

## **Release (*Loslassen*)**

*Created in 2002; Ingredients: Chicory, Crab Apple, Holly, Morning Glory, Sedum, Sweet Chestnut, Reconciliation and Walnut*

We must be able to “let go” before we can realize that life opens new paths. Only if we succeed in releasing old burdens can we appreciate new opportunities.

*Trusting change, we can identify the learning process and the significance of life.*

## **Resignation (*Resignation*)**

*Created in 1995; Ingredients: 7-Aid Helpers, Amaranth, Centaury, Cerate, Gentian, Gorse, Hornbeam, St. Johns Wort, Mustard, Rose Superstar, Walnut and Willow*

Resignation can be taken before psychological problems occur or as part of other therapy. This combination releases the blockages that prevent your reaching a positive state of mind during the learning process. It is important that such negative blockages be detected as early as possible, when the affected person becomes more and more quiet, and the true cause of the blockage is sought. Bach’s 38 flower remedies are essential for this treatment.

*This combination brings light into the darkness of our life and let us be happy again*

## **Resolve (*Wege zum Tun*)**

*Created in 2007; Ingredients: Amaranth, Eyebright, Clematis, Elder, Hornbeam, Release, Scleranthus, Sunflower, Willow and Wild Oat*

Many people fail to realize their dreams and goals for long periods of time, instead, always believing that “it is not the right time” or that circumstances are against them. We often hesitate too long before taking action. We may procrastinate or restrict ourselves, and in doing so, become weak. This combination is based on the important principles of Dr. Bach. It is not intended to make us change things recklessly, immediately, or at any price. Instead, the combination can help us identify the perfect time to change things, and it can release the strength needed for us to succeed.

*However, it is very important to follow our destiny and to listen to our inner voice!*

## **Rheumatic Aid (*Rheuma Hilfe*)**

*Created in 1994; Ingredients: Amaranth, Beech, Chicory, Dandelion, Meadowsweet, Self-Cleansing*

Based on the combination “Self-Cleansing,” and my experience with it, I realized that we unconsciously retain problems that we have not overcome. When we do not release them, they settle within our bodies. Similar to Self-Cleansing, a dual process is started that can release vascular blockages. It can also be beneficial to make an ointment with this combination and to support the healing process from the outside to the inside

*Rheumatic Aid can be a support during therapy and often eases pain.*

## **Rune-ISA (Rune – ISA)**

*Created in 1992; Ingredients: Impatiens, Amaranth and Sedum*

This combination is made to free very deep psychological injuries, especially of a karmic nature. It is designed for those who are unable to live in peace due to old injuries. These people are prevented from using their vital force. Rune-ISA is for those who want to seek the causal root, and is especially effective with the burden of cancer. Rune-ISA is identical to the rune sign and therefore still carries this name.

*Rune-ISA leads to peace within oneself.*

## **Self-Cleansing (Selbstreinigung)**

*Created in 1991; Ingredients: Angelica, Golden Root, Dandelion, H.-Pear, Celandine, Sedum hisp. and White Chestnut*

Self-Cleansing is helpful when your thoughts circle and weigh heavily, undigested in your stomach, when trouble and bitterness have poured over your liver and gallbladder, or when events trouble you. Whatever the cause, a top-to-bottom cleansing process can occur, and all accumulated feelings and emotions that impact our body can be released. Self-Cleansing has proven, especially as an ointment, to free blockages of the digestive or metabolic organs. My personal favorite, it can be applied to the stomach at night, especially in the liver/gallbladder area, and can release mental indigestion and physical jams for discharge in the morning. For blockages difficult to release, or in support of a diet or discharge of other “deposits,” adding Self-Cleansing drops may be helpful in the cleansing process. Sensitive people should alternate with Flower Balm, which consists of 1/3 of Self-Cleansing, in order to give the soul more time to release. Self-Cleansing enables long-term problems and aggression to be released so that they no longer reflect on our bodies.

