsible to some extent. Even then my main aim in life is to provide relief to mental patients. If they are treated by Bach Flower Remedy in the initial stage of the disease, I am sure that they can certainly get rid of their ailments and troubles.



## **Chapter- 13**

### **Various aspects of Bach Flower Remedies**

Bach Flower Remedies is not only a system of treatment but also the science and the art of living. So far it has been studied as a system of treatment. The thing required is that its various aspects too must be studied. We have studied Bach Flower Remedies from spiritual, social and religious points of views also, apart from its medicinal aspect, and this process is still going on.

#### **(1) Medicinal aspect of Bach Flower Remedies**

Bach Flower Remedies is a successful attempt of giving a concrete form to the concept of total health. This system of treatment gives great importance to physical, mental and emotion balance. A disease originates in mind and then it manifests itself through body. If we are not careful even then, it, entering the unconscience, causes emotional disturbance. Modern system of treatment treats only physical diseases. We get well physically but remain mentally ill because the cause of disease is deeply rooted in our minds. The result is that diseases attack us again and again and their roots, entering unconscience, cause emotional disturbances. Emotional or mental ailments are very difficult to treat.

"Prevention is better than cure" is an important maxim of treatment. It is sad that we do not pay any attention to the

prevention of disease. In the name of prevention we give importance to balanced and nutritious food, but doing so is only a financial aspect of getting rid of physical diseases. Bach Flower Remedies lays stress on two things- **(i)** prevention of diseases and **(ii)** finding out the ways of getting rid of them when they are caused.

**(i) Prevention of diseases**

Modern man, caught in the fangs of materialism, awakens only when he gets physically ill. Modern physicians too have no sense of service, but believe in earning as much money as possible. They think nothing of the nobility of the medical profession. We see that big hospitals are being built, they are being equipped with the latest and expensive equipments. Tests, that are not at all necessary, are advised by the doctors in the name of diagnosis of diseases. Medicines are very costly. Hospital rooms and intensive care units have become the means of extracting maximum amount of money from the patients. The great tragedy of the modern period is that the patient is not declared dead for many days even when he dies, so that the room remains occupied and rent may be charged from the relatives of the dead man.

To avoid all such undesirable tactics, we should try to always remain healthy. Bach Flower Remedies may be said to be an insurance against diseases. It opens the way to a healthy life.

Health is the most valuable of all the earthly possessions but unfortunately we come to know its value only when we have lost it. Sometimes diseases get serious and then it becomes very difficult to cure and control them. This thing applies to everything in life-be it the problem of environment or terrorism, or the increasing tendency of violence in the youth. First we overlook and neglect problems and when they grow uncontrollable we make hue and cry to be free from them. The problems of all kinds of pollution, and the problems caused by the excessive use of plastic and polythene have grown very acute. Global warming is now a world-wide problem. Many species of wild animals and birds have grown extinct. All these devastating and dreadful problems are the result of our carelessness. Bach Flower Remedies makes a significant contribution directly or indirectly to the solution of these problems.

So far as prevention of diseases, it can be possible only when we get aware of the importance of health. The tragedy of the modern age is that mental, emotional and psycho- physical diseases are spreading very rapidly. 45% people in such a developed country as America are suffering from mental disorders. In India too, 15% people are the victims of such diseases. This is really a deplorable condition.

In order to get rid of these diseases, a dual policy must be adopted- (1) getting rid of mental and psycho-physical diseases

and (2) making serious efforts for their prevention. Bach Flower Remedies provides both of these solutions. Ayurveda, Homopopathy and other systems of treatment should also be availed of.

### **Prevention of diseases by Bach Flower Remedies**

“In true healing there is no thought whatever of the disease it is, mental state, the mental difficulty alone to be considered, it is where we are going wrong in the diVine plan that matters. If we put our mind right, the body will soon be healed. Physical illness is of no consequence; whatsoever, it is the state of our mind and that alone, which is important.”

#### **Dr. Edward Bach**

Mind is the most conscious part of body. It is very sensitive to illnesses and gives a warning of the future illnesses much earlier than they manifest themselves. We need to understand these warnings and signals and to take steps accordingly. Symptoms like having the feelings of fear, anxiety, anger, annoyance, stress, frustration and feeling unhappy indicate that we are going to fall ill. Hence they should be given priority and attempts to remove these feelings should be made immediately.

**As a mater of fact, negative thought is the main cause of all diseases. It creates imbalance among mind, body and soul.**

Bach Flower Remedies removes those negative thoughts and develops positive thoughts which are constructive, creative and inspiring. Development of positive thought helps in uprooting diseases. The medicines prepared under this system of treatment develop the feelings of love, affection, mercy, peace and joy and there can be no denying fact that these are the feelings which make life meaningful and happy.

Dr. Bach says, “ The best gift that one man can give to another is to develop in him optimism and to be happy himself. Then only he can remove the gloom of others and develop in them the feelings of hope, joy and happiness.”

Bach Flower Remedies reveals our talent and brings our spiritual knowledge to light. These medicines develop the qualities which we need the most. They remove the drawbacks due to which we fall ill. These medicines bring a man closer to his conscience. **They do not attack diseases but develop in us the feelings of peace, hope, joy, trust, love and affection. In the presence of these qualities, diseases disappear as the snow melts in the presence of the sun.**

We find that in the modern age, people all over the world are suffering from innumerable physical and mental ailments. All these people need treatment, need to be cured, but the thing that is more important is that we have to think of the next generation also. It (the next generation) too is to be saved from diseases. In order to

carry out this great mission we will have to bring revolutionary changes in our feelings and attitudes. This can be done by bringing about a spiritual and moral revolution. So far as Bach Flower Remedies is concerned, it is even more important. It presents a very successful medicinal solution for removing the negative thoughts which get deeply rooted in our minds and make us ill.

In order to remove negative feelings, we will have to resort to Bach Flower Remedies right from the time of the conception of the child and this process will have to be continued throughout his life. Childhood and youth are the beginning period of life when the mind and nature of a man are still pure and so the medicines given during these periods of life take effect very quickly.

### **Bach Flower Remedies and treatment of diseases**

Bach Flower Remedies is the system of treatment that not only treats diseases but also provide total health. The main cause of disease is the negative thought of man. When one gets rid of negative thoughts, positive feelings develop and help one in getting rid of the disease one is the suffering from and in getting totally well. It has been observed that the patient gets well; he has no temperature and displays no symptoms of any disease, yet he says that he does not feel well and that nothing pleases him. He has no appetite and is unable to enjoy sound sleep. Mental unrest, irritability and physical and mental fatigue persist. The reason is that the roots of the disease are still there in the body and it (the

disease) may relapse any time. Modern system of treatment treat diseases only grossly. Allopathic medicines have side-effects, causing some other disease. Bach Flower Remedies saves patients from such painfull situations. It is a very effective system for getting rid of diseases.

Feelings like envy, jealousy, enmity, fear, anger, greed, anxiety, apprehension and frustration etc. first appear in the form of mental disorders. Then they manifest themselves in the form of physical and psycho-physical diseases.

Ambitions, personal negligence, more than enough pressure on the body, suppressing mental perturbations, emotional imbalance, expecting undue love and care from others, fear and anxiety etc. are the causes of physical and psycho-physical diseases. Diseases related to heart, gastric and duodenal ulcers, peptic ulcer, obesity, diabetes, thyroid, blood pressure, headache, migraine, chronic cough, ulcerative colitis, crohen's disease, arthritis, constipation, skin allergy, asthma, uticaria,nerous break down and breathing syndrome too are caused by the same feelings. **Modern physicians have come to seriously believe that the main cause of all these ailments and disorders is man's negative thoughts only. Unfortunately they have no remedies to curb this negative thought.** Psychological counseling is resorted to remove it. Psychiatrists can be of some help, so long as these disorders remain at mental level.

Bach Flower Remedies helps in curing all these physical and psycho-physical diseases. Under the other systems of treatment, for getting relief from these diseases, the patient has to take medicines for the whole of his life. He gets dependent on them and at the same time has to face the side-effects also Bach Flower Remedies uproot the main cause of the diseases and helps in gaining total health. And then the patient has to take medicines only for 3 or at the most 12 months. One year is a very short period when it comes to gaining complete health.

The experience of the physician counts very much in the treatment of diseases of this kind. Of course the physician has to select, the right medicine on the basis of symptoms, the right medicine out of only 38 remedies for all the diseases is very difficult and requires great patience, a deep knowledge of the remedies and a long experience. This system of treatment tries the patience and faith both of physician and the patient.

### **Spiritual aspect of Bach Flower Remedies**

Bach Flower Remedies is purely a spiritual system of treatment. It cures emotional diseases. Negative feelings like fear, envy, jealousy, malice, hatred, enmity, anxiety, anger and vanity etc. are caused by the mental evils like violence, falsehood, theft, bad conduct and possession etc. When these negative feelings get rooted up to the level of emotions, it becomes very, very difficult to get rid of them. The result is that man suffers from these diseases



not only in this birth but carries them forward to the next birth also. In Ayurveda, diseases cause because of the karmas of the previous birth have been described as earned diseases. These diseases are not cured so long as the patient does not suffer their pain upto the last extent. This is a universally accepted karmic principle.

Considered from spiritual point of view, Bach Flower Remedies helps not only in curing the diseases of the present birth, but lessens the likelihood of one contacting them in the next birth also. There are saints and monks, who, though highly learned, suffer from the negative feelings of vanity, dogmatism and stubbornness. Bach Flower Remedies helps them too and frees them from such degrading feelings. Instead it fills their minds with lofty ideas and high principles. From the life history and the study of our medical principles, it is clear that we (both authors of this book) had great faith in Indian Philosophies-like Buddha, Jain and Yoga. We are a pure vegetarians and believed in the principle of manifold predication. So for as this principle is concerned, we (both authors) not only used it successfully in the field of medicine but also applied it in our own life.

Dr. Bach said, “One should neither interfere with the life of any one nor should we be allowed to be interfered with. Disease is the result of interference, interfering with someone else or allowing oneself to be interfered with.” Interfering with the affairs of others

and allowing others to interfere with our affairs both the conditions are harmful to us. They obstruct the way of proper development and are sworn enemies of a healthy life. We can expect others not to interfere with our affairs only when we do not interfere with the affairs of others. If some one interferes with our affairs, we should instead of quarrelling or fighting with them reject their interference politely but firmly.

Similarly, Dr. Bach propounded another important maxim regarding health. He said “To gain freedom, give freedom.” In the field of spiritualism Lord Mahavir gave the message, “Live and let others live.” Dr. Bach applied this principle very skilfull in the field of health. On studying the two principles given above it seems that Dr. Bach was directly or indirectly influenced by Jain philosophy. It also seems that he had an Indian spirit. It was a novel experiment of applying a spiritual principle in the field of health and it makes Bach Flower Remedies a totally spiritual and emotional system of treatment.

### **Family and social aspect of Bach Flower Remedies**

Unrest is a great problem of most of the modern families. Joint families are breaking up. People have come to prefer single families. There are two reasons- lack of love and faith among parents, brothers and sisters and the increasing tendency of selfishness. There are quarrels and disputes in joint families because of intolerance, malice and envy. The members of the

family lack positive thought directly or indirectly. The nature of parents and the faulty upbringing given by them are also responsible for these petty family disputes. If the parents themselves suffer from the negative feelings of selfishness, envy, malice and discrimination, the children will naturally adopt these negative qualities since childhood and then splitting up of the families is inevitable. One more important reason of breaking up of families and the people preferring single families is the increasing tendency of taking up jobs. In connection with service, people have to move to places away from their homes and families and where both husband and wife are in jobs, they find it difficult to bring up their children to do their domestic chores in a proper way.

The parents being busy with their offices, the children are deprived of their love and care. When the husband and the wife come back home from office, they both are totally tired and exhausted, and then there are quarrels over trifles. As it is difficult to manage both the house and the job, they delay in giving birth to children. By the time they are mentally prepared to do so, it gets too late and there arise the problem of infertility. Then the husband and the wife are obliged to live a lonely and tense life.

