

**Call it sociology, psychology,
Social Work, Business administration,
philosophy, H.R.D., behavioral problems,
counselling etc., etc.**

DR. BACH FLOWER REMEDIES OF ENGLAND give exact, accurate and one hundred percent correct solutions or answers to all difficulties and problems faced by the individual or society at large.

[Consists of thirty-eight remedies, each one containing trace quantity of a particular wild flower found in the English forests—Discovered and Introduced by **DR. EDWARD BACH**, M.B.B.S., M.R.C.S. of London around the year 1936.]

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**[Results of four decades of practice,
teaching and observation in the clinic, not as a
profession but out of sheer academic interest]**

AN EXPLORATORY STUDY ON DR. BACH FLOWER REMEDIES OF ENGLAND

This system consists of thirty-eight remedies, each one containing trace quantity of a non-toxic wild flower, *found in their natural habitat in the English forest. (Medicine prepared from the cultivated plants is not effective.)* While all the thirty-eight flowers are found together in one place called Mount Vernon in England, they are not found all together anywhere else on earth in their natural habitat. (Nature keeps her ways secret!)

Around the year 1936, Dr. Edward Bach, M.B.B.S., M.R.C.S., then practising in Harley Street (Hollywood of medical doctors) London, like Gautama Buddha, abandoned his lucrative medical practice and went into the forest, in search of a better and easy medical system so that everyone may treat and cure himself just as we take food when hungry or cover ourselves with woollen clothes in biting cold winter; slowly he discovered the therapeutic and other effects of these flowers. The author of this book made an exploratory study of this system of medicine with forty years of practice and teaching. He is presenting in the following pages the uses of Dr. Bach Remedies. A set of 39 Bach remedies are being sold in all homoeopathic drug stores and leading departmental stores all over the world including the Gulf countries.



DR. EDWARD BACH, M.B.B.S., M.R.C.S.

The word ‘axiom’ means an accepted statement or proposition regarded as being self-evidently true (Oxford dictionary).

Following are some of the axioms:

Nature constantly works toward perfection.

Nature produces in abundance.

Nature’s ways are always short.

Nature’s ways cannot be improved upon.

In the face of the above and if it be true that God loves us so much, He ought to have given a medical system by which we should be able to treat and cure ourselves, that too almost instantaneously (without any detailed knowledge of pathology etc.), without side-effects, contra-indications or habit-forming tendencies.

Yes! Nature has given a complete medical system in the form of thirty-seven wild flowers that are non-toxic; surprisingly all these are found together in their natural habitat in a small village called Mount Vernon among the thick forests in England. Around the year 1936 Dr. Edward Bach.

To learn and master this subject called *Dr. Bach Flower Remedies*, it is sufficient if you spend just five days (daily three hours) with the author of this book. [For course details see last page.]

RESCUE REMEDY: This is one of the thirty-eight Bach remedies. It is a near-panacea for medical emergencies arising from traumatic causes— serious accidents, burns and scalds, electric shock or poisons where life is in danger. Put one pill into the mouth of the victim. Moments later,

- (1) Bleeding, if any, stops almost instantaneously without a bandage, however long or deep the cut may be.
- (2) Unbearable pain is reduced to minimum.
- (3) If unconscious and the body has become ice cold, pulse/ breath imperceptible, these are cured in just a minute, and the victim gets up and walks home as if nothing has happened (excepting, of course, fractures)—the more danger to life, the quicker the remedy acts!
- (4) In case of chemical poisons and poison-bites, the poison gets neutralized in no time;
- (5) In case of burns and scalds not only the burning pain comes down in less than a minute but also, simultaneously, all after-effects are prevented.

No need to repeat the dose! Just one single dose, however serious the condition of the victim may be. The more danger to life the quicker the remedy acts! Rescue Remedy is a near-panacea for traumatic cases when patient may soon collapse.

Rescue Remedy, given by mighty Nature, not only acts as a mere first aid in trauma cases but, in most cases, completely cures the patient (even before the time required to reach the victim to a hospital) so that no other treatment is required (fractures excepted). No need to repeat!

But that is not the case with other medical systems known till date. After deep burns if the victim goes to any qualified and registered medical practitioner, the latter has no medicine to prevent the after-effects of burns. At the most he would order 'rest cure'—bleb formation taking place after a few days, discoloration of skin and disfiguration of the part by thickening of tissues etc.

Won't you like to keep a phial of **Rescue Remedy** in your vehicle and at home?

THROW AWAY THE FIRST AID BOX !

Surgery too is a trauma. Before a few minutes or hours of major surgery, if one dose of Rescue Remedy is given orally to the patient, 150 ml of blood loss is minimised. Also the wound heals rapidly and the patient is transferred to the ward in two days and discharged early. Without Rescue Remedy, such conditions take 7-10 days for the patient to return home.

Dr. Mathanagopal, M.B.B.S., D.A., former Anaesthetist in Govt. Hospital, Palani, in Tamil Nadu, reports:

“Thank you for introducing flower remedies to me. One hour before giving anaesthesia for surgery patients in my private practice, I give one pill of Rescue Remedy (chewable).

Compared to other patients, Rescue Remedy given thus, saves 150 to 200ml of blood loss, reduces post-surgical pain,

fever, oedema etc. Thus, there is less need for giving pain-killers and antibiotics.

“In scorpion sting, snake-bite and other unknown poison bites where the patient is brought in critical condition, I give one pill orally; in addition, I dissolve five pills in half-an-ounce of plain water, soak gauze into the solution and apply it locally. Moments later, pain, swelling etc., disappear magically and much to the surprise of my colleagues.”

Sr. Claire, I.C.M., School of Deaf and Dumb, Chennai-6, a Christian missionary health worker (ph: 09443077935) was travelling in an omni bus from Chennai to Dindigul. To avoid a cyclist the driver applied sudden brake and the bus skidded to the extreme left side of the road and fell into a not so deep pit. Soon it was a scene of screaming and crying passengers with bleeding and pain. The driver was bleeding profusely from head and his head fell on steering wheel and he became unconscious. Sr. Claire opened a phial of Rescue Remedy and started putting one pill into the mouth of all the injured. Soon the bleeding, crying etc. stopped. She put one pill into the mouth of the driver also. Bleeding from head had stopped completely. He regained consciousness, got up and started walking as if nothing had happened to him! The passengers got down, pushed the bus to the centre of the road and continued the journey, what would otherwise mean arrival of an ambulance, hospitalisation of the injured, stranded passengers waiting for another bus etc.

You are a trauma specialist with Rescue Remedy in your pocket!

What would you get by learning and using these remedies?

A Tamil saying tells that what all we have so far learnt/studied is only the size of a handful of sand; what we are yet to learn is the size of our whole earth. Unfortunately, even out of the handful of what we have learnt, more than ninety-nine per cent is incomplete or incorrect. Supposing even a two per cent of what we have learnt/studied is correct, we would by now be living the life of a *maharaja* (emperor).

Bach Remedies enable you know the meaning, value and significance of various things *exactly and accurately*. Precision is the culture of Bach Remedies. Thus, by taking suitable Bach Remedies all your difficulties dilute away and thus you are able to increase your income and lifestyle.

To illustrate our claim that 99% of what all we have studied/learnt is wrong, let us go to the following few questions and learn how exactly Bach Remedies give the correct answers to them:

1. What is the use of encyclopaedias?
2. How does a medical doctor get *Midas touch*?
3. What is the right and only solution to cure addictions?

Use of Encyclopaedias:

Almost all readers, even a college professor would say that an encyclopaedia is a reference book to know all about a particular thing. That use is a low-key approach.

The correct answer is something different. To prove this, let us quote some medical cases here:

A middle-aged westerner with pain in his left knee for two years came to me for treatment after trying various specialists in vain. After listening to his complaints and looking at him I

directed him to a dentist to remove any decayed tooth because that particular knee pain of his was due to that.

He insisted that I should see the X-ray and clinical laboratory test reports taken on the advice of chief ortho doctors in the city. I refused and so he went away. He continued with drugs, physiotherapy etc. Six months after this, he got retirement and went to his motherland Canada. There he consulted his family physician for his knee pain. That doctor too, after looking at him, directed him to a dentist.

When he went to the dentist, after examining the teeth the latter asked him whether he had been having knee pain for two years. Telling that the knee pain was due to a decayed tooth, he removed it; the very next day his knee pain vanished permanently.