*“Master yourself, free yourself and heal yourself”.*

*Dr. Edward Bach*

## **Self-Confidence (Selbstvertrauen)**

*Created in 2002; Ingredients: 7-Aid Helpers, Environmental Aid, Amaranth, Aspen, Cerate, Cherry Plum, Gentian, Holly, Larch, Mimulus, Oak, Rock Rose, Stress*

When unrecognized, conflicts that consciously or subconsciously emerge by the use of power may tremendously interrupt one's self-confidence. Misuse of power and the theft of energy happen daily. As described in the product “Old Burdens,” our self-confidence should be boosted and stabilized with the help of daily learning processes. Some are born with little self-confidence and too often rely on the opinions of others. With mental work on themselves, they can realize that they carry everything within themselves to live a coequal life.

*“If there be a faith that can move mountains, it is faith in one's own power”.*

*M. v. Ebner Eschenbach.*

## Sense of basic Trust (*Urvertrauen*)

*Created in 2006; Ingredients: Amaranth, Angelica, Aspen, Cerate, Gentian, St. John's Wort, Dandelion, Passiflora, Rose Superstar and Sedum*

Weakness may overcome us when we feel that we must face hard times; e.g., health problems, natural disasters, existential fear, or social or religious problems. We may feel lost – as though we no longer know how to continue living. The flower essences used in this combination help us to release the blocked energies, opening ourselves to the supreme trust of life that was given to us at birth. Sense of basic Trust is trust in life and the process of life.

*"Trust is courage, faith is strength". M. V. Ebner-Eschenbach*

## Sense of Community (*Gemeinsamkeit*)

*Created in 2003; Ingredients: Daisy, Heather, Holly, Mullein, Rock Water, Sunflower, Walnut, Water Violet and Willow*

The German word for community is "gemeinsam" and it contains the German word "einsam" which means "lonely". This word addresses people who find it difficult to be with other people or to keep in touch with people. A growing number of people become isolated due to changes in their family life or simply because they prefer to be alone. The learning process describes how to create an environment in which people support one another, creating a balance of give and take.

*"It is not good that man should be alone". The Bible*

## Sleep (*Schlaf*)

*Created in 2001; Ingredients: Hops, Melissa, Passiflora, Sedum, Vervain, Walnut and White Chestnut*

The use of this combination is limited due to the varied causes of insomnia; however, because there are those who believe and trust this combination and who do not want to live without its help, I continue to offer it. Some people use it as ointment at night on their foot-zone and have good results. It can be tailored to meet individual needs once a psychological cause of insomnia is identified.

*„Sleep is a song in all things that dream on and on and the world will start to sing if you find the magic word". Frh. J. von Eichendorff*

## Stress (*Stress*)

*Created in 1996; Ingredients: Environmental Aid, Centaury, Cerate, Elm, Impatiens, Oak, Rock Water, Scleranthus and Vervain*

This combination, no longer available separately, has been fully replaced by the combination Fear/Stress 2000. We often fail to recognize if fear or stress is the cause of a problem. Recognizing that the cause of stress is most often fear, I have elected to no longer regard stress as an individual factor.

*"Stress - the handcuffs we wear around our heart". H. Qualtinger*

## Thankful and Happy (*Dankbar und Zufrieden*)

*Created in 2005; Ingredients: Agrimony, Chestnut Bud, Daisy, Holly, Passiflora, Pine, Violet, Reconciliation, Walnut and Willow*

We often suspect or believe that psychological and/or material hard times are imminent. With the help of flower energies, we can adjust to impending challenges in advance, and learn humility, modesty and frugality. We realize that “thanking” people instead of asking or demanding something from them leads to a more satisfying, happier life.