Sometimes husband and wife cannot adjust with each other. There may be many reason, but one thing is sure that they certainly get tense and strained. As there are no bonds that strengthen their relations, children have to suffer. Children are neglected and are

deprived of the love, affection and care of their parents. There are mutual disputes, distrust, envy, malice and frustration, which all result in divorce. Sometimes husband and wife are posted at different places. In such cases because of their physical demand for sex and loneliness they cannot remain honest and sincere to each other and the families split up.

Those who are lucky enough to live in a joint family, estrange from one another because of the negative feelings of selfishness, and living life as they like without any restraint or control. Now single families have their own problems. The members have to face financial problem as the income is limited and these financial problems leave them tense and restless. Then they realize their mistake and come to know of the advantages of a joint family but by then it is too late.

An individual and a family are the two important units of society. It is futile to think of a healthy society when an individual cannot live peacefully with the other members of the family. Society begins to split up and break up when negative feelings like discrimination, vanity, malice, enmity and mutual distrust get rampant. When this happens, the individuals have to suffer from the painful feelings of loneliness and the feeling that there is no one to care for them. That is why social crimes are on the increase. Religious and social good will are nowhere to be found.

It goes to the credit of Bach Flower Remedies that it develops the constructive, pleasure giving and soothing positive qualities of love, affection, compassion, tolerance, mutual understanding, trust and strengthens socialities.

### **Economic aspect**

Many factors are responsible for the economic development of a country. Natural, human resources and the availability of capital play an important and vital role. The most important of three is the human resources- as they comprise all the industrialists, businessmen, managers and workers. The cost of production decreases when cheap labour is available. Labour has been considered the most important factor in economic development. When we speak in terms of totality, we come to think of the quality of the people of a region or a country. Quality is related to positive thinking. The economic and social development of any country depends on the thinking of the people. If it is not positive, even ample natural resources and capital cannot bring about economic prosperity.

When we have a glance at the economic map of the world, we find that in spite of being developed and prosperous, many countries are struggling against terrorism. There is no peace, no joy and no happiness. Many countries have come to the verge of ruin and destruction because of the conflicts of the tribes. Many countries are facing civil wars because of the political leaders, lust

for power and peff. Such developed counties as America and the other European countries are in great trouble because of terrorism. Behind all these troubles, problems and unrest are the degrading, humiliating and ruinous negative thinking- dictatorial mentality, envy, jealousy, enmity, mutual distrust and ulterior motives.

If we think of the economic development of the different states of our country, we find that only those states have developed and progressed, the people which have developed strong and positive feelings like realizing the dignity of labour, mutual understanding and co-operation. On the other side, there are states like Bihar, Jharkhand, Orissa and Uttar Pradesh which are very rich in natural and human resources but are very backward economically. The main reason of this backwardness and regression is the negative thought of the leaders and the public of those states. The leaders there are concerned only with accumulating as much power and money as they can and the people too are narrow-minded having their own interests in mind and not thinking at all of the welfare and good of others.

When we are healthy, we are balanced and happy both physically and mentally. When thinking is positive and creative, everything looks bright. But when our thinking is negative, we get nothing but ailments, destruction and sorrow. Positive thought keeps one healthy physically, mentally and emotionally. And it is said that when one is healthy, the sky is bluer, the music sweeter

and the food tastier. A person can have creative ideas only when he is hard-working, sincere, honest, laborious and optimistic, in short when he possesses these positive qualities.

Industrialists and businessmen can think of setting up trades, factories and industries only in such a peaceful condition of mind. Leaders having positive thought can provide right guidance and lead the country to the path of progress and development. Spiritual leaders having right thinking remove the darkness of ignorance and light up the lives of people with hope, confidence, right conduct, right knowledge and teach them the moral virtues of love, affection, friendship and universal brotherhood.

Even public officers and administrators too can do good to the public when their thinking is positive and are on the right path. Otherwise they will give nothing else but corruption, coercion, nepotism, bribery and bad administration. All these things will bring about unrest, discontent, indiscipline and chaos in the country.

We find that behind all the corruption, bad and inefficient administration, terrorism, and the increasing incidents of murders and committing suicide are the negative feelings of fear, frustration, hopelessness, insecurity and distrust in the minds of the young men of the country. The only solution of all these horrible problems is to remove the rapidly increasing negative thought and develop positive thought. The greatest requirement of the

country at present is to create a peaceful and cordial atmosphere in which all can think of their development and progress and this can be possible if bright, and soothing positive thought is developed. Bach Flower Remedies provides a positive and sure medicinal solution for the development of such universally acknowledged and admired positive qualities like love, affection, feelings of friendship, brotherhood, co-operation, non-violence and non-possession.

Bach Flower Remedies is not a system of treatment only. It is also an important philosophy for the all round development of man. Still further research and study are needed in this field.



## Chapter- 14

### Bach Flower Remedies for different classes

Bach Flower Remedies is a very important and effective system of treatment for developing positive and constructive thought in the mind of man. A great mental skill is required to transform negative thought into positive one. It is one's view point that makes all the difference. If one's view point is positive, one can work wonders and accomplish even very difficult tasks. And if one's outlook is negative, one will always look at the dark side of things and all his activities will be conducted likewise. One can make better one's life simply by bringing about a change in his outlook. There goes a proverb, **“Change your outlook, and the whole world will change.”** Only positive thought can take one to the path of progress. A person having positive thought can turn even defeat to victory. On the contrary a person having negative thought can achieve nothing. Everything for him is difficult and gloomy.

Positive thought pave the way to a happy and healthy life. There goes another proverb, “Employment and contentment are conducive to health and happiness. Positive thought develops the feelings of co-operation, adjustment, brother hood and mutual trust. It reduces stress and develops a strong, powerful and influensive personality. Man's success upto 85% depends on his

thinking. Positive thought creates an atmosphere of joy, happiness and cheerfulness whereas negative thought creates an atmosphere of gloom, despair, fear, anxiety and hopelessness.

To think over the utility of Bach Flower Remedies from the point of view of different classes is not only important from medicinal point of view, doing so is necessary to understand its importance also. Looking in the perspective of mental and emotional problems, it is interesting and significant to note that different kinds of problems of all classes of society- parents, teachers, students, those in search of suitable job and career, administrative officers, executives, managers working in industrial and professional enterprises, assistances, psychiatrists, doctors, engineers, senior citizens and women- can be successfully solved by this unique system of treatment- Bach Flower Remedies.

### **(1) Parents, teachers and career seekers**

The future of a family, society or country depends on its students and young men. If we want to make our future bright, happy and secured, we will have to manage our present. Students and the youth are our present. It is unfortunate that the tendencies of violence, murder, suicide, despair, frustration and distrust are rapidly increasing among our youth. Because of the growing materialism and the tendency of possession, the youngmen of today are adopting all possible means-fair or unfair. They want to accumulate money by hook or crook. They have no consideration

for moral qualities like honesty, sincerity, hard work, the feelings of co-operation and adjustment. All these things are not the sign of good, happy and bright future.

**“Positive thought is the secret of success in life.** Success is a wonderful thing. It means a happy, healthy and prosperous life. It means a grand standard of living, respect in the field of business, politics and society. It also means contentment and self-esteem. It also means the removal of all sorts of negative feeling-fear, anxiety, distrust, greed, anger and lust etc. If a man has self-confidence and patience, nothing can deter him from achieving his goal. He can make his way even through mountains. If you wish your children to set an example before the world, inculcate and develop in them positive feeling-self-confidence, self-esteem, independence, trust, co-operation, hope and brotherhood since birth.

We have seen the importance and significance of positive thought. It is this very positive thought that is to be developed in the minds of students and young men. Positive feelings will certainly drive negative thoughts out of their minds, turning them into energetic, hopeful, honest and laborious useful citizens of the country. Bach Flower Remedies can contribute a lot in bringing about this revolutionary transformation.

These are the parents and teachers upon whom lies the responsibility of shaping the future of children. They can do so

only when they themselves possess positive qualities. Children are great imitators. They imitate everything that their parents and teachers do. They also adopt their way of thinking. If parents and teachers themselves are nurturing negative feelings like-fear, anxiety, anger, deception, and despair, they cannot be expected to develop positive thinking in the minds of their children. There goes a proverb, “you cannot get figs from thistles.” As a matter of fact, the negative thought of teachers and parents is behind all the problems of the students.

Home is the first school of a child. He learns the basic things and values at home and puts those very values into practice in his later life. He learns from his atmosphere. If he lives in an abusive atmosphere, he learns to abuse others. If he lives in an atmosphere in which everyone is criticizing and finding faults with others, he also learns to do so. On the contrary if he lives in a congenial atmosphere in which all the members of the family love, respect, help and trust one another, he also develops these qualities. He develops self-confidence in an encouraging atmosphere of approval, he learns to be just in an atmosphere in which importance is given to justice and fairness. He learns to trust others in an atmosphere of security and to give love in an atmosphere of agreement and friendship.

**Shiv Kheda.**

A child learns both the positive and the negative qualities from his parents. If the parents give their children fruits to eat, they can satisfy only their appetite for the time being but if they teach them to plant fruit trees, they manage for their whole life. It is the duty of the parents to give their children a definite aim in life instead of giving money or other material things. They must provide them the wings of encouragement so that they can soar high in the sky and achieve the zenith of success. But all these things cannot be expected from parents who themselves are suffering from negative thoughts like narrow-mindedness, having ulterior motive, distrust, apathy and suspicion.

### **Problems of the parents and Bach Flower Remedies**

Generally negative thoughts of the following kinds are found in parents;-

- (1) Fearful and apprehensive parents are over sensitive to the health and well-being of their children. They always fear lest their children should fall ill or some untowards incident should happen with them. Being in the grip of apprehension all the time, such parents can't enjoy inner satisfaction. They develop the feelings of fear, anxiety and cowardice.
- (2) Working parents develop a sense of guilt as they can't give enough time to their children and hence cannot

take proper care of them. Sometimes they also scold and beat their children in a fit of anger and then repent.

- (3) Parents having weak personalities try to please their children by fulfilling all their fair or unfair demands. With the result that the children get naughty and arrogant.
- (4) Parents, who are of a dominating nature and have a dictatorial mentality, keep their children under strict control. They do not appreciate their feelings and take all the decisions regarding their future themselves. The result is that the personality of the children are not developed properly. They grow cowards, timid and indecisive.
- (5) Some parents are always criticizing and finding faults with their children. They can't tolerate even the minor mistakes of their children. They see their faults, not their plus points. Children brought up in such an atmosphere develop inferiority complex, sense of guilt and frustration.
- (6) Children who are unwanted are a source of sorrow for their parents. Such parents are always bitter with their children and their behavior sometimes becomes very inhuman.

(7) Parents, who can't control their physical and emotional perturbations, are always abusing and quarrelling with each other. They also beat their children mercilessly in a fit of rage. The result is that the children are always scared and terrified. They develop a feeling of repulsion for the institution of marriage and if they marry, their married life is never happy and successful.

(8) Such parents lack patience and tolerance. They always hurry in every thing. They also expect their children too to do everything quickly. If they fail to do so, they (the parents) get angry and irritated.

Parents having the above characteristics and symptoms must be given Red Chest Nut, Pine, Honey Suckle, Centaury, Vine, Beech, Willow, Cherry Plum and Impatiens. These medicines will help in removing the negative thought of the parents and in developing in them positive qualities that will help a lot in the proper upbringing of their children.

## **2. Bach Flower Remedies for teachers**

After home, a child spends most of his time in school. Teachers in schools must play the role of a friend, philosopher and guide to their students. Teachers are very often the role-models of the students. They (the students) are highly impressed by the behavior, mannerism, their method of teaching and character. Unfortunately the teachers of today lack a sense of duty and

devotion. Most of them are not careful about the studies of the students. Very often we hear the news of the teachers beating the students mercilessly, causing serious injuries to their limbs and sometimes even death. Such incidents bring a bad name both to the teachers and the school. Such teachers have to face the resentment of the students and their guardians and also punishment. Teacher can make a great contribution to the formation of the new generation.

Their personality should be balanced, impressive and inspiring. At the same time the fact it should not be forgotten that the teachers too are after all human beings. They too have their own weaknesses and shortcoming. They too have their family, financial and health problems and they too may be the victims of negative thought.

