

# Floral morphology as a modern signature tool in therapeutics

