

These questions were asked by second year students of the Naturopathy Career and Bach Flower Therapy:



1. How was your first encounter with the Bach Flowers?

My wife and I were given the first book by Dr Bach available in Germany, "Flowers that heal through the soul", as a gift for our wedding over 40 years ago. I was fascinated and bought a Bach flower set together with two friends. We treated our families with it.

2. What event led you to leave your studies in physics to dedicate yourself to naturopathy?

I wanted to study naturopathy from the beginning. At that time, there were only a few schools in Germany, the best of which was in Munich. But it had a 3-year waiting period. I started studying physics at the University of Würzburg as a "park study". A year later, a school for alternative medicine opened in Würzburg. After my intermediate diploma, I attended this alongside my physics studies, but changed completely after the 5th semester in order to be able to concentrate fully on my intended profession.

3. What led you to choose Bach's floral system and not others, what attracted you more to it?

At that time there were only the Bach flower essences, other flower essences such as the Californian essences and Australian essences were developed much later. The main focus of my training as an alternative practitioner was classical homeopathy and acupuncture, but also phytotherapy, hyperbaric ozone therapy, neural therapy and detoxication methods. In 1983 I opened a practice with a focus on classical homeopathy, then one year later I took over a practice for geriatrics where I practised a wide range of naturopathic treatments.

At the same time I learned other therapies such as colour therapy. Bach flowers played a rather subordinate role in the beginning, which changed abruptly after the discovery of the first skin zone. In 1988 I wrote my first book, a homeopathic coursebook for the Paracelsus Schools, where I was a teacher for 6 years in addition to working in my practice.

4. How did you awaken your sensitivity? Was it something gradual or was it the result of a specific event?

I never awakened it or trained it in any way, it was simply there. At the age of 15, I became aware through some experiences that I "knew" things that I could not actually know.

5. Which Bach flower do you think characterizes you?

Bach flowers embody emotions, they have nothing to do with our character. Emotions change, so the flowers we need at a particular time are only snapshots. Therefore, it cannot be said that any flower characterises a person. If he takes this flower over a longer period of time, the negative emotion embodied by this flower dissolves.

6. Do you consider the Bach Flowers now more than ever collaborators in the process of awakening consciousness?

Not at all. Bach flowers embody negative emotions, for example bitterness. If you take the corresponding flower - in this case Willow - the bitterness disappears. This has nothing to do with spiritual awakening, but rather with "normality". It is normal not to be bitter, it does not mean spiritual progress to give up bitterness.

Bach flowers can support spiritual processes by helping us to be inwardly balanced, which Dr Bach described as being "in tune with our higher self". This ultimately means being free from negative emotions, no more but also no less.

7. What was it that motivated you or what was your basis for ordering and classifying Bach's floral system into two basic categories called "internal flowers" and "external flowers"?

Dr Bach first discovered 12 flowers and called them the 12 healers. He thought his system was complete, but soon realised that there were still negative emotions for which he had no flowers. He continued to search and found the 7 helpers, later 19 more flowers.

I observed in my practice that by taking certain flowers for a longer period of time, the conditions of other flowers were strengthened, which, however, were not in the mixture. For example, after taking Centaury for 4-6 weeks, the condition of Pine became stronger. It followed that there must be deeper and superficial flowers. If one gave a deeper flower, the emotions of the one above it were intensified.

It turned out that the 12 healers were the lowest level, all the others were above. This led to the tracks: the communication flower, which embodies the way we communicate with others. If problems arise, we try to compensate for the problem. If the compensation fails, we fall into the phase of decompensation, where the greatest pressure of suffering exists.

Six flowers did not fit into this concept: the base flower Larch, which is still under the tracks, and five other flowers, which I called "outer flowers". They embody negative emotions that are the consequences of external influences, for example consequences of emotional shocks (Star of Bethlehem) or the reaction to external influences, such as in situations where the external demand is too high (Elm). As it turned out later, overlooked external flowers represent therapy blockades because the consciousness is focused on the external world and is not prepared to work through deeper inner states. For example, someone who is overwhelmed thinks only of the work ahead. I called the 12 tracks "inner flowers" because they have to do with ourselves and not with the external situation.

8. What situations led you to develop the New Therapies with Bach Flowers?

There were two facts that led me to this:

- The observation that taking certain flowers strengthened the condition of others, that means that there was a hierarchy among the flowers. This reaction only occurred when flowers were given for longer than 4-6 weeks. Dr. Bach only treated acute cases, the longest treatment lasted 6 weeks. He could therefore not observe this phenomenon.
- The discovery of the first Bach flower skin zones.