Because of physical and emotional perturbations, teachers develop a dictatorial attitude, intolerance, keen anxiousness and vanity. Taking their symptoms into consideration, they must be given Chery Plum, Vine, Beech, Impatiens and Mimulus. These medicines will bring such a positive change in their thinking that not only their personal problems will be solved but will also help them in the proper and balanced development of their personality. Having brought the desired change in their thought, these medicines will help a lot in making the teachers popular among their students.



## **Problems of the students**

The list of the problems of the students is very big. They have difficulties of many kinds such as (1) Fear of examination i.e. examination phobia, (2) Known and unknown fears, (3) Problems related to studies, (4) Problems faced in the examination hall, (5) Behavioural problems, (6) Physical and mental problems and (7) The increasing tendency of committing suicide.

The parents of today are very sensitive regarding the education of their children. They have great expectations from them. They want their children to achieve what they could not achieve themselves. They want to realize their own dreams through their children. Because of this demanding desire, they suppress the natural aptitudes, ambitions and wishes of the children and try to mould them according to their own wishes. This tendency of the parents puts undesirable burden on the children and darkens their future, the consequence of which they have to suffer for the whole of their lives. Comparing their children with other children, they knowingly or unknowingly develop in them the feelings of inferiority complex, frustration and resentment. They get depressed and despaired. A large number of children brought for psychological counselling is a matter of great concern.

Fortunately Bach Flower Remedies provides a permanent solution to all the problems of children. It also takes effect very quickly.

## **1. Fear**

Children suffer from many kinds of known and unknown fears and this fear renders them cowardly, shy, timid and victims of the threats of other children forever. The feeling of fear is wide spread. Children who fear may start stammering. They develop this feeling of fear early in their childhood and cannot get rid of it all their life. Parents are mainly responsible for creating fear in the minds of their children. They may also inherit the feeling of fear.

Fear is of many kinds- fear of parents and teachers, fear of darkness, examination phobia, stage phobia, fear of cockroaches, lizards, rats and cats. These are all known fears.

There are also unknown fears-fear of ghosts and spirits, nightmares etc. In all cases of fear, Mimulus and Aspen must be given. Other medicines may also be given according to the symptoms.

## **2. Problems related to examination**

There are many problems related to examination. Nervousness and the fear of examination itself is the biggest problem. Students fall ill because of fear of examination and even intelligent students too cannot secure good marks because of nervousness. They also fear that they will not be able to complete and revise their course by the time their examination commences.

Some problems are related to examination hall. Even very intelligent students go mind-blank and forget everything the moment they enter the examination hall. Some students know the right answers but they are not sure. They want to confirm their answers from the students sitting beside them. By doing so, not only their time is wasted, they also incur the likelihood of being caught red-handed and of being debarred from the examination. Sometimes they get confused as to which of the two options they should make. Some students can't remember the answers so long as they are in the examination hall, but they remember them the moment they come out. Then they repent heavily. Sometimes they can't attempt all the questions as their fingers get tired.

Avoiding studies upto the last day of the examination, repenting on the poor performance in the previous examination, fear of not being able to fare well in a particular paper, physical and mental exhaustion, not being able to concentrate on studies and the habit of watching T. V. or playing games when it is time for studying are some of the problems faced by students prior to the examination.

### **Problems that may be faced after examination**

Problem that may be faced by the students are even more complicated. Good students worry about getting good marks. Weak students fear of failure. Many students suicide even before the result is declared as they fear they had not fared well at the

examination. Paradoxically when the result is out, such students are found to have secured first division. Some students commit suicide out of fear of their parents or out of self-compunction.

Both parents and students start worrying about getting admission in good colleges or institutes after the results have been announced. Students get frustrated and develop inferiority complex when they fail in getting admission in their desired institute.

Selection of courses too does not pose a less problem. Students can't decide in which field they should go engineering, medical, management or chartered accountancy. The field having been selected, there arises the problem of selecting faculty and optional subjects. Some students get scared and nervous when they have to face a personal interview or counselling.

Thus there are many problems, but the solution of all of them is possible by Bach Flower Remedies. An able and experienced physician can help a lot by selecting the right medicine on the basis of symptoms.

### **Problems related to the selection of career**

Selecting the right career is a difficult job and poses a great problem to the young men who are in the prime of their life. After passing through the phases of play school, primary school, middle school, high school, college, and professional education, there comes a time when a young man has to ensure a career. He has to

do so with great patience and confidence. The slightest mistake in the selection of a good career may ruin his life and cause him suffer for the whole of his life. In spite of being fully capable, many young men have to face failure because of some mistake in the selection of the career. Not that they commit such a mistake knowingly. They may do so because of some lacuna in their personality or because of their faulty thinking.

Patience and confidence are the two qualities by which all the problems can be solved. Henry Ford, the famous American manufacturer of cars, when asked by a friend the secret of his success, said, "self-confidence and patience are the secrets of my success. By these qualities, all the problems of life can be solved." His friend said, "excuse me, Mr. Ford. I do not agree with you. Can you carry water with a sieve.?" Mr. Ford replied, "of course, if you can wait patiently until the water freezes." This remarkable answer of Mr. Ford contains the secret of success. Patience and self-confidence can help you in the selection of a right career and job. A little impatience and lack of confidence may make you choose a wrong career and may lead you to the path of ruin and failure.

Bach Flower Remedies is surprisingly effective in the problems like this. Not that there is a dearth of careers. Many careers are open to the young men but the biggest problem is to choose a career of one's choice that suits one's ability. God has

sent every man to perform a particular job. If the job is selected accordingly, one can stun the world with one's remarkable achievements.

Wild Oat is the diVine remedy that transforms the thinking of a person in such a way that he gets able to choose a career of his choice.

Another problem is that one cannot choose the right alternative out of the two, and if somehow the choice is made, one wants to seek the advice of others as one has no confidence in his own decision. Anyway, selection is made. Now one has to prepare for interview. One has to be extra particular lest no important thing should get missed. When one has prepared well, one will be brimming with confidence and this self-confidence will certainly secure one the best job.

Unfortunately most of the young men fail in their goal as they develop the feelings of fear and nervousness right before the interview. And one failure may render them without any hope for ever. The result is that they yield to their failure and stop making further efforts. It becomes very difficult for them to face another interview. The phobia of the failure of the previous interview grows upon them and they cannot get rid of this unpleasant experience.

Serato, Sclerenthus, Gentian, Larch, White Chest Nut and Rescue remedies work wonders in such cases. These medicines develop in the young men patience and self-confidence and motivate them to try again.

### **The problems of women and Bach Flower Remedies**

The list of the problems of women is so big that a book can be written on them. Indian women by nature are very delicate, emotional and sensitive. They are so shy and modest that they always want to conceal their physical, mental and emotional problems. Given below is an account of their problems:-

#### **(1) View of herself**

Women are very careful and particular about beauty. If the structure of their body, their height, their complexion are not appropriate and if there are spots and pimples on their face they develop inferiority complex. Obesity, thinness and the imbalanced growth of their breasts perturbs them very much. They develop the feelings of known and unknown fear, stress, irritability, lethargy, revenge and physical impurity because of the natural changes that take place at the time of adolescence, and the pain caused at the time of puberty and during monthly courses.

If the women happen to be ugly, they develop the feeling of envy and jealousy for the women who are beautiful and good looking; and if they are beautiful themselves, they get vain. The

women who are not good-looking try to enhance their beauty by make-up, adopting different hair-styles and taking different kinds of medicines. But because of their internal unrest, stress and tension, they can't achieve the desired effect and inner beauty. They are always worrying and lack of self-confidence. As a result they lose their natural personality and individuality.

### **Problems of infertility**

The problem of infertility is a big and serious one. There are many reasons of infertility- (1) Inability of conceiving, (2) age, (3) not being able to conceive after many years of marriage in spite of being fully capable of doing so. This is the state of infertility for no apparent reason at all.

Many kinds of physical defects may also be the cause of infertility. For example, irregular or faulty monthly course, no formation of ova which are capable of conceiving, closing of the fallopian tube, and defects in uterus. In such cases, operation is suggested for conceiving. But the main causes of not being able to conceive even when there are no physical defects are fear, anxiety and stress.

There may be many other reasons of not being able to conceive- some physical defect in the husband, his sexual weakness, absence of sperms in his semen or the weakness of sperms. Very often when a man fails in sexual intercourse and is



not able to satisfy his wife, he loses self-confidence and develops the feelings of impotency. This is a serious state and the wife is rendered unable to conceive.

Sometimes women do not want to get pregnant so that there is no obstruction in the sexual pleasure of the husband and the wife. Then there comes a time when they want to give birth to children and to have a complete family and try for conception. But because of over-age and some other reasons, the wife cannot conceive. Even if she conceives, miscarriage takes place. The incidents of miscarriage and abortion are increasing rapidly. Both the husband and the wife get a big shock and the likelihood of conceiving a child gets even more dimmed.

### **Infertility and stress**

Cases of infertility are found in great numbers in metropolitan cities and in educated family, where both the husband and the wife are in jobs. They come to suffer from depression, stress, restlessness and inferiority complex because of the confusion and chaos of the big cities, pressure of work and the feeling of loneliness. They start repending on their past mistakes. Constant pressure and anxiety develops in them the feelings of frustration, restlessness and discontent. They are at a loss to understand why the wife is not conceiving when both of them are perfectly healthy. Because of the stress of constant worry, anxiety, depression and despair, 40% women become the victims of

infertility for no apparent reason at all. Then, for conception, they resort to I.V.F., a very costly and modern technique, but there is no guarranty they will be successful in the very first attempt. They have to make attempts many times. If unfortunately they do not get success in the first or the second attempt, the feeling of stress and depression deepens. They are haunted by the surcastic remarks of their family members and friends.

When such husband and wife find no other way and are totally disappointed, they go in search of surrogate mother. Surrogacy has its own problems. In short, it can be said that because of the problem of infertility the husband and the wife develop the depressing and negative feelings of fears, anxiety, frustration, stress, depression and deep shock. Conceiving a child and getting pregnant then becomes all the more difficult.

It is a matter of great relief for such husbands and wives that Bach Flower Remedies helps them in getting rid of such negative feelings and developing positive and optimistic feeling which may relieve them from the problems of infertility and help them in having the joy of having a child of their own. Their positive feelings thus developed, they start living a normal and peaceful life. They also come to enjoy their sexual activities and this spontaneous enjoyment increases the chances of conception.

If the wife is not getting pregnant because of some physical defect, it must be removed with the help of modern system of

treatment. If the infertility is incurable, then the husband and the wife must accept it and take it easy. Otherwise, Bach Flower Remedies help a lot in removing the hopelessness, frustration, self-compunction, depression and shock caused by the problems of infertility. Bach Flower Remedies brings about such a remarkable and pleasant change in their thought that the husband and the wife start living a normal life and thinking over some other ways of getting a child becomes easier for them.

Sexual weakness of the husband, his psychological impotence, absence of sperms in semen and the inability of the husband of performing sexual intercourse because of lack of confidence- all these ailments can be successfully treated and cured by Bach Flower Remedies.

Because of the problems of infertility, both the husband and the wife are obsessed with all sorts of apprehensions, anxiety, impatience, sense of guilt, anger, envy and malice. Bach Flower Remedies removes all these mental disorders and facilitates conception.

### **Problems related to pregnancy and post natal problems-**

Conceiving a child is a very important event in the life of a woman. Many physical and mental changes take place when she is pregnant. Some women feel like vomiting. They feel unrest and

there is swelling in their hands and feet. The women who conceive an unwanted child, developed a feeling of repulsion for that child. On the contrary, the women, who get pregnant after a long wait, have excessive joy and eagerness. They fear miscarriage and are worried about the health of child. Some women get scared thinking of the pre-natal and post natal problems. This pre-natal stress renders the normal delivery of the child difficult.

It is very necessary to relieve an expectant mother from all these worries and anxieties during pregnancy and to provide her mental peace and ease or the child may be adversely affected and contract many diseases even when in womb. Hence suitable medicines selected from Bach Flower Remedies must be given to the expectant mother. These medicines reduce many risks and make delivery easy and painless and then a healthy child is born.