Now the question is why it was possible for the author of this book as well as the Canadian doctor to diagnose that the decayed tooth was the cause for his knee pain, while the doctors in Chennai were giving drugs, recommending physiotherapy etc. The answer is very simple. That Canadian doctor and I have studied *British Encyclopaedia of Medical Practice* (12 volumes) as a textbook. So, there is no chance of our making wrong diagnosis; also no need to send a difficult case to a so-called senior physician etc.

How did the author of this book come to know the exact use of encyclopaedias?

The Bach Remedy called *Cerato* enabled the author to know and learn the correct use of encyclopaedias.

From the Bach Remedy Cerato we learn that

Textbook is for passing an examination to get a degree or diploma.

Encyclopaedia is the textbook for professionals to become a wizard in their respective field, if any one has written an encyclopaedia on the subject of his profession.

Real causes of diseases/sufferings of men is known by the use of Bach Flower Remedies alone; nowhere else do we get correct answers for our problems and sufferings.

Let us examine one of the social evils viz., ‘addiction’ and learn as to how Bach Remedies reveal the only right solution:

Walnut is the name of one of the thirty-eight Bach Remedies and it is for all types of addictions and bad habits i. e., where the patient is doing *one and the same bad thing repeatedly over and over again with his fingers/hands*—chain smoking, drinking alcohol daily, tobacco chewing, taking several cups of coffee/tea, thumb-chewing in children or nail biting in elders.

Wherever we prescribed Walnut for addictions the addicts not only gave up the habit but also soon started learning instrumental music (or painting) and soon started performing in stages earning Rs. 500 to 1000 for each two-hour performance as compared to their earlier income of mere 5-7 thousand rupees that too working as an office staff for 8 hours x 30 days.

The question now before us is, “What has ‘playing instrumental music or painting’ to do with addiction?”

In both cases, the person does *one and the same thing repeatedly over and over again with rhythmical movement of his fingers/hand*.

Smoking cigarettes or nail-biting or taking <i>ganja</i> is the ‘NEGATIVE’ aspect of the Bach Remedy Walnut.	Playing instrumental music or painting is the ‘POSITIVE’ aspect of the same remedy.
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From the above we infer that mighty Nature tells all addicts: “I sent you on earth to learn and play instrumental music (or painting) and earn 1-2 thousands daily. But you did the mistake of studying science or accountancy to earn a mere few thousand rupees once a month only. *To remind you of your job on earth* I made you an addict. At least now realise your mistake, take *Walnut* and start learning instrumental music and earn a few thousand rupees for each 2-3 hour performance.”

Addiction is not a punishment given by Nature but a chiding only.

Thus, Bach Remedies *DO NOT ‘TREAT’ OR ‘CURE’* human beings but change them from ‘negative’ to ‘positive’ types. On one hand Walnut enables addicts completely give up the bad habit; on the other, it simultaneously enables them to learn and master instrumental music/painting, irrespective of their age.

We, therefore, call Sitar Ravishankar of North India and Veena Gayathri of Tamil Nadu as “POSITIVE Walnut-type persons.” Had the parents of these instrumentalists done the mistake of discouraging their learning instrumental music and insisted on their becoming a graduate, they would have ended up as a diploma/degree holder and working in an office for a mere 5-10 thousand rupees per month and later becoming the worst addicts to alcohol, drugs etc.

From the above, we get the lesson (by the study of Bach Remedies) that in de-addiction centres we must employ teachers of instrumental music/painting and this alone is the only and correct solution to cure addictions. Will the concerned authorities wake up at least now?

Now to another Bach remedy called *Cherry Plum*:

This remedy is to be prescribed for the following symptoms:

- (i) mind giving way; or fear of loss or reason;
- (ii) irresistible temptation;
- (iii) suicidal disposition (mind giving way).

‘Uncontrollable’ anger, unbearable thirst, insatiable appetite, cannot wait for food when hungry.

A diabetic patient with Cherry Plum negative mentality cannot avoid sweets on seeing it when served in dinner parties.

Suicidal disposition: “Person commits suicide because of unbearable chronic abdominal pain that resisted treatment by the best doctors.” Cherry Plum, cures the underlying pathology and so the pain is cured completely and permanently. Not only colic. For that matter any disease that makes the sufferer cry or weep with pain.

“Man commits suicide due to poverty.” This also we occasionally read in the dailies.

Again in the case of suicidal disposition due to poverty, when Cherry Plum is prescribed it gives the victim sufficient mental balance to find ways and means of earning sufficient money; so the suicidal disposition disappears.

Persons who weep with ‘unbearable’ pain in body (whatever may be the name of his disease).

Cherry Plum is not a painkiller but it cures the underlying pathology and so the pain stops.

The best place to illustrate the use of Cherry Plum is the labour ward in any maternity hospital.

(Bach Remedies are thirty-eight in all. Every person would be of one remedy-type only at a given time. Thus, roughly three out of every hundred persons would be Cherry Plum type). Go and stand in the veranda of any labour ward at midnight and you would be hearing the shouting, crying or weeping of three out of every one hundred expectant mothers. The child wants to come out but the mouth of the uterus does not dilate. Thus, it causes “unbearable” pain making the mother cry. We gave Cherry Plum at this time to these ladies (say, 1-3 doses every 5-15 minutes). Soon they had normal delivery. At this point please do not note that Cherry Plum is for “easy delivery.” Not only painful delivery but in all diseases or problems in life where the affected person cries/weeps with ‘unbearable’ pain (or resorts to suicide) Cherry Plum is to be prescribed and it cures him. In the case of life problems making them resort to suicide, the remedy enables them to automatically find ways and means to solve their problems.[†]

I called aside the above ladies to whom Cherry Plum was prescribed for ‘unbearable pain’ and advised them to take daily one dose of the same remedy. They said, “Sir, we have delivered the baby. Why more medicine?” I advised them that this remedy would enable them to know as to why they got such ‘unbearable’ labor pain for hours together and also to prevent all future sufferings (be it bodily diseases or problems in life) making them weep or cry. They started taking the remedy. After a few weeks it was noticed that all of them started learning vocal music (irrespective of their age) and after a year or so were performing in music clubs and stages and their income multiplied several-folds.

[†]When his *reputation is at stake* a person commits suicide. This symptom is covered by another Bach remedy viz., Agrimony.

Mighty Nature indirectly tells the above ladies: “I sent you on earth to learn vocal music and earn several thousand rupees. But you did the mistake of choosing an unsuitable profession to earn a few thousand rupees once a month. To remind you of your work on earth, I gave you that unbearable labor pain. At least now realise your mistake, start taking the Bach Remedy Cherry Plum which not only reduces your prolonged labor pain, but also simultaneously enables you learn vocal music and earn several-fold of your previous monthly income.

The question now before us is, “What is the connection between ‘vocal’ music and ‘crying with pain or problem in life?’” In both instances, ‘voice’ is used continuously in high pitch.

From the Bach Remedy CHERRY PLUM, we learn that those weeping/shedding tears should start learning vocal music.

We call ‘weeping with pain or resorting to suicide due to problem in life’ as ‘NEGATIVE ASPECT’ of Cherry Plum.	‘Singing’ is the ‘POSITIVE ASPECT’ of the remedy.
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We may, thus, call Michael Jackson or Madonna of the West and M. S. Subbalaxmi, Sudha Raghunathan, Sowmya of South India and Latha Mangeshkar of North India as positive *Cherry Plum* type personalities. Suppose, parents of these vocalists had insisted on Bank job, academic education etc., by now they would have developed problems in life or diseases making them weep or cry with pain.

[†] Tongue/throat is used to make noise/voice as well as to taste delicious food. Therefore, another use of the Bach Remedy *Cherry Plum* is “irresistible temptation” “unable to observe food restrictions.”

Let us now look at some more Cherry Plum negative type persons (who too would become No.1 singers after a course of Cherry Plum).

1. Those taking more soft drinks every time they go in the hot sun; ('unbearable' thirst)
2. Those short-tempered persons who shout and scream in anger. 'Uncontrollable' thirst, 'uncontrollable' anger, appetite etc. are the symptoms of Cherry Plum.
3. Those who cannot observe diet restrictions. "Irresistible temptation."
4. Those resorting to suicide to put an end to their pain in abdomen when the best doctors failed to cure them with their medicines.
5. Persons committing suicide due to poverty.
6. Parents beating their children in anger.
7. Teachers and masters beating their students in anger because the latter is not learning in spite of repeated coaching.

