

The Wheel of Emotion

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Understanding the Cycle of Emotions

The Wheel of Emotion is based on Dr. Bach's Twelve Healers. These Twelve Healers are representative of all personalities found in human nature and which correlate the 12 Basic Personality types found in all walks of life. There are, of course, 38 Bach Flower Remedies in all, which are separated into three basic categories of applications: the 12 Basic Personality Types, as mentioned above; the 7 Helpers, which assist in determining the virtues of the 12 Personalities; and the 19 Assistants that are the sprays of emotions caused from a Personality being out of balance for too long. The integration of the Bach Remedies not only assists the client by offering a physical substance that they can take, as often as they want, toward easing emotional stress but also, the Wheel offers a pictorial overview to determine their true personality with a deeper understanding of the cause of the conflicts within their family and themselves.

The Purposes of the Wheel:

1. The Wheel can be used as an insightful tool to recognize the interrelation of the 12 Basic Bach Flower Personality Types. For clarity, the Wheel is further divided into 3 sub-personality types: the Dominators; Mediators; and Enablers, (shown on the outside perimeters on the Wheel Chart). These categories explain how it is possible that one person could appear to be playing the role of all of these sub-personality types everyday, thereby losing sight of who they really are.
2. The Wheel is a visual tool designed to quickly reveal the true Personality; "who I really Am," not a pseudo-personality that is created by genetics, parental influences, or improper self-programming of the personality. Bach said, "The Remedies assist us to maintain our

personality. And the secret in life is to be true to our personality, not to suffer interference from outside influences."

3. The Wheel exposes negative and positive emotional characteristics by utilizing three "Key Words" designed to describe each particular sub-personality state: Virtue (+), Reaction (*), and Fault (-): these "Key Words" are "red flags" which signal when the destructive process is "in motion" or, should I say, "E-motion." The "Key Words" assist in recognizing when the true, sovereign personality is being usurped.
4. The Wheel relates a simple method of unfolding the internal and external psychology of cause and effect.

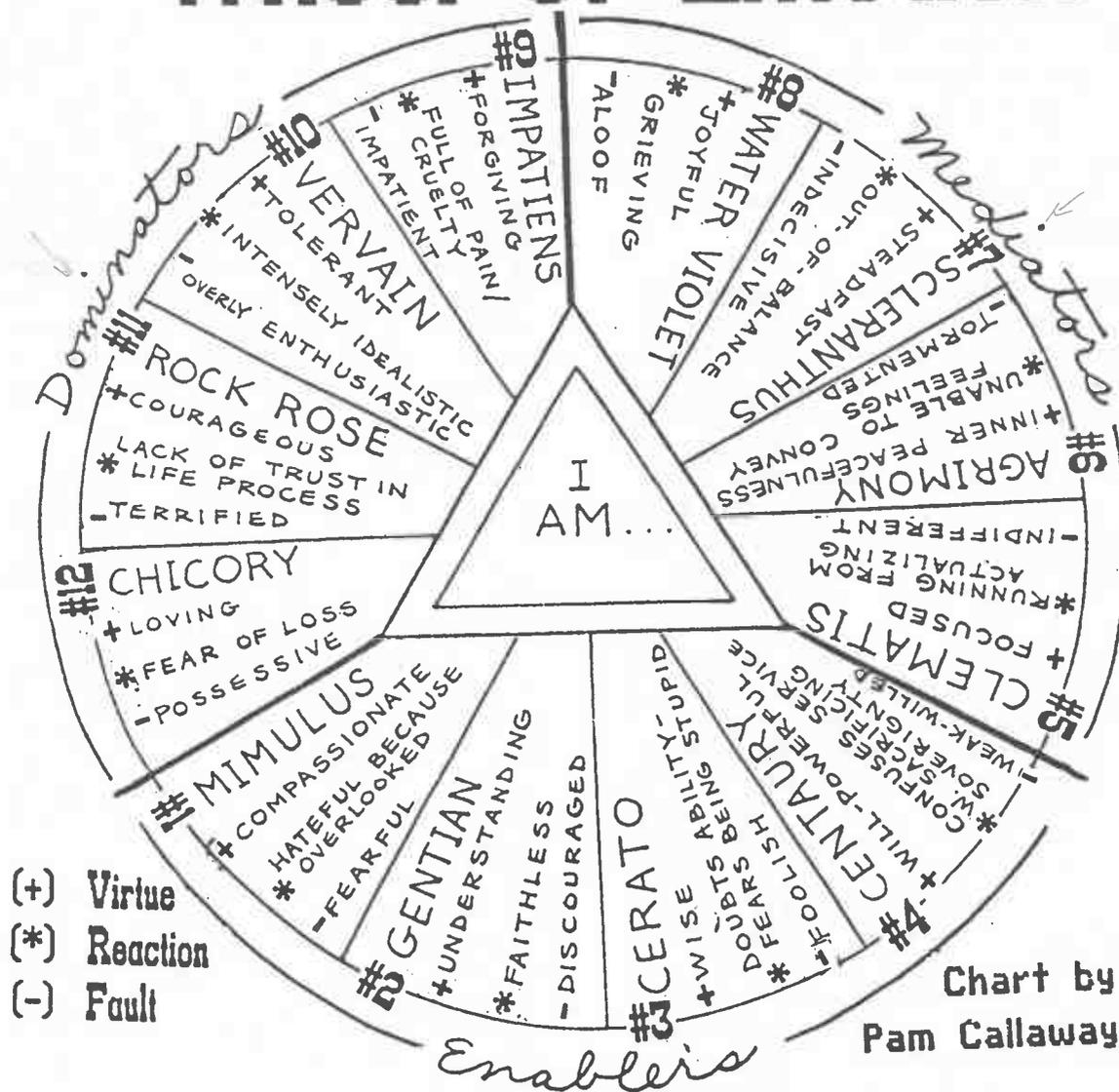
As stated above in Purpose #1, The Wheel is divided into three sub-categories of emotional expression:

