

LILIANNE CHALHOUB

My floral walk



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ISBN numérique : 979-10-405-2922-4

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HOW I DISCOVERED FLOWER BACH REMEDIES

I have always been attracted by scents, those of fruits or those of flowers. As far as I can remember, the perfume my mother wore has always delighted me. As a child, when I saw half-empty cologne bottles, I asked her to give them to me ; she did it with astonishment and amusement. As a teenager, I was drawn to essential oils, especially those used by my mother when my sister and I were tired. The same was true for herbal teas and infusions. They were the only drinks that comforted me when I felt sick or had trouble falling asleep. In my essays, to the question about the future choice of career, I answered that I wanted to work in an essential oil laboratory. Unfortunately, and to my great regret, the idea was discarded, as math was not my favorite subject.

However, , thanks to my sense of optimism transmitted by my mother, I did not lose sight of my dream, telling myself that, if it were not in a laboratory, it would be different. My project finally materialized years later, when I went to meet the Bach Flowers remedies through an advertisement I happened to see.

“There is no coincidence, there are only opportunities”.

Paul Eluard

In 1998, I was working in a bookstore specializing in spirituality when I saw the announcement of a seminar on the Bach flowers remedies. Unlike other courses, no initial knowledge was required and I quickly registered.

Origins of Bach flowers and the story of Doctor Bach

Before continuing, it is necessary to recall the origin of Doctor Bach's floratherapy.

Edward Bach was born on September 24, 1886 in England. His father worked in a foundry which obliged the family to live with small means. Aware of these difficulties, Edward Bach abandoned the idea of studying theology in order to become a priest. He therefore worked young in his parents' factory with the aim of undergoing medical training. This is how he became a bacteriologist and homeopath. He is known to have discovered the seven nosodes, prepared from homeopathic substances. Having experienced the disease himself. He learned that he was condemned by medicine and that he has little time left to live. Dr. Bach closed his laboratory in London and settled in a village in North Wales. Gifted with extreme sensitivity, Edward Bach turned to the study of wild plants. At the same time, Dr. Bach observes the people he meets and discovers that there is a connection between the emotional state of these people and flowers. Over the years, Dr. Bach discovered seven groups of emotions

- Fears ;

- uncertainties ;
- lack of interest in the present ;
- loneliness ;
- hypersensitivity to influences and ideas ;
- discouragement and despair ;
- excessive concern for the welfare of others.

Edward Bach died in 1936, leaving behind him a fabulous gift that his successors would take up with as much respect and harmony as he would have liked.

On D-Day, despite the freezing cold, I was joyful ; I was going to discover a method that suited me, and the seminar was located in a district of Paris that I particularly appreciate, the Montparnasse district, in the 15th district.

The seminar took place in the conference room of a hotel and there were many participants. Thanks to Martine, facilitator and Bach flower consultant, the welcome was warm. After a retrospective of the life of Doctor Bach and a video presenting the different flowers, the participants were invited to form working groups to try to answer the questions concerning the groups of flowers.

Oh dear ! How will I be able to distinguish between multiple flowers in the same group, such as between Aspen (fear of the unknown) and Cherry Plum (fear of losing control) ? More difficult still ; how will I remember between the description of Rock Rose (panic if fear) and Cherry Plum, or Gentian (discouragement after failure) and Gorse (total despair) ? For the neophyte that I was, the exercise was complicated, but the atmosphere was friendly and sympathetic between the participants. The exchanges and advice were as numerous as they were benevolent. Martine went from group to group in order to supervise the reflection and give her opinion. Spokespersons were then responsible for reporting on the work done by their group on the chosen theme. Nobody dared to speak in my group. Although I did not like speaking in public, I offered to do so on behalf of my classmates.

This experience was very rich and very encouraging. I talked about my personal history in a sect and I chose one of the flowers of uncertainty, Wild Oat (indicated for dispersion, for indecision and for disorientation) ; a participant from another group advised Scleranthus, another flower from the same group that speaks of balance and which also corresponded to me. Well, that promised even more for future learning ! At the end of the day, a questionnaire was proposed to us in order to know our feelings and to know if we wanted to continue towards level two. Without hesitation, I signed up for the next step.

Between theory and practice, another world opened up to me. In order to strengthen my memory capacities, I stocked up on food supplements, which amused the manager of the organic shop next to my house, who even asked me if I was going back to university. "Yes, spot on ! I am training on Bach flowers", I replied. "Oh, that's great ! Here is something to avoid the memory that falters : magnesium, ginseng, essential oil of rosemary and lavender but, above all, think of airing yourself in nature, there is nothing more relaxing, "he advised. As the warm weather approached, I took the opportunity to sign up for nature outings organized by a homeopath and his wife. These outings took place in the suburbs of Paris. The couple helped us to discover flowers, to observe their shapes, their leaves, their colors. We were encouraged to write down what we contemplated. At the end of the day, we were invited to have tea, which gave a festive atmosphere to the outing. Alongside these group outings, every weekend, I recharged my batteries in Brittany, in the family home.

NEXT STEP FORWARD !

The day of the second seminar finally arrived and it was with joy that I found myself in the place of the seminar. The day started with laughter, especially as participants recounted their experiences with the first level flowers. I especially remember a lady who explained why she had taken Vervain (the flower of excessive enthusiasm) :

“Well indeed” she said. Instead of waiting for friends who can be busy (the Willow type), spending my time on the phone or eating chocolate (the Agrimony type, the flower of the sad clown who tries to compensate for an emotional void), I work on my excessive enthusiasm. » The testimony of another participant was also amusing : “Tell yourself that I finally adopted a German Shepherd dog thanks to Mimulus (the flower of fear of known situations). "Yes, but what will you do when the dog grows up ?" asked another participant. " Oh ! It's over, Mimulus works miracles, and even small dogs like Yorkies scared me ! » I myself told a personal joke. For years, I found everything around me dirty and washed my hands several times a day. With Crab Apple (the potty mania flower), my maniacal side was transformed. During this course, we learned to differentiate type flowers from mood flowers. Not easy already to know what was my typical flower ! This exercise, I admit, was rather complicated. I felt, certainly like most beginners on this path of flower essences, that I could have several mood flowers and several type flowers.

DIFFÉRENCE BETWEEN MOOD FLOWERS AND TYPE FLOWERS

Originally, Edward Bach identified twelve remedies, named “the 12 healers” because, in his experience, these flowers healed the soul. These flowers are typical flowers because they mark a person's signature. Later, he discovered seven other flowers, named the "helpers" because he believed they relieved nostalgia. Finally, he discovered nineteen other remedies, mood flowers, because mood often changes. For Doctor Bach, the twelve healers are flowers that deal with problems of the soul, such as inner peace. He called them a "typical flower".

Agrimony : to find inner peace.

Chicory : to find moderate generosity.

Clematis : to bring dreamers back to earth.

Gentian : to resolve discouragement and depression in the quality of faith.

Impatiens : to develop patience and gentleness.

Mimulus : to move from fear of known things to bravery.

Scleranthus : to move from indecision to balance.