By now, the reader would have learnt what we mean by 'positive' and 'negative' types. We find that there are thirty-eight types of persons only in the world. If a person is positive, he need not take any Bach remedy. Negative type may take his respective remedy to become positive. This is the secret of Bach remedies and that is why it is able to cure gently, quickly and permanently that too without any side effects.

ADDICTION AS VIEWED IN THE SYSTEM OF BACH FLOWER REMEDIES:

[In de-addiction centres one and the same drug is given to all alcoholics. Persons thus treated, of course, give up taking alcohol and does not take even if it is given to him. But, because of the side effects, he becomes dull, stupid, lazy, lethargic etc., and is unable to concentrate in discharging his official duties and responsibilities at home. Alas! After six months, when the drug goes out of his body, he starts consuming double the quantity of what he had been taking originally. It is a stereotyped method where humans are treated like animals and thus the patients suffer from side effects.]

This is because one and the same remedy is given to all addicts (as done in veterinary practice) for alcoholism.

In Bach Remedies system we do not treat ‘addiction’ but we treat ‘personalities’ of the addicts. Hence no side effects. We *individualise* the victims.

Let us examine a few alcoholics. The type of classifications on the next page is not anybody’s theory but they have been in existence from time immemorial.

(A) REGULAR (DAILY) DRINKER/CHAIN-SMOKER

Name of the Bach Remedy	Symptom of the victim (addict)
WALNUT	Here, it is a matter of sheer habit. The question of giving up alcohol/tobacco does not arise because the victim does not even think of making an attempt to give up this habit. For once, if he misses his drink, his hand would shake and subsequently suffer from withdrawal symptoms. This is a clear case of addiction indeed .
SCLERANTHUS	At night he firmly takes a vow that from the next day he won't take alcohol and promises his wife too. But the very next day the same old story is repeated. This is <i>not</i> addiction but unsteadiness of mind (Irresolution).
AGRIMONY	Does not take alcohol for 'kick' as the first said Walnut-type persons. But to forget his worries at home when some dishonourable events has happened like the elopement of his daughter, his wife living with another person etc. One day he suddenly starts drinking to ventilate his suppressed emotions and grief.
VINE	Drinks not necessarily for 'kick' like the first said <i>Walnut-type</i> . He wants to put up a show before others that he <i>does</i> drink— The status monger . Therefore drinks imported stuff like scotch etc. This would be further evidenced by the fact that in his house we find in the hall, empty biscuit brandy bottles neatly kept in a showcase.
CHERRYPLUM	He decides to give up the habit and has completely stopped it. But when he happens to see the bottle or someone smoking, he would take a peg (or a cigarette) and no more after that, till such time he again sees the bottle/cigarette packet. A case of irresistible temptation indeed. (Mind giving way.)

(B) OCCASIONAL DRINKERS:

Name of the Bach Remedy	Mind symptom of the person taking alcohol
WILDROSE	This type persons are not regular drinkers. They drink to 'enjoy' life or to celebrate once a while, like for example, on the first of every month when they get their monthly salary or, on the day of receiving yearly bonus; or, on the date of getting arrears etc., and on occasions like promotion, transfer, wedding party etc. (celebration!) Enjoyment of life!
HORNBEAM	These types of persons are neither 'addicts' nor are they fond of the 'kick' feeling. They are tonic mongers or strength-maniacs . Drinks 'wine' or 'brandy' only, because these two are said to be good for health. (It is said that one drop of wine is equal to one drop of blood!) They are over conscious of nutrition, vim, vigour & vitality. They have forgotten that 'health is wealth' and wrongly think that 'strength is wealth.'
CHICORY	Here he is a miser . He does not drink by buying from the liquor shop. But when available 'free of cost' such as in parties etc., even though he does not know how to drink, he gulps down <i>as much as possible</i> and comes home and vomits all. (The regular drinker knows his limit and does not overdose himself.) Persons like waiters working in Army Officers' Mess and top-executives attending parties quite often resort to this type of drinking.
MIMULUS	Here is the nervous fellow who has the fear-complex, drinks to become bold. These types take liquor just before encountering his rivals.

Thus, we call Bach Remedies as human medicine because every victim/patient is individualised.

Again, let us reiterate, here we are not doing any psycho-analysis of addicts, but in the above table, we have just and only given the classification *as it exists* and found by every one of us, from time immemorial.

The names of the 39 Bach Remedies are:

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|-----------------|-----------------------|
| 1. Agrimony | 21. Mustard |
| 2. Aspen | 22. Oak |
| 3. Beech | 23. Olive |
| 4. Centaury | 24. Pine |
| 5. Cerato | 25. Red Chestnut |
| 6. Cherry Plum | 26. Rock Rose |
| 7. Chestnutbud | 27. Rock Water |
| 8. Chicory | 28. Scleranthus |
| 9. Clematis | 29. Star of Bethlehem |
| 10. Crab Apple | 30. Sweet Chestnut |
| 11. Elm | 31. Vervain |
| 12. Gentian | 32. Vine |
| 13. Gorse | 33. Walnut |
| 14. Heather | 34. Water Violet |
| 15. Holly | 35. White Chestnut |
| 16. Honeysuckle | 36. Wild Oat |
| 17. Hornbeam | 37. Wild Rose |
| 18. Impatiens | 38. Willow |
| 19. Larch | 39. Rescue Remedy |
| 20. Mimulus | |

Note: (1) Out of the first thirty-eight in the above list, each one contains trace quantity of a particular wild flower. The remedy *Rock Water* at Serial No. 27 alone is not from a flower, but it is merely water collected from natural springs found among hard rocks.

(2) *Rescue Remedy* at Sl. No. 39 is a mixture of the five remedies at serial Nos. 6, 9, 18, 26 and 29.

SALIENT FEATURES OF BACH REMEDIES:

- * There are just thirty-nine remedies only.
- * No elaborate head racking study. It is very simple and easily learnt.
- * There is absolutely no diet or other restrictions.
- * No contra-indications.
- * It can be taken at any time, not necessarily before or after food.
- * They are available in the form of “ready-to-take” sweet pills.
- * There is no need to swallow the pills with water; just to be chewed. Easily carried during journeys.
- * To those who refuse medicine, the pills can be dissolved in their drinking water, coffee/tea etc. This does not cause discolouration of the water or emit any smell.
- * There is no expiry date for these remedies. [Anything kept dissolved in honey, alcohol or cane sugar retains effects life-time.]
- * They are absolutely safe, non-habit-forming and even if wrongly used or taken in over doses, do not produce side effects.
- * There is no question of withdrawal syndrome.
- * They can be given to persons of all ages, the newborn babies as well as to women at all months of pregnancy.
- * They can be taken while you are on other medicines/treatment because they do not interfere with the action of other treatments.
- * Up to five medicines can be taken together at a time.
- * They can be repeated as often as required. In chronic diseases, once or twice daily.

- ✱ The effects are almost instantaneous and the effects are seen with the very first dose.
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HOW TO STUDY BACH REMEDIES?

A lady was in bed in a hospital after abdominal surgery for removal of a cyst. Even three days after the surgery, she was weeping/crying with pain and in the night the pain did not allow her to sleep. (In many post-surgical conditions this is more or less the case).

The two things here are:

- (a) pain makes the patient weep/cry;
- (b) the pain does not allow her to sleep.

On these very symptoms Bach Remedies are prescribed, as under:

(1) **Cherry Plum** would cure any underlying pathology that makes the person weep/cry with pain.

(2) Any complaint that does not allow the patient to sleep or disturbs his sleep or wakes him up from sleep—the name of the Bach Remedy for this state is **White Chestnut**.

When these two remedies are prescribed they cure the underlying pathology—slow healing of wound. Therefore the pain stops and so the patient gets good sleep.

In other systems, at the most, the doctor may prescribe a painkiller and a sleeping pill. It may stop the pain for a few hours but soon there is a relapse. They have no medicine for quick healing of wounds. They have no remedy for diseases that make the patient weep or cry with pain; they have no specific

remedy for curing any disease that do not allow the patient to sleep.

Thus, Bach Remedies are prescribed on conditions *as we see with our naked eyes* and not on the names of diseases.

1. The Bach remedy **White Chestnut** will cure any complaint that disturbs or prevents our sleep.

2. **Cherry Plum** is for any pain that makes the person cry/weep (whatever may be the underlying pathology, call it slow healing of wounds, ulcer, cancer, appendicitis etc.)

Cherry Plum is *not* a painkiller and **White Chestnut** is *not* a sleeping pill.

