

BACH FLOWER PERSONAL PROFILE

by Jessica Bear

The goal of a Bach Flower Counseling session via the kinesiological model, is to locate the Bach Flower Remedies that will assist the client toward maintaining a balanced emotional state of well being.

To the adept student of the Bach Flower philosophy, the combination of Remedies that are affirmed fleshes out an all-inclusive embodiment of the accumulated emotional events of an entire lifetime. The combination of the Remedies becomes an animated representation that expresses the accumulation of an individual's powers, weakness, achievements and failures but, most important, the motives behind them! The individual Bach Remedies are merely bits of information, whereas, the combination of Remedies offers a more wholistic view toward understanding one's purpose in life, and possibly, the key to what is blocking them from achieving it!

STEP 1. PRIORITIZE TO DETERMINE KEY PERSONALITY TRAITS

Using a clear circuit indicator, muscle check to locate the Key personality types, implementing the Wheel of Emotions Chart, by determining whether the person is an:

Enabler

Mediator

Dominator

The 12 Personality types are numbered from 1 to 12. Mustard is the 13th personality type, but is not contained within the 3 major categories.

For example, let's say the Dominator Category is affirmed. The Dominator Category begins with Impatiens #9 on the Wheel of Emotions Chart. (You can either individually state the names of the Personalities or refer to them by number.) After analysis, the Vervain #10 personality type is indicated. However, Centaury in the Enabler Category is affirmed as well as Agrimony in the Mediator Category.

Enabler

1. Mimulus

2. Gentian
3. Cerato
4. Centaury

Mediator

5. Clematis
6. Agrimony
7. Scleranthus
8. Water Violet

Dominator

9. Impatiens
10. Vervain
11. Rock Rose
12. Chicory

DOES NOT HAVE A CATEGORY

13. Mustard

Note: There should be only one true personality type. If unable to prioritize only one personality type, this could be due to another's influence upon this person that is so overwhelming as to overshadow their true personality, so effectively that the body is unable to determine its own true personality. In our example Centaury #4, Agrimony #6 and Vervain #10 were all affirmed. It follows that if there is only one true personality type, then there are two extra personality influences, vibrationally, hanging around that under normal muscle monitoring procedures should have prioritized the ONE true, individual, personality type. In this case apparently the body/mind was not able to separate or distinguish its own true personality from the imposter. These phantom personalities could most commonly be from one's parental influences. (This aspect will be further discussed with the client in Step 6.)

The process of eliminating the phantom personalities is best facilitated by having the client administer each Remedy individually, one at a time, by placing a few drops in the palms of their hands and rubbing some on the pulse points of each wrist, patting gently about the face and then cupping their hands over the nose and mouth while breathing in deeply. The Remedy bottle can also have effective results if held by the client, however, I personally prefer to use the above

topical application process. Again, the results when the Remedies are merely verbally stated is often ineffective because the outside influences from pseudo-personalities have become part of them, therefore, it is common that they affirm the pseudo personality as one of their own.

To apply this procedure to our example, the Remedy Centaury #4 could be applied first. This would be to determine if Centaury is a true or a facade personality. The Remedy would momentarily diffuse the influence, if this is a pseudo-personality type. Upon re-monitoring, if the Centaury Remedy response is now negative, this would lead to the conclusion that Centaury is not the TRUE personality, but merely an influence acting upon them, causing an interference with their true personality. (Take note of these strong influencing personality types because they will be discussed with the client in Step 6).

The same application process would then be repeated with the Agrimony Remedy to further determine if this is their true personality. If Agrimony is a negative response, take note of this, and then have the person continue the same application procedure with the Vervain Remedy. Finally Vervain is affirmed and now emerges as the TRUE personality.

STEP 2. LOCATING THE HELPER REMEDIES

After affirming their key personality, the next step would be to determine if a Helper Remedy is required to further assist this type. (Remember, the Helper Category functions as a wise counselor to direct the True Personality on its destined course without the influence from genetic drags and from the sins of the father). If so affirmed, then verbally state if the Helper Remedy is of High Color, Pale Color, or Wild Oat: (The Helper Category has visual indications that are recognizable by their color and stature.)