The Dominators: Those who are often the authority figure; in control; the "shakers and movers" and, most often, the abusers.

The Mediators: the ones "stuck" in the middle; the natural at public relations; the peace makers who are able to see both sides and are often hard to recognize because they become easily lost, therefore, unnoticed due to the conflict between the Dominators and the Enablers.

The Enablers: often referred to as the "victim", appearing to be the weaker individuals who find it difficult to protect themselves from outside influences in life; they appear to be fragile, therefore, less able to cope with the demands of the world. At any given time during the day we are capable of exhibiting any of these three sub-categories of emotional expression in our state of being.

Wheel of Emotion



Example #1

Let's say at work you are the manager. This fact would naturally place you in the Dominator category because the role of manager assumes the authority position. The dominator-authority figure is expected to handle unexpected situations that arise and to maintain control of the employees and company in general.

This same person, whom we will call Sally, upon arriving at the home-front, may turn into the Enabler. For example, Sally may be the controller-dominator-manager at work,

but as soon as she walks into her front door she receives demands from her children and spouse. She immediately becomes a slave to her family's demands which transforms her into the Enabler type, frantically running about trying to please or fix everyone. The husband and children order her about like she is the family dog and they do nothing to help her with the dinner or household chores. She maintains no control over her family or herself.

Sally may also retreat into the role of the Mediator when she goes to visit her parents and siblings. She is expected to be the

peacemaker during family reunions such as; keeping peace between the parents or being the elected communicator for the parents who cannot seem to talk to their other children. The Mediators often retreat inwardly into the silence, to avoid the emotional war between the Dominators and Enablers; or, even worse, they become unnoticed, quietly slipping into the role of the "middle child." (These levels of the Wheel will be more fully described later.)

As stated in Purpose #2, another very important use of the Wheel is to assist the personality toward recognizing destructive cycles in their life. For example, was Sally being manipulated from the Dominator into the Enabler type to accommodate her family? Remember, a destructive cycle, according to Bach is any interference from the outside that hinders one from remaining true to THEIR personality without being distorted by the influences of others.

Let's continue by exploring the course of a typical session with someone like Sally. An overview of this person's story reveals that she appears to be the Dominator at work. Let's now refer to the Wheel Chart and locate the Dominator-Category. The Bach Flower Personalities listed are: Chicory (#12), Rock Rose (#11), Vervain (#10) and Impatiens (#9). After discussing the differences of the personality types she would probably agree that she is very intense; and believes that things "should be" a certain way. A workaholic type who is intolerant of others who she feels are not productive enough. We would quickly determine that she was a Vervain Personality Type (#10) within the Dominator category.

Sally's case history, as we had determined earlier, revealed that she was the Enabler type at home. If we, again, refer to the Wheel, we will notice that within the Enabler Category the Bach Flower Personalities are: Mimulus (#1), Gentian (#2), Cerato (#3), and Centaury (#4). We would discover that she is a Centaury Personality Type because she admitted being the "people-pleaser", submitting easily to her family's demands, and that it was very difficult for her to say "no" to them.