For selecting the appropriate remedy we do not consider the disease, its name or underlying pathology that are in the interior body but only their outward manifestations.

**Short Notes on some of the 38 Bach remedies for ready use by the readers.
(We are writing below only after repeated verifications.)**

Agrimony: Wherever you have to ‘contend’ ‘argue’ or ‘fight’ for your right; or, have to go to court or police to collect your dues or to stop a person from harassing you. Also, wherever you have to bargain. Sell your house without paying brokerage and without bargaining, at a reasonable price. Also, to get things done in short-cuts. After any heated argument with any one, start taking this remedy one pill every half-an-hour, total 5-10 doses and by this alone you can realise the value of Bach Remedies; not by merely reading this book. This remedy Agrimony is almost a tonic for lawyers and brokers. Also, for those who turn to alcohol to ‘suppress’ their emotions and hide worries.

Those who often cracks jokes should take Agrimony daily 1-2 times for six months and this would cure all their diseases.

Aspen: Vague and unknown fear. Otherwise called “free floating anxiety” in psychiatry. The fear comes of its own and after remaining for an hour or more, goes off of its own. Also, useful when you have to go to any office for the first time to get a job done. Hesitation with strangers. This remedy is almost a specific for shyness and timidity.

Beech: The tip-top man who is over-conscious of order and form—external appearance. The so-called disciplined person. Very strict. Follows rules and laws to the core. This remedy is a tonic *par excellence* for make-up man, architect, design engineer, photographer, ready-made garment shop owners, judge, compilers of dictionaries and

authors of text-books. If you want to renovate your house or re-arrange things in your house/office, take this remedy Beech along with another Bach remedy viz., *Cerato*, daily once for a week or two prior to such re-arrangement/renovation. Those who often tells proverbs. Such persons would start writing a text-book after taking Beech for 2-6 months.

Centaury: Weakness after acute illness. So-called debilitating diseases—jaundice, typhoid, flu etc. Otherwise called *convalescent period*—time required to recoup the lost health and strength. What would otherwise mean 3-5 days to get back lost health after acute illness, with three doses of Centaury taken, every four hours, you can be back to office in just a day's time. Also those who are meek, polite and submissive; becomes willing slaves to others. They are used as door-mats. Cannot dominate others. Unfit to be a manager or in a supervisory cadre.

Cerato: Excellent for children who imitate others' mannerisms—imitating their parents/teachers.

Also, for those who often change their set-ups in office/home. Tonic *par excellence* for those running spare parts shops or departmental stores. Also who often changes various branches in their professional line. Say, a law graduate first starts working as a lawyer in a court; then starts teaching in a law college; then starts running or editing a law journal. Does not change his line 'law' but various options available in the law field that he is not able to decide. [Those who change their profession—from law to medicine, from medicine to real estate—need another Bach remedy Wild Oat.]

This remedy is excellent for those who deal with public at large—public relations officer, enquiry clerk, vocational

guidance bureau, HRD and cine actors: all these persons would go to the top in their field if only they start taking this remedy *Cerato* along with *Beech*, *Walnut* and *Chestnutbud*, daily once, for 2-6 months. If you want to get information about anything do not inquire your neighbours and colleagues. Start taking Cerato, thrice daily and in twenty-four hours someone automatically brings that information to you or you come across the right person who would supply that information to you. Keep the words 'variety', 'filing system', 'deptl. stores' 'spare parts shops', 'mimicry', 'PRO', 'encyclopaedia' and you would understand this remedy better. In the case of those who do mimicry or runs spare parts shops or deptl. stores, those quite often changing their line of activity (working as a lawyer, then teaching in law college, then changing to editing a law journal etc.) if these persons start taking Cerato daily twice for 2-6 months, they would start writing an encyclopaedia for a subject and this would be sold overnight more than ten thousand copies.

Cherry Plum: Weeping/crying with pain; shedding tears even for slight setbacks. Mind giving way or loss of reason. Anger, short-temper, gnashing their teeth in anger. The so-called emotional types. If these short-tempered people take Cherry Plum, soon they would become No.1 vocalists earning in thousands for each 2-hour performance on the stage. (For bad habits such as nail biting, thumb chewing, smoking, drinking, taking several cups of coffee or tobacco chewing etc., the Bach remedy *Walnut* taken thrice daily, would automatically enable them learn instrumental music and in a year or two, such persons would be earning ten times of their earlier job as a bank officer etc.). 'Unbearable.' Keep that word in mind. Unbearable pain, unbearable thirst, cannot

wait for food when hungry. Irresistible temptation. Those who cannot observe fasting or observe diet restrictions.

Chestnutbud: Tell lies to escape. Those who do not learn from their mistakes. Almost a specific for school boys who fail in single subject or those who get single digit marks. If the maidservant is not doing the job properly mix one pill of this remedy in her coffee that you give her daily and soon she would do the work with full responsibility. Also, if a gold chain is stolen and if you suspect the maidservant, give Chestnutbud to her in water or coffee/tea and start the topic. If she has stolen she would come out with the truth. No need for third degree treatment in lock ups. If anyone is coming to the court to tell false evidence against you, you take Chestnutbud before going to court. Once he looks at you he cannot give false evidence. He would come out with the truth. If you find any difficulty in learning a subject, take Chestnutbud daily one pill and soon you master it with ease. Not only any subject but also arts, take Chestnutbud daily and you learn without mistakes.

Chicory: Selfishness; possessiveness; always bargaining, asking for concessions, reduction, discount. Before going out for shopping take a dose of this remedy and you would not make useless purchases. Also, the shop-keeper won't dump substandard stuff on your head. Chicory increases your charisma. While going out to collect donations, or bill collectors, or before going out to ask for recommendations or favours, take a dose of this remedy. Excellent for salesmen, door-to-door canvassers etc. Chicory is also for those who cannot sleep alone in a house. Homesick. Nostalgia. Cannot go alone for shopping etc. Wants a company. Chicory is almost a specific for those who borrow money at the end of every month. Month-end deficit budget.

After taking Chicory, money won't fall from the roof, but this remedy enables them to write a deptl. exam. to get promotion to the next cadre or they start doing a side business or part-time job or get a better new job. That is Bach Remedies! **What you reasonably want and deserve**, and if you are not getting, the correct Bach Remedies would enable you get that. It is not He-man story or magic. Bach Remedies have life-giving principle.

Clematis: The day dreamer. "One day I would be such and such big person..." That day never comes. Those who lose money in buying lottery tickets or share business.

[For knowing the positive aspect of this remedy for solving problems and curing diseases almost instantaneously read MEDITATION on page 81.

Crab Apple: Persons needing this remedy are sensitive to dirt, filth, contamination, contagion, infection, sepsis, ugliness etc. They avoid using toilet in school/cinema theatre and in their friends' houses. There are extreme Crab Apple-type persons who would even wash their hands after shaking hands with others. These persons do not use others' soap, towel etc.

Another type person of this remedy is "sensitive to his external appearance (before others)." Pimples in the face of teenage college girls, grey hair, baldness etc., are cured by Crab Apple. Those who use wig or use hair-dye, we call Crab Apple type persons. **Thus in some cases the body language indicates the Bach remedy needed for him.**

This Remedy is for those who are over conscious of filth, dirt, contagion, infection, bacteria etc. and so who often uses dettol to wash their hands or for sweeping the floor of their house. **THIS REMEDY IS ALMOST A SPECIFIC FOR VARIOUS SKIN AFFECTIONS** if the person feels that it

makes him ugly before others. Also, foreign body sensations inside their body. To increase the height of short stature persons, if below twenty-five years of age. Sand sensation in eyes. Pricking, stitching sensation inside the body anywhere. Itching of skin. In backache or leg pain, feels to cut off that painful portion and keep it aside.

Elm: For those who have a group of persons under their guidance. The team leader. For top-executives, Chairman of group companies, Teachers, Coaches, Principals & Headmasters. Those who have several people under their control and manage them. School/College teachers. Works Manager, Personnel officers.

Also when you have to manage a job or work single-handedly without previous experience or knowledge of such things. Businessmen to get more customers. [The Bach remedy *Impatiens* is for junior executives and Elm is for top executives.]