*“You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance”. Khalil Gibran*

### **Times of Transition ((PMS-Wechseljahre))**

*Created in 2003/2004; Ingredients: Aspen, Chicory, Lady's Mantle, Daisy, Feverfew, Rose Superstar, Yarrow, Celandine and Walnut*

There is inadequate scientific research to prove the negative and positive effects of hormones on our psychological beings. Puberty often presents challenges for both boys and girls, and the days immediately preceding a menstrual period (PMS - Premenstrual Syndrome) are generally troubling for women, as well as the midlife crisis for men. Feelings of irritability and/or poor health are often present, and while undergoing related changes, one may suffer from mood swings. This combination can be very helpful in overcoming these symptoms by offering assistance with mood swings.

*“They themselves are not well or else they would not hurt you!”*  
BB

### **Virus (Virus)**

*Created in 2002; Ingredients: Amaranth, Ramson, Nettle, Garlic and Dandelion*

This combination does not claim to fight viruses, although some people take it to balance their immune systems and they use amaranth to help with influenza infections or other viral infections. Additionally, the combination helps one to think more positively during their healing process.

*The proof of the pudding is in the eating.*

### **Woman and Mother (Frau und Mutter)**

*Created in 2004; Ingredients: Beech, Centaury, Chestnut Bud, Chicory, Heather, Holly, Release, Passiflora, Pine and Rose Superstar*

Women, especially mothers, tend to feel responsible for everything that happens within their families. The following proverb is especially appropriate for women with the dual role of wife and mother, “No one has the ability to make everyone happy”. Usually, there are daily feelings of irritation, conflict, guilt or disappointment. Women who face many demands and strive to meet many expectations may find it difficult to say “no” because they feel obligated or fear loss of affection. They often become overly strained, or feel worthless or alone. The flower energies of this combination will help in abating sensitivity to old patterns, learning to overlook troubling events, saying “no” in a friendly way, and avoiding selfblame. Finally, this combination can help a woman learn to overcome the difficult times of suffering, recognize her value and regain happiness in her life.

*“Helping others ought to be learned”*

## APPLICATION AND MAKING OF GLOBULES

Put three to five drops of globules underneath the tongue or dissolve them in water when needed. The globules should be taken until the condition improves. If you want to prevent children, alcoholics or others from drinking alcohol, globules can be prepared at home. Globules from cane- or beet sugar can be purchased at pharmacies. Put seven drops of flower remedy in a 200 gram ointment box and add ten grams of globules. Close the lid and shake until the liquid is absorbed. Open the tub and wait until the alcohol evaporates and then close the lid and shake again. Repeat this as often as necessary until the globules no longer stick together. Make sure that they are completely dry before placing them in bottles.

## PREPARATION OF OINTMENTS

You will need a base balm consisting of Eucerine cum aqua. The energies stored in the water will be absorbed through the skin and are led to the blockage. Example: Place 50 grams of Eucerine and 50 ml of spring water in a 250-gram container, mixing until the water is absorbed and the base is creamy-white. Use 70 drops of the flower remedy or combination such as Flower Balm for 100 grams of ointment base. Due to the high content of water, the balm can be used only for a limited period of time, and the ointment container should always be closed for storage.

## WRAPS WITH BALM OR RESCUE AID

For pain, tension, infection or other local blockages, a wrap can be applied if no other medical treatment is needed. Saturate a cloth with 7-Aid Helpers water (10-20 drops per glass of water) and apply a **thick base** of Flower Balm to a cloth. The balm contains 50 percent water, and can quickly funnel the flower energies through the energy channels to the inner body from the skin. If the wrap is removed too soon, the energy flow is interrupted and the blocked energy channels cannot be released. It is therefore important that the outside of the wrap be kept wet with 7-Aid Helpers drops until one feels better.