PALE COLOR

1. Olive
2. Gorse
3. Oak

HIGH COLOR

4. Vine
5. Heather
6. Rock Water

FOR ANY TYPE

7. Wild Oat

There can be more than one Helper indicated that could be necessary to assist and maintain the indicated Personality type which, in this example, is the Vervain personality type. Also, the necessary Helper Remedies can be from both color categories depending upon their genetic influence from both parents.

Let's suppose, continuing with our example, that it was affirmative for both Pale and High color; indicating the Oak Remedy under the Pale category, and Rock Water under the High Color category.

STEP 3. LOCATING THE ASSISTANT REMEDIES, THE SPRAYS OF EMOTIONS

For simplicity, to determine which of the remaining 18 Remedies, or assistants, would best facilitate balancing the True Personality, they are categorized for use in kinesiological prioritization according to Dr. Bach's Seven Basic Emotional Conditions:

- I. OVER CONCERN FOR THE WELFARE OF OTHERS.
- II. FEAR
- III. LONELINESS
- IV. NOT SUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES
- V. OVERSENSITIVE TO IDEAS AND INFLUENCES.
- VI. UNCERTAINTY
- VII. DESPONDENCY/DESPAIR.

The Assistants are numbered 1-18 under their corresponding Emotional condition.

- I. OVER CONCERN FOR THE WELFARE OF OTHERS.
 1. Beech
- II. FEAR
 2. Aspen
 3. Cherry Plum
 4. Red Chestnut
- III. LONELINESS
No assistants
- IV. NOT SUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES

5. Chestnut Bud
 6. Honeysuckle
 7. White Chestnut
 8. Wild Rose
- V. OVERSENSITIVE TO IDEAS AND INFLUENCES.
9. Holly
 10. Walnut
- VI. UNCERTAINTY
11. Hornbeam
- VII. DESPONDENCY/DESPAIR.
12. Crab Apple
 13. Elm
 14. Larch
 15. Pine
 16. Sweet Chestnut
 17. Willow
 18. Star of Bethlehem

The first step in determining the personality's Assistants would be to assess which major category or categories are indicated to assist this personality type. Let's suppose, Fear and Oversensitive to Ideas and Influences is affirmed. The next step would be to determine the specific Assist Remedy with in the Emotional Category by muscle checking numbers 2, 3, 4, 9 and 10. To complete our example, let's conclude that Cherry Plum #3 and Holly #9 are affirmed.

STEP 4. THE SUMMARY

Here is a sample Personality Profile to illustrate the method.

A. Personality type: Vervain

1. Influential Personalities
 - a. Centaury
 - b. Agrimony

B. The Helpers: Oak and Rock Rose

C. The Assistants: Cherry Plum and Holly.

What pertinent information can be extrapolated from this combination? What does this indicate about this person? What questions could be asked?

A. Personality Type: Vervain

The Vervain personality types are very intense, even fanatical and are usually overly-enthusiastic concerning their philosophical view on life. They assume it is their duty to

force one and all to practice the Vervain's beliefs in an attempt to save the world.

B. When the Vervain Personality is combined with the Oak Helper this could indicate to the facilitator that this Vervain personality has taken upon their shoulders an extreme load of responsibility. The out-of-balance Vervain type who commonly have a messiah complex, already think that they were sent here to save the world, but a Vervain-Oak type could literally work themselves to death. They could simply snap like the Oak tree, possibly causing a major illness such as a heart attack or stroke.

If this person was also affirmed for the Remedy Rock Water, wow! The Rock Water types are unyielding and rigid in their beliefs. Therefore, this Vervain who thinks that they were born to save the world, and as a result, assumed an overly-responsible Oak attitude, is also further pressured to appear perfect to the world by forcing themselves to live by some high standard of life which could include strict adherence to a religious or physical life style. It might appear that this person does not know what the definition of "fun" is.

C. As you remember, the Assistants that were affirmed were Cherry Plum and Holly. Added to the above Vervain Personality, Cherry Plum is for remaining in control. It could also, conversely, denote an inability to remain in control; however, because this person is expressing the over-responsibility demonstrated by the Oak type, this would support that this person is exhibiting the Cherry Plum aspect of over control. The controlled Oak, Rock Water, Cherry Plum type was reared to believe that it was improper to be emotionally demonstrative. They were reared to perform accordingly as to what was expected of them. So, this naturally very enthusiastic, overly responsible person, who feels bound by strict adherence in accordance with man's rules and regulations, now believes (via outside influence) it unacceptable to freely express themselves and therefore cannot allow this behavior for fear of being a failure. But, once in a while, when this type reaches the boiling point, they will lift the top off the roof, and then return to their forced, controlled state of being until they reach the limits of their patience again.