If you are a teacher, lecturer or professor and if you start taking the three Bach Remedies together (Elm, Chestnutbud and Walnut), soon you not only get Teachers award at all-India level but also at International level. If principals of schools/colleges start taking these remedies, their institutions would soon become another Oxford or Cambridge. Our poor graduates flee to foreign for a job. But they can achieve international status by remaining in India merely and simply after taking for 2 to 6 months the Bach Remedies Elm, Wild Oat, Larch, Chestnutbud and Walnut, all together daily once. Remember, these remedies won't make you fetch a better or lucrative job but would make you another Bill Gates or Shakuntala Devi.

HOW CAN WE SAY THAT BACH FLOWER REMEDIES ARE EFFECTIVE IN SHAPING EVERY ONE'S PERSONALITY?

We have already said that all these flowers are available together in English forests alone. The aroma of these flowers carried by the flower dust and spread by winds have been influencing the British people from time immemorial and making them No.1 in all fields.

How can we say that the British are No. 1 in the World?

Radio stations of many countries relay B.B.C. news, but B.B.C. does not relay news of other stations.

The highest respectable qualification in medical practice is F.R.C.S., M.R.C.P. etc. These can be acquired by studying in England alone. The richest Gulf countries have accepted and adopt these parameters for employing doctors in their hospitals and M.B.B.S., M.D., or M.S. from India hardly get a place.

To study Economics, London School of Economics is the most prestigious institution and to get admission is not an easy task. And the fees? A whooping twenty lakhs! Again, those Indians who have studied Law in England (Barrister-at-law) have opened offices all over Europe. This qualification is recognised internationally.

We are not writing all these to praise Englishmen, but the focus is on something else.

How is it possible for the British to be No. 1 in many fields? Even in games, the most popular and most loved one is cricket. The origin of this game is England.

And now, the secret of their being No. 1:

It is only because of the effects of thirty-seven wild flowers in abundance in their natural habitat in English forests only. The aroma of these flowers has been influencing the British for thousands of years.

WHY SHOULD ALL OF US KNOW AND LEARN DR. BACH FLOWER REMEDIES OF ENGLAND?

"Heuristic" method is a way of learning without a teacher. The student has to find out and learn things by himself. Perhaps, most of you have not heard of this method.

**HEURISTIC METHOD and WHY SHOULD WE
KNOW ABOUT IT?**

Take any subject—psychology, geometry, astronomy etc. The first person who introduced that as a subject of study found out and formulated it by himself and not by studying under any teacher.

Maths wizard Shakuntala Devi, who had not entered a college was given a brand new Benz car (worth Rs.30 lakhs) free of cost when she challenged the latest computer in Benz car manufacturing company of Germany, did a complicated calculation mentally and gave the answer speedier than the latest computer. She became a wizard in calculations not by studying B.Sc. or M.Sc. (Maths) in any college; she is a mere S.S.L.C. or Tenth Standard.

Nor did Mahatma Gandhi study *ahimsa* (non-violence) in any college. He became the father of Indian nation not because he was a barrister-at-law. Nay, most people do not know that he is a foreign qualified law graduate!

Nor had Oxford studied English literature in any college to compile world famous Oxford dictionary. He studied up to 9th standard and discontinued his school.

Our arts colleges/universities all over the world are not able to bring out a better compiler of dictionary than Oxford.

Number one author of World History is H. G. Wells. Alas! He was a science student and he did not study B.A. or M.A. (History) to become No.1 author of world history.

If you want to end up as a mere breadwinner by earning 5-10 thousand rupees per month, you may mug up notes aspiring to put the title “M.A.” etc., after your name. But if you want more servants to wait on you like Oxford, Shakuntala Devi etc., and if you want to get an income proportionate to your expenses and requirements, then heuristic method is there for you.

“What should I now do to find a fine new thing/subject by heuristic method?” Some of you may wonder!

Our answer is, ‘For that, you have to free yourself from the undesirable effects of tradition, descent etc.’

Again your question would be: “How can I do that?”

Answer to this question comes from Bach Flower Remedies of England.

HOW ARE BACH REMEDIES PRESCRIBED?

The remedies are prescribed not on nomenclature of disease but on the words used by the sufferer or his reaction to his illness.

For example, let us take an actual case of five persons, all of whom developed pain in abdomen, after taking food in a restaurant. In other medical systems, a doctor would prescribe uniformly one remedy to all the five persons for ‘food contamination.’

Let us now listen to each of them.

Shyam: “In hotels they don't meticulously clean the plates; they simply dip the plates in a bucketful of water and that is all. Probably someone with infectious or contagious disease might have taken food before us and through the bucketful of water it might have spread to all of us. That is why we have this abdominal pain.”

Arun: “They use half-perished vegetables and substandard oil for cooking. They want to make more money and we are suffering because of them.”

Patel: ‘Hotel food never agrees with my belly. I always try to avoid it. Had I avoided it this time, I would not have got this pain.’

Anand: “Probably I might have committed some sin and I am now paying for my past sins with this abdominal pain.”

Raghuram, on his part, tells: “I am afraid that we may develop diarrhoea and vomiting and consequent dehydration. Better, we see a doctor immediately.”

In the above five instances, though the complaint is uniform in all the five individuals, viz., abdominal pain, the reaction or words used by them are totally different from one individual to another.

Name of person	Expressions	Keywords (Symptom)	Relevant Bach Remedy
Shyam	“In hotels they don’t meticulously clean the plates. They simply dip the plates in a bucketful of water and that is all. Probably someone with infectious or contagious disease might have taken food before us and through the bucketful of water it might have spread to all of us. That is why we have this abdominal pain.”	Over-conscious of filth, contamination, contagion etc.	Crab Apple
Arun	“They use half-perished vegetables and substandard oil for cooking. They want to make more money and we are suffering because of them.”	Blaming others for his difficulties	Willow
Patel	“Hotel food never agrees with my belly. I always try to avoid it. Had I avoided it this time, I would not have got this pain.”	Regret	Honey-suckle
Anand	“Probably I might have committed some sin and I am now paying for my past sins with this abdominal pain.”	Guilt complex or self-contempt	Pine
Raghu-ram	“I am afraid we may develop diarrhoea and vomiting and consequent dehydration. Better, we see a doctor immediately.”	Fear of known cause	Mimulus

Practitioners of other medical systems would simply ignore the above statements and they would treat all of them for food contamination and it means hospitalization, taking medicines for a few days etc.

But, in Bach Remedies, the cure is almost instantaneous. Each herb corresponds with one of the qualities and its purpose is to strengthen that quality so that the personality may rise above the fault that is the particular stumbling block.

On reading the above, most readers at once may rush to the hasty but wrong conclusion that this system is based on psycho-analysis and they must be expert in psychology to 'probe deep into the mental faculty of the patients.' No, not at all.

Of course, a patient walks in with a physical complaint, but if only we allow them to continue, they invariably end up with a mental symptom. **It is, therefore, the real cause behind the disease which is of utmost importance, the mental state of the patient himself, not the condition of the body** (Edward Bach).

It is more than sufficient if you listen to the patient allowing him to talk; nothing more and nothing less. The patient details his suffering. Those around him remark what they have observed about him. *The practitioner listens without interrupting him* to identify his remedy. Every interruption breaks the train of thought of the narrator, and all he would have said at first does not again occur to him in precisely the same manner after that.

Let us now study another Bach remedy viz.,

MIMULUS

Key notes: Fear of known things.

On superficial reading and study, most readers think that Bach remedies are for psychological states only, and that it is not useful for physical maladies; this is not so.

It is true that many patients do not come to a doctor for fear, restlessness etc. They come with physical diseases only. *But if we allow (and only if we allow) them to continue his talk* he will invariably end up with a mind symptom.

The patient details his sufferings. Those around him remark what they have observed about him. The practitioner listens *without interrupting him*.

Write this on the wall “without interrupting.”

Every interruption would only break the train of thought of the narrator, and all he would have said at first does not again occur to him in precisely the same manner after that.

A lady walked into my clinic telling a history of two months headache and ultimately ended up by saying that she was afraid whether it may be brain tumour.

I prescribed *Mimulus* to be taken two pills thrice daily; it cured her headache.

Here, this patient walked in with a physical malady viz., headache, but ended up by telling ‘fear.’

In very rare number of cases, where a patient does not talk much, that in itself is a symptom called *taciturnity* and the Bach remedy *Agrimony* covers it.

One must improve his faculty of listening to the patient. That is all what is required for being a successful practitioner.

The talkie-talkie loquacious person will be Number One failure and so is unfit to practise Bach Remedies. The unprejudiced and careful observer who simply listens to the very words coming from the mouth of the sufferer, without interrupting him, would only wait till he gets what he wants—some words / phrases indicating a Bach remedy.