### *The path to the 38 flower remedies of Dr. Edward Bach*

*The seven main groups divided into 38 human behavior patterns, allow us to know ourselves and our surroundings, and to develop a better understanding of human weakness. In that the individual conditions often seem familiar to us, we may believe at the beginning that we need to take all the remedies at once. It is important, however, to choose and take only the remedies that we really need just now. ELB*

## GENERAL INFORMATION AND ADVICE

When purchasing a flower remedy, always check the manufacturer and the process by which the remedy was made. When in doubt, follow your intuition. Hold the bottle in your hand and listen to your inner voice, always returning the bottle back to the same place from which it came. When preparing dilutions, ointments and balms, do not use bottles or containers that previously contained medication, or homeopathic or cosmetic products, so that the fine energy structures do not underlie other energy flows. When products crystallize, clean the bottle with hot water and return the filtered essence to the clean bottle. When used properly, a stock bottle can last up to 15 years, and globules can last up to five years. Exposing flower remedy bottles to the cloudless morning sun several times a year for several hours enables the flower energies to be enriched by sunlight photons, thus enabling for longer storage.

## PREPARATION AND APPLICATION OF FLOWER REMEDIES

### PREPARATION OF ESSENCES

All of my flower essences are prepared according to Dr. Bach's methods. When preparing contemporary flower remedies, one can elect to use the sun or the boiling method. Earth and moon energies play an important role for the soul, and thus, for a couple of nights, I leave my mother essences next to the tree or plant from which they came. The original preparation of Dr. Bach's flower essences can be found in his book "The Twelve Healers and Other Remedies" (ISBN 3-9803443-0-4).

### INTAKE OF ESSENCES FROM STOCK BOTTLES

In that all flower remedies are without side effects, special knowledge is not required for the intake of essences from stock bottles. It is best to put a few drops into a glass of water, juice or lemonade, etc., and to sip it until the condition improves. If the intake continues throughout the day, one to five drops in a big bottle of noncarbonated or spring water or juice is sufficient. By beginning with the daily method; i.e., taking the remedy until the condition improves or until one forgets to take it, one can learn which problem has been solved, if progress has been made, or if other flowers should be considered. Flower remedies in application bottles that are taken over several weeks are useful for chronic conditions and serve as part of therapy; however, because taking the essence from bottles may feel like one is taking medication, self-observation and self-realization may be hindered.

If homeopathic potencies are given, various aspects may be addressed. Flower Balm has greatly assisted in outflow and with possible reactions to alternative healing methods such as conducting family constellations, hypnosis, Reiki, etc., especially when these therapies have not been conducted responsibly or when the therapies have not been appropriately supported.

„FLOWERBALM“  
AND OTHER  
CONTEMPORARAY COMBINATIONS  
FOR  
WELLBEING

selected by Erika Lang-Büttner © 2008

Flower Balm and other contemporary combinations are based on the Bach Flower Principle. English Dr. Edward Bach died in 1936, leaving his scientifically tested Self-Healing System to the world. Since then, however, environmental conditions have significantly changed, and humans, animals, and plant life have changed accordingly. Thus, the first years of this millennium have made us realize that we need to adjust to the change of mental principles in order to live “healthy in a healthy world”.

Since the death of Dr. Bach, the prosperity and technology have negatively influenced the health of humans, animals and plants. For many, despite great medical efforts, health and healing have become beyond the reach of many. Often, people feel helpless, alone or insecure.

In order to acquire wellbeing and overcome the trials of life, we need methods and help from nature, which we can make and use ourselves. By their energetic behavior, “contemporary” flowers and plants in our environment show us how to relieve suffering and support healing. The following combination reflect contemporary needs and cannot replace the 38 Remedies of Dr. Edward Bach. The Combinations can be made by anyone and can be tailored to meet individual needs.

Based on the Dr. E. Bach’s theories, I would like to promote a better understanding of the simplicity of Dr. Bach’s system, and how, with nature’s help, we can heal ourselves.

*E. Lang-Büttner*



*„Wellbeing ist complete harmony  
between the soul, the mind, and  
the body.“*

DR. EDWARD BACH



## THE PRINCIPLE OF BACH FLOWER THERAPY

Dr. Edward Bach (1886-1936) conducted scientific research for more than 20 years to determine the real root of illness and suffering in order that he might relief them. Dr. Bach discovered, in long term studies of patients, 38 patterns of behavior that can lead to feelings like fear, worry, hate or anger, etc. when one is in a negative state of mind. These behaviors are the true roots of illness and suffering; they lead to illnesses and prevent one from getting better and impede wellbeing. Dr. Bach explained this theory in his 1933 script, “Heal Thyself: An Explanation of the Real Cause and Cure of Disease”.

