

Everybody wants a fulfilled and happy life. We strive for balance and inner peace and want to master our lives healthily and confidently. To do this, we need a stable and positive state of mind that will carry us through the ups and downs of life.

Positive feelings are of enormous value for our mental and physical health. They activate our self-healing powers, strengthen our immune system and improve our quality of life. Good feelings also enable us to unfold our individual potential and blossom into our true humanity.

However, if we experience negative feelings such as fear, loneliness, anger, sadness or stress, this can prevent us from moving forward in life. Persistent negative feelings can even cause illness. These do not occur "by accident", but arise as a result of a stressful emotional state that has existed for some time.

How They Work

The original Bach flower therapy was developed in the 1930s by the English physician Dr. Edward Bach and is based on the healing powers of the blossoms of 38 wild flowers, shrubs and trees. The aim of the therapy is the maintenance and restoration of emotional balance. By dissolving negative emotional states and emotional blockages, this balance and thus health can be restored.

Health Effects

In contrast to many other forms of therapy, Bach flower therapy also works in the non-physical realm. When illness manifests itself in the body, this is often not the first stage, but rather the last, because the physically manifested illness is usually preceded by an imbalance in the emotional-spiritual area. Dr. Bach knew that healing can only come from the patient himself and his cooperation with his body. The doctor or therapist and the therapeutic agent are "only" aids and means to an end.

From the perspective of spiritual development, the spiritual aspect of healing is of great importance. Our Inner Voice guides us. In order to be able to perceive it, however, we need to be at peace with ourselves, without disturbing thoughts or negative feelings such as fear, anger, envy or depression.

Bach flower remedies are an invaluable help here. Dr. Bach wrote in his book "Heal Thyself": "Like beautiful music, or any gloriously uplifting thing which gives us inspiration, they [the Bach Flowers] are able to raise our very natures and bring us nearer to our souls: and by that very act bring us peace and relieve our sufferings."

Bach Flowers against Fear

The emotion that is highly responsible for illness and is probably the one that most prevents us from unleashing our potential is fear. In a time of social upheaval and great emotional stress due to global conflicts and crises, fear has become a constant companion in our society: fear of illness, fear of war, fear of material deprivation and loss of livelihood or a general fear of the future.

According to Dr. Bach, it is fear that we have to treat before anything else:

"Fear at the present time is playing a great part in intensifying disease, and modern science has increased the reign of terror."

The fear of disease has done so much damage to people's thinking. Fear that paralyzes our thinking and thus creates disharmony in our feelings and in our bodies makes us ill.

Of the 38 Bach flowers, the following are particularly suited for the treatment of fears:

RESCUE – The Emergency Mix

The RESCUE drops should be highlighted. This mixture contains the Bach flowers Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem and is suitable for all sudden, traumatic, shock-like and anxiety-inducing emergency and crisis situations (accident, bad news, exams, etc.).

It is advisable to always have a small bottle as first aid at hand.

Rock Rose Bach Flower no. 26

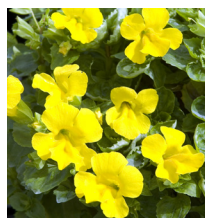


The emergency remedy. The remedy for hopeless situations. For accidents, sudden illnesses, terrible news, panic, horror or fainting. You fall into despair, "rotate" inside, feel "paralyzed" and no longer know what to do out of fear. You react with extreme fright, are no longer alert, lose track and become incapable of acting.

Rock Rose helps us to quickly become calmer, more relaxed and more confident again, to regain an overview of the situation and to act in a focused and positive manner.

Mimulus Bach Flower no. 20

The remedy for specific fears. Fear of illness, pain, accidents, loneliness, poverty, job interviews, phobias, etc. Mimulus is the remedy for the fears of everyday life. In children, it is particularly helpful for shy little "scaredy-cats".



Mimulus helps us to face our daily challenges with courage and full of confidence in our own abilities.

Cherry Plum Bach Flower no. 6



The remedy for fear of losing self-control, "going crazy" or "exploding". When everything goes over our heads and the pressure and burdens of life seem too great. For all fears of doing terrible or horrible things that you don't really want to do.

Cherry Plum helps us to become calm and level-headed again, to take a deep breath and to regain self-control and resilience.

Aspen Bach Flower no. 2



The remedy for vague, undefined fears for which we have no real reason or understandable explanation. Aspen helps with a fundamental fear of life, a lack of basic trust or nightmares. Aspen helps when we are repeatedly afraid that something terrible might happen.

Aspen can assist us in taking control of our lives with trust, courage and confidence.

Red Chestnut Bach Flower no. 25



The remedy for anyone who is constantly worried and afraid that something might happen to their loved ones. In doing so, they often forget their own needs. The remedy for all those who always fear the worst.

Red Chestnut helps us to overcome our fears and to become inwardly free as well as to develop trust in the people around us.

Application of Flower Remedies

Add 2 drops of each selected flower mother tincture to a glass of water or fruit juice and drink a small sip frequently. All flower concentrates can be combined with each other. Maximum 5 remedies. In order to continue the treatment, the glass can be refilled as required. If you use the RESCUE mixture, add 4 drops instead of the usual 2.

Alternatively, you can put the drops in a 30ml bottle (approx.) and fill it up with water. For better preservation, you can replace 20% of the water with alcohol or vinegar. Put 4 drops directly from the bottle onto the tongue. The drops should be taken as often as necessary, but at least 4 times a day, especially first thing in the morning and last thing at night. Keep the liquid in your mouth for a few seconds before swallowing.

A prepared treatment bottle will keep for about three weeks if stored in a cool place. The mother tinctures can also be taken undiluted if no drink is available.

The Bach flower therapy is a simple, gentle, harmonising and natural aid to self-help. It has no undesirable side effects, is not addictive and does not interact with medication. The mother tinctures can be taken by people of all ages (including babies and small children). There is no risk of overdosing and choosing the wrong flower concentrate has no harmful effects on health.

The World Foundation for Natural Science

World Headquarters

P.O. Drawer 16900, Washington, DC 20041, U.S.A.
☎-Tel. +1(703)631-1408 ✉-Fax +1(703)631-1919
✉-E-Mail: WFNSHQ@NWC.global

European Headquarters

P.O. Box, CH-6000 Lucerne 7, Switzerland
☎-Tel. +41(41)798-0398 ✉-Fax +41(41)798-0399
✉-E-Mail: EU-HQ@NATURALSCIENCE.org

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The World Foundation for Natural Science
The New World Franciscan Scientific Endeavour of The New World Church
Restoring and Healing the World through Responsibility and
Commitment in accord with Natural and Divine Law!

GENTLE WAYS TO OVERCOME FEAR

RESTORING THE INNER BALANCE WITH BACH FLOWERS