

👁️ tension in voice, hardly controlling tears

📄
Star of Bethlehem?
Cherry Plum?



How can I help you?

Open question



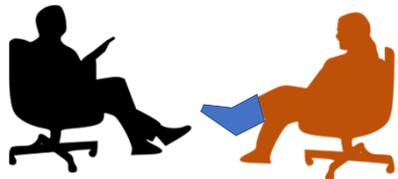
I worked all the time, for many years, I worked hard, and everybody told me to slow down (crying), I liked the work quite a lot. I used to be at work from the early morning to late evening, Saturdays and Sundays. (she cries) Finally we decided (with my husband) to make some breaks, to relax a little bit.

👁️

📄
Oak?
Pine?



So, I bought an electro-bike. And I was so happy, I hadn't been so happy for a long time. Then, my husband bought it too, of course, so we began to do some short trips, in the city.



We also went to a holiday, beautiful hotel, (crying) nice service etc. And in the evening, I remember, my husband told me, "let's go to the pub to have a dinner. Will we go by bike or on foot?" I answered, "OK, we will ride a bike."(crying, almost unable to speak) ... glass of water, please.



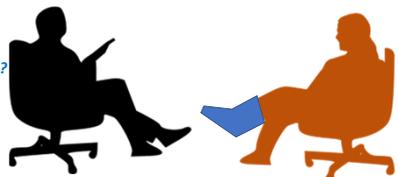
Star of Bethlehem?



And in front of the restaurant, my bike slipped to the side and I ... (broke my leg) I cannot still grasp it, many people tell me, you can see, you have it because of overwork, maybe you had had to stop, everybody tells me it all the time. And I am absolutely ruined because of that (crying). They are probably right.

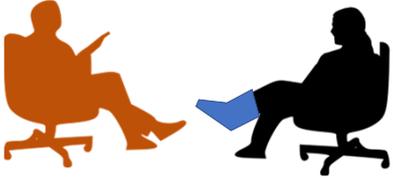


Star of Bethlehem?
Sweet Chestnut?
Pine?
White Chestnut?



You blame yourself.

Reflection
Exploring *Pine*



A slide from a presentation. At the top, the text reads "You blame yourself." Below this, on the left, are the words "Reflection" and "Exploring Pine". The main visual is two silhouettes of people sitting in office chairs, facing each other. The person on the left is orange, and the person on the right is black. A blue folder or book is placed on the floor between them. In the bottom right corner, there is a small video inset showing a man with glasses and a beard.

(Crying) yes, maybe yes.

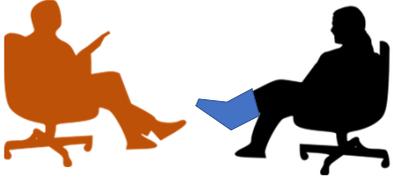
Confirming
Pine



A slide from a presentation. At the top, the text reads "(Crying) yes, maybe yes." Below this, on the left, are the words "Confirming" and "Pine". The main visual is two silhouettes of people sitting in office chairs, facing each other. The person on the left is black, and the person on the right is orange. A blue folder or book is placed on the floor between them. Above the orange silhouette is an icon of an eye with a single tear falling from it. In the bottom right corner, there is a small video inset showing a man with glasses and a beard.

Your memories are still very vivid, as if it had happened yesterday.

Reflection
Exploring
Star of Bethlehem
theme

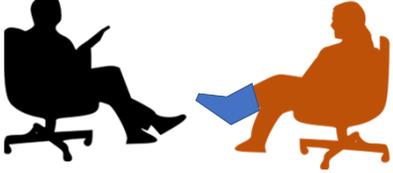


A slide from a presentation. At the top, the text reads "Your memories are still very vivid, as if it had happened yesterday." Below this, on the left, are the words "Reflection", "Exploring", "Star of Bethlehem", and "theme". The main visual is two silhouettes of people sitting in office chairs, facing each other. The person on the left is orange, and the person on the right is black. A blue folder or book is placed on the floor between them. In the bottom right corner, there is a small video inset showing a man with glasses and a beard.

Yes. It was such a shock for me. I had been absolutely healthy before that. (crying).



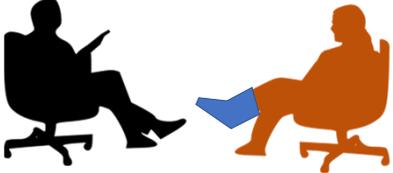
Confirming
Star of Bethlehem
Honeysuckle?



It's too much for me. I cannot bear it anymore.

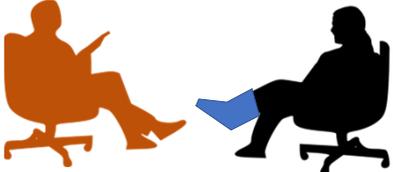


Sweet Chestnut?



Tell me more about this feeling of "being unable to bear it anymore".

Open question



The feelings are too strong, I ... I sometimes start to cry in front of my daughter. And she would like to help me but she does not know how. I have never been such a weakling ... And I cannot do anything, I am absolutely useless.