In his medical research, Dr. Bach looked for remedies that would heal diseases. After several years and detours, he found the help he sought in the variety of flowers, plants and trees. Dr. Bach’s sensitivity, as well as his own disharmony and related suffering, led him to 37 plant energies and the water of several healing springs. Using them himself, he learned that, when one is receptive, they would open the way for self-awareness and self-healing. The corresponding therapy can be found in Dr. Bach’s book, “The Twelve Healers and other Remedies ” (page 11)



## FACTS ABOUT THE COMBINATIONS

With 20 years of experience with Bach Flower Remedies, I know that it can be very difficult for many people to choose the right flower from Dr. Bach’s 38 flower remedies. In addition, negative aspects of our daily lives, such as fear, stress, loneliness and other complex states of mind, affect our wellbeing. Almost daily, we seek help and support in order to master our tasks.

Having observed plant behavior for many years, I have noticed that plants are often “ahead of their time” in reacting to contemporary needs and changes. Their early and/or frequent occurrence is often seen as an indicator of future requirements. This is why I have chosen Bach Flowers and combined them with “contemporary flowers”. These combinations are based on my own life experiences and are not a extension for the 38 Bach Flowers. Instead, they should guide us to the 38 Bach Flowers. The following combinations have helped humans, plants and animals for many years. If contemporary needs require it, more combinations will be developed with God’s help.

## THE COMBINATIONS AND WHY THEY HELP US

### **7-Aid Helpers (7-Nothelfer)**

*Created in 1991; Ingredients: Cherry Plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem, Self Heal and Amaranth*

Dr. Bach's Rescue Remedy has become an essential aid for people across the world. In response to contemporary emergencies with different dimensions, I added to Dr. Bach's formula the self-healing powers of Self Heal and the potent of Amaranth for the immune system.

*This combination is an essential aid and is used under different names worldwide, because the brand name "Rescue Remedy" may only be used by the A. Nelsons & Co*

### **Burn out (ausgebrannt sein)**

*Created in 1999; Ingredients: Amaranth, Elm, Gentian, Hornbeam, Oak, Olive, Rose Superstar and Vervain*

Any individual can suffer from burnout syndrome. The ever-increasing personal, school and professional demands can lead to mental and/or physical burnout. This combination can help anyone exposed to mental and physical strain regain strength.

*Feel alive again!*

### **Calmness (Gelassenheit)**

*Created in 2005; Ingredients: Fear/Stress 2000, Daisy, Gentian, Holly, Impatiens, Release, Passiflora, Vervain, White Chestnut and Willow*

Often, we fail to stay calm when we confront the problems or difficulties of life. Sometimes, we are unprepared to accept situations as they appear, and we want to solve problems immediately - often reacting with resentment, sadness and rejection. On occasion, we may refuse to accept or tolerate the behavior of others, and we may react in a negative manner. We should learn to accept situations and events that we cannot change. Calmness gives us inner peace, security and psychological rest in order for us to overcome anything in our destiny.

*"Live simple, be thorough, be happy, do good, read a little, be realistic, have faith, learn to overcome obstacles, be brave, plan well". Pope John XXIII*

### **Concentration (Konzentration)**

*Created in 2001; Ingredients: Clematis, Chestnut Bud, Daisy, Scleranthus, Forget-me-not, Walnut, White Chestnut, Wild Oat and Lemon*

Too many thoughts attack our minds, leading to confusion. When confused, we do not know which task to tackle first and we tend to dissipate our energy. Concentration, by helping us focus on the most important tasks, clears our minds.