THE PATIENT HIMSELF TELLS HIS REMEDY.

The remedy *Mimulus* is for fear of known cause; fear of death during the course of serious acute disease; “fear of cancer” and so on.

In patients needing *Mimulus*, it is about a particular known thing that he is afraid of; the fear may be unwarranted also.

Some examples are:

“Fear of taking an injection.” We call such persons “nervous types.”

“Fear of high places;” “fear of the boss in office.”

“Fear of robbers, accidents, etc.”

“Fear of electric current” and so is afraid of handling electrically-operated appliances.

“Fear of darkness” (But, if this is ameliorated in company, *Chicory* is the remedy.)

“Fear of using the razor in shaving, of dogs, of oxen.” When he has to go out and meet a big person, he becomes nervous.

[For “fear of snake” see another Bach Remedy Rock Rose. (extreme fear or terror, panic)]

To a lady in whose house there were lot of cockroaches of which she was afraid, *Mimulus* was given thrice daily; after a week she remarked: “I am not afraid of cockroaches now...”

Some children are afraid of the class teacher; some are afraid of a tall person with long moustache. Fear of father who is always strict and beats his children often.

Whenever a patient tells you of his trouble: “I am afraid it may be cancer” or “Will it spread?” or “Will it terminate in an fatal or incurable disease?” Then, irrespective of his ailment he is referring to, you can give *Mimulus*. It not only removes the fear from the mind of such persons but also cures the disease which he refers to with fear. “Fear of impending disease” all need *Mimulus*. Often we find this symptom in case of difficult breathing, pain in chest etc.

“I had pain in my chest last night. Will it turn into heart attack or will it be connected with the beginning of any serious heart trouble?” asked a lady. *Mimulus* cured her.

Mr. S. was admitted for cataract surgery. On the day when he was taken to the theatre he got frightened by looking at the surgical instruments etc., and his blood pressure shot up; hence surgery was postponed and he was given pills to bring down the blood pressure; next day also the same story was repeated and so on. *Mimulus* was given thrice daily and he was no more afraid of surgery and his blood pressure did not shoot up.

Mimulus and Chicory compared : “Fear of going alone in the dark.” May be it is the thought of ghosts or robbers which gives rise to fear. But, if the person says that in the company of someone he can go without fear in darkness, then *Chicory* is the remedy for him and not *Mimulus*. *Wherever fear is ameliorated in the company of someone and aggravated while alone, Chicory is to be considered.*

“I cannot sleep alone in a house. But, if there is one or more persons—even a small child—for company then I can

sleep even in a bungalow haunted by ghosts.” *Chicory* is the remedy for this state and no amount of *Mimulus* will help.

Auto rickshaw fellows in Madras City are just horrible. Every one is afraid of him. Before engaging an auto you may take one pill of *Mimulus*; he will talk politely and take us anywhere we want, without asking for extra money over meter.

Let us next study another Bach remedy ***Chestnutbud*** (We must keep in mind that the following can be cured only if C. T. scan shows no abnormality in the brain.)

This remedy has two symptoms:

(i) Slowness in Learning;

(ii) Escapist Mentality.

(1) Children who are slow in learning; in spite of tuition for each subject by different teachers and coaching by parents he is getting single digit marks only.

We call it “low *i. q.*, (intelligence quotient).” Slowness in learning is due to lack of interest and attention.

Here we must carefully note that the remedy *Chestnutbud* does not increase anyone’s brain power or capacity. It only and merely removes ‘lack of interest’ and ‘inattention.’

Thus, “low *i. q.*” goes out of terminology with Bach Remedies.

Some readers at once rush to a wrong conclusion that *Chestnutbud* will make all students get good or pass marks. No, not at all. (That routinism will not be tolerated in this system.)

(2) Let us now turn to look another class of students where the mother says,

“Doctor, if he sits and studies well, he would no doubt score first rank. But the problem with him is that he does not study much, but takes more interest in watching television, playing games with cell phones etc.”

In this case it is ‘laziness’ or ‘indifference to important things’. These boys study late hours just 1-2 weeks before examination. For these class of boys the Bach remedy is *Scleranthus* and when it is given they become prompt and punctual in their studies and score first rank.

(3) Away from the above two categories of students and examine another type.

A boy scores anywhere between 45 to 70% and you ask him why he is not getting first rank like the boy who stands first in the class. Listen to his reply,

“I cannot be like him. He is all great.”

Here he unnecessarily praises the first rank boy and comparing himself with him he says that he cannot be like him. A case of lack of self-confidence. *Larch* is the Bach Remedy for this boy and this remedy will make him score first rank.

You should not hastily conclude that by giving all the above three remedies, (*viz.*, *Chestnutbud*, *Scleranthus* and *Larch*) to all students we may make everyone get first rank. That is not a good practice. **You have to individualise each student by learning the symptom of various Bach remedies.**

(4) To a boy who was getting average marks, the above three remedies *viz.*, *Chestnutbud*, *Scleranthus* and *Larch* were given (to be taken together, daily one dose but this had no effect. The teacher came to us asking whether the remedies would not act in some boys. We asked the boy to be brought before us. From the description of parents we could easily conclude that he was

neither a *Chestnutbud*-type nor *Scleranthus*-type nor *Larch*-type.

We simply asked the boy as to why he failed. His reply,

“Fellows who do not know Chemistry have come to teach in my school to cut my throat.”

Here, he “blames” the teacher for his having failed in the examination.

Willow is the name of another Bach remedy for “blaming others for our faults.” This was prescribed to him and he got first rank in the following exam.

In yet another case of a boy, when asked as to why he failed, he replied, “Doctor, had I studied well I would have passed. It is my mistake. I spent more time in playing cricket, watching television etc. Had I been careful I would have passed in the exam. I now feel for it.”

In this case he ‘regrets over missed chances and lost opportunities.’ The Bach remedy for regretting over past mistakes is *Honeysuckle* and it helped him in the next exam to get very good marks.

It is the patient (his reaction) we have to prescribe for and not for “getting good marks.”

Bach remedies can be given to all ages and ladies at all months of pregnancy.

Like this you must know the classifications of the 38 remedy-types. Then prescription becomes easy.

Learn the subject first and then start prescribing for addiction, for students poor in studies, for increasing one’s income, strategies, dimensions etc.

Otherwise, if you ask us names of remedy for ‘memory power’ etc., you cannot practise Bach remedies.

You cannot make Bach Remedies to fit into your classifications, *et hoc genus omne*, but learn the classifications as it exists in the humanity from time immemorial and use the Remedies accordingly.

Let us now see how “slowness in learning” operates in some persons:

In learning cycling, daily there should be gradual progress. But even after ten days trial there is no progress but what learner got was injuries by falling down. What would he say next? “I do not want cycling.” Escapist mentality indeed. Chestnutbud would make him learn easily.

Let us examine the symptom ‘Escapist mentality.’ Every thief would only try to escape. If all thieves would come forward and accept their crime, there is no need for police stations, court, or prison.

In police stations proportionate to the torture the culprit gets, he will admit the theft committed by him. But third degree manners, torture, and lock-up deaths would go out of terminology with Bach Remedies. To the suspect, those sub-inspectors (who have learnt Bach Remedies system) would give a glass of water after dissolving a few pills of the remedy Chestnutbud into it. In a few minutes time, the thief would voluntarily disclose not only the theft committed by him (for which he had been arrested on suspicion) but all other thefts committed since long.

Chestnutbud is not a truth finding medicine. It simply removes “escapist” mentality which is undesirable and a disease. When it is removed, he speaks out the truth.

Very good indeed in the hands of C.B.I., income-tax and sales-tax officers. No need for raids and hour-long interrogation. Dissolve a few pills of the remedy Chestnutbud into water and give it to the suspect; very soon it will be a total voluntary disclosure. “Voluntary disclosure schemes” are out of terminology with Chestnutbud.

For any average Indian, the moment his income exceeds the ceiling, the first thing he would think is how to evade tax. Nobody maintains correct account of income; what they show to income-tax dept is false—say about one-third to one-sixth of their actual income.

All these evaders must take Chestnutbud. Most readers would retort, “Oh, No! I have to lose several thousands or lakhs!”

But, dear sir, our Bach Remedies do not make you poor!

You do spend hours or days for hiding your income. By taking Chestnutbud you would use that mind in a constructive way and put it to right use in your business and soon that would mean several-fold increase of your income. Chestnutbud does not merely make you lose the amount (which you would have otherwise concealed from income-tax dept.) Time and man-hour spent on hiding your income would now be put to right use in your business (with the help of Chestnutbud) and your income will multiply and what you pay as income-tax would become negligible.

