



Understanding the Bach Flower Essences on your Genius Insight!

The Bach flower essences are among the most powerful and important remedies for your use in the Genius Insight program. That is because these essences are a powerful salve for human emotional suffering. It is, after all, emotional suffering that causes most of the physical ailments we are aware of today. It is helpful to include emotions in your balancing protocols because it opens up the energy and helps to reduce the impact that reactivity is having on the person.

However, you may find your results both faster and more effective by also including these essences. You are giving the person an amazing ally to resolve the emotional wound. You can also create powerful imprinted remedies with the Bach Flower Essences. Consider using 3 remedies at a time in this case. You just use the 3 remedies in the Quick Zap or Main Hold tray and imprint the remedy that way.

These flower essence explanations give you Bach's original meanings, because his exact words on the essence really nail the emotional component that is active for this person. We all will journey through many of these different essence energies at different times of our lives. Do not be surprised to see 1 or 2 flower essences that come up time and time again for yourself or for a client. This is because it represents a major issue you are tackling at this time.

Illness or some divergence from complete wellness is always tied in with an emotional component. It is the physical manifestation of the issue or issues we are working through on this "earth school" called life. By understanding the Flower Essences on a deeper level, you can tell that person's story in more detail. It is the recognition and new awareness of this story and the desire to release or unlock these wounds that is the direct catalyst for all healing. Therefore, the Bach flower essences are one of your greatest allies in both gaining cognitive information about the case and also in conferring the exact healing frequencies that are needed by that person at that time.

After doing an initial scan with many varying items in the main hold tray, discover the 3 Flower Essences that have the highest resonance in Progressive Insights. Write those down. Choose the highest one and use the harmonizing recommendations by placing that flower essence and the other ones in the Quick Zap. Check the aura and take a picture of the aura before beginning. Run the harmonizing items in the Quick Zap for 5 minutes. Now, check the aura again. You should see some wonderful green, purple, pink and other high vibrational colors fill the aura.

Agrimony - Overcoming a tendency to hold back on sadness and put on a happy face.

"The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness." – Dr. Edward Bach

Aspen - Triumphant over the fear of unknown things.

The Aspen is a tree that is smaller than most. Its growth pattern has been known to cause the leaves to quiver at the slightest breeze.

"Vague unknown fears for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others." - Dr. Bach

Beech - Striving to have more tolerance of others, of circumstance and of themselves.

“For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection.” – Dr. Edward Bach

Centaury - The “putting your foot down essence!”

“Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life” – Dr. Edward Bach

This essence is needed when the person gives so much but forgets or forgoes the act of self-nourishing. The discovery in entraining the energy of this essence is that taking time to nourishing yourself, allows you to serve others from a place of having something nourishing to ultimately authentically share with others. Centaury is a plant comprised of bitters, known to be good for digestion.

Cerato - Gaining confidence and trust in one's own decisions

“Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided” – Dr. Edward Bach

Cherry Plum - Fear of the mind giving way

“Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.” – Dr. Edward Bach. With Cherry Plum, think “temper tantrum”. There is much stored up energy of frustration that has not been able to find a healthy expression.

Chestnut Bud - Failure to learn from mistakes

“Chestnut bud has the ability to contact your core essence and help it blossom in fullness into the world.” (NB - Dr. Bach’s Chestnut remedies address different states of anxiety).

Chicory - Finding good boundaries, respecting others space

“Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them” – Dr. Edward Bach

Clematis - Dreaming of the future without working in the present. Clematis can assist you in grounding you in the future so that you can move in the direction of your dreams. “Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true.” – Dr. Edward Bach

Crab Apple - Cleansing, purification, development of self-love

“This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.” – Dr. Edward Bach

Elm - Overwhelmed by responsibility

“Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when

they feel that the task they have undertaken is too difficult, and not within the power of a human being.” – Dr. Edward Bach

Gentian - Discouragement after a setback

“Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.” – Dr. Edward Bach

Gorse - Hopelessness and despair

“Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.” – Dr. Edward Bach. Gorse restores light! Goals unattained can sometimes lead to stagnation and feelings of sadness or depression. Gorse helps to lift this.

Heather - Self-centeredness and self-concern

“Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time.” – Dr. Edward Bach

Holly - Hatred, envy and jealousy

“For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.” – Dr. Edward Bach

Honeysuckle - Living in the past

“Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.” – Dr. Edward Bach

Hornbeam - Tiredness at the thought of doing something

“For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work.” – Dr. Edward Bach

Impatiens - Impatience

“Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.” – Dr. Edward Bach

Larch - Lack of confidence

“For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.” – Dr. Edward Bach

Mimulus - Fear of known things

“Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others.” – Dr. Edward Bach

Mustard - Deep gloom for no reason

“Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.” – Dr. Edward Bach

Oak - Plodder who keeps going past the point of exhaustion

“For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort.” – Dr. Edward Bach

Olive - Exhaustion following mental or physical effort

“Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.” – Dr. Edward Bach

Pine - Guilt

“For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?” – Dr. Edward Bach

Red Chestnut - Over-concern for the welfare of loved ones

“For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of.” – Dr. Edward Bach

Rock Rose - Terror and fright

“The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy.” – Dr. Edward Bach

Rock Water - Self-denial, rigidity and self-repression

“Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result.” – Dr. Edward Bach

Scleranthus - Inability to choose between alternatives

“Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.” – Dr. Edward Bach

Star of Bethlehem - Over-coming shock

“For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort.”

Sweet Chestnut - Extreme mental anguish; feeling there is no hope.

For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.” – Dr. Edward Bach

Vervain - Over-enthusiasm

“Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.”

Vine - Dominance and inflexibility

“Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency.” – Dr. Edward Bach

Walnut - Protection from change and unwanted influences

“For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.” – Dr. Edward Bach

Water Violet - Quiet self-reliance leading to isolation

“For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.” – Dr. Edward

White Chestnut - Unwanted thoughts and mental arguments

“For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day.” – Dr. Edward Bach

Wild Oat - Uncertainty over one's direction in life

Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.” – Dr. Edward Bach

Wild Rose - Drifting, resignation, apathy

“Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.” – Dr. Edward Bach

Acu Point: Governing Vessel 10, Supernatural Tower, Governing Vessel 11, Spirit Path. Connect deeply to your heart, open heart energies, gain new awareness of and connection to purpose.

Harmonizing: Governing Vessel, Solf 852 Hz (awakening intuition), Nogier L (left right brain balance).

Willow - Self-pity and resentment

“For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.” – Dr. Edward Bach