

casu.dk



Bach Flower Remedies for **The Family**

A REFERENCE BOOK
ON THE BACH FLOWER REMEDIES
FOR CHILDREN AND ADULTS

SUSANNE LØFGREN

Bach Flower Remedies for The Family

A REFERENCE BOOK ON THE BACH FLOWER
REMEDIES FOR CHILDREN AND ADULTS

SUSANNE LØFGREN
casu.dk

Bach Flower Remedies for the Family

Susanne Løfgren

Editorial team: Susanne Løfgren

Copyright © 2017 by Casu.dk

ISBN: 978-87-997390-8-0

Books by the same author:

Bach Flower Remedies for Women 40+

– the challenges and opportunities of menopause, 201x

ISBN: 978-87-997390-9-7

One Point Reflexology – a Method of Holistic Treatment, 2017

ISBN: 978-87-997390-7-3

Portrait photo of Dr. Bach: Borrowed with kind permission from The Bach Centre, England.

The portrait picture of the author taken by Camilla Hey.

Cover photo: Crab Apple.

Book layout and design: Lykke Ingeborg Mitchell / IC Design.

All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means – electronic, mechanical, photocopy, recording, or otherwise – without prior written permission of the publisher, except as provided by copyright law. For permission requests, write to the publisher (mail@casu.dk).

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Table of Contents

5	Index
9	Foreword
12	About the Author
16	Introduction to Bach Flower Remedies
19	Bach Remedies for Children
29	The Practicalities – <i>How You Mix the Bach Remedies for Yourself or Your Child</i>
34	A Few Tips
40	Presentation of the 38 Bach Flower Remedies and the Rescue Remedy* – <i>names and the indication in alphabetical order</i> * There are several remedy makers in the world and there are different brand names for Dr. Bach's crisis formula and his emergency cream. Personally I only have experience with Rescue Remedy and Rescue Cream and that is the reason why these names are referred to in the book.
42	<i>Agrimony</i>
44	<i>Aspen</i>
46	<i>Beech</i>
48	<i>Centauray</i>
50	<i>Cerato</i>
52	<i>Cherry Plum</i>
54	<i>Chestnut Bud</i>
56	<i>Chicory</i>
58	<i>Clematis</i>

60	Crab Apple
62	Elm
64	Gentian
66	Gorse
68	Heather
70	Holly
72	Honeysuckle
74	Hornbeam
76	Impatiens
78	Larch
80	Mimulus
82	Mustard
84	Oak
86	Olive
88	Pine
90	Red Chestnut
92	Rock Rose
94	Rock Water
96	Scleranthus
98	Star of Bethlehem
100	Sweet Chestnut
102	Vervain
104	Vine
106	Walnut
108	Water Violet
110	White Chestnut
112	Wild Oat
114	Wild Rose
116	Willow
118	Rescue Remedy
122	Everyday Use of the Bach Remedies for Children – <i>in alphabetical order</i>
173	Cases
177	Dr. Bach gets the Last Word – <i>Dr. Bach on the Role of the Parent</i>
178	Appendix – <i>The 7 Main Groups in the Bach System</i>
180	Literature, Links and Courses

children you tend to quickly see results, often within just a week. A good result requires, of course, that you choose the appropriate remedies which is something that will become easier once you have read this book.

About the Book

You can quickly determine whether this is a book for you by reading the brief overview of the Bach system on p. 16. The book is divided into three parts so that the first thing you learn about is the general theory behind the Bach system. This will be followed by a presentation of the 38 remedies for both children and adults. The third section of the book can be used as a reference for the most common problems children may have. You will be given a number of suggestions as to which remedies you can use.

In the last part of the book you will find links to literature, The Bach International Education Programme, contact information and a few examples of some individual cases from the clinic.

Note that for good reason the Bach Remedies have not been scientifically tested. For one thing, the ordinary methods used in scientific research cannot be applied to examine energy medicine and for another, no one has ever invested enough money to carry out a proper empirical study. Fortunately, there have never been recorded any instances of side-effects or interaction with other treatment/medicine.