She, further cycled into the Mediator Category after involvement involved with her parents and family. Again, refer to the Wheel Chart, and notice within the Mediator Category that the Bach Flower Personalities listed are: Water Violet (#8), Scleranthus (#7), Agrimony(#6), and Clematis (#5). We would discover, further, that her behavior in this Category most typifies the Clematis Personality Type. She admits that she was a daydreamer as a child and that she was the one required to keep things in order around the house. When life became too stressful she would retreat into silence to get away, if she could. She now avoids seeing her parents at all or only does so when necessary.

Pursuant to the goals of Purpose #2, according to the information revealed in Sally's story so far, we have discovered that her true personality could be either Vervain (Dominator), Centaury (Enabler), or Clematis (Mediator). Where does the process of disintegration of her True Personality begin? Will the real Sally please stand up! Bach believed that if we could determine our true goals in life that this would be an indication of our purpose, as well as, the key to our health and happiness. Therefore, at this point, I might ask Sally where she is most happy and comfortable. Does she love being a mother? Does she love doing her job? Does it make her happiest when she is being creative or contemplative being alone within her own mind? She admits that she likes her job but that she works because the family needs the second income. If Sally admits that she really works because the family needs the second income why, then, does she add the additional stress of also being the manager. Next, I might ask Sally if her father was an intense individual who thought that everyone should think and act like him, or be deemed "wrong." If she further stated that her father was the workaholic type and was intolerant of lazy, unproductive people who liked their time-off or vacations, I could conclude that her father was truly the Vervain type who planted the thought in Sally that she had to be like him or be "wrong" and unworthy according to his judgement.

Next, I would ask Sally how she likes being a mother. If she said, "I like being a mother, but the reality is that family life really stresses me," I would ask her if her mother was the "good mother" type? If Sally were to answer, "Yes" and add that her mother waited on her father hand-and-foot, I would conclude that the Centaury type was not innately Sally, but her mother's personality. This would indicate that Sally "bought-into" her mother's personality, or "bought-into" her mother's need to be the "good, sacrificial mother" type, thereby owning her mother's life expectations in order to win her approval.

When Sally stated earlier that she was a day-dreamy child, I suspected that she was the Clematis Personality type. To confirm that she was the Clematis type I asked her if she was creative; for example, did she like to paint or write? And how did that make her feel? She enthusiastically replied that she loved being creative; that she soars with the eagles and feels at home when she is immersed in her own thoughts, writing her poetry. Remember Dr. Bach's words, "And this work, whatever it may be, if we love it above all else, is the definite command of our soul, the work to do in this world, and in which alone we can be our true selves interpreting in an ordinary materialistic way the message of that true self."

Now that we have located Clematis as Sally's true personality, how do we maintain it? Her work life and home life are very demanding. When does Sally have a chance to be Sally? Let's refer back to Purpose #3 which mentions the three "Key Words" which describes the state of the personality and further reveals the power of the destructive cycle that overwhelms the true Self, causing it to lose sight of "Who I Am." This sub-section of the Wheel is delineated in three additional categories on the Wheel entitled: Virtue; Reaction; and Fault.

The Virtue (+): This "Key Word" is normally considered the positive trait that reveals the highest and most Sovereign state of being and could be called the spiritual expression of the personality. The closer the personality comes to expressing this state of being, the more able it is to remain true to Itself and therefore remain in union with its

sole (soul), or higher, purpose. Keep in mind, however, that even a Virtue can be over-positive; that is, the personality may be overly-tolerant or overly-sympathetic and in this excess again give away Sovereign power.

The Reaction (*): This "Key Word" reveals how a personality type would "act-out" their mental state of being. If the person is wise enough to recognize and halt the potentially negative process at this stage, it might save them the pain of experiencing the ill effects and destruction of sabotaging the True Self.

The Fault (-): This "Key Word" indicates the physical result of the spiritual and mental levels being out-of-balance due to not remaining true to Themselves. Therefore, the cycle degenerates into a negative state of being.

To Continue by applying Sally's case to these principles, you will remember that Vervain was the personality that Sally expressed in the Dominator Category, Centaury in the Enabler Category, and Clematis in the Mediator Category.

