



CHANGING LIVES THROUGH BACH FLOWER THERAPY

Indroneil Mukerjee (Founder & Principal Alchemist – All That Bach) talks of how Bach Flower Therapy is the best method for changing lives for the better and improving the immune system

When did you start practising Bach Flower Therapy?

I have been dabbling with Bach Flower remedies since 2009. In 2012 I started practising it as a therapy alongside my practice of Transformational Coaching and psychotherapy. Over the years my practice has evolved to enabling human transformation with the flower essences which may or may not require the client to be ill. Thus, the practice has been re-christened to Transformative Healing using Bach Flower essences, which when combined with Transformational Coaching leads the client through a process of Floral Alchemy.

What is the history of Bach Flower Therapy?

The practice of Bach Flower Therapy (BFT) has rapidly evolved over the last hundred years or so. The evolution has broadly gone through three stages. It started with Dr Edward Bach and his student, in the early to mid-nineties, when it was seen and used more as a supportive therapy for mood correction. Sometime around late 1990's some practitioners of other modalities, like homeopathy, used Bach Flower Therapy to address certain conditions. Today with the help of sustained therapy it is considered and used to heal the individual from the core and thus, used as a catalyst for human transformation.

In the early days of nascency, and with some practitioners even today, the practice of Bach Flower Therapy was remedy-centric – identifying the emotion(s) that needs to be healed and mapping them to specific remedies, which were / are often administered / prescribed as single remedies. Later, while addressing conditions, practitioners started combining remedies to address

a cluster of emotions, the approach still remaining largely remedy-centric. Today, some practitioners, particularly those who come with deep understanding of human behaviour and ontology, take more client-centric approach to diagnose not the illness but the individual and prescribe harmonious composites to heal the client holistically, from the core.

How can BFT help one cope with life changes?

Bach Flower Therapy can help to dissolve all resistance to change by breaking links with the present and making links with the future. All transitions in life, including biological, can thus be smoothly managed with BFT. In some cases, where change can be stressful due to fear of the future, BFT effectively manages the anxieties of change and makes change a more welcoming event. Effects of sudden traumatic



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events causing disruption in lives, can also be very effectively managed with BFT.

At the root of working with BFT, to help cope with changes is behavioural diagnosis of the individual to uncover not only symptoms but also the underlying causes. Else it may just be a palliative. In the evolved practice of BFT or Floral Alchemy, every incident of disease is seen as an opportunity for the client to embark on a transformational journey and a wise practitioner will accordingly set expectations with the former to accompany her on this journey.

How is Bach Flower Therapy different from regular medicine?

Medical sciences take an organismic, atomic, reductionist, Newtonian view to understanding and managing a disease. Measure is important to manage a disease. Measure, metrics, meter and Maya all come from the same root, which is

what medical sciences are based on.

In contrast, BFT does not heal the illness but the individual. It takes a holistic / gestalt view to knowing the individual – the whole being greater than the parts.

The words heal, holy and whole all come from the same root. Well-meaning therapists are trained to take this holistic view of the whole-being of the individual, the goal of the therapy being taking the client through an alchemical journey of returning to the virtuous whole. Besides, BFRs do not contain any chemicals.

They are vibrational remedies containing the essence of flowers, wherein their signature vibrational imprints are captured, contained and preserved. In contrast to medicines the remedies do not work directly on the physical body but the mental and supramental bodies of consciousness.

Can BFT help boost immunity?

Of course, it can. By managing all mental / emotional conditions that lead to release of adrenaline depriving the smooth muscles of blood flow and the constituent nutritional components that help to fight disease and infection.

How does BFT help in mental health issues?

In BFT, the name and nature of the disease is not important. The emotional landscape, including the underlying causes are. For example, anxiety, depression, stress etc. do not mean anything. Listening to the client and probing to uncover certain information through a four-layer structure reveals the true picture which is most often more elaborate than the definitions of the disease. In BFT, we take cognizance of inter-relationship of emotions and therefore, the remedies that heal them.

We also recognize how dynamic emotions are. Unless periodical reviews are done and the layers of emotions that manifest with time are dissolved, mental health issue cannot be rooted out.

Can BFT increase productivity?

Again. The answer is 'yes'. BFT can increase productivity and improve performance at the workplace, much more effectively than any other behaviour modification programme. BFT unblocks qualities like optimism, self-confidence, creativity, empathy, assertion, proactivity and purposefulness inside-out, leading to a quantum rise in productivity and performance. It also effectively clears the haze and hurdles of boredom, ennui, lethargy, exhaustion, passivity and apathy for one to commit to productivity, more by choice than design. For those who are higher up the ladder, BFT effectively helps in dealing with loneliness and social isolation, leading to a more inclusive style of leadership. In addition, it immensely helps in improving strategic decision making and sharpening focus and attention amidst competing priorities. 🌸