At this stage, Ayurvedic medicines to be taken during all the nine months of pregnancy are advised. They help in producing a healthy baby.

Even after the delivery of the baby both mother and child have to face a new environment. When the child enters this world coming out of the dark world of womb, he has some difficulty in getting adjusted to the new atmosphere. The birth of a child after undergoing all the pangs of delivery is a matter of great happiness for both the father and the mother. But at the same time they have to accept some responsibilities also. They have to take proper care

of the baby. The mother suffers from all sorts of negative thought. Bach Flower Remedies provides relief from all such negative thoughts with the result that both the mother and the child enjoy good health and happiness. Thus the pleasure of the birth of a child is doubled.

### **Social problems of women**

In India, women have to face many social problems. They are as given below :-

#### **(1) Problems in the family and at the working place**

In most of the families women are ill-treated by their in-laws, husbands and the other members of the family. They are also beaten, abused and subjected to physical and mental torture. All the burden of the household chores is thrust upon them. Naturally they develop the feelings of great stress, anxiety, loneliness, frustration and depression. Working women have to face physical, mental and even sexual abuse.

#### **(2) Loneliness**

Women very often develop a feeling of loneliness as they find no one to help and stand by them. Their negative thought too may cause the feeling of loneliness.

#### **(3) They have learnt to live with their ailments**

Most of the women suffer from physical and mental fatigue and exhaustion, migraine, headache, stress, digestive disorders, painful monthly course, anemia and leucorrhoea. These ailments persist for a long time. The so-called modern and fashionable women suffer from many venereal diseases because of having free sex with many men. The main reason behind all these ailments of women, there is nothing but their negative thought, their being over-sensitive and over-ambitious. They want to gain the sympathy of others and this is not a healthy and positive attitude. If this negative thought is got over, 90% diseases of women can be cured automatically.

#### **(4) Sex problems**

These days, husbands and wives can't enjoy pure and natural sex because of various sex problems. Pain in the vagina during sexual inter-course, cold attitude of either of the partners towards sex, not getting satisfaction in sexual activity, masturbation, and homo-sexuality are some of the major problems which ruin married life. Situations of divorce also arise because of extra-marital relations of either of the marriage partners, their married life gets miserable even if they do not get divorce. Bach Flower Remedies proves very effective in solving problems like these also.

#### **(5) Problems related to menopause and old age**

Menopause is a very delicate and critical state in the life of women. It is such a phase when women are extremely perturbed and disturbed physically and mentally. They get annoyed, angry and irritable over trifles, and get extremely embittered and consequently their family members also get angry and annoyed with them. Women expect sympathy and co-operation from their family members but the latter themselves do not understand the cause of sudden change in the behaviour of women. The unsympathetic behaviour of family members makes them all the more unhappy. They get depressed and gloomy.

Like menopause, old age too is very very difficult and troublesome, specially for women. By the time they grow old, they are completely exhausted both physically and mentally. They get over sensitive and touchy. They enjoy the status of Home-Ministers in the family. Upon their shoulders lies the responsibility of managing and running the household smoothly. The whole family has to abide by the rules and regulations set by them. Their's is the most important role on all the occasions of joys and sorrows, marriages and festivals. But when they start ageing, suddenly this position begins to change.

All the responsibility falls on the shoulders of grown up sons and their wives and the rule of the eldest daughter-in-law begins. The sons and their wives now determine the roles of the old parents. If the former are sensible, they seek the advice of their

parents on all the important matters and work accordingly so that they may not feel neglected. They give them due respect. In such a congenial condition, the importance and dignity of the old parents, inspite of their getting free from all the responsibilities, remains intact.

But unfortunately such things are not observed in most of the families. And if the elderly parents do not keep healthy, they are not taken care of properly. The children for whom the parents sacrifice all their comforts and even lives, start neglecting them thinking them to be strangers and quite worthless. Naturally the parents break down emotionally. Women get particularly miserable and unhappy as they are more sensitive. They cannot adjust with this abrupt change. Walnut is the diVine and heavenly medicine that helps these helpless aged parents in taking this change in an easy way.

There are many more problems related to old age. Elederly persons, and particularly women, develop the dreadful negative feelings of loneliness, helplessness, hopelessness, despair, depression and fear.

The system of Bach Flower Remedies is highly effective and enable the elderly people in getting rid of all such negative thoughts. And just imagine, what a great relief it is to them! If right medicines are selected keeping in view the symptoms, they have a magical effect.



Specific medicines have been prescribed in the system of Bach Flower Remedies for the solution of all the above problems but they are to be selected very carefully on the basis of symptoms. The role of an able and experienced physician gets very important here. If the symptoms given in the book are studied carefully, even a lay man can select right medicines for himself.

## **Chapter-15**

### **Remedies for administrative officers, managers and doctors**

The responsibility of implementing governmental policies successfully lies on the shoulders of administrative officers. There are the officers of the Indian administrative services and the officers of the state administrative services who execute these policies. Business managers are responsible for implementing the policies of financial and industrial organizations. But there is a basic difference in the nature of the duties of the two. Administrative officers are responsible for the good and welfare of the whole of the public of the country.

Whereas business managers aim at earning the maximum profit for industrialists and at the economic and industrial development of the country. Both administrative officers and business managers need material and human resources to achieve their targets. Material resources are subject to mechanical rules—the more the input, the more the production. But this is not so with human resources. Output many times greater can be achieved from them.

Both the administrative and business managers have to depend on the human resources for the execution of different jobs.

Getting the maximum out of them depends on the ability and the efficiency of the officers. Their ability rests on their discretion and thinking. 85% success of the administrative officers and the managers depends on their thinking and view point.

This rule applies to all the fields-to private and professional fields also. The secret of man's success lies in his thinking. A task is performed not with two hands and two feet but with the whole body. If someone is afflicted with problems and his thought is negative, nothing good and constructive can be expected from him. Officers therefore, take human resources in their totality. This can be possible only when the attitude of both the officers and their assistants is positive, optimistic and creative. Best results can be obtained in that case only.

An ordinary officer/manager and a successful officer/manager are distinguished only from their thinking. It is their way of thinking that differentiates the two. An officer having a positive attitude motivates his subordinates to work with perfect harmony and to co-operate on another. Such an officer solves their problems and creates a congenial atmosphere in which all the workers co-operate one another and adopt a loving and sympathetic attitude.

He motivates the government, industrialists and businessmen to maintain sweet and cordial relations with the employees and develops the feelings of honesty and loyalty in

them (the employees). By developing these qualities, he also removes their mutual differences and discontentment and helps in the proper development of their personalities. All these measures increase not only production and profit but also the quality of things manufactured.

The officers and managers who have a negative thought, create obstacles in their own way. They create an unfriendly, boring and gloomy atmosphere both at homes and in offices.

Instead of proving themselves to be the assets of the government, the public and the industrialists, they come out as the greatest liabilities. Such officers nurture bitterness and resentment in their nature and lead a purposeless life. As they suffer from ill-health also, they come to cause stress not only to others but to themselves also.

The significance of the thought of administrative officers and managers can be very well appreciated. Their modus operandi is different. Governmental power is vested in administrative officers and they can get anything done in the name of law and disciplinary action. They do not hesitate in resorting to coercion. This power and authority renders their thinking negative and develops in them the feeling of dictatorship, nepotism and superiority. Business managers do not enjoy so much power and authority. They have to get things done by persuasion, even then they may develop negative thought.

In the success for a business organization, intelligence, discretion, knowledge and technique help only upto 15%. The rest depends upon the thinking of the managers. If their thinking is negative, their organization will not run smoothly. There will be many problems, difficulties and obstacles and hence the relations among the employees will no longer remain cordial. They will develop the feelings of anxiety, stress, fear, enmity, envy, anger and mutual distrust as their mentality is very low and mean and their outlook is very narrow. In such an atmosphere, both the officers and the employees come to suffer from physical, mental and emotional ailments.

Bach Flower Remedies changes their negative thinking into positive one and helps in the development of the organization.

Bach Flower Remedies has proved to be highly effective in the following cases :-

- (1) Dictatorial tendency, lack of respect for others, not caring for the suggestions of others and imposing their own ideas on the. Yearn for power, tendency of getting excessively aggressive to impose authority, prepared to get their object by fair or by foul means.
- (2) Impatient, irritable, excessive reactions.
- (3) Hesitant and passive because of lack of self-confidence and inferiority complex.

- (4) Gets very annoyed when meeting with superiors and oppositions, when things are not working out.
- (5) Does not learn from past mistakes and experiences.
- (6) Jealousy, distrust, feeling of hatred and envy at all levels.
- (7) Mental hangover, monday morning feelings.
- (8) Completely exhausted, extreme physical and mental fatigue.
- (9) Temporary feeling of inadequacy, overwhelmed by responsibilities.
- (10) Hard on themselves, having strict and rigid view, suppressed inner needs, great perfectionists, causing much mental and physical stress.
- (11) Indecisive, erratic, lacking inner balance, causing nervous breakdown, jump from topic to topic in conversation.
- (12) Over enthusiastic in supporting good cause, spends his energy, highly strung and even fanatical.
- (13) Inner reserve, proud, feeling of superiority, in isolation, little emotional involvement, suffers from loneliness.
- (14) Difficulties of adjusting in transitional periods of life.
- (15) Disinterest in work, fear of boss, thinking that work does not commensurate with his status.

Mostly middle-class officers and managers have been found suffering from the kinds of negative thought cited above. Higher authorities find it difficult implementing their policies and plans because of the negative thought of the employees of the organization. Such problems can be solved easily if the co-operation and services of Bach Flower Remedies experts are taken in such governmental and industrial organizations.

### **Main problems of the officers of higher level and their solutions**

Officers of higher grade and level are selected through competitive examinations. After being selected, they are imparted intensive training. Having been selected and trained in this way, they are expected to give their best. Most of the officers do succeed in doing so, but they too are not free from personal problems and problems related to the organization. Sometimes their positive thought starts giving negative results, but they do not come to know of it.

(1) Higher officers develop weakness and the feeling of helplessness as they are over-burdened with work and responsibilities. There comes a point when they come to think that enough is enough, they can do no more. Admitted that this feeling is only temporary, even then it is very crucial. If this feeling is not controlled well in time, they may break down and

lose their self-confidence. 'Elm' helps them in getting relief from such a harmful negative thought.

- (2) Officers having 'Oak' personality possess all the qualities of a successful victor. They have strong will power, courage, restraint, self-confidence and hope-qualities that are required of a good officer. Such people never lose heart in life. They remain devoted to their work inspite of failing again and again and having no possibility of success. They forget that they have their own physical and mental limits. They go on working and struggling without caring for their own needs and comforts. There comes a time when they are totally exhausted. Their stubbornness not only wastes their time and resources but also drives them out of the race of life. Oak provides such officers relief from this kind of nature and thinking. It removes their tendency of extremity and then they emerge as very successful officers and administrators.
- (3) Officers having Vine personality have both the qualities. They are strong-willed and have the quality of leadership. They are persons of dominating nature and leave no stone unturned to achieve their goal.
- (4) They have a great craving for power. These qualities are of the I.A.S. officers. But when they abuse these qualities and turn dictators, they can take an organization to the verge of destruction. The more power they have, the more power they want. To maintain their seat and position, they do not hesitate



in crushing any person who comes in their way. They develop the most heinous negative qualities- desiring unlimited authority, controlling others, and disregarding the desires of other. Hilter is the glaring example of a person having such negative qualities. People hate him even today.

Vine is the remedy that prevents such people from going to the extremes.

- (5) People having Vervain personality are just the opposite. They are very capable, enthusiastic, doing things more than required and are very faithful to their ideals and principles. They try to make themselves understood by others. They do not use coercion but try to get things done by persuasion. Such officers prove to be very good bosses to their sub-ordinates.

But such officers too have their weaknesses and limitations. As they consider themselves to be superior to others, they grow vain. They do not like to mix up with them. The result is that people start avoiding them. Ultimately they are left lonely and therefore unhappy. Because of doing excessive work, they get mentally disturbed and ill.