According to the Wheel Chart:

The Personality states of the Vervain type are:

- (Virtue +) Tolerance
- (Reaction *) Intensely Idealistic
- (Fault -) Overly Enthusiastic

The Personality states of the Centaury type are:

- (Virtue +) Will-Powerfull
- (Reaction *) Confuses service with sacrificing sovereignty
- (Fault -) Becomes the door-mat

The Personality states of Clematis type are:

- (Virtue +) Gentle - the creative nature
- (Reaction *) Running from actualizing
- (Fault -) indifference

As we discovered earlier, Sally is imitating her father's Vervain personality. By understanding these "Key Words" we are able to explain to Sally the necessity of remaining cognizant when these "Red Flags" appear which signal when she is becoming a

victim of another's personality encroaching upon her True Self. For example, a "Red Flag" should go up when Sally realizes that she is playing the part of her father by being too intolerant of her staff and having the expectation that they "should" respond idealistically, as well as enthusiastically. A different set of "Red Flags" appear when Sally is playing the part of the Centaury Personality type of her mother. For example, because Sally now recognizes when she is playing the part of the family "door mat." ("Red Flag" time) she no longer needs to feel guilty when she does not attend to her family's every demand and can now delegate the responsibility to meet the family's needs to other members of the household. **Sally must now study the "Key Words" to help her maintain integrity, remain true her Real Self, in her case, the Clematis Personality type.** Positive indicators would be to take time and be creative and to no longer absorb the negativity resulting from her family's judgement that she is "wasting time" by writing poetry or doing her art that she loves. Sally can realize that her family means well, but that they are ignorant of the demands of her own Personality. **She must break the destructive cycle of being belittled for expressing her True Self.** She no longer needs to crawl into a dark place to escape the cruelty of her family's insensitivities. She is now able to allow her family to express their opinion without taking it personally or succumbing to their expectations. Now her recreation is in reality Re-Creation. Oh, happy days are here again!! (Purpose #4).

To follow this session with Sally to completion, I would **formulate a Bach Flower Remedy for her that would assist in maintaining the integrity of her True Personality.** Based on the information gathered during this consultation, I could suggest that her Remedy include:

Clematis: to maintain her True Personality, as well as to assist her in actualizing her creative ideas in the material world.

Wild Oat: to stimulate her soul purpose in life, as well as opening doors of opportunity to her creative talents by giving her a channel to express her work.

Chestnut Bud: to help her change her old habit patterns and to lift her out of the rut she finds herself in with her job and home life.

Walnut: to create an extra insulating protection from the influence of her family; to assist her to maintain her True Self when the family thinks she is wrong to follow her own sovereign path.

Another case study in the integration of the Bach Flower Wheel of Emotion into a self-discovery process can be found by exploring the tendencies of the natural-born **Mimulus (#1) Personality type.** They are normally non-assuming individuals; compassionate, in their highest aspect, as noted on the Wheel. This type would do well in an understanding, gentle society, but when subjected to the outside harshness and cruelty of the human world, they become the most likely victims. If the Mimulus type is abused at an early age and, therefore, never allowed to mature into their natural capacity for compassion (Virtue +) (i.e. compassionate mothers, natural healers, nurses, clergy, etc.), they may be forced to remain in the lowest aspect of the **Mimulus type, which is fear (Fault-).** The fear, cruelty, and neglect that stunted the maturation of their emotional Self could then force them to retreat within, possibly into the negative aspect of the **Agrimony (#6) Personality type, better known as the "master of denial!"** Typical of the Agrimony, the pain of the past is too unbearable to face (**Fault {-} silently tormented**) and, therefore, it is never confronted or released. Further, the suppression of anger, fear, and torment often causes the negative Agrimony type to retaliate by resorting to the behavior of the negative **Chicory (#12) Personality Type (Fault{-} Possessive or possessive natures)** and which is to lash-out by either harming themselves (through the use of drugs, alcohol or even suicide) or abusing others who are not as powerful as they are (children, women, animals, etc.) And so, the cycle of abuse continues as the once-innocent child who was abused, now a frustrated and angry adult, resorts to the negative, destructive behavior of the out-of-balance, abusive Dominator (Chicory #12).

Hopefully, with the insights that the Bach Flower Wheel of Emotion offers us, we can expose the "cause and effect" of the vicious, destructive, cycle of abuse before it can harm another child.

In conclusion, the Wheel of Emotion offers an overview of the basic 12 Personalities in existence and how all personalities interrelate. **The most powerful tool at the disposal of our Higher Self is the awareness of the sovereignty of our True Personality.** With the assistance of the Bach Flower Remedies it is possible to maintain that Personality, once found, by staying aligned with the realization of one's true destiny while remaining unhampered by unconscious attachments to pseudo-

personalities. In the last analysis the wisdom of the ages affirmed, "Remember, to thine own self be true. Twill follow is the night and day, thou cans't not then be false to any man." Shakespeare

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