Remember that it is important to consult a doctor if you have persisting symptoms both mentally and physically which may require a diagnosis and possibly immediate medical attention.

Individuals suffering from severe anxiety, psychosis or depression requiring medical attention.

Personally I don't have any experience selecting remedies for individuals suffering from anxiety, psychosis or depression that requires medical treatment. These are illnesses which a Bach Practitioner is not trained to handle and which the Bach Remedies have not been designed to treat. Sometimes our emotional life can get so complex that other methods are needed to help us return to life and professional treatment of severe mental illnesses can be a good choice.

About the Author

The Journey with the Bach Remedies Started with a Personal Crisis

I present here my 30 years of experience with the Bach Remedies because I know that plenty of parents and children will benefit from them.

I do not claim that the Bach Remedies can replace traditional treatment. I am merely showing through some examples in the book that there are many paths that lead to a healthy life and there are various perspectives on what creates health/disease.

I myself was sceptical when I first encountered the Remedies but a personal experience changed my attitude to the Bach system.

Ever since I got them for the first time in 1982 and experienced the tremendous effect they had on a deep melancholic state I experienced at the time in connection with an operation I had had, I have embraced them both in my professional and private life.

When I opened my reflexology clinic in 1983 I got a hold of all the Bach Remedies. In Denmark in the '80's there was only a weekend course you could take on the Bach system and a single book where you could get information. So I was to a large degree forced to use my intuition when finding the right remedies for the clients but was surprised by the results.

In 1990 I had a wake-up call that changed by perspective on what makes us sick and where the key to being healthy lies. That night changed my life forever.

- The 38 Bach Flower Remedies are made from wild, non-poisonous flowers with the exception of one which is made from spring water (the remedy Rock Water).
- On a sunny day the flowers are picked and placed in a bowl with spring water for 3 hours (the Sun Method). Flowers that bloom too early in the year when the sun isn't yet strong enough are boiled in spring water for a half hour (the Boiling Method).
- After 3 hours in the sun or a half hour of boiling in water, the flower-water mixture is strained. The theory is that the energy from the flowers is transmitted to the water.
- The energy-enriched water is mixed 1:1 with brandy to a mother tincture.
- The Mother tincture is mixed with the brandy and poured into 10 or 20 ml stock bottle which can be bought at shops. In each stock bottle there are approximately 2 drops of the Mother tincture.
- The Bach Remedies are a homeopathic dilution (approximately 1:100.000) that have an energetic-related effect on thoughts and feelings and in that way on the physical body as well. In that sense, they do not resemble herbal tinctures or the like since these have a biochemical effect on the body through their physical active substances.
- The Remedies are unique! There is one remedy for every conceivable negative feeling a so-called 'normal' person may experience. You will therefore easily be able to recognize your own or your children's feelings in the 38 remedies' indications.
- You can, among other things, get help for lack of self-esteem, stress, tendency to worry, fear of disease, jealousy, anger, criticism and much more.

I have experienced, among other things, how mothers who have consumed Red Chestnut * become calm and that this calmness spreads to the rest of the family.

We Are Never Wrong

The philosophy behind the Bach system is that having difficult feelings is natural. The 38 indications make it very clear how common it is to be 'negative'.

Even though it is natural to be negative, it usually doesn't feel good and, according to Dr. Bach, affects the state of our health. The imbalance, the feeling, the crisis or the disease will be our motivation to work with ourselves.

You cannot escape your feelings when using the Bach Remedies. But experience indicates that you will come out on the other side more quickly where you can let go of the negative feeling and replace it with something more positive.

You won't become another person, but more yourself. Becoming yourself in Bach-language means becoming more the Soul you are. Dr. Bach writes: The Soul does not know of sorrow, only of joy.

*'The office of parenthood is one of divine service, and should be respected as much as, or perhaps even more than, any other duty we may be called upon to undertake'.
Dr. Bach, Heal Thyself.*

Children's Crises

Your child does not need to be undergoing a difficult crisis to use the Bach Remedies, on the contrary, better to use them preventively. The

* Red Chestnut's indication: Fear that something will happen to your child.