 Cherry Plum?
Oak?
Pine?



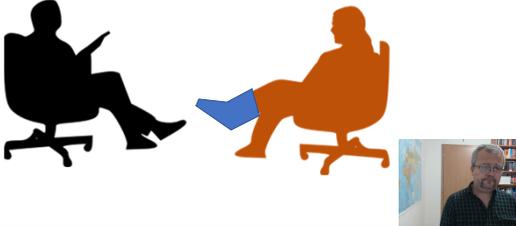
And what about the therapy?

Open question



At the department of surgery, everybody was great. And the operation was fine, it seemed that everything would be OK. And then I returned home again. I got a special immobilizer that allowed to exercise with it. And maybe I OVEREXERTED MYSELF. Instead of exercising once daily, I exercised three times daily. And it got worse again.

 Oak
Pine?



You are a responsible worker and you wanted to help your daughter as soon as possible.

Affirmation



Hm. And now, I have a terrible fear that there is some infection. I hoped it would be finally OK ...



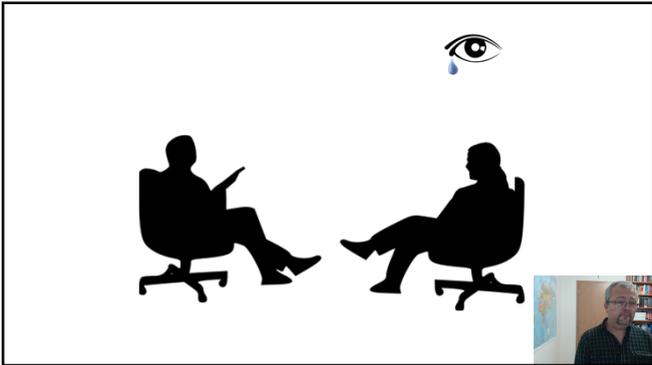
Mimulus?
Rock Rose?
Gentian?
Pine?

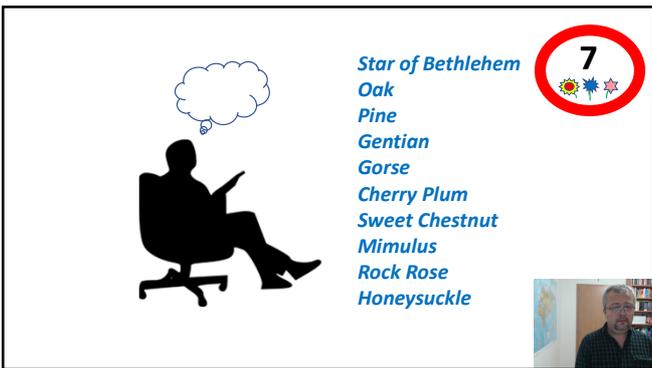


T: You had already hoped it would be better and then it got worse again. You have doubts now whether you will be healthy again.

Continuing reflection exploring **Gentian** theme

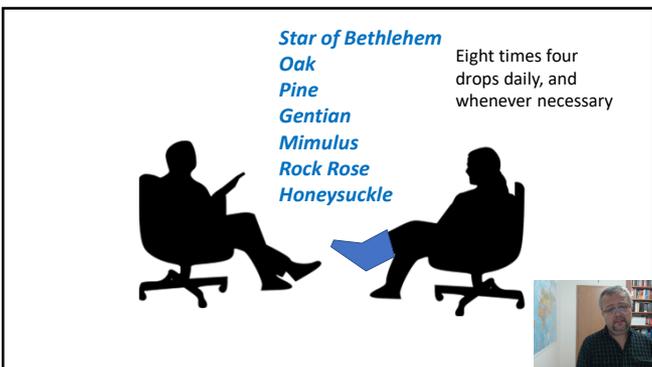






- Star of Bethlehem*
- Oak*
- Pine*
- Gentian*
- Gorse*
- Cherry Plum*
- Sweet Chestnut*
- Mimulus*
- Rock Rose*
- Honeysuckle*





- Star of Bethlehem*
- Oak*
- Pine*
- Gentian*
- Mimulus*
- Rock Rose*
- Honeysuckle*

Eight times four drops daily, and whenever necessary

Three weeks later



Thank you for your help. I am fine now. The rehabilitation continues well and I have already started to help my daughter at work.



Techniques - reflections

- Simple
- Complex
 - Verifying **underlying emotions** (*You feel guilty, Your memories are still very vivid, as if it had happened yesterday*)
 - Continuing the sentence (*You had already hoped it would be better and then it got worse again. You have doubts now whether you will be healthy again*)
 - Testing corresponding **remedy**



Techniques – other

- **Open questions** (How can I help you, Tell me more about this feeling of “being unable to bear it anymore”, And what about the therapy?)
- **Affirmations** (You are a responsible worker and you wanted to help your daughter as soon as possible)

Link to the video about techniques



In the next video ...

Cycle of change





This system of treatment is the most perfect which has been given to mankind within living memory. It has the power to cure disease; and in its simplicity, it may be used in the household.



Edward Bach
