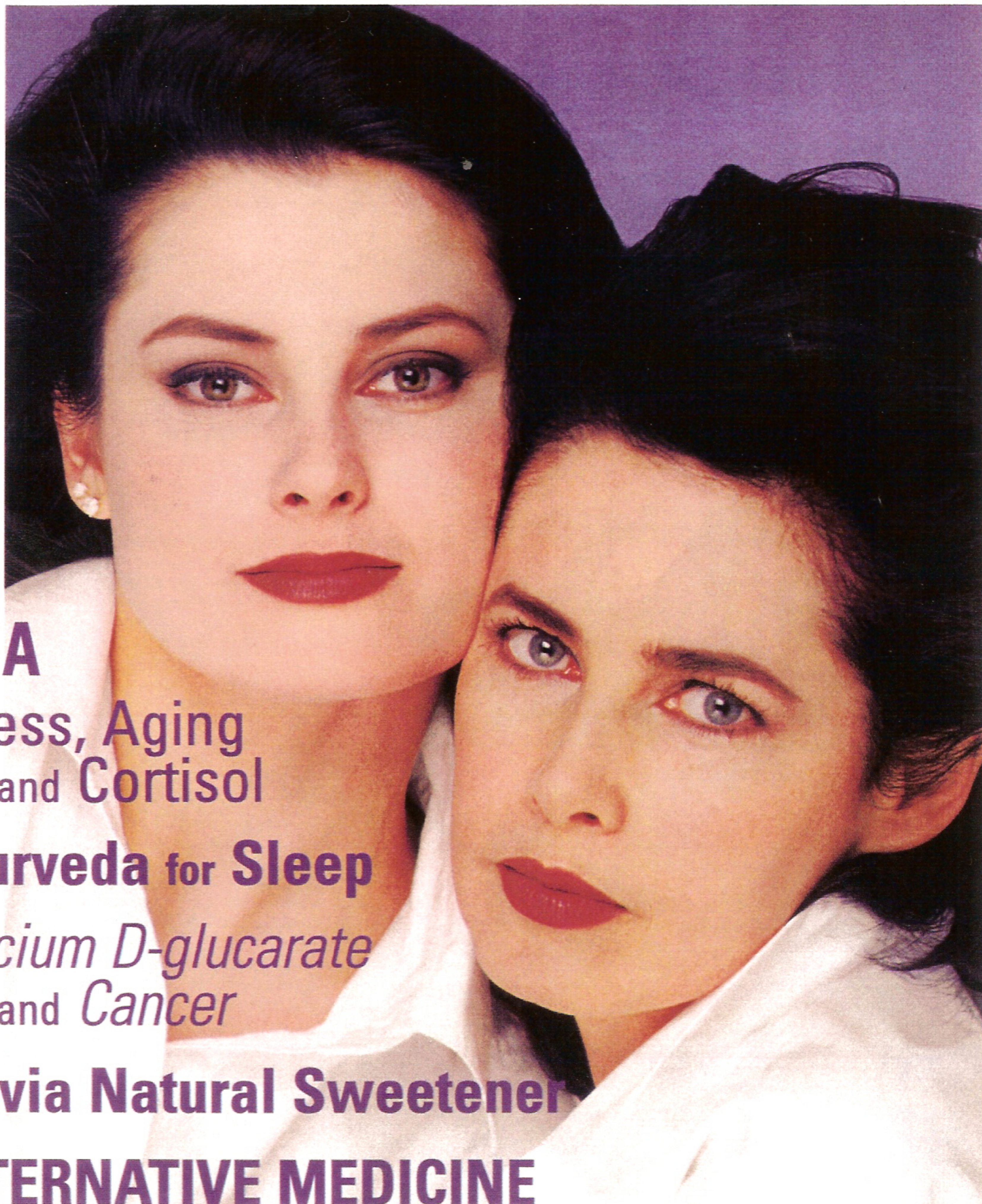


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Releasing the healing energy within— The BACH FLOWER ESSENCES as tools for Transformation

by **NANCY BUONO**

Y

ou are energy. Quantum physics has shown that even the most solid of objects are constantly in motion, vibrating and pulsing with life. Knowing that you are energy, are you maximizing your potential? Are all of your available energy units open and flowing? Or is your personal energy blocked and diverted, keeping you from experiencing your own highest potential for health and well-being?

Our emotions are like a freeway system within us. They can either create great flow and circulation of energy or gigantic traffic jams which clog up our entire system. In the May/June 2000 issue of *totalhealth* we addressed what the Bach Flower Essences are and how they can help us deal with stressful situations. In this issue, we will look at how the essences can be

energy. Here are just a few possible ways of interacting with the world that can create personal energy blockages. Do you sometimes:

- ◆ Dislike conflict so much that you just act as if everything is OK?
- ◆ Feel the needs of others so much that you often neglect your own?
- ◆ Feel bitter and resentful that life has treated you so badly?