*We fully concentrate on the important issues*

### **Environmental Aid (Umweltschutz)**

*Created in 1994 et seq.; Ingredients: Amaranth, Flower Balm, Black Scallop, Elm, Hornbeam, Olive, Oak, Chicory, Daisy, Dandelion, Yarrow and Walnut*

Environmental Aid, consisting of plants that have practiced the art of adaptation and survival, boosts one's ability to separate

personal and professional demands, enabling one to better deal with negative environmental influences.

*Protection against negative environmental and surrounding influences.*

### **Examination (Prüfung)**

*Created in 2002; Ingredients: Fear/Stress 2000 and Concentration*

This combination enables us to use fully all of our strength, knowledge and capability when taking tests, and is especially helpful on the day of a test or exam. In addition, you can take the “Concentration” and “Fear/Stress 2000” when a great amount of anxiety prevents you from concentrating.

*To solve tasks without fear and in calm manner.*

### **Eye Balm (AugenBalsam)**

*Created in 2006; Ingredients: 7-Aid Helpers, Eyebright, Flower Balm, Chestnut Bud and Oak*

This combination is very helpful during spring when pollen can agitate one’s eyes. Application of the solution in the stock bottle: Dilute the Ingredients of the “Eye Balm” pipette in a cup with enough water to soak two cotton pads. Put the pads on burning eyes, leaving them until the irritation decreases. In addition, the combination can be taken orally, or the “Eye Balm” can be applied as an ointment around the outer eye area. If the pain is serious or long lasting, seek the help of a physician.

*Clear Vision!*

### **Faith/Love/Hope (Glaube/Liebe/Hoffnung)**

*Created in 2005; Ingredients: Daisy, Dandelion, Holly, Passiflora, Rose Superstar, Sedum hisp., Yarrow, Violet and Forget-me-not*

Clearly, at that time there exists a feeling of helplessness among many people in Germany and mostly worldwide. We are living in a transitional time that is marked by difficulty and sacrifice. Faced with learning to understand the pain and change of a common social consciousness, we all must go through this learning process and live by it. Embracing this social consciousness can positively affect everyone everywhere and can contribute to the healing of mother earth.

*“Now faith, hope, and love remain - these three, but the greatest of these is love”. The Apostle Paul’s first letter to the Corinthians - The Bible*

### **Fear/Stress (Angst/Stress)**

*Created in 1998 et seq.; Ingredients: 7-Aid Helpers, Amaranth, Aspen, Cherry Plum, Gentian, Holly, Mimulus, Rock Rose and Stress*

For many, fear and stress rule everyday life. Since fear reflects on stress receptors and vice versa, stress leads to fear. This combination covers general stress, the psychological and physical strains of fear, and the stress of emergency situations. These factors reflect on the body, making life in critical or anticipated scary situations more difficult, or unbearable. Fear/Stress 2000 globules quickly reach the blockages through the blood stream and relax the vegetative nervous system. 3-g bottles of the Globuli conve-

nient fits in pockets or purses, can be available when one feels anxious or stressed. can often replace the “7-Aid Helpers”, since it simultaneously covers the factors of First Aid, Fear and Stress. *This combination is very helpful in conquering daily fears and stress. Named, Fear/Stress 2000, references the new millennium and its added stressors.*

### **Flower Balm (BlütenBalsam)**

*Created in 1992, Ingredients: 7-Aid Helpers, Rune-ISA and Self-Cleansing*  
”Flower Balm” has the very most energy density and broadest application area of all combinations and is my favourite combination, mostly as an ointment. We are constantly surprised how simply and quickly ailments, injuries and other problems can be cured by ourselves if medical help is not required. “Flower Balm is used the most as an ointment because it alleviates a broad range of noticeable and visible psychological blockages within our bodies of old and acute origins. Through the Skin a dual process from outside to inside induces releases of psychological blockages within our bodies and the reflections enables our physical body to release also their blockages, leads to relaxation for our wellbeing.