Another scenario of this combination could be that this control is only for the benefit of others and, when behind closed doors, they subject their loved ones and abuse them with their fanatical and inhumanely strict views, thereby, forcing the entire family to be just as miserable as they are. And so the saga continues

The Remedy, Holly, assists in releasing or expressing the anger, however, the true action of Holly is to assist the personalities toward truly believing (be-living) in themselves. This makes it possible for the person to listen to the advice of others impersonally while adopting a "thank you for sharing" attitude. However, it is apparent why this example personality has been under such extreme stress and tension: it is evident that this soul assumed that nothing was correct and concluded that all things must change to be acceptable through the worlds eyes. Their life style required very strict rules, and so their natural life style must have been incorrect and unacceptable, and on and on. In an attempt to appear of value to themselves and others they reacted by burdening themselves by being overly responsible.

Anger is a healthy recognition that somewhere in life, something is unacceptable. The facilitator can assist others toward defusing anger by recognizing those areas that cause anger. We know that most of the time it is a recurring, old program that was never defused. During Step 6 it will be demonstrated how this can be discussed more specifically with the client.

STEP 5. DISCUSSING HEALTHY OPTIONS

Once the facilitator has confirmed the areas in the client's life that appear out-of-balance, causing the stress in their life, and determined the particular Remedies to best address their needs and were affirmed as in this case Vervain, Oak, Rock Water, Cherry Plum and Holly), then the facilitator might explain what the client might expect from the Bach Remedies.

For example:

You would inform this Vervain personality that they may begin to state the issues in life less intensely and take time to relax and enjoy

life, realizing that all of life does not have to have a monumental purpose connected to every action. Perhaps the purpose is just to enjoy life for a while. The Vervain Personality, being Helped by Oak, will help them realize that being overly responsible is also out-of-balance for all parties involved. Explain that some of their family members will have to make some decisions on their own. Remember, the Oak types have a tendency to snap, so remind them to take some weight off their shoulders and allow others to do their part also. The Rock Water Remedy would have the effect of helping the Vervain type to be more "flow-with" and to realize that the purpose for rules is to establish guidelines that can be interpreted differently, being adjusted to each personality's needs and desires to maintain a general balance in life. Humans are such an odd group, and it's very difficult to always place them in the right box; some of them only fit into a round box! But, that does not make them wrong or unacceptable, it simply makes them different; and different is good!

You would go on to inform this client that Cherry Plum assists in "letting go and letting God," allowing the little ego to relinquish control to the Higher Self, which could prove to be an adventure! It would be important to note that Cherry Plum can be the most "reactive" of the Remedies, when emotions have been accumulated over a lifetime and have been dammed up. The Remedies which command the Higher qualities, might release an unnatural control. Watch Out!! Therefore, have them inform their friends and family members that they may be releasing some "old stuff" and not to take anything personally.

Explain that, Holly will assist them in accepting their new self. Note that Holly can also be a "reactive" remedy and that their reaction might be anger because Vervains (now free) tend to vocally express the things in life that are unacceptable to them, but assure them that this reaction usually lasts only a few minutes and that the results are worth every second they endure it.

Encourage this person by telling them that they can finally have some enjoyment in life by letting go of all that responsibility from the world and focusing on being responsible for the most important person in their life's

journey, themselves. Healing begins with themselves. This person will, of course, still be of great assistance to one and all, but maybe they will be more aware of their limits, thereby maintaining a healthy, calm countenance.

STEP 6. THE INFLUENCE OF EN-CROACHING PERSONALITY TYPES

Remind the client that true happiness can only be attained if they are true to themselves; that they can never be happy trying to act like someone else, in an attempt to appear like them, in order to gain their love and respect; and that they will only be happy when they are respected for who they are.

In this case, the encroaching or pseudo personalities were Centaury and Agrimony. However, the student of Bach Flowers is aware that the Remedies within the Helper category serve to indicate all are all genetic influences affecting upon the personality type which in this case were Oak and Rock Water.