9. How was your creative process to find your New Theories?

Observing my patients, that is, the symptoms they came to my practice with and the reaction to my treatment. If something didn't work, I thought about why and looked for solutions. I have never been satisfied with the fact that some people do not respond to certain therapies, I have always tried to find out why this is so and looked for therapy blockages. In this way, many new therapies have emerged.

10. How is the work in your practice with the New Therapy with the Bach Flowers?

I have been retired since July 2022 after 39 years of work in my practice as an alternative practitioner, and now only hold seminars. Besides my practical work with patients, I have written 15 books and held 450 seminars, as well as running the

International Centre for New Therapies. At the age of 65, I no longer have the strength to work 60-70 hours a week.

11. What tools does the practice of New Therapy provide the Therapist?

In addition to the conversation (initial anamnesis and working through a questionnaire), aura testing, a sensitive method for objective flower diagnosis based on the Bach flower skin zones, and in the case of physical complaints, the meridian courses, which also provide indications of the Bach flowers needed. Advanced practitioners use essential oils and gemstones that correspond to the Bach flowers and help in cases where the flowers themselves do not prove effective. There is also the possibility of stroking over acupuncture meridians with colours and sounds that correspond to the Bach flower tracings. This is very effective for pain in the course of the meridians, acute complaints that are not more than a few days old often resolve in a single treatment.

12. What is the principle of relation of the meridians with Bach flowers?

Acupuncture essentially recognises two causes of illness, internal and external. External causes of illness are heat, cold, dryness, humidity and wind. They each influence one of the 5 elements to which the acupuncture meridians are assigned. The "internal causes of illness" consist of negative emotions. Fear, for example, damages the Water element, to which the Kidney and Bladder meridians are assigned. However, there is an interaction between the two causes of illness. A kidney that has been damaged by fear reacts more sensitively to cold than a kidney that has not. This means that the "inner causes of illness" - negative emotions - are the deeper cause of all complaints.

Each acupuncture meridian is related to a Bach flower track, that means the negative emotions described in the respective flowers represent the "inner causes of illness" that damage this meridian. In this way, one can use meridian courses to find out which Bach flowers come into question. If a meridian is disturbed, one of the three flowers belonging to this meridian is needed. However, there are still relationships of the outer flowers to the elements and relationships of the tracks to each other, which are also relationships of the meridians to each other. As this subject is rather complex, it is unfortunately not possible to go into more detail here.

13 Taking into account that the internal flower is what we are born with, what would happen in the event of a traumatic event in the last stage of pregnancy? If this emotion is activated at a few years of life and is maintained until adult life, would it be related to a compensation flower? In this case, in the search for the internal flower that is our essence, should we go deeper into the intrauterine stage where the trauma appeared and into the mother-fetus bond?

The inner flowers are not necessarily innate, tracks can also develop later, may be if an external situation persists for a long time. For example, if someone lives in an environment where he is not accepted as he is, he will begin to adapt and develop a Centaury state. Most often, tracks develop during pregnancy, during birth if it is traumatic, and in the first years of life.

For the practice of Bach flower therapy, it does not matter when this track was created, we go by the current mood symptoms that the patient tells us in a two-hour conversation. This is our starting point. At the beginning we only use the superficial flowers, that means all possible outer flowers and all possible decompensation flowers, plus Star of Bethlehem as a precaution because the patient cannot remember early childhood traumas or traumas during pregnancy or birth. From mixture to mixture we slowly go deeper until we reach the communication flowers. The way there includes all the other flowers that the patient needs, including the compensation flowers. It often happens that some flowers come more to the foreground and therefore cannot be overlooked.

Problems during pregnancy, birth and the early childhood phase are only prominent in early childhood up to about the time of school entry, then no longer. That is why we actually only ask about them in children. In adulthood, we trust that we will recognise and treat all relevant flowers on the way from the superficial flowers to the deeper ones. We use the mentioned traumas concerning pregnancy, birth and early childhood only as a diagnostic hint, so that no flower is overlooked. We do not work through them on the basis of a timeline. The patient tells us with his symptoms which flowers he needs, and the localisation of his physical complaints (skin zone or meridian course) confirm this, so we can use them as a diagnosis.