- (6) Vine relieves them from their negative thought and makes them social and popular. Thus equipped with good qualities they are able to perform their job in the best possible way. Most of the I.A.S. officers have Vine personality.

### **Bach Flower Remedies for doctors**

It is a paradox that even doctors suffer from various kinds of physical and mental ailments. The reasons are that they work hard under stressful condition and they want to earn as much many as possible.

The system of Bach Flower Remedies helps not only in solving their personal problems but also in their system of treatment. It enables them to discharge their duties in a proper way and in treating patients suffering from serious diseases. It also enables them to perform operations and deliveries successfully. Bach Flower Remedies is helpful to doctors in the following ways also :-

- (1) These medicines are very effective in removing the feelings of fear, stress, anxiety, sleeplessness, nervousness and exhaustion caused by excessive work while treating serious patients, apprehension of failure in complex and major operation, mental and physical fatigue and feeling of distrust in their own capability when there is comparison with very efficient doctor.
- (2) They have to attend conferences in which doctors from all over the country or the world participate. They get nervous right before attending such conferences and meetings and delivering lectures in them. They fear that something important may get missed before delivering a lecture or performing an operation. Bach Flower Remedies given

taking into consideration all the symptoms help in all such cases by removing their problems. The level of blood sugar in patients who are suffering from serious diseases or who are going to be operated suddenly goes up. At such times, treating or operating them becomes all the more difficult. Mimulus, Gorse and the Rescue remedies removes the feelings of fear, nervousness and hopelessness from the minds of the patients and they get ready to face the operation. Walnut proves very effective in the recovery of the patients after the operation.

Expectant mothers are very much worried about safe devliery. Bach Flower Remdies removes such feelings of fear and apprehension from their minds and fills them with the feelings of joy and confidence. This positive change in feelings makes safe and normal delivery possible.

The system of Bach Flower Remedies is particularly useful to psychiatrists and counsdlor in psychology. These medicines have a magical effect on mental patients, particularly those who are suffering from shocks, despair, hopelessness, depression and schizo-phrenia. Psychiatrists being thus benefited by Bach Flower Remedies can add more feathers in their cap.

We strongly believe and suggest that this wonderful and miraculous system of treatment- Bach Flower Remedies must be included in the course of medical studies along with other systems of treatment.

## **Chapter- 16**

### **Bach Flower Remedy selection**

Success of a system of treatment depends on the deep study and analysis of the symptoms of diseases and on the selection of right medicines accordingly. And the success of a physician depends on how deeply he has studied the root causes of diseases. According to allopathy, disease originates in body and therefore it centers only on the treatment of gross body. The patient gets temporary relief from physical ailment but is not completely cured. In fact the roots of diseases lie in mind and the disease actually originates in mind. Originating in mind, it affects the body and makes it ill. Hence it is important that the patient and not the disease must be cured.

Physical body exhibits only the disease, it is actually the mind that is diseased. Mental disorders are the root cause of diseases. They result in physical ailments. This is the basic principle of treatment which was first of all propounded by Dr. Hanniman, the father of homoeopathy. But even Dr. Hanniman prescribed medicines on the basis of the physical and mental symptoms of the patient. In Ayurveda, both mind and body have been said to be the cause of disease and while treating the patient, stress was laid on the physical causes. Dr. Bach went a step further and regarded the negative thought of man to be the main cause of

disease and developed Bach Flower Remedies, system that has proved very useful in providing total health to man.

### **Effect of Bach Flower Remedies on diseases**

Most of the people wonder how Bach Flower Remedies cure diseases. Our ancient saints and sages had provided the solution in the form of Yoga, spirituality and swara yoga. The main aim of ancient saints was to help man in achieving great heights of spirituality.

The basis of Dr. Bach's system of treatment like that of our ancestors, was discovering new things but he has given greater importance to treatment of disease and to health than spiritual development.

Oxygen is the basis of man's life and health. Flow of oxygen through Ida, Pingala and Sushumna keeps man healthy physically, mentally and spiritually. Health is controlled by some rules of nature. When these rules are not followed, diseases break out. Oxygen supplies energy to the whole body. This energy keeps the body alive, energetic strong and fresh. The proper flow of vital energy provides oxygen to the very small cells of body and keeps it fit and strong. It also helps in the production of new cells and provides life force. So long as our life-force is intact we are safe from the attack of diseases. Diseases attack only when there is an obstacle in the flow of vital energy and when our life-force is

weakened. These are also the causes of infectious diseases. Life force fights with different kinds of germs and saves up from diseases.

Negative thoughts create obstacles in the proper flow of life-force. Negative and ruinous feelings of fear, violence, hatred, enmity, envy and unnecessary possession develop many complexes in mind and these complexes prevent the free flow of vital energy. The parts of the body which are deprived of this vital energy get diseased.

The main cause of the negative feelings developing in mind is the secretion of hormones from the various glands of the body. Hormones do not affect so much man's heart, liver and nervous system as they do mind and body. These glands affect the development of our mind and body. Thyroxine, hormones secreted by thyroid is mainly responsible for the development of body and mind. If it is not secreted in proper quantity, the body remains weak and if it is secreted excessively, obesity and many other diseases are caused. Fertility of women is also affected. In the states of fear and anger, the secretion of hormones from adrenal gland exceeds in quantity and one gets diseases.

Development of intelligence is hampered when Pineal gland does not function properly. Balance of mind, body and life force is impaired. Improper and insufficient secretion of adrenal gland causes the feelings of fear, anxiety, and anger.

Adrenalin, secreted by this gland provides physical energy. In emergency, it is secreted in a greater quantity and mixed with blood, enables man to face that emergency. On the other hand, if it is secreted unnecessarily, it creates anxiety for no apparent reason at all.

Secretion from gonads causes sexual urge and excitement. Sex changes-from man into woman and from woman into man-are caused by these glands. Secretions of different glands affect our mental attitudes, conduct and behaviour. Considering from spiritual point of view, our karmas are there behind our attitudes and behaviour. But from the point of view of medical science, the secretion of hormones is mainly responsible for our attitudes and conduct.

From the above expatiation, two things are clear- **(1)** The main cause of the development of negative thought in our mind is hormonal imbalance and **(2)** This negative thought obstructs the free flow of vital energy as a result of which physical ailments are generated. Free and constant flow of vital energy is very necessary to get rid of diseases. Yoga, pranayam and meditation are the ways by practising which, free and constant flow of vital energy can be maintained. Bach Flower Remedies provide a medicinal solution and are very effective in maintaining the free flow of vital energy.

Dr. Bach first discovered the different kinds of negative thought found in man and then discovered some diVine herbs

provided by nature which change the negative thought into positive and constructive thought in a natural way. Bach Flower Remedies probably help in maintaining balance in the secretion of different glands. It is a matter of research as to which remedy affects which gland and how it does so.

### **Bach Flower Remedies and the protection of environment**

One of the main reasons of the problem of environment is the destruction of natural herbs and plants. Plants and herbs are the main source of Ayurvedic medicines. As Ayurveda has gained world-wide popularity, herbs and plants are being exploited at a very large scale. The result is that most of the herbs have disappeared for ever or are on the verge of extinction. These herbs are being used at a large scale in manufacturing allopathic medicines. Homoeopathy also uses these herbs and plants. The demand of these herbs is increasing because of increasing diseases. Environment is being adversely affected because of the destruction of natural vegetation.

Bach Flower Remedies are prepared from herbs gathered in sunlight. Then they are boiled with water and their essence is prepared. 30ML of medicine is prepared with only two drops of the essence and hundreds of patients can be treated with this quantity.



The medicines mostly contain wild Flowers which wither in course of time. At the same time, fresh Flowers that have got useless are made use of in making medicines. For making medicines, herbs and plants are not harmed in any way nor carbon fuel is used for doing so. Thus these medicines are prepared without causing any harm to environment. Considering from this point of view, the system can be said to be the best in the world.

### **Remedy selection**

Successful treatment of patients depends on the selection of right medicines. If the selection is right, the medicine will give miraculous results. Selecting a right medicine out of only 38 kinds of medicines for the treatment of thousands of diseases depends on the experience and the ability of the physician. Even then selecting a right medicine is not very difficult. In this system, treatment is given on the basis of the personality of the patient. Whatever the disease, treatment is given taking into consideration the mental and emotional attitude, nature, mood and personality of the patient and doing so is very easy.

Dr. Bach fully believed that physical ailment is the result of imbalance in the mind and spirit of man, hence treating his mind is the most important thing. Negative feelings like fear, stress, anxiety, envy, malice, enmity and frustration etc cause many kinds of physical problems and their effect is seen in different forms. These negative thoughts cause physical sensations which are real

and not imaginary. These sensations give rise to emotional disorders.

Some of the mental reactions caused by these disorders are temporary and their effect is removed automatically after some time for example, the nervousness caused just before an examination or an interview, the fear and anxiety caused just before delivering a speech and the mental and physical reactions just before going to a hospital or to a dentist to get some aching tooth pulled out. Our body resists all these reactions to the best of its capacity, but when it is unable to resist no more, it expresses its inability in the form of different kinds of physical reactions.

If we overlook these reactions, the body gives unbearable pressure. Every individual has got his own weaknesses. Under physical and mental stress, some people develop migraine whereas others develop asthma, indigestion and skin diseases. The condition gets worse because of the apprehension of the diseases getting worse. In our body there is an automatic safety mechanism which alerts us against the possibility of some disease that may be caused due to various reasons. The body has its own method of alerting us and it is very important to understand this method. When we toil beyond our physical and mental capacity, taking rest is necessitated to avoid fatigue. But in practical life, sometimes we are not able to take this much needed rest because of various reasons. We know the requirements and the limitations of our

body, yet the urgency of situations does not allow us to take rest. The result is that our body is completely tired. If one is strong enough physically, one may break down emotionally.

Some diseases are not the result of emotional disturbances, they are caused by allergy. Some people develop asthma, migraine, fever, and skin allergy because of the intake of some particular thing or the change of weather or because of the reaction caused by dust, pollen or the hair of a dog or a cat. And there are people who do not have allergy from anything. Whatever the reason of the diseases, treatment gets successful when it is given after coming to know the root cause of the disease by taking into consideration the personality of the individual, his life style and emotional reactions.

There are circumstances under which Bach Flower Remedies cannot contribute much to the treatment of diseases, such as appendix, abscess having come to ripening, serious obstruction in intestines and fractures. In such cases it is advisable to seek modern system of treatment. In cases like these, Bach Flower Remedies cannot substitute medical treatment.

But the fact is that whatever the disease, negative thoughts like fear, anxiety, and depression etc, too arise with it.

The system of Bach Flower is the best one for changing negative thought into positive one. It provides relief from negative thought and improves the flow of vital energy in the body. It also

boosts will power. All these positive improvements remove the apprehension of the diseases getting worsened. In cases where Bach Flower Remedies do not help directly, they help in early recovery if they are taken with allopathic, homoeopathic or ayurvedic medicines. In diseases like cancer and heart attack, the patient is terrified by the thought of death and there by his condition worsens. Bach Flower Remedies like Mimulus, Rock Rose and Aspen help in removing the feeling of fear, terror and anxiety and in regaining health.

### **Conditions for the right selection of Bach Flower Remedies**

For the selection of right medicines for patients, a physician must have a good knowledge of every remedy and a good understanding of human nature. An individual cannot select medicines for himself, because for doing so, he must know his nature well and this is something that is very difficult. An individual happily accepts his good qualities, but when it comes to negative feelings he gets biased. For the selection of right medicine, he will have to understand and analyse his mental thought very minutely. He must also seek the help and advice of his friends because they will make an unbiased evaluation of his nature. Only the right knowledge of an individual's personality and nature can help in the selection of a right medicine.

Remember that Bach Flower Remedies never fail in curing diseases. If they fail, it means that right medicine has not been selected. Selection of a right medicine depends upon the ability and experience of the physician.