ESCAPIST MENTALITY! Marking time and shirking responsibility. That is what is said about persons in government offices who do not want to work. When a big statement is given to the typist, he would cut the draw cord or loosen some screws in the typewriter and would offer lame excuse that the machine has gone out of order.

When leave is not given to the car-driver, he cuts off some electric wire and would say “car repair” and it must be sent to the workshop for repair.

In case of theft in your house if you suspect one of your servants, give him water mixed with Chestnutbud and he would soon come out with the truth. No need for interrogation, police or third-degree manners.

Chestnutbud is not a ‘truth finder’. It simply and only removes the negative aspect of the mind “escapist mentality.” Therefore, lock-up deaths, court etc., go out of terminology and the poor newspaper men would have no work to do.

To the convicts, upon completion of their term of punishment, when released from prisons, as a rehabilitation measure give them daily 1-2 doses of **Chestnutbud**. Will it remove their thieving mentality? No one has so far given the correct solution for the culprits as rehabilitation method. These so-called convicts had been sent on earth to learn a particular unique subject (distinct and different from all others, who, like herds of animals are studying commerce, computer, literature etc. etc.) Because he could not find the teacher to teach him that unique subject or trade, his mind gets diverted to the readily available burglary, pick pocketing etc.

As a rehabilitation measure, we may give all these convicts the Bach remedy **Chestnutbud** and we would be surprised how they learn a hitherto unknown unique trade/subject/profession and become No. 1 in that and would really be earning in a very decent manner more than the judge or police superintendent who had sent him to jail.

ESCAPIST MENTALITY: When pressed with difficulties and problems in the family the father or mother may

say, “I feel as if I should run away somewhere.” Chestnutbud will help him to face and solve the problem.

The boy who has failed in his tenth standard ‘runs away’ from home. He needs Chestnutbud.

A boy and girl loving each other; both their parents refuse to their marriage. The couple decide elopement. Chestnutbud is needed for them.

Chestnutbud is for those who try to escape from their “responsibilities.”

What is the positive aspect of Chestnutbud?

Negative type says “I feel as if I should run away somewhere...”

But where? Yes, you should run to the master, a good teacher. Chestnutbud helps you learn lessons quickly. But, more than that, it makes you run to the right teacher too—whatever may be your subject, including spiritualism. Also with Chestnutbud you learn a subject without mistakes.

What the reader has so far studied is only an introduction. Let us now make an in-depth study of the subject exactly and accurately.

Each of the thirty-eight remedies have their own unique features that help us to select it. The description of various remedies are not made on any ‘theory’ or ‘principle’ but it exists from time immemorial. In other words, this system is already known to all of us.

For example, let us examine the following words, which most of the readers would have heard at one time or other from the mouth of some persons.

- (A) “Even my enemy should not get this type of suffering (which I am having now.)”—This is ‘mental anguish’
- (B) “No one on earth should get this type of suffering (which I have now.)”

Statement (A) points to the Bach remedy *Sweet Chestnut*. The complaint of the sufferer may be headache or lumbago or any other. *Sweet Chestnut* would cure him.

Statement (B) points to another Bach remedy *Rock Rose*.—‘extreme bodily suffering of body or torture’.

In other words we say that in this system the patient indicates the remedy to us.

- (C) “I am now paying (in the form of throat cancer) for my past sins.” This person needs the Bach remedy *Pine*.—‘self-contempt or guilt feeling’.

Doctors of all other medical systems would only ignore the above words (which are spontaneously told). But we take these and these alone for selecting the Bach remedy.

On one hand each sufferer talks or reacts in a unique way. On the other, we have a corresponding flower to cure him (whatever may be his disease or pathology). Nature constantly works toward perfection.

In some remedies it is the body language or type or nature of complaint that indicates the remedy.

For example the remedy *White Chestnut* is useful for the following complaints.

- (a) complaints that disturbs your routine.
- (b) complaints that do not allow you to sleep (say pain in abdomen); or wakes you from sleep (cough) or complaints on waking (headache).

- (c) sudden stoppage (torpor) of daily routine such as ‘constipation with no urging’ for days. (For ‘ineffectual urging’ or incomplete evaluation the Bach remedy is *Scleranthus*)
- (d) persons who have not recovered from the effects of some disease or injuries and patient declared ‘clinically all right’—disability of joints after accident where ortho and neuro declares him to be clinically all right but he is not able to move the joint freely.
- (e) delusions, illusions, hallucinations.
- (f) nervous excitement. The so-called examination funk. Due to nervous excitement (not fear) the question paper becomes blank in the exam hall.
- (g) same unwanted thoughts occurring again and again etc., etc.

Persons needing the Bach remedy Agrimony often cracks jokes.

Those who often tells proverbs are Beech-type.

Persons requiring the Bach remedy Wild Rose teases others quite often.

The reader can go to a buffet dinner party, stand aside and watch how each one is choosing his food.

- (A) Persons of Hornbeam-type first collects all cashew nuts/ badam spread on sweets or floating in Kheer (payasam). He has the mania for vim, vigour vitality. Strength, Nutrition.

- (B) Cherry Plum type persons take only those items that makes his mouth water (Delicacies)
 - (C) For Chicory-type persons quantity is the criteria. He will try to gulp down more and more. Also, he would pack some items and take home! (greedy, miser).
-

In the next pages, we will study elaborately two remedies viz., Willow and Gentian.

WILLOW

Blames others for his own faults/mistakes.

“Don’t cut my throat.” “All fellows are disturbing me.”

For the *Willow* type person, excepting himself, all others are dishonest and disturbing him.

In the clinic, we can easily spot *Willow* types.

“Doctor, you have been treating me for this l.o.n..g period of o.n..e year and taken three thousand rupees; but no relief is visible.” He blames the doctor, whereas, in fact, the present doctor had given him more than 75% relief compared to zero result obtained by him with two years’ treatment that too after having spent twenty-five thousands.

In another case, a rectal cancer patient (condemned to death in five months time) was completely cured by me in three months time and had been living even after six months. I had charged him just five thousand rupees for three months treatment, whereas he had spent more than a lakh on previous treatment with nil result and condemned to death! During his visit, instead of gratitude, he retorts: “Doctor, you say you have cured me; look at this eczema. It is still there.” Compared to the eczema (which he had been having for years) cure of cancer is a very good thing, but, being a *Willow* type, he would never refer to that.

He holds on something or someone to make complaints. He can never be satisfied or made happy.

Bitterness for others. Full of rancour.

“Don’t trouble me,” “Don’t disturb me,” “Don’t kill me” are the words quite often told by persons needing this remedy.

Even in ordinary talk he will attribute his failures and sufferings to others' faults.

"All fellows are troublesome." "No one is doing his duty."

While putting on his shirt he does so inside out, and instead of realising his mistake, blames the tailor or the textile industry that manufactured the cloth.

'Appreciation,' 'approval of good work' etc., are not in his vocabulary.

He will travel in the train without buying a ticket. But will not hesitate to condemn railway officials for inadequate services! He even calls them as thieves.

He tries to repair the electric fan himself without any knowledge of its mechanism. He tinkers with it and unable to repair it, blames the manufacturer for making a fan with such a complicated mechanism. He does not accept his silliness of having meddled with it.

In illness, he blames the doctor for not giving quick relief or for charging more. He resents the doctor by telling "He only knows to take huge fees."

Always complaining about and against others. For the *Willow* type person, all things and persons (excepting himself) are wrong.

A beginner in Bach remedies (who is a *Willow* type) blames the drug store from where he bought the medicine for supplying sub-standard medicine whereas the fault really lies in his wrong selection of remedies for himself/others.

The *Willow*-type father or mother feels that his/her children are born to trouble them and so scolds them. (Natural love is absent.) [Wild Rose type persons feel that children are a 'burden.']

“How much more service you want me to do for the small amount you pay me.”

A shop-keeper always sells goods at a rate higher than that other shops in the town. This may be due to (i) either a desire for more money—*Chicory*-mentality, or (ii) he is a *Willow* type who would say, “When people are minting money in various business, the profit earned by me is much less.”

A *Willow* type person is never happy, never smiles. ‘Dissatisfaction,’ ‘contempt for others’ are his characteristics. Even if you pay him more than what you give to others in his cadre, he still feels he is given less than what is due to him. “I am suffering because of others’ fault.”