14. Which of your books would you recommend reading first to a newly graduated Floral Therapist?

The books in German are numbered, which is unfortunately not the case with all foreign translations. Here is the order of the books, but I only mention the English and Spanish translations:

Neue Therapien mit Bach-Blüten Band 1:

- New Bach Flower Therapies
- NUEVAS TERAPIAS Florales de Bach

Neue Therapien mit Bach-Blüten Band 2:

- New Bach Flower Body Maps
- NUEVAS MAPAS CORPORALES DE LAS Flores de Bach

Neue Therapien mit Bach-Blüten Band 3:

- Keine englische Ausgabe
- NUEVAS TERAPIAS Florales de Bach 3 - Meridianos de acupuntura y flores de Bach

Neue Therapien mit ätherischen Ölen und Edelsteinen (viertes Buch)

- Keine englische Ausgabe
- Keine spanische Ausgabe

Neue Therapien mit Farben, Klängen und Metallen

- Keine englische Ausgabe
- NUEVAS TERAPIAS Florales de Bach Con Colores, Sonidos Y Metales

15. What are the fundamental pillars of your therapeutic practices?

Initial consultation based on spontaneous history and working through the questionnaire as well as examination of the disturbed skin zones and meridian courses. The aura test serves as a diagnosis. If a hole is found in the aura above a zone in which the patient has complaints, the zone is disturbed and the patient needs the corresponding flower. If the aura is not disturbed, the cause lies in the acupuncture meridian that runs through this area. In this case we examine the skin zones of the flowers that belong to the meridian course. One of these zones then shows a hole in the aura, although the patient has no complaints at this point. I therefore call these zones "silent zones". The corresponding Bach flower is added to the mixture and the patient also receives a Bach flower cream for this zone.

Complaints in the meridian course are always based on silent zones in other places. If these are treated, the complaints in the meridian process disappear. In my experience, in 85% of cases of physical complaints, the affected skin zone is disturbed, which is why one has such great success with the skin zones. But in about 15% of the cases, the meridian located at this point is disturbed. In this case, the diagnosis is more complex, but the complaints can also be treated with Bach flowers.

About Bach Flower Mapping:

16. How do I “map” the Bach Flowers on the human body?

The topography of the skin zones has already been created by me and has proven itself in the practice of hundreds of therapists in several countries over more than 30 years. All you have to do is apply it, that means look up which flower fits in the topographical atlas and apply it externally (in the form of compresses or creams) at this point. At seminars we teach aura testing in order to make objective Bach flower diagnoses via the skin zones, i.e. we can test whether the respective flower is suitable for the patient. This method is helpful if one cannot distinguish between two flowers - for example Hornbeam and Olive. Then we test the zones of the respective flowers and see which flower the patient needs.

17 Could you explain the concept of internal and external flowers and their relationships?

I have already answered this question in question 7.

18. Based on the Theory of external and internal flower, do you believe that the harmony of the human being is always in seeking the balance of the congenital flower?

This issue has already been addressed in question 13. "Inner flowers" do not necessarily have to do with congenital flowers, tracks can also develop later in life. For the development of diseases (psychosomatic complaints), all 38 blossoms are of equal importance. The concept of tracks only shows the way to treat them in chronic cases. In acute cases, which usually last only 1 - 2 weeks, the tracks play no role. Here any flower can be used, as Dr, Bach did. The fact that deeper-lying flowers "push" only happens when they are taken for longer than 4 - 6 weeks without interruption.

19. Do you also relate the Bach Flowers with the internal organs of the body?

No, the flowers embody negative emotions, the Bach flower skin zones are reflex zones of negative emotions. The flowers do not have any material effect. It is the therapist's task to find out which negative emotions are responsible for the patient's

complaints. The physical complaints can be treated with these flowers, but the diagnosis always refers to negative emotions.

The Bach flower skin zones influence all organs and tissues underneath, that means the skin, the muscles, the bones and also the internal organs. Insofar we have a certain organ allocation, but above many organs there are several skin zones. Which of these fits is decided by the emotion of the patient, that is, the diagnosis is always made on the basis of the emotion symptoms. And in some cases it is not the skin zone that is disturbed, but the acupuncture meridian that runs through this body location. One of the three flowers that belong to this meridian is then the one that fits this problem.

20. In Germany, how do you see your therapeutic practice? Have you had to deal with prejudice very often or are you generally open-minded?

There are people in the population who are prejudiced against natural remedies and believe in orthodox medicine like a religion. And many doctors reject such methods without knowing them. Since naturopathic treatments are only paid by private health insurance companies and most patients have to pay for the treatment themselves, no sceptics come to the practice, so I have no problems, on the contrary, I also have many doctors and even psychiatrists as patients and also as course participants.

21 What was it that led him to found the “International Center for New Therapies” (CINT).

The need to coordinate the seminars abroad. We have advisors who teach the New Therapies in other languages. They have all been trained by me and we have the same curricula and therefore the same standards in all countries. In some countries like Holland and Italy I come for advanced courses. I then speak German and my staff translate me into the local language.

