

THE MARVELS OF THE ENVIRONMENT. THE BACH FLOWERS SEMANTICS

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Abstract

Among the most marvelous products of soil are the flowers. In their wonder, the flowers proved to lift up the human spirit and guide his soul to inner and outer peace and happiness. Among these flowers we shall take into account the flowers discovered by Bach and explain the semantics behind their names and its similarities with human psyche.

Keywords: semantics, soil, Bach flowers

1. INTRODUCTION

Semantics is closely connected to the fact that “a basic property of words is the arbitrary relationship they exhibit between meaning and form: words have meaning, and they have phonological or orthographic structure, and there is no way of recovering the former from the latter.” (Radford, 2009, 211).

There is a well acknowledged truth that words form realities and in all aspects of communication the words are used to send and receive information. “Communication means the survival and teaching the other ones how to survive. Communication is the first signal of life. It is the scream of newly-born child, the proof that he is living. It is the whisper of the teenager that he is living and that he takes notice of the wonders, that is, of another person. It is the unsafe muttering of the old man not ready to fade away yet. Communication is the air we breathe from dawn to noon, and for some people, for those who know that the owl symbolizes the ability of seeing in the dark, it is also the air they breathe from noon to dawn, when reading or writing a book. A book that cannot be but the book of their own life: which they do not accept to burry it yet.” (Anghel, 2003, 11).

2. MATERIALS AND METHODS

As we might suspect, nature is in continuous communication with humans: “Communication, as we might rightly suspect, is not new; it has been present since the beginning when people started meeting one another. Communication distinguishes us from the animal reign and the ability to interacting efficiently will increase our abilities in becoming better and better communicators. Every aspect of life requires communication.” (Boteanu, 2010, p. 77).

The amazing way nature chooses to communicate to us is by its marvellous splendours that one can see at every step when entering the amazing realm of a forest, rainforest, mountain site or any other place where nature is at its best. It is said that for every illness there is a God sent remedy in nature. This is one truth that was understood and explored by the physician we shall talk about. There is a link between nature and humans, as long as humans are open-minded, aware and ready to be

in contact with what nature has to offer. “Much has been written about the links between soils, geology and civilisation, but considerably less is known about the impacts of human activity on soils and geology.” (Morris, Therivel, 2001, 70).

3. RESULTS AND DISCUSSION

Furthermore, we shall talk about one man who decided to listen to nature, to put his ear to the ground and research what nature had in store for him. And all his efforts paid off. He managed to find natural remedies that are still nowadays used at a large scale.

The Bach flowers are part of the floral remedies that are scientifically and medically proven to work on human health. Edward Bach (1886 - 1936) was a British physician, homeopath, bacteriologist, and spiritual writer. He was a passionate physician that turned a close eye to the traditional medicine and began to research the healing powers that the nature provides. According to his theories, emotions lead to physical disorders if they are not recognized and treated in time. His flower remedies interact with whatever negative emotions the person is experiencing at a certain moment and bring those emotions back to its positive.

The floral remedies that Dr. Edward Bach discovered are energetic remedies made out of the flowers the nature provides. These remedies are made out of non-toxic plants and he used only certain flowers. The method is simple: the flowers are put in the direct sunlight in a glass recipient of water and they are left to get the sun’s attention and benefits for two hours. The flowers are left to float on the water, not underneath. There are certain rules when it comes to collecting the flowers: they must be collected in a sunny morning and put in water as soon as possible, so its powers can be completely used. Sometimes, alcohol is added in order to preserve the remedy for a longer time.

Dr. Edward Bach oriented himself towards nature due to the fact that, although he was successful in his work with orthodox medicine, he felt dissatisfied with the manner the doctors were only concentrating on diseased but ignore the people who were also in tremendous emotional pain. As his work also consisted in deep knowledge on homeopathy, he wanted, and was adamant

to succeed, to find remedies that would be more pure and less reliant on the products of disease.

In 1930, he abandoned his lucrative practice and left the busy London city in order to completely devote his life to a new medicine that he was sure was to be found in nature. As an experienced physician that he was, he knew that the attitude on mind plays an important role in maintaining health. Moreover, the mental state would cause recovering from illness and was determined to find a solution on treating the cause, rather than the symptom. As a consequence, he identified 38 basic negative states of mind and he spent years in exploring the surroundings of his country house in order to find in nature the remedies for these states of mind.

As nature is a complete and exhaustless source of innovation and healing, it did not take his long to realize that all the answers were to be found in the marvels the earth and soil produce. Therefore, he managed to create a plant or flower based remedy for each of the 38 basic negative states of mind identified.

After 4 years spent “in the wilderness” he decided to create a centre for this new discoveries and he chose Mount Vernon, a small cottage in Sotwell, Oxfordshire, England. This location was called the Bach Centre and it was here he completed his research and spent the rest of his life: “Our work is to steadfastly adhere to the simplicity and purity of this method of healing”, he said. His work remains paramount for all those who work preparing and distributing the remedies. The remedies worldwide are made after his exact specifications as he used to do it on Mount Vernon, Oxfordshire, England. Below, there are the 38 flowers he identified as being useful for certain body inconveniences. Used properly the results are bound to appear. It has been scientifically proven. According to the Bach’s Centre, these are the flowers:



1. Agrimony - mental torture behind a cheerful face
2. Aspen - fear of unknown things
3. Beech - intolerance
4. Centaury - the inability to say 'no'
5. Cerato - lack of trust in one's own decisions
6. Cherry Plum - fear of the mind giving way
7. Chestnut Bud - failure to learn from mistakes
8. Chicory - selfish, possessive love
9. Clematis - dreaming of the future without working in the present
10. Crab Apple - the cleansing remedy, also for self-hatred
11. Elm - overwhelmed by responsibility
12. Gentian - discouragement after a setback
13. Gorse - hopelessness and despair
14. Heather - self-centredness and self-concern
15. Holly - hatred, envy and jealousy
16. Honeysuckle - living in the past
17. Hornbeam - tiredness at the thought of doing something
18. Impatiens - impatience
19. Larch - lack of confidence
20. Mimulus - fear of known things
21. Mustard - deep gloom for no reason
22. Oak - the plodder who keeps going past the point of exhaustion
23. Olive - exhaustion following mental or physical effort
24. Pine - guilt
25. Red Chestnut - over-concern for the welfare of loved ones
26. Rock Rose - terror and fright
27. Rock Water - self-denial, rigidity and self-repression
28. Scleranthus - inability to choose between alternatives
29. Star of Bethlehem - shock
30. Sweet Chestnut - Extreme mental anguish, when everything has been tried and there is no light left
31. Vervain - over-enthusiasm
32. Vine - dominance and inflexibility
33. Walnut - protection from change and unwanted influences
34. Water Violet - quiet self-reliance leading to isolation
35. White Chestnut - unwanted thoughts and mental arguments
36. Wild Oat - uncertainty over one's direction in life
37. Wild Rose - drifting, resignation, apathy
38. Willow - self-pity and resentment

4. CONCLUSIONS

- There is no doubt about the veracity of Bach’s discoveries as they are used worldwide and he results never cease to appear. As nature in its marvel

reveal to us there is no choice but to bow and listen to the marvels that it has to say.

- As soil is a constant outcome of growth and life, the flowers identified by Bach are here to tell us that soil, nature and all its surroundings are alive and humans who are prone to pay attention to what nature has to say will only benefit from the outcomes. It is known by the scientists that our cells react to what is beautiful and what pleases the eye. Let us stop for a minute and enjoy the marvels the realm of nature has to show. It will only get better.

5. REFERENCES

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