Some medicines out of the 38 Bach Flower Remedies indicate the nature and characteristic traits of an individual- (1) Chicory, (2) Agrimony, (3) Vervain, (4) Vine, (5) Water Violet, (6) Rock Water and (7) Oak are some such remedies. They are known as type medicines because they tell about the nature of different kinds of persons. Similarly, (1) White Chest Nut, (2) Gentian, (3) Aspen and (4) Star of Bethlehem indicate the different states of mind which are commonly found in all men. Such medicines are known as complementary or mood remedies.

In daily life, every person passes through different mental and emotional phases. And quite naturally, there are many ups and downs in his life. Every person develops the feelings of anger, irritability, despair and fear at some time or the other. Positive thought removes negative thought and facilitates maintaining mental balance. Sometime we cannot keep happy, however much we may like. In such conditions, Bach Flower Remedies, taken in conformity with symptoms, remove negative thought and help in maintaining mental balance.

Some people are pessimistic by nature. Their whole approach is negative. They are never happy. They are always

depressed, fearful, anxious and in a dilemma. If this is the condition, it becomes necessary to find out the root causes of these negative feelings. The reasons may be many and varied. Those who are always suffering from unbearable agony, can never be happy. To make them happy, it is necessary to treat their agony. The analysis of the emotional feelings brings out a complete picture of man's personality. Here, it is to be noted that every person expresses his reactions in different ways under different situations. But persons having the same personality and character often react in the same way. **Hence the reaction given by someone is an important indication of the disease and helps in the selection of type medicine for an individual having a particular type of personality and also guides the physician.**

### **Remedy selection**

In life, we come across different kinds of people. Everyone has got his own individuality that makes him unique and different from others. **A man's personality is the index of his image.**

The nature of every person is found to be matching with the symptoms of some remedy or other. Some persons are introverts by nature whereas others are extroverts. Some are full of zeal and zest while others are gloomy and sad. The physician has to decide to which class the patient he is treating, belongs. The medicine should be selected accordingly. For example-

- (1) If someone is very frank and straightforward, the symptoms suggest the selection of Mimulus, Centaury, Larch, and Water Violet etc.
- (2) The Talkative persons, who try to hide their pains and sorrows under the garb of happiness, must be given Agrimony. Heather must be given to one who talks about oneself all the time. Those who show excessive eagerness and are in tearing hurry, who talk quickly and are looking at the watch again and again and are in hurry to give a reply without even hearing the question must be given Impatiens. Persons who get excited and irritated while talking on a particular topic and who present their views in a very impressive way are patients of Vervain.
- (3) Mimulus, Centaury Larch and Water Violet must be selected for persons having calm and cool temperament.
- (4) Identifying the nature and personality of some people is very easy whereas some people have a mixed nature. It is easy to select medicine for persons who are frank and straight whereas gathering accurate information is very necessary before selecting medicines for persons having mixed personality. So that their personality may be accurately identified and assured. Asking questions facilitates the physician in selecting right medicines.
- (5) Type medicines can also be selected by understanding the reaction of the patient under different conditions. This method can be explained with the example of some students:-

- a) Student 'A' is very careless about studies. It makes no difference to him whether he passes the examination or not. His indifference to studies shows that he needs Wild Rose.
- b) Student 'B' has the habit of biting nails. He looks at the watch time and again and again keeps moving his legs. He is very restless before he gets the question paper in the examination. His impatience and restlessness indicate that he needs Impatiens.
- c) Student 'C' want to ascertain from other students whether the answers he is going to write while appearing in an examination are correct or not. Although he is intelligent and good at studies, he is not sure of his decision and that he wants to confirm the answer. He needs Cerato.
- d) Student 'D' takes a long time in deciding which of the two essays he should write. He finds it difficult to select one out of two alternatives. He must be given Sclerenthus so that he may get rid of this dilemma.
- e) Student 'E' keeps peeping out of the window instead of concentrating on writing answers. He is also lost in the sweet dreams of going somewhere during the summer vacation. Clematis helps him in concentrating his attention on solving the question paper.

From the above examples it is clear that all the students are appearing in examination to pass it, but their thinking is different. **The reactions expressed by an**



**individual under different circumstances are very helpful in selecting the right medicines.**

- (6) Physicians can learn a lot and gain a lot of experience by observing the behaviour and activities of people at public places and in parties and functions. This knowledge and experience can stand in good stead for them in selecting right medicines. Different characters played by the artists in T.V. serials and film must be carefully observed. This observation helps a lot in selecting type personalities and type remedies. Careful observation of the nature and body language of political leaders, artists, players and the members of the family help in identifying type medicines and type personalities.

To gain efficiency in the right selection of Bach Flower Remedies, they should first be tried on oneself. Generally, everybody suffers from different kinds of negative thought. As one knows one's nature better than the others do, one can try these remedies on oneself and can have personal experience of their benefits. Then, these remedies can be tried on family members, friends and people around. Thus, a lot of experience can be gained. The experience thus gained enhances physician's trust in these remedies.

It is very easy to use Rescue remedies. They are very effective in cases of accidents, diseases or any other emergency.

No particular diagnosis is needed for using them nor is there any likelihood of any harm or reaction. It can be said to be a panacea. Rescue remedies provide quick relief in cases of fear, terror, restlessness, unbearable pain, unconsciousness caused by accidents or emergencies, but in order to remove emotional perturbations other than those cited above, other necessary remedies too must be given with Rescue remedies. Gentian for the feeling of despair and hopelessness caused by any reason, White Chest Nut for sleeplessness and stress caused by unwanted and unpleasant thoughts coming into mind again and again, and Larch for lack of self-confidence must be given with them.

In case of problems deeply rooted in the depths of mind or chronic disease, selecting right medicines becomes very difficult. Medicines do not work and take effect, if they are not selected carefully and after much consideration. When it happens, both the physician and the patient lose trust in them. Failure of the physician while trying a totally new system of treatment may bring bad name to that important system. Medicines, therefore, must be selected very carefully and patiently. Then, these remedies help the physician also in removing his difficulty in selecting the right medicines.

For example, if the physician is having difficulty in selecting one medicine out of many, on the basis of symptoms, he must take one or two doses of Wild Oat and then try again. He will

come out of his confusion and be able to select the right medicine. Sclerenthus will help if there is any confusion in choosing one medicine out of two. Honey-Suckle must be taken in order to avoid the probable mistake in the selection of medicine. After taking the required doses of Honey Suckle, the physician must listen to the patient carefully, discuss with him the symptoms of the disease, study his body language and then prescribe medicine.

The information about the causes behind the disease or negative thought can be gained by listening to the patient or by asking questions to him. There may be many causes of diseases- the shock caused by some accident, or the feeling of deeply rooted fear or terror or lack of self- confidence caused by some failure in life. In each of the above cases, Star of Bethlehem, Rock Rose and Mimulus or Larch may be given respectively. Sometimes problems of asthma or breathing develop on hearing the news of the death of some dear and near one. Only a few doses of Red Chest Nut will work wonders in both these cases. Sometimes the cause of the disease may lie in the shock caused by some accident that took place years ago or the feeling of enmity or envy. To make the medicines take effect, it is necessary to remove these emotional disorders deeply rooted in mind. Star of Bethlehem and Holly serve this purpose well. Depression, self- compunction, sense of guilt, ulcers and migraine etc. are caused by great emotional imbalance, lying deep in the inner conscious. These causes are to

be found out and medicines are to be selected accordingly for permanent cure.

Incidents of childhood may be responsible for a person's present mental condition. One comes to forget one's basic nature because the mental tendencies persist for a long period. Layers of negative thought like the layers of onion, assume a serious form. Good results can be expected only when these layers are removed one by one and remedies are given accordingly.

Anxiety is a serious disease from which most of the people suffer. Some anxieties are the result of present conditions. They are automatically removed when the conditions improve, But there are many kinds of mental and emotional problems behind anxieties persisting for a long time. These anxieties are the result of ruinous, destructive and negative thought. This is a serious condition for which no system of treatment offers any remedy but Bach Flower Remedies. It is a fact that anxiety causes many serious physical and mental diseases. There is anxiety even for one's treatment. This feeling of anxiety can be removed only when the layers of negative thoughts are gradually removed.

The patient suffering from anxiety must first be made aware of the kinds and causes of anxiety. The atmosphere of one's working place, the education of children or their ailments may be the causes of anxiety. If the cause of the patient's anxiety is the fear of disease, this fear falls in the category of known fear.

Mimulus is the remedy for this kind of fear. There are persons who always have the feelings of uncleanness and disease, who find dirt everywhere and who are very particular about cleanliness. They want every thing in order. To keep one's things neat and clean and tidy is good, but always worrying about order and cleanliness is taking things too far. Crab Apple must also be given to such people to remove their tendency of extremity. Both Mimulus and Crab Apple must be given to such patients.

It is strange that some people develop eczema because of anxiety. Such patients should be treated for anxiety and not for eczema. If their anxiety is removed, their eczema will automatically be cured. **There goes the maxim, "It is the thought of the patient that should be treated, not the disease."** The patient is worried more about the deformity of his skin because of eczema than the disease itself. This symptom shows that he is suffering from the feeling of uncleanness. Crab Apple will provide him relief from the feeling of uncleanness and consequently from eczema.

### **Consultation**

The physician plays a very important role in the success of Bach Flower Remedies. Firstly his personality must be impressive. **He must be a picture of positivity from head to foot.** He must exhibit self- confidence, cheerfulness and optimism from his face, conversation and even from his clinic. There must not be a single

trace of negativity in his personality or behaviour. Then only the patient will develop faith for both the physician and the system of his therapy. Thorough knowledge of the negative thought deeply rooted in the mind of the patient and consultation with the physician are very important for the right and complete cure of the patient.

The exact mental condition of the patient can be known by consultation. Before the physician starts consulting the patients, he must motivate him for an informal, and quiet conversation, having no hesitation or fear so that he may talk frankly about his mental condition. In the first meeting, the patient is nervous and hesitant. He cannot clearly express and explain his feelings emotions and troubles. Hence the atmosphere must be congenial and the patient must feel at ease the moment he sees the physician. He must feel that the physician is an old acquainted and has the feelings of love, affection and sympathy for him and that he is his well-wisher.

When the patient comes for consultation, he must be seated comfortably, his behaviour and body language must be observed minutely and his tales of suffering must be listened patiently and carefully. He must not get the feeling that the physician is in a hurry and wants to dispose him quickly. He must be given as much time as is necessary. After talking for some time, the patient knowingly or unknowingly reveals things that are very useful in going to the root cause of the disease. He may be asked some short

questions in- between, if need be; otherwise it is better not to disturb him. After the patient has finished, the physician can make inquiries and gather more information, if he thinks proper. Medicines must be selected when he is fully satisfied with the inquiry about the cause of disease and the mental condition of the patient. The success of the physician's consultation depends on how much faith and hope he has been able to arouse in the mind of the patient. After meeting the physician, the patient must feel that he has come to the right place and to the right person and that he will certainly be cured of his ailment.

Suppose the patient has lost all hopes of his getting well and has to come to the physician only to respect the feelings of his family members and relatives. His feeling of hopelessness must first be removed by giving him Gorse for as much time as is necessary. The patient can get no benefit until his feeling of utter hopelessness is removed. After doing this, other remedies must be selected thereafter.

To conclude, the most important thing is that the physician himself must be totally free from negative thought. He must every inch be an epitome of positivity and optimism. If he himself is suffering from some negative thought, he must first treat himself and get rid of that negative thought. A physician suffering from negative thought emits negative energy that affects the patient

adversely. In such a case, the patient loses all faith in the physician and all the possibility of his getting well is obscured.

### **Choosing remedies for oneself**

It is a fact that choosing a medicine for oneself is more difficult than choosing it for someone else. It is but natural because a man can evaluate and judge the nature of others impartially and without any bias but when it comes to the evaluation of his own self, he gets biased and blind to his faults. His negativity is not an evil for him, it seems to him to be a good quality. The first and foremost condition of the selection of right medicine is that we identify our negative thought honestly and without any bias or prejudice.