About Naturopathy:

22. What are for you the fundamental pillars to have a naturally healthy life?

There are many different approaches. Most therapists think that healthy eating is the most important. For me, it comes second. In 39 years of working in my practice, I have seen so many patients who eat healthy, do sports and do just about everything that is generally recommended as "healthy living". Nevertheless, they were ill and I could find negative emotions as the cause. After treatment with Bach flowers, the complaints disappeared. That is why emotional balance is my first priority. There are a

number of methods to achieve this, first and foremost the Bach flowers. Meditation and Yoga are therefore at least as important to me as a healthy diet.

23. Considering that allopathic medicine treats only the physical material, do you think that in times to come it will begin to integrate new practices that study the human being from his integrity or individuality?

I don't believe that these are integrated into allopathic medicine, it can't work at all because they are completely opposite approaches. It always has to be decided whether allopathic or alternative methods are used. It is possible for a person to practice both, many naturopathic doctors do. As a naturopath, allopathic medicines are not available to me, I cannot use them when naturopathic methods fail. This is an enormous challenge for purely naturopathic therapists.

Naturopathic methods heal what is disturbed, not what is destroyed. In this case we need scientific medicine. Since it is proven that 90% of all complaints are of psychosomatic origin and therefore treatable with naturopathic methods, this shows the value between medicine and naturopathy. Theoretically, one should first treat with naturopathic methods. If the complaints are too advanced, scientific medicine should be used. I don't think it's good to mix both methods, it harms both because they are completely opposite. For me, there is only an either/or or a side-by-side approach. The patient gets an allopathic medicine such as digitalis for his cardiac insufficiency, and Bach flowers for his nervous stomach complaints. This works excellently in practice, and we alternative practitioners have been working very successfully on this basis for decades.

24. How direct, essential and true is your relationship with Nature?

I don't quite understand what you mean. I try to live in harmony with nature myself, but not dogmatically. I try to eat healthy, we buy a lot of food from the health food shop or directly from the farmer, but when I'm on the road I go to Mac Donalds sometimes, and at seminars I rely on restaurants. I have been meditating every morning and every evening since I was 17, but a real balance of work and rest is not always possible with my workload. The seminars go on until 10:30pm, and in practice I was still taking emergency appointments at 9pm in the evening, sometimes not getting home until 11:30pm. When I wrote the books, I had the best ideas at night when everyone was asleep (many artists have told me the same thing). So I often worked late and didn't go to bed until 2:30 in the night.

I have been a member of Greenpeace for more than 30 years, I am a tree sponsor for the rainforest, but for my seminars I have to travel long distances by car or fly. And

for my wife and me, a holiday at the seaside is part of relaxing and recreation, for which we also need the plane. It is not possible to consistently do everything right, forcing something like that would be a negative state of mind according to Dr. Bach (Rock Water). I live more according to my intuition, do what I feel is right for me, even if it partly contradicts many things that are considered right in the naturopathic/ecological scene.

25. Do you think naturopaths lack recognition?

Some people say that, I have never bothered about it. I don't concern myself with public opinion, I just do my work and use my free time for my family and my hobbies like reading (I read 1 - 2 books every week), playing the piano, cycling, gemstone microscopy (www.instagram.com/bachbluetentherapie/) and astronomy.

26. Do you think there are adjustments to be made in Naturopath training institutes? If there are, which ones?

I worked as a lecturer at the alternative practitioner schools in Frankfurt and Würzburg for 6 years and trained assistants for 17 years. At that time I was behind the training and very involved. But that was a long time ago, I can't say what the situation is like today. However, I am only talking about alternative practitioner schools in Germany and Switzerland, I cannot say what the level is in other countries.

27. Do you think that anyone could be a good Naturopath or do you need a special connection with nature to be one?

The question is what is meant by a special connection to nature. For me, empathy and the will to help other people are important. If neither is present, a special connection to nature is of no use at all..

28. Have you found a way to work together with Allopathic Medicine

I cannot use allopathic medicines as an alternative practitioner, but I have always worked with doctors, even in my training. In the association of alternative practitioner schools where I studied and also later taught, anatomy and pathology are lectured exclusively by doctors. I have always had doctors as patients, from the very beginning, and one of my best friends is a doctor. For me, there was always a togetherness, never an antagonism.

Thank you very much Professor Dietmar Kramer for your interview.

I am a naturopath, not a doctor or a professor. In Germany there is the profession of a doctor, for which a university degree is required, and the profession of a naturopath. You can only learn this profession in private schools and at subsequent specialised training courses.

Nice to hear from you! I wish you all much success with the New Bach Flower Therapies.

Regards,
Dietmar

*A warm greeting from the School of Naturopathy of Uruguay
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