Gentian

(Gentiana amarella)

Keywords

Easily gets discouraged when something doesn't succeed

Gives up trying again

If you get discouraged and give up on trying something again that didn't succeed the first time you can use this remedy to regain your strength to try again.

A good example might be a party that was cancelled due to rain and you say to yourself, *'That's the last time I'll ever arrange a party'*, or an exam where you didn't get the grade you were expecting and you think, *'I'll never sit for an exam again!'*



This remedy may resemble the Gorse state, where you also give up. But it is the level of sadness that makes the difference. Gorse is associated with a much deeper sense of grief and a true sense of giving up on something.

Gentian is used for lighter, day-to-day situations against despondency that doesn't hit you as bad.

You may hopelessly toss your knitting across the floor because of dropped stitches or you have gotten very negative and angry.

In the Gentian state the cause is known in that it is something specific that you get discouraged about and give up trying again.

Gentian's positive quality

- It helps us to get back in the fight and make a new attempt. Instead, we think more positively: *'Get down to it! Not everything succeeds at the first attempt, 'I'll just try one more time'*, and other encouraging thoughts. Despondency is turned to optimism.
- The remedy helps us to recognize the fact that you have to practice, because *'practice makes perfect'*.

Gentian for children

The remedy is very good for children and can be used in numerous situation where the child has to learn something new, for example, when the child makes a drawing and it doesn't resemble their mother's.

It is good when learning new skills that may discourage you.



Willow

(*Salix vitellina*)

Keywords

Bitter, Self – pity

Insulted

Feels like a victim

Willow is that beautiful golden tree we know so well. It stands for bitterness and insult and is used for the person who feels that they have been unfairly treated by others. They think others have hurt them (which they, in fact, often have) but they tend to hold a grudge throughout their lives and get stuck in feelings of self-pity.

They become victims and see the people who disappointed them as their tormentors. They can get envious of others who are doing well, of people who are seemingly successful.

They can get so infuriated over the success of others that they may drop a harsh comment and end up destroying the good atmosphere around them. When they are sick they feel terribly sorry for themselves and complain a lot.

Finicky /Choosy When It Comes to
Food/ Picking at Food p.145

G

Grief p. 147

H

Homework p.147

Hospitalization p.148

Hyperactive p.149

Hypersensitive to Noise/Sounds p.150

Hypochondria p.150

Hysteria/Hot-Headed
Temperament p.150

I

Impetigo p.151

J

K

L

Loneliness p. 151

M

Motion sickness p.152

N

Nail Biting p.152

Neglect p.153

O

Overly concerned p.154

Overstimulation p.154

P

Peer Pressure p.155

Pinworms p.155

R

Reckless/ Rash/
Often Gets Injured p.156

Regression p.156

Rigid Routines /
Won't Try Anything New p.158

S

Sadness p.159

Sensitive Children p.160

Seriously Sick Parents or
Children That Have
Lost a Parent p.161

Sleeping Problems p.162

T

Taking Offence p.163

Talking Incessantly p.164

Teenagers p.164

Teenagers – Parents of p.167

Testing the Boundaries p.170

The Child Bites / Hits / Kicks p.171

U

V

W

Weaning Your Baby from Pacifier p.171

Literature, Links and Courses

Literature

Susanne Løfgren: *Bach Flower Remedies for Women 40+ – about Bach Remedies for women* (182 pages illustrated with colour photos).

www.casu.dk or www.Amazon.com

Edward Bach: *The 12 Healers and Heal Thyself*.

Can be downloaded for free in English at: <http://www.bachcentre.com/centre/download/index.htm>

Judy Howard : *Growing Up with Bach Flower Remedies*,

www.bachcentre.com

On the same page you can find many other books published by the Bach Centre.

Other Relevant Books and Links

Elaine Aron, PhD, works with psychotherapy:

The Highly Sensitive Child and The Highly Sensitive Person.

Bruce H. Lipton, biologist: *The Wisdom of Your Cells*.

Lipton has done research in how the consciousness can change the cells.

Lipton has written several books.