We must not hesitate in seeking the help of our family members and friends, if needed. It has been observed that when one comes to choose medicines for oneself, one feels that almost all the medicines suit him mentality, and one is at a loss to decide which medicine to take and which one not to take. To get rid of this dilemma, one should make a list of his main symptoms and select three to seven medicines and start using them. Having experienced the effect of these medicines, other medicines may be considered.

If there is no improvement and one is not satisfied, one must consult the physician. For the selection of right medicines,



one must have a complete and clear picture of one's personality in one's mind. One will come to know what type of a person one is. One may be either an introvert or an extrovert, one may be in deep agony and yet feign happiness. One may have the quality of leadership and of a struggling nature but at the same time one may be having a dictatorial nature. One may also be cowardly, timid, shy, weak-willed, suffering from the feeling of self-compunction and sense of guilt and lack of self-confidence. How one reacts to criticism, how one controls physical and mental impulses and how one faces problems, difficulties and disease- all these things are very important and help in the selection of right medicines. One's thinking and personality are very important so far as the selection of right medicines is concerned. One must accurately evaluate one's negative thoughts like envy, malice, intolerance, distrust and grumbling all the time. Then only right medicines can be selected. When one identifies one's mental thoughts, without any bias, the first phase of treatment starts and the selection of right medicines paves the way to a healthy, and therefore, happy life.

Finding out the shortcomings in one's personality may be another way of selecting right medicines. Maybe one is not fully confident as to what line one must choose. Wild Oat will help in this case. Cerato and Sclerenthus, thus help if one is not confident of one's decision or in the event of dilemma before starting some

venture. Centaury will help a person having a weak and poor personality.

The success of Bach Flower Remedies totally depends on one's thoughts, mental feelings and personality, as mind is the most conscious part of the body. Disease first affects mind, body then manifests it. Hence one's thought and mental perturbations too should be taken into consideration while going for the selection of right medicines.

## **Chapter- 17**

### **Choosing remedies for children**

Choosing appropriate medicines for children is a bit difficult as they cannot express their feelings properly. It is all the more difficult to choose medicines for newly born babies and infants who have not yet learnt to speak. Hence, all deep study and observation of their nature and body language constitute an important basis, for choosing medicines for them. A child's mood and behaviour clearly exhibit its nature.

Children are the future of a country. The habits developed in childhood lay the foundation of their future life. If an expectant mother is given Bach Flower Remedies, taking into consideration her mood, nature and tendencies, right from the seven month of conception, she can not only be saved from the troubles of pregnancy but an easy, painless and normal delivery is also assured. There arises no need of a scissarian delivery. Bach Flower Remedies are extremely helpful in doing away with the post-natal problems also. The mental tendencies and thoughts of an expectant mother during pregnancy indirectly reflect the nature of the child. It is affected by negative thought when it is still in womb, it may suffer its ill-effects for the whole of its life. Not that the feelings of the child alone affect the mother. Fact is that the child too is affected by the negative thought of its mother.

All sensible parents wish and try that the feelings of an expectant mother remain pure, pious and positive. Bach Flower Remedies are the best medicinal solution for getting rid of the negative thoughts, deeply rooted in mind. Walnut can be used regularly during pregnancy to maintain mental equilibrium. For restlessness Impatiens may be given. Generally Rescue remedies must be given to get relief from restlessness, emotional perturbation, lethargy and unrest. Selection of the medicine depends on the mental tendencies of the expectant mother. Rescue remedies like Mimulus and Rock Rose etc. may be given for pre-natal nervousness, fear and anxiety and for normal delivery. Of course, mental Symptoms are always to be kept in mind. After delivery, Rescue remedies and Walnut must be given to both the mother and the new born baby to facilitate them to adjust to the new environment. Walnut is an effective link breaker. It lessens the likelihood of hereditary diseases. If there is a history of hereditary diseases in the family, Walnut must be given from the beginning of pregnancy.

It is unfortunate that in the modern age, the child is born with many ailments. It is really a matter of concern for the parents and the whole family. Medical science these days provides separate courses for doctors specializing in the treatment of new-born babies. This shows the severity of diseases likely to be found in new-born babies. The use of Bach Flower Remedies during

pregnancy and the Ayurvedic treatment given for the nine months of pregnancy are an insurance against diseases and a guarantee for a bright and happy future life of the children. These two measures will keep them healthy and happy.

Medicines for a new-born baby are chosen observing his nature and physical activities. If a contented, good-natured and cheerful child gets restless, he must be given Agrimony. If he is irritable and impatient, it needs Impatiens and if it always wants to be in the lap of its mother, and starts crying when put to bed and always wants to be with its mother, it must be given Chicory.

While choosing medicines for small children, their play-habits, their dictatorial tendency and their nature must be kept in view. Some children are very calm and quiet, while others are very sharp, industrious and playful and frolicsome. They never sit quiet. Some children are timid and because of their timidity, become an easy prey to the threats of other strong children. Such children can be given Impatiens, Vervain and Centaury, respectively, keeping in view the symptoms. Mimulus must be given to timid and cowardly children, Vine to those who are threatening others, Clematis to those who are always sleepy and dozing, Willy to those who are always grumbling and have an irritable nature and Chicory must be given to children who always try to attract the affection of others to them.

Many changes take place as children grow up. Teething period, going to school for the first time and adolescence are the transitional periods in their lives. They have to face great pain during teething period. And when they go to school for the first time, they have great difficulty in adjusting to a totally new atmosphere. They cry, shriek and make excuses to avoid going to school. Sometimes they also fall ill from fear of going to school, and then in school also, they have to face many problems. If the parents do not help in solving their problems at this time, their future may be ruined. Many physical and mental changes take place during adolescence. They leave the children totally confused and bewildered. The parents must show great understanding during this time. They must try to understand their problems and solve them. They must be very sympathetic and friendly to their children. But sometimes problems are not solved even then. Walnut comes to the rescue of the children at such a critical and transitional period of their lives. It helps in removing the feeling of uneasiness caused by these changes and getting adjusted to the new physical, mental and emotional conditions. Holly must be given to them to remove the negative feeling of hatred, enmity and jealousy. Children have their own problems and Bach Flower Remedies, given to them, keeping in view their mental symptoms, have proved to be very effective in solving them.

The most important thing is that children are very pure-hearted. Their minds are not so much spoiled and afflicted with evils as those of the grown up people. Hence these medicines work on them immediately. It is our firm belief that there can be no better system of treatment for children than Bach Flower Remedies.

## **Chapter-18**

### **Bach Flower Remedies for animals and plants**

#### **Animals and Birds**

Bach Flower Remedies are as effective in the treatment of animals as they are effective in the treatment of children. In case of animal also, medicines are selected on the basis of symptoms as they are selected in the case of human beings. The mood and nature of the animals are particularly taken into consideration. Bach Flower Remedies can be tried on pet dogs and cats and on domestic animals like horse, cows and buffaloes also. Drops from 2 to 4 can be given to animals like cats and dogs and 10 drops mixed with water or milk or biscuits can be given to animals like horses, cows and buffaloes while selecting the remedy. The nature and the causes of their behaving in a particular way must particularly be kept in view.

For example, we can take the case of dogs. It has been observed that a dog that is generally quiet, starts barking at the passers-by. There may be many reasons. If it is barking because of fear and terror, it must be given Mimulus and Rock Rose. Sometimes pet dogs bark to save and protect their masters. Such dogs need Chicory. Dogs too have their own territories, they cannot bear other dogs in their territory and they bark to show that their territory should not be encroached upon.



They must be given Viner. Sometimes, on the arrival of a new-born baby in the family, the love of the parents is divided between the baby and the pet dog. The pet cannot bear it. It develops feelings of envy, malice and enmity for the baby. It is a dangerous situation. The dog barks at the baby and sometime even grows violent and tries to bite the baby. Holly removes the feelings of envy and enmity from the mind of the dog and develops the feelings of love and co-operation. If the dog is timid and hides itself in a corner of the house or in the lap of its master on getting scared, it must be given Mimulus and Chicory.

When birds and animals fall ill and suffer from pain, they look at their masters with a look of despair and solicitation. They expect love and sympathy from them. When they do not get what they want, they develop the feelings of grievance and sorrow. In such a case, they must be given Willow. Clematis removes their dullness and the tendency of dozing all the time. Vine must be given to them to remove their irritability and restlessness.

Like human beings, birds and animals too have their own nature and mood. In choosing medicines for them, their nature and mood must also be left in view.

Rescue Remedies are helpful and useful to birds and animals also. These remedies can save the lives of these mute creatures when they get wounded because of some accident. Rescue remedies can be given to them both externally and

internally. Rescue cream if available, should be applied to the wound and then it should be dressed. If the cream is not available, a lotion should be prepared by mixing Rescue remedy and Crab Apple together and then the wound should be washed and cleaned with this lotion, mixing water with it. Rescue Remedy, mixed with water or some other drink should be given every 10 or 15 minutes until the wound is healed up.

It has been observed that birds, flying in the sky, get wounded and fall down on the earth. In such a case, some drops of Rescue remedy must be poured into their beaks and this remedy, mixed with water, must also be applied to the wound. This treatment has a magical effect. The birds recovers immediately and fly away. Bach Flower Remedies can open new vistas for veterinary doctors.

### **Treatment of plants**

The methods mentioned in the garden manual are adopted for the safety of plants and trees and to save them from diseases. Apart from pesticides, different kinds are also used to increase the yield of Flowers and fruits. The idea of treating trees and plants with medicines seems to be strange and people generally do not believe it. But it is a fact that Bach Flower Remedies are very effective on trees, plants and vegetation as they are in the case of human beings.

It has now been scientifically proved that plants and trees too are living beings like other creatures. They too are an important part of nature. They too have life. They too are full of life-force. The only difference is that they are immovable beings and they have only one sense- that of touch. They feel joy and sorrow by means of touch only.

These are the plants and herbs which provide us different medicines. Here the question arises- plants and trees provide us health. How can health be provided to those which are health givers themselves? But the simple fact is that this cycle of give and take goes on continuously in nature. It has been observed that the leaves of trees and plant begin to dry when they get dry. It has also been observed that when trees are planted some of them grow whereas others get diseased and wither away. It means that they have not been able to adjust themselves to a new environment and change of place and their life-force has gone weak. In such a condition they cannot grow and thrive. In cases like these Bach Flower Remedies prove very useful. There are many instances of trees and plants getting revived and green again when Bach Flower Remedies were applied to them. Everybody can see it for himself by trying these remedies on the plants in his garden.

But for treating plants, having a dialogue with them and understanding their emotional reaction are very necessary. Which

is perhaps not an easy job. But is not so very difficult for those who are always tending their plants in their gardens.

Gardeners, because of their attachment for plants, can very well understand and appreciate their joys and sorrows and nature. Even a lay man can realize which plant is looking diseased and unhappy. Trees and plants exhibit their nature themselves. Man is a five-sensed creature. His five senses produce different kinds of mental and emotional impulses. This is not so with trees and plants, but they too feel pain and fatigue. Their growth is obstructed when they do not get enough sun. At the same time they get scorched when it is very hot and the sun is very strong. They even get dry because of lack of water. The ill-effect of the changing environment is clearly visible on them and they too get shocked. The following medicines are useful for plants and trees :-

- (1) **Willow**- For trees and plants which appear to be sad and unhappy.
- (2) **Gorse** - For trees and plants which appear to be dead.
- (3) **Walnut**- For adjusting with new circumstances caused when transferred from one place to another or when a new kind is grafted.
- (4) **Star of Bethlehem**- On being shocked because of unexpected changes in the environment.
- (5) **Olive**- To get fresh life- force that was lost on not getting sufficient sun.

**(6) Rescue remedy-** It is used in cases of shock, grief and fear etc. It helps in restoring life to dying plants and trees.

Ten drops of the medicine mixed with a bucketful of water must be given to the plants and trees and sprinkled on their leaves. This treatment will have a magical effect and the trees will get a new life. They will be green and full of life- force again.

## **Chapter- 19**

### **Future plans of Dr. Bach**

Dr. Bach not only invented a total system of treatment but also had very good plans for establishing a big hospital, and the training of the physicians and the treatment of patients. Unfortunately Dr. Bach could not materialize his dreams into reality in his life-time, but now it is high time we did something in this direction. This is a great need of the modern times.