As a result, the facilitator might want to discuss with the client where these personality types have been present in their life. To assist them in making this determination, the facilitator would describe the personality type of the Centaury, who is naturally servile and finds it difficult to say "no," thereby, easily relinquishing their will power to others. The client might say, "Yes, yes, that is my mother. She is such a wonderful person. She is very strong and active in the church. She takes care of many homeless families, sometimes even denying herself some necessities in order to help them. She exhausted herself often, because she could not say no to the church or the families that she was helping. She is such a Saint!"

Note that the client perfectly described the Centaury-Oak type personality. The facilitator should then ask the client, "Do you imitate your Centaury-Oak mother in your life?" The client laughs and answers, "Yes I do! No wonder I hate doing all the stuff that my Mom did. I always felt that I was never as good as her and that I should be. I was trying to be acceptable to God by animating her and I realize, now, that her life is not natural for me. I am a valuable person. I was given my own special gifts to be of assistance to

others. I must be true to me and accept my uniqueness if I am to be happy.!!!"

To probe further, the facilitator would describe the Agrimony personality type who is the individual that has difficulty emotionally expressing themselves. They fear that if others know too much about them, they will no longer be respected and loved. Therefore, they remain quiet about their private, personal lives, acting cheerful and denying anything to the contrary. However, those close to this type realize how restless and tormented they are. The client, at this point, might respond by affirming, "You just described my father! He was that cheerful person until he started drinking and then all hell let loose. Luckily, this did not happen too often, but when he did drink he would lose control and become abusive, especially to Mom, but she never complained. His father, my grandfather was a very strict man and ruled with an iron fist, and so I understood why my father acted the way he did, as he was never allowed to express his opinion without getting punished. The entire family had to live under the strictness of my grandfather. Luckily, we moved away from him when I was young."

The Grandfather was, therefore, the Rock Water influence upon the family.

The next question posed to the client would be, "Now, how do the Agrimony and Rock Water, pertain to any of your actions in life?" The Client answered, "Well, I guess that I might be the Rock Water type when it pertains to eating flesh food. I am very strict with my diet; I am a vegetarian. I believe that eating meat is cruel and unnecessary. The world would be a better place without this need to kill things. I now realize that I have difficulty discussing my personal history. I am very vocal on world affairs, but I really don't allow anyone into my personal life."

STEP 7. POSSIBLE PHYSICAL CORRELATIONS

Take note that the Vervain Remedy shares energy with the triple heater meridian, the thyroid, the cell salt, Silicea and much more.

For more information refer to the Bach Flowers in Therapy Workshop Workbook.

Data Gathering:

(Stroke up once on forehead midline for weak MT response.)

Weak RT LT

I'm 100% willing to let go of problem:

- Physical level: %
- Emotional level: %
- Mental/Intellect: %
- Spiritual level: %
- Financial level: %
- Social level: %
- Creative level: %
- Any other level: %

I'm 100% willing to accept benefits of change:

- Physical level: %

And can implement or manifest the changes:

- Emotional level: %
- Mental/Intellect: %
- Spiritual level: %
- Financial level: %
- Social level: %
- Creative level: %
- Any other level: %

I, (all your names), want to and wish to clear this issue. RT LT

I, (all your names), would like to clear this issue BUT.... RT LT

I, (all your names), believe and know I can clear this issue. RT LT

I, (all your names), am ready and deserve to clear this issue. RT LT

I, (all your names), have the energy & will to clear this issue. RT LT

Age regress: non-specific age specific age (could be multiple ages)

Behavioral Barometer:

- CONSCIOUS
- SUB-CONSCIOUS
- BODY
- CHOICE/NO CHOICE

Major Emotional:

Relationship Words:

"little" word:

Correction:

Ask WHAT WILL CLEAR THIS ISSUE? (Zip up two strokes on the midline of the forehead for each strong muscle test)

SUB-FILES to Clear the Issue:

- SPIRITUAL
- SELF-CONCEPT
- EMOTIONAL
- STRUCTURAL
- CHEMICAL
- PRIOR DECISIONS
- SEXUAL
- FEARS
- GROUNDING
- WITHHOLDING

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