He may injure himself by tumbling on account of his carelessness or suffer a loss in business owing to his own lack of prudence. But he would blame someone else for this. [Another Bach Remedy *Holly* is for hatred, jealousy etc.]

“Aversion to food, aversion to wife, and family members.” (For indifference to family members, the Bach remedy is *Wild Rose*.)

Look at the man who starts disliking his wife. He *blames* his parents for selecting such an ugly, useless or unsuitable girl (though he himself had selected the girl). *Willow* would help him love his wife by removing the contempt from his mind.

(If, from the very beginning, he hates her just because she is not beautiful, then *Beech* is the remedy which will make him tolerant of her appearances, and appreciate the good qualities in her. After all, each and every girl is to be married.)

Another Bach remedy *Beech* compared with *Willow*: Both remedy-type persons condemn others. While *Beech*-type stops with ‘criticising’ others, the *Willow* type resents others’ success

for his failures. *Beech*-type criticise others' fault but not in comparison with himself. *Willow*-type feels that compared to others, he is ill-placed in life.

Willow should not be confounded with *Holly*, *Gentian* and *Beech* remedies.

Holly-type is jealous of others' success and it is causeless. *Willow* resents others' success in comparison to himself as he is not happy or comfortable in life. *Gentian*-type is depressed and has no reference to others. *Beech*-type persons criticises others' fault and has no reference to himself.

Another Bach remedy called *Pine* blames himself even if the fault is really on others.

Some remedies with opposite indications are given in the following table:

Willow (Blames others for his faults)	x	Pine (Blames himself even for others' faults)
Vine (Dominates others)	x	Centaury (Allows himself to be dominated by others— submissive, meek, polite.)
Agrimony (does not talk of his sufferings/problems with others, even when asked to do so)	x	Heather (Even if the other person does not like, he wants to talk with him about his disease, problems in life)
Clematis (Future) (Day dreaming)	x	Honeysuckle (Past) (Regret)
Gorse (Hopeless even in things that are easily possible)	x	Oak (Hopeful of the impossible)

Quarrels between husband and wife are usually because of one blaming the other. *Willow* will make them happy. *Chicory* too is beneficial, especially when the couple become selfish and quarrel over their individual rights.

“Fellows with not even a degree are earning huge sums. But I, with a doctoral degree, am unable to get a decent job. What a society!” But he won’t be willing to look at persons with equal or even more qualifications than him drawing a lesser salary.

It is really a difficult task to manage a *Willow* type of person when he is ill. He will not be satisfied with any amount of care

and attention that you give. *Willow* is the only answer. Without it, you cannot manage him.

A child suddenly cries continuously in the night. It may have colic or earache; instead of sympathising and trying to find out the cause the *Willow* type mother scolds it for disturbing her sleep: “You devil, you have been born to torment me.”

In most of the road accidents in India, drivers of both the vehicles involved in the accident, would only blame each other and won’t admit their fault. Both need *Willow*.

Willow-type persons get irritated and scolds unreasonably, when it is not warranted. “This milkman every morning comes to disturb my sleep.” Actually milkman is doing his duty and it is nothing to blame.

Again, the negative *Willow* type person blames the postman who brings money order which is an occasion for happiness or contentment and not harmful in any way. “I cannot rest for a while. This postman always disturbs me in the afternoon.”

In the case of a *Willow*-type pensioner (who has to go to the bank on the first of every month to draw his pension amount) thinks it a nuisance and says, “See, every month on first I have to go to the bank all the way to get this one thousand rupees.”

What he gets from others (even a thousand rupees) is small. What he gives others (even five rupees) is very big!

He is not (and can never be) satisfied with whatever salary he gets and whatever free help/assistance others give him.

In the shop, he is not pleased even when the shop-keeper gives him 95 or 100% discount. Because our *Willow*-type (though he gets free of cost) has to carry it home!

GENTIAN is the name of the next Bach Remedy.

Key-words: Depression at setbacks; expects failures/disappointment.

This type person easily gets discouraged even at slight setbacks and disappointments; it may be that a friend has not turned up at the appointed hour though the visit may be a casual one.

For *Gentian* type persons getting depression there is a cause, though it may be trivial.

Another characteristic of *Gentian* type is a tendency to sigh.

He goes to book a berth in train and finds a few persons in the queue. He has to wait in the queue for his turn. He feels depressed for this, though the length of that queue is small compared to the regular rush on other days. He can never be happy. When his turn comes and asks for a ticket handing over a five hundred rupee, the booking clerk at the counter tells him he has no change; our *Gentian* type feels depressed and sighs.

He catches hold of something or other over which he can grieve.

His child falls ill; it may be a minor ailment, only a cold, which is commoner in children. Instead of giving some medicine or taking the child to the doctor, he feels disheartened and sighs.

He begins to write a letter. The pen goes dry. Instead of filling ink into the pen, he gets depressed which is not warranted because ink is available in his house and he has to merely fill it, which is a routine thing. But he reacts, “Whenever I take the pen, it will not write.”

They are hard to please or satisfy. They are never pleased or happy with anything and are prone to grumbling. They become sad for petty reasons; the train arrives late by ten minutes; they are sad, though it is common in that part every day. For a *Gentian* type person a smallest trivial incident is enough to make them go into a bout of depression. Slight setbacks and disappointments easily affects them out of proportion; they get discouraged easily and catch hold on some matter or the other to grieve about.

However hard you may try, it is not possible to make them happy or smile. Let us see how a person through his body language shows that he needs *Gentian*. The following diagram would help us.



A

B

Look at the pictures above, particularly the lips and mouth. Picture A shows a smiling and happy face. If you make the picture slide upside down, you get picture B which denotes sadness and depression. This is the expression on the face of *Gentian* type.

You can do nothing to please him or bring smile on his face.
He is borne to grieve!

Let us now see another *Gentian* type person. He asks for a loan of one thousand rupees from his neighbour, telling that it is required in two days time. Next evening the neighbour gives him the amount. Instead of being satisfied for having got the amount he grieves, “Why should he make me wait for two days for this? He could have given yesterday itself.”

Suppose the neighbour had given the money on the same day, say in the form of ten-rupee notes, the *Gentian* type person

remarks, “Who will count and carry all these. He could have given me in hundred or five-hundred rupee notes.

Had the neighbour given in five-hundreds, the reaction of our *Gentian*-type would be, “I have to go somewhere and get change. He could have given me in hundreds.”

Let us see the words used by a *Gentian*-type person in day-to-day life. In a bus stop, waiting for a long time for his bus, he reacts sadly, “Apart from the bus I want, all other buses seem to come”.

Nothing can please him. There is always an aura of sadness on his face; you can never see him smiling; they are sadness incarnate; when a small problem crops up, they become sad. If at all they smile it is a dejected smile only.

He expects and anticipates failures and disappointment only. Nothing goes right for him.

Let us now see hair-line difference between *Gentian* and certain other medicines.

Gentian anticipates failures and he has no reference to others but to himself.

Gorse is a matter of hopeless in others/medicines etc.

Larch has no self-confidence and so does not even try new things.

Willow type blames others bitterly.

Pine is full of self-contempt and guilt-complex.

Honeysuckle is full of regrets over lost opportunities.

These types are never happy.

The difference is that *Oak*-type persons keep on doing things that is far above their capacity or capabilities. E.g., trying to repair the watch by himself without tools and without any knowledge of watch mechanism. Or, learning new language with the help of a dictionary alone.

Gentian type person feels disheartened even at trivial setbacks, such as, feeling depressed when the pen goes dry on beginning to write a letter. Instead of filling ink into the pen, he abandons the very idea of writing the letter! They avoid perseverance assuring that nothing will go right for them. When *Gentian* is taken by them, they become positive and work towards their goal without getting disheartened.

The negative type of untiring perseverance that is found in *Oak* remedy is not the positive type of *Gentian*.

Gentian and Mustard compared: For depression at slight setbacks *Gentian* is to be given. In the case of persons needing *Mustard*, they feel depressed without any cause, and after some hours or so, it disappears of its own-causeless. Again, the depression is extreme, as if a black cloud has descended on him.

Mimulus fear is ordinary. In *Rock Rose* the fear is extreme (otherwise called terror or panic.) So also, *Gentian* sadness is ordinary and there is a cause. In the remedy *Mustard* the depression is extreme and it is causeless. Gloom is the correct word to denote extreme depression found in persons requiring *Mustard*.

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