Avoidance

Conflict and problems are difficult. Standing up for ourselves and our feelings can create tension and consequences. Sometimes it is easier to avoid expressing how we feel and keep it within. We may have a difference of opinion with a friend, spouse or boss but we may choose to squelch that opinion to keep the peace. At times this is an appropriate response. However, if we do this repeatedly, we are denying a piece of ourselves. We are stifling ourselves. We may awaken in the middle of the night, unable to sleep because the situation pops into our head. We may work longer and harder to avoid dealing with it or thinking about it. We may stay out later with our friends, drink a bit more or binge eat. It takes more and more of our energy to keep those feelings inside to keep acting as if everything is "just fine." We smile on the outside and feel horrible on the inside.

Our avoidance, whether it turns into overwork or addiction, can affect our relationships. At the University of North Carolina in Charlotte a study by Bryan Robinson Ph.D. and Phyllis Post, Ph.D. showed that 80 percent of workaholics described their relationships as dysfunctional. The Bach Flower Essence Agrimony is very helpful in these cases. It opens up the internal channels within us, allowing us to integrate our feelings into our world with ease and



Agrimony releases the tension that it takes to keep our true feelings suppressed . . .

used as transformational tools to release blocked emotions, giving us greater energy flow in our lives.

Many patterns of thought, feeling and behavior can divert and clog our personal

safety. It assists us in expressing ourselves so that who we are on the inside is reflected on the outside as well. Most importantly, it releases the tension that it takes to keep our true feelings



Centaury helps us become able to say no, as well as to give.

suppressed—freeing up our energy to heal and become more of who we really are.

Subservience

Selfless service is a worthy goal but sometimes we can find ourselves feeling the needs of others so much that we continually put everyone and everything else first, to the point that we ignore our own mission and calling in life and become doormats. It is as if we lack personal boundaries in a sense—we keep letting other's priorities take over our own lives.

At times like this, the Bach Flower Essence Centaury is most useful. In reviewing a Kirlian photograph of the essence Centaury from "Mastering Bach Flower Therapy" by Mechthild Scheffer we see that the energy imprint shows almost no boundary or edge. It literally melds into the universe, taking on the feelings of others. By taking this essence, we vibrationally strengthen our own sense of self. We become able to say no, as well as to give. We can freely serve others while sticking to our own inner mission. We keep more on course in our life—we become more self-directed, more energized.

Resentment

When we hold onto old feelings of bitterness and resentment, we allow ourselves to feel that we are the victim of another. That terrible ex-

wife who took us to the cleaners, the business partner who ripped us off and the woman who stole our man have long moved on with their own lives. Yet we blame our current condition, our ill health and poor finances on the terrible strife they caused us. Deepak Chopra, M.D. states in *Ageless Body, Timeless Mind*, "Your cells are constantly processing experience and metabolizing it according to your personal

views . . . you physically turn into the interpretation as you internalize it." So when we recall an instance when life treated us unfairly, our brain has no concept of time and just refloods our being with all of the negative neurotransmitters and hormones it released during the original troubling circumstance. We literally poison ourselves with our thoughts.

This, in my opinion, is why all of the major world religions teach forgiveness. It has nothing to do with the other person. It has everything to do with ourselves. By forgiving a past wrong we free ourselves from the brain patterns that stimulate harmful chemicals. We preserve and maintain our own health. We literally release those toxic feelings from our biology. According to the National Institute of Healthcare Research in Rockville, Maryland in their book, *To Forgive is Human*, forgiveness is linked to lower depression and anxiety levels, better self esteem and overall health. The Bach Flower Essence Willow can help to restore balance in cases of resentment and bitterness. It allows us to take full responsibility for our own fate and to attract positive experiences from life by expecting them.

It can free up great amounts of personal energy—all the energy we wasted dwelling on how horribly life has treated us. By freeing up this energy we become more self-actualized. We live own our life. We become masters of our own destiny rather than victims of it.

These are just a few of the many ways our thoughts, feelings and behaviors can sabotage our personal energy, leaving us drained and feeling off track with our lives. The 38 Bach Flower Essences can address these emotional states. Because they can be used in combinations of up to six or seven at a time, they can address over 200 million possible emotional states. To free up the clogged freeways of feeling in your life, opening your body's energy and biology to its greater potential for healing and self-actualization, the essences are indeed an essential tool for manifesting total health. ❧



Willow can help to restore balance in cases of resentment and bitterness.



Nancy Buono is an international educator and consultant. She is a Bach Flower Essence practitioner with over 15 years experience and is internationally registered with the Dr. Edward Bach Foundation. Nancy's background includes a degree in psychology and education, years of practical business experience and 20 years study of meditation. Nancy has been a guest on numerous radio shows across the country, including Living Right, Unified Solutions and Health Line.