*Simplicity is the greatest factor. It is closest to the truth.  
”Dr. Edward Bach”*

### **Forgiveness (Vergebung)**

*Created in 2006; Ingredients: Holly, Honeysuckle, Dandelion, Pine, Sedum hisp., Vermouth and Willow*

We often feel neglected, envied or offended. Sometimes, when confronted with rejection or hate, we do not know how to handle our feelings. Bad experiences can make us bitter, hard or cold. Often, we feel that we are wrongly blamed, and believe that we do not deserve this injustice or mortification. We may withdraw from others and avoid those whom we believe should be blamed. It is a recognition process that helps us understand that guilt and redemption are based on cause and effect. Simply stated, you should “Love your enemy“.

*Forgive and Forget!*

### **Immune System Balance (Immunausgleich)**

*Created in 2006; Ingredients: Amaranth, Elm, Oak, Olive and White Chestnut*

This combination can quickly release the blockages of the immune system that are restricted due to psychological overload that is reflected onto the body. This creation is especially helpful when immune systems are overloaded with work or family-related stress or during times of climate change. This combination should be taken immediately after the first symptoms appear. Put two to three drops from the pipette into a large bottle of water and drink throughout the day. Continue taking the combination after you begin feeling better and until you start to learn to use your strength sparingly, thus allowing yourself the rest you need *Resist the beginnings.*

## **Insight and Tolerance (*Einsicht und Toleranz*)**

*Created in 2006; Ingredients: Angelica, Beech, Chestnut Bud, Chicory, Daisy, Holly, Impatiens, Mullein, Sedum and Willow*

This combination has proven to be very beneficial, with some responding very intensely because they were unaware of the boundaries of tolerance and intolerance. Insight into one's self demands self-honesty, and exercising tolerance is often a life-long process. This combination is contemporary and realistic but may present a challenge for many. An insight into cause and effect

*"Based on the meaning of tolerance, let's never tolerate intolerance". P. Watzlawick*

## **Joy and Strength (*Freude und Kraft*)**

*Created in 2004; Ingredients: Environmental Aid, Amaranth, Angelica, Gentian, Holly, Oak, Passiflora, Rose Superstar, Red Yarrow and Walnut*

Many people who feel empty, unhappy, or without strength find it difficult to protect themselves from feelings of paralysis or negativity. These feelings may intensify, robbing us of life's trust and happiness; instead, we can concentrate on happiness, optimism and confidence with the help of flower energies. Happiness and Strength protects us from negative environmental influences, strengthens the immune system, releases negativity and pessimism and helps us forget anger, envy and mistrust, thus enabling us to accept and overcome future challenges. We can embrace life and overcome its hurdles, even if we have to make sacrifices or experience occasional pain and misery.

*"Work, happiness comes automatically". Goethe*

## **Mourning (*Trauer*)**

*Created in 1999; Ingredients: Chestnut Bud, Chicory, Honeysuckle, Mustard, Olive, Rock Rose, Rune-ISA, Star of Bethlehem, Self-Cleansing and Sweet Chestnut*

This combination is very helpful in overcoming grief and mourning. It can be very painful to lose an important loved one. We also mourn the loss of pets and feel the emptiness that results from their loss. It is important to consider such concomitant incidents, which are often sudden, and to regain new strength and hope.

*"If you would indeed behold the spirit of death, open your heart wide unto the body of life". Khalil Gilbran*

## **New Orientation (*Neuordnung*)**

*Created in 2003; Ingredients: Reconciliation, Release and Self Confidence*

We have countless opportunities to develop ourselves; however, we must ever look at ourselves, switching our focus from "me to you" and vice versa. Many suffer from separation, the loss of a partnership, generational or job changes, and search for a better existence. We must first be prepared for reconciliation and release, however, we often feel empty or unsettled after having let go of someone or something. In order to overcome these feelings, we need to trust ourselves and gain new strength and self confidence.

*To accept life's challenges and to let destiny happen*



## **Old Burdens (*Altlasten*)**

*Created in 2003; Ingredients: Crab Apple, Honeysuckle, Passiflora, Rose Superstar, Star of Bethlehem, Walnut*

Many people carry the old burdens of negative experiences, mostly family experiences. These experiences could have occurred before birth or during various other phases of life. Some are locked into old burdens to such an extent that they are unable to free themselves. Old Burdens helps one understand and accept fate, and to avoid following the patterns of role models. In fact, one may learn which patterns to avoid, and realize that we are given the ability to decide life's path through our own behavior.

