

Learning Objectives:

At the end of this module, you will

- Be aware of the seven Bach Flower groups
- Will understand how to use the Bach system

The Seven Bach Flower Groups

Dr Bach believed in the idea of treating the whole person as opposed to treating the disease. The 38 remedies are allocated to seven different emotional groups. Each group indicates the underlying emotion that motivates why you might express yourself in the way that you do.

These groups are:

1. Despondency or despair
2. Fear
3. Insufficient interest in present circumstances
4. Loneliness
5. Over-care for the welfare of others
6. Over-sensitive to influences and ideas
7. Uncertainty

Each of us may be intuitively drawn to one or more of these groups. These seven groups are the doorway to the entire list of remedies. When choosing a remedy, you must take note to recognise how you are feeling today, not how you were feeling yesterday or how you think you may feel tomorrow.

Once you begin taking a remedy, it will begin gently peeling back the layers to reveal the positive qualities that have most likely been hidden from view, as well as areas that may require more attention.

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| Fear Group: 1. Aspen 2. Cherry plum 3. Mimulus 4. Red Chestnut 5. Rock Rose | Uncertainty Group: 6. Cerato 7. Gentian 8. Gorse 9. Hornbeam 10. Scleranthus 11. Wild Oat | Insufficient interest in Present Circumstances: 12. Chestnut Bud 13. Clematis 14. Honeysuckle 15. Mustard 16. Olive 17. White Chestnut 18. Wild Rose |
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| Over Care for Welfare of Others: 19. Beech 20. Chicory 21. Rock water 22. Vervain 23. Vine | Over-Sensitive to influences and ideas: 24. Agrimony 25. Centaury 26. Holly 27. Walnut | Loneliness Group: 28. Heather 29. Impatiens 30. Water violet |
| | Despondency or Despair: 31. Crab Apple 32. Elm 33. Larch 34. Oak 35. Pine 36. Star Of Bethlehem 37. Sweet Chestnut 38. Willow | |

The seven groups make it much easier for you to separate the Bach Flower Remedies into feelings, such as fear, despair, loneliness, uncertainty etc.

You can start by asking yourself how do you feel? Do you feel fear? If so, What kind of fear? Do you feel despair? If so, what kind of despair?

"Final and complete healing will come from within, from the Soul itself, which radiates harmony throughout the personality when allowed to do so."

Dr Bach.

The Fear Group

Aspen: Helps when you feel fearful without knowing quite why. This fear may also be vague and unexplainable and it may haunt you day and night.

Cherry Plum: Good for those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in your spontaneous wisdom and the courage to follow your path.

Mimulus: Helps when you feel fear, more specifically the type of fear that you can put a name on such as a fear of dogs, spiders, being alone, losing a job, illness etc. Can also help combat the fear of speaking freely to others or shyness.

Red Chestnut: Helps when you find it difficult not to be anxious for other people, or you are afraid that some unfortunate things may happen to your loved ones.

Rock Rose: Helps when you experience fears such as terror or fright that make you feel frozen and unable to move or think clearly.

The Uncertainty Group

Cerato: helps you trust your own judgement in decision-making

Gentain: Helps when you get discouraged and depressed when things go wrong you are faced with even small delays or difficulty

Gorse: helps when you feel great hopelessness and have given up the belief that more can be done

Hornbeam: Helps when you feel that you don't have sufficient strength, mentally or physically, to carry the burden that life has placed on you.

Scleranthus: Helps when you have a hard time choosing between two things, such a mexican or Chinese food, or you simply cannot decide which restaurant to go to .

Wild oat: Helps when you are at a crossroad in life and are uncertain as to which direction to choose.

The insufficient interest in present circumstances group

Chestnut bud: Helps when you keep doing the same mistake over and over again. You do not take full advantage of observation and experiences and therefore it takes longer for you to learn a lesson.

Clematis: For those who find their lives unhappy or find they are withdrawing into fantasy worlds. They may also be ungrounded and indifferent to the details of everyday life. Teaches you to establish a bridge between the physical world and the world of ideas; it may also foster great creativity. It is also used to bring clarity and alertness to the present moment.

Honeysuckle: Helps you let go of past experience or events. Your thoughts are in the past rather in the present.

Mustard: Helps when you feel suddenly depressed without any reason. It feels like a cold dark cloud that destroys normal happiness and cheerfulness.

Olive: Helps you regain energy, vitality and interest in life.

White Chestnut: Helps when your mind is cluttered with thoughts - usually arguments, ideas or thoughts that you do not wish to have in your mind.

Wild Rose: Helps you to take responsibility for your own life and take a lively interest in life, in your work and the world in general.

The Loneliness Group

Heather: Helps when you are unhappy being alone for any length of time, or you are always seeking the companionship and find it necessary to discuss your affairs with others, no matter who it may be.

Impatiens: For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others. It is found to be fast-acting in alleviating an impatient attitude and lowering stress.

Water violet: Helps you develop a warmer relationship with other people. You may also love being alone but often find yourself lonely.

The Over-Sensitivity to Influences and Ideas Group

Agrimony: helps you to communicate your real feelings and worries. You are the cheerful, humorous type that gets distressed by argument or quarrel. You often hide your feelings behind humour and jesting and you often take alcohol or drugs in excess to stimulate yourself.

Centaury: Helps when you find it hard to say no and easily get imposed on. You often find yourself serving others and neglecting your own mission in life.

Holly: Helps when you suffer from angry thoughts such as jealousy, envy, revenge and/or suspicion.

Walnut: Helps you break free from old ties and at times of major life changes. It helps you move forward and make necessary changes in order to be happy. Walnut gives consistency and protection from outside influences.

The Despondency or Despair group

Crab Apple: Helps when you feel that there is something not quite clean about yourself. You may need to wash your hands often, find things dirty without any reason, or you may feel that you are ugly even though others find you very attractive. This is the cleansing essence.

Elm: Helps when your responsibilities overwhelm you. You feel depressed and exhausted and may lose self-esteem.

Larch: helps you to regain self-esteem and confidence in yourself.

Oak: Helps when your inner strength wanes; usually because you are an over-achiever and will overwork and ignore your tiredness.

Pine: Helps when you feel guilt and self-approach, often for other people's mistakes or just anything that goes wrong. You are never content with your effort and results.

Star of Bethlehem: Helps when you experience serious news, loss of someone dear, the fright following an accident etc. The distress and unhappiness feel unbearable.

Sweet Chestnut: Helps you at moments when the anguish is too great and seems to be unbearable. Your mind or body feels as if it had been pushed to the uttermost limit of its endurance. It feels as there is nothing but destruction and annihilation left to face.

Willow: Helps when you have suffered adversity or misfortune and find it difficult to accept. You feel sorry for yourself and are grumble and sulky.

The Over-Care for welfare of others Group

Beech: Helps you to be less critical toward other people and accept them as they are.

Chicory: Helps you to be less critical, opinionated and argumentative. You always find something about others that you believe should be put right.

Rock Water: Helps when you expect too much of yourself

Vervain: For strong-willed people who hold strong views. They put unnecessary effort into everything they undertake and their mind races ahead of events. They may also suffer from a lack of sleep due to an overactive mind.

Vine: Helps one respect other people's views and ideas. They may also tend to try to persuade other people to do things their way.