We appeal to all those who are anxious about the welfare of innumerable people afflicted with different kinds of diseases to contribute to the holy and pious cause of establishing Dr. Bach's hospital. Millions of rupees are donated every year by rich and affluent people and big temples, schools and colleges are being built with that amount. We request you to please contribute only 1/10 of that big amount to the building of health temples i.e. hospitals. By your doing so, not only millions of people suffering from diseases will be benefited but the world will also come to know about a unique system of treatment the like of which had never been heard of before. We, the author have dedicated ourselves completely to this holy cause-mind, body, soul and money but such a mammoth task cannot be accomplished without your help. We appeal to the government also to make as much contribution as possible. Today, big modern hospitals are being

built rapidly, costing millions of rupees. They are being furnished with the latest and costly equipments. Thousands of rupees are being spent only on the check- up of the patients. Getting treatment has become so costly that even one percent of the population of the country is able to spend so much only. These big hospitals are furnished with all kinds of expensive gadgets, instruments and machines. Their primary object is to earn as much money as possible. Serving the suffering humanity is only the secondary goal. To earn money, these hospitals can go to any extent. Very often we get the reports that patients are kept in the hospital rooms even after their death so that a lot of money may be extracted from the relatives as room charges. Physicians too have grown money-minded. This state of affairs is really deplorable. Dr. Bach had an inkling of all these things. Moreover, he was not satisfied as long ago as seventy years, with the system of treatment prevalent at that time and with the behaviour of the doctors with the patients. That is why he dreamed of modern hospitals and the system of treatment that would be unique in every respect. Given below is an account of his dreams in his own words :-

### **Hospital of the future**

It will be a sanctuary of peace, hope and joy. No hurry, no noise, entirely devoid of all the terrifying apparatuses, and appliances of today. Free from the smell of antiseptics and anaesthetics, devoid of every thing that suggest illness and

suffering. There will be no frequent taking of temperatures to disturb the patients's rest. No daily examinations with stethoscopes and tappings to impress upon the patient's mind according to the nature of his illness. No constant feelings of the pulse to suggest that the heart is beating too rapidly, for all these things remove the very atmosphere of peace and calm that is so necessary for the patient to bring about his speedy recovery. Neither will there be any need for laboratories: for the minute and microscopic examination of detail will no longer matter when it is fully realized that **“It is the patient to be treated and not the disease.”**

The object of all institutions will be to have an atmosphere of peace, hope, joy and faith. Everything will be done to encourage the patient to forget his illness, to strive for health, and at the same time, to correct any fault in his nature, and to come to an understanding of the lesson which he has to learn.

Every thing about the hospital of the future will be beautiful and uplifting, so that the patient will seek that refuge, not only to be relieved of his malady but also to develop the desire to live a life more in harmony with the dictates of his soul than he had been previously doing.

The hospital will be the mother of the sick, it will take up in her arms, sooth and comfort them: and bring them hope, faith and courage to overcome their difficulties.



## **The physician of tomorrow (Bach Flower physicians)**

The physician of tomorrow will realize that he himself has the power to heal, but that if he dedicates his life to the service of his brothers to study human nature so that he may impart and comprehend its meaning to desire whole- heartedly to relieve suffering and to surrender all the help of the sick; then through him may be sent knowledge to guide them, and the power of healing to relieve their pain. And even then, his power and ability to help will be proportionate to his intensity of desire and his willingness to serve. He will understand that health, like life, is of God and God alone. That he and the remedies which he uses are merely instruments and agents in the diVine plan to assist to bring the sufferer back to the path of the DiVine Law.

He will have no interest in pathology and the morbid anatomy, for his study will be that of health. It will not matter to him whether, for example, shortness of breath is caused by the turbercle bacillus, the streptococcus, or by any other organization; but it will matter intensely to know that the patient is wrongly developing his love aspect. X rays will no longer be called into use to examine an arthritic joint; but rather research into the patient's mentality to discover the stiffness in his mind.

The prognosis of disease will no longer depend on physical signs and symptoms, but on the ability of the patient to correct his fault and harmonise himself with his spiritual life.

## **The education of the physicians**

The education to the physicians will be deep study of human nature, a great realization of the pure, perfect, and understanding of the diVine state of man and the knowledge of how to assist those who suffer, that they may harmonise their conduct with their spiritual self, so that they may bring concord and health to the personality.

He will have to be able from the life history of the patient to understand the conflict which is causing disease or disharmony between body and soul and thus enable him to give the necessary advice and treatment for the relief of the sufferer.

He will also have to study nature and nature's laws, be conversant with their healing powers, so that he may utilize them for the advantage of the patient.

### **Dr. Edward Bach**

#### **Bach Flower System (The treatment of tomorrow)**

For the complete cure of the patient under this system, four qualities- (1) Peace, (2) Hope, (3) Joy and (4) Faith will have to be developed. The whole attention will have to be concentrated on creating such a healthy atmosphere in which the hope of recovering very quickly is aroused in the mind of the patient. At the same time, the patient will have to be acquainted with the

negative- aspects and feelings because of which he came to be the victim of the disease. It will be the duty of the physician to encourage the patient to get rid of his negative thought.

Apart from developing positive attitudes in the mind of the patient, he will have to give Bach Flower Remedies to him so that all the obstacles in the flow of vital energy in the body of the patient may be removed and he may come in contact with his soul. By doing so, positive and constructive thoughts will be developed and the patient will get mental peace.

Attempts should be made to develop the positive thought that the patient needs. Attempts should also be made to remove the disease-causing negative thought and to remove the obstruction in the free flow of vital energy so that the patient gets in contact with his soul. With the development of positive thought, diseases will automatically disappear; there will be no need to combat with them.

Naturally, the question arises- how to bring about in the patient's health and thought? The role of the modern Bach Flower Physician gets very important here. Health cannot be bought with money, gold or silver. Like, health too is a gift of God.

DiVine means are to be adopted to gain it. Money can buy big houses, ornaments and things of luxury and help in making

merry, but these are all material things. They have nothing to do with health and hapPiness.

The modern patient must understand fully well that he and he only can remove his sorrows, pains and misery. Others may only help a bit. **He can be healthy only when body, mind and soul-all three-are in perfect harmony.** In that condition only, permanent and complete health can be gained.

Today, rich, prosperous and affluent people take pride in getting treatment in big and expensive hospitals whereas the fact is that man's negative thought is the real and root cause of their falling ill. Instead of being a matter of pride, it is a matter of thinking for them as diseases are the results of their own distorted thinking.

Greed and hero- worship are the two factors that cause diseases. Man is avaricious of money, property, post, respect, popularity and the maximum means of comfort and luxury. The most dangerous desire is to dominate and dictate others. Mental disorders are the result of modern civilization. Personae inclined to hero-worship have no personality of their own. They are weak-willed and are easily influenced by others. Such persons, under the influence of others, are constantly changing their ideas and courses and, therefore deviate from their path. They have no self-confidence.

Influenced by circumstances, environment and the dominating personality of others, man loses his mental freedom. He forgets that God has sent him to this earth to perform some particular task. So long as we do not free ourselves from external influences, we can neither develop our independent personality, nor can we serve the suffering humanity. If we do not totally free ourselves, we too may have the tendency of interfering with the affairs of others and this is a negative tendency. If we do so, we will fall under stress and cause stress to others too and this stress makes them ill. It is the duty of a Bach Flower Physician to impress this fact well upon the minds of his patients.

When man leaves others totally free, he has no expectations from others. In such a state of mind he comes to believe in giving rather than taking. He feels real joy and happiness when he gets himself free from all the worldly bonds and gets fully independent. When this happens, he comes to follow the dictates of his soul.

Developing positive thoughts and attitudes is more important than combating with diseases and mental disorders. Light is needed to remove darkness. Similarly love compassion, sympathy and health are needed to remove the feelings of hatred, cruelty and illness respectively. These things must be impressed upon the patients.

Dr. Bach was born 70 years ago. The system of treatment at that time must not have been so much distorted as it is now, nor the

physicians must have been so money minded. Even then he was not happy with the system prevalent at that time. Given below is what he thought of the system of treatment at that time.

“It is terrible today to think of the amount of artificial and superficial cares obtained through money and wrong methods, in medicine. Wrong methods, because they merely suppress symptoms, give apparent relief, without removing the cause.”

Had Dr. Bach come to see the evils in the system of treatment and the mentality of the physicians, he might have been compelled to think of inventing another system of treatment.

Dr. Bach said, “Healing must come from within ourselves, by knowledging and correcting our faults, and harmonizing our being with the diVine plan.”

It is the duty of Bach Flower physicians to explain to the patient the real cause of the disease and its right treatment. At the same time, making the best use of their knowledge, experience and ability, they must treat the patients, using the diVine medicines given by God and having no ulterior motive. Then only the dream of Dr. Bach’s modern hospital can be realized.

Although in the present age of materialist and money-mindedness, realizing Dr. Bach’s dream seems to be impossible, yet we must not forget that even impossible can be made possible, and that as lotus grows in mud.

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## Appendix

### BACH FOLWER COMBINATIONS FOR DAY TO DAY PROBLEMS

| Sl.<br>NO. | Name of the Combination  | Use   |
|------------|--|---|
| <b>1</b>   | <p>BFR-RESUCE REMEDY,</p> <p>A life saving combination for emergency situations, originally prepared by Dr. Edward Bach.</p> <p>(combination of five remedies)</p> | <p>Life saving remedy for all emergencies like trauma &amp; numbness, due to shock, terror, panic, loss of emotional control, extreme pain, irritability, accidents, fear of death, tendency to pass out the sensation.</p> <p>A natural reliever in stressful situations (sudden bad news, child birth and child care, traffic jam, going for operations, dentist, Air travel, presentation to superiors or large groups school, exams, interview)</p> |
| <b>2</b>   | <p>BFR-RESCUE SLEEP</p> <p>A Natural Sleep-aid provides sound sleep. (non habit forming.)</p>  | <p>Calms restless mind. providing natural relief for sleepless ness and stress due to fear, repetitive thoughts, loss of emotional control trauma, terror, panic irritability and anxities.</p>   |
| <b>3</b>   | <p>BFR-STRESS CALM</p> <p>(Useful for top management, executives and</p>   | <p>A unique combinalion for relieving from stress and tension due to repetitive and unwanted</p>  |

|          |   |  |
|----------|---|--|
|          | managers.)  | thought, emotional imbalances, overenthusiastic and racing mind feeling of inadequacy and wornout in responsible persons, state of impatience and irritability.  |
| <b>4</b> | <b>BFR-EXAM PHOBIA CALM.</b><br>(Useful for students appearing in school, college and competitive exams.) | A combination for Exam phobia, fearness, anxieties and nervousness excitement in exam hall, lack of confidence for preparation of passing the exam.  |
| <b>5</b> | <b>BFR-CONFIDENCE COMB</b><br>(Confidence builder)  | A wonderful combination for developing self confidence in decision making, removing inferiority complex, doubt in own ability, afraid of failure before starting work, Dilemma in decision making.                 |
| <b>6</b> | <b>BFR-COURAGE COMB</b><br>(Courage Builder)  | An very effective combinations for known and unknown fear, anxieties, terror and panic, apprehensions, timidity, nervousness, shyness, and hesitations.  |
| <b>7</b> | <b>BFR-SHAKTI COMB.</b><br>(Mental and physical strength builders, develop optimistic attitude)           | Improve mental and physical strength by removing physical, mental and emotional tiredness, Monday morning feeling, exhaustion, despondency discouragement, and doubts in ability to succeed after initial failure. |

|   |  |   |
|---|--|---|
| 8 | BFR-DEPRESSION COMB<br><br>(Dipression, despondency and despair remover) | Helps in removing helplessness, groundless depression lack of enthusiasm, unhappiness, and pessimism. Create interest in life descending of mood without apparent reason, for time being or for days.<br><br>Also useful for those who are in total despair and despondency and on the verge of break down. |
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The Combinations are prepared for general day to day problems and are very effective if taken keeping in view the mental symptoms.

Above Combinations and original Bach Flower Remedies are available by Post also at the address below.

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