*"A discordant house by disagreement is not a den of thieves; it is only a disunit house". Khalil Gibran*

## **Panic/Shock/Trauma (*Panik/Schock/Trauma*)**

*Created in 1997 et seq.; Ingredients: 7-Aid Helpers, Crab Apple, Honeysuckle, Impatiens, Oak, Rock Rose, Star of Bethlehem, Sweet Chestnut and Walnut*

Sudden, traumatic and tragic events of life affect the soul, and if not treated, can lead to multiple symptoms of pain. These blockages can reappear when similar events occur, and then must be processed and treated, often a lengthy process.

*Traumatic experiences have to be released from our subconscious minds. The learning process will help us heal and lead us to a complete cure.*

## **Reconciliation (*Versöhnung*)**

*Created in 2001; Ingredients: Holly, Passiflora, Rose Superstar, Rune-ISA, Rose Snow-White, Sweet Chestnut and Walnutt*

We often have difficulty in reaching out for reconciliation. It can take much soul searching and personal strength to reconcile with someone we believe has hurt us, wants to hurt us, or who has turned away from us. The flower "Passiflora" has the signature of Jesus' suffering, the walk "through the cross", and gives us the strength to forgive. Passiflora plays a major role as a single combination and in its realignment.

*Reconciliation starts within us in order that we might be able to reconcile with others*

## **Relaxation (*Entspannung*)**

*Created in 2007; Ingredients: Fear/Stress 2000, Chicory, Dandy Lion, Rock Water, Sunflower, Ribwort, Lemon*

This combination is a classic example of Dr. Bach's philosophy of how mental and emotional "tensions" affect the different levels of our body. This combination is helpful for situations in which tension of all kinds start to manifest within our bodies, leading to pain. When one finds it hard to relax or a stressful day of "tension" does not allow us to fall asleep at night, these flower energies help release the tension, allowing one to feel relaxed and at ease.

*Gives you a feeling of peace freedom*



## PERSONAL REMARKS

Due to my belief in the Bach flower remedies, since 1987, I have held classes and meetings, and given speeches in order to exchange ideas and experiences. I want to show suffering people this simple path of self help, to dispose prejudice, and to facilitate the independent preparation, use and availability of the Bach Flowers which I have extensively and thoroughly studied.

In several locations, I have formed groups that are led by individuals who share my appreciation for the traditions established by Dr. Bach. Each year since 1992, I have held a Bach Flower Day to encourage an interest in nature and to demonstrate the simple preparation of Bach flower remedies. Further, I have translated into German Dr. Bach's book, "The Twelve Healers and Other Remedies" (ISBN 3-9803443-0-4) as well as 3 tapes from the Flower Remedy Learning Programme about the Bach Flower Remedies by Julian and Martine Barnard and Nickie Murray.

In order to determine if our native flower energies share the same structure as the original Bach flowers, I have made essences exclusively of German flowers for my personal use and have not detected any differences. Almost all of Dr. Bach's trees and flowers grow in Germany, and I decided, after much contemplation, to offer Bach Flowers and contemporary German flower combinations as single essences or as sets in wooden boxes. In order to facilitate the making of such essences for everybody, bottles and materials for the creation of globules or balms have been added to the assortment of the Essences.

Due to legal reasons, I am unable to allow the transfer of the use of the energies arising from the Bach flower essences and flower combinations, which I have developed, onto software programs for diagnostic apparatus of all kinds without my permission.

*The combinations that I have created are not intended as improvements or substitutes for Dr. Bach's 38 flower remedies. Rather, they are to help with contemporary needs, and serve as a guide to Dr. Bach. My primary goal is to share these remedies of nature, to the best of my ability, with many people.*



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