


Catchword

Bach
Flower Therapy

present existence. Within man he differentiated between the higher (divine) self and the earthly appearance of a personality. As far as he was concerned, it was man's task to recognise his own divinity and in the end to only follow that "truth", which can be found in one's own inner core. The "spiritual" flower essences are not to be seen as "healing" essences, but should rather be considered as means towards "salvation". Consequently Dr. Bach himself called them "sacraments", sacraments that were meant to help man on his way to a spiritual perfection. In line with the esoteric conceptual approach, man thus is meant to learn to only trust in himself and not to accept any other teaching from outside.



The spiritual essence of the pine is meant to free a person from an "exaggerated sense of duty".

Should Christians use Bach Flowers?

The ideological concept behind the Bach Flower Therapy is not reconcilable with biblical-Christian thinking. Even if people think it a natural medicine and do not necessarily consider or look into the esoteric world view it is based upon, using such "drugs" long term, may well influence the way of thinking and thus take away from the Christian world view. Chris-

tians believe that illnesses do not necessarily originate in the wrong thought processes of the persons concerned, but that a suffering of the innocent does exist. Moreover Christians are of the opinion, that the human character can only be rendered perfect through continuous personal efforts, conversion, dialogue and divine grace, but not through the ingestion of medicines. Due to its very background and approach, the Bach Flower Therapy is not an alternative healing art, but rather an element of an esoteric salvation doctrine. Christians should therefore refrain from adopting the Bach Flower Therapy.

Other writings on the subject:

Buckman Robert, Sabbagh Karl, Magic or Medicine? An Investigation of Healing & Healers, New York 1995

Coker, Robina, Alternative Medicine. Helpful or Harmful? Crowborough 1995

Edzard E., Singh S., Trick or Treatment? Alternative Medicine on Trial, London 2008

On the subject of New Age, there is an informative document issued by the Church:

"Jesus Christ, the bearer of the waters of life". Considerations on New Age from a Christian viewpoint. Rome 2003. This document can be downloaded via the following internet address: http://www.vatican.va/roman_curia/pontifical_councils/interelg/documents/rc_pc_interelg_doc_20030203_new-age_en.html

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The Bach Flower Therapy is well known everywhere and enjoys a great deal of popularity. Even though rejected from a scientific viewpoint "as an ineffective medicine", more and more doctors are recommending these "flowers", sometimes they are even administered in hospitals. Many people use these "drops", particularly because allegedly they can also can heal via the soul. What exactly is this "therapy", and why do even Christians look at it critically?

Where does the Bach Flower Therapy come from?

The Bach Flower Therapy goes back to a certain Dr. Edward Bach, a Welshman (1886-1936). He began his career as a homeopath, but soon invented other therapy forms. He was of the opinion, that each illness originates from a conflict within the soul, which – in his words – “stems from a discrepancy between “the higher self” and the “personality”.



Dr Edward Bach (1886-1936) began his career as homeopath, but soon inventet his special therapy

Weaknesses in character are the origin of this conflict resulting in illnesses like: pride, cruelty, egotism, hate, insecurity, ignorance and greed. All in all Dr. Bach mentioned 38 negative conditions of the soul, which could be improved by the intake of 38 special flower essences. Not the illness as such is meant to be improved by the “medicine”, but the respective underlying weakness of the soul. The flower essences are meant to improve the human character. Even today Bach Flower therapists promise that a psychic crises, a difficult life situation, or even a difficult general decision can be coped with better, if the respective flower

Bach Flower Essences are not meant to treat the illnesses, but are meant to improve a person's character.

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essence is taken. After the early death of Dr. Bach himself, the Bach Flower Therapy was forgotten. It was only in the wake of the esoteric wave in the 80ies of the 20th century, that this “therapy” began to be marketed properly. Due to its business success, there are many imitators today, who basically build upon the same concept.

The Bach Flower Therapy was able to establish itself and spread only after the esoteric boom.

How did Bach arrive at 38 flower essences and how do they work?

One after the other Bach described 38 flower essences as a “healing remedy”, while the allocation to certain “states of the soul” was only determined by his “feelings”. Finally he also added a 39th remedy (a mixture of 5 essences): rescue, which was to be applied in any case of emergency. His aim was not to produce conventional plant essences, which are also used in herbal medicine, but he was rather more interested in affixing the flowers’ spiritual energies onto a carrier substance in order to treat people’s soul with the help of such “spiritualised” medicines’. However, to this day we have no factual reasons as to why certain flowers are allocated to certain “states of the soul”, neither has it been possible to

The Bach Flower Therapy lacks any rational justification – any relevant “knowledge” is based on feelings alone!

conclusively prove a specific effectiveness. Bach Flower essences are highly diluted, so that active pharmaceutical ingredients are no longer detectable. In as far as results are obtained, they



Bach Flower believers are of the opinion that the essence of chicory will help to understand love as a universal force or power and as a result of such understanding to unconditionally give it away.

fall well within the frame of what other placebo drugs also can deliver.

The consumer protection organisation claims that Bach Flowers are unsuitable to treat illnesses.

What kind of considerations are behind the Bach Flower Therapy?

Even Dr. Bach assumed that his medicines did not help in a conventional way. The therapy goals cannot be compared with the goals of conventional medicines. The freemason Dr. Bach, formulated his therapeutic concept based on his own esoteric view of the world. According to Bach, illness is always an expression of the wrong way of thinking and of a deficiency in the soul’s development. Thus each person is responsible for his or her own recuperation. Dr. Bach believed in reincarnation and was of the opinion, that his medicines were helping people to cope with the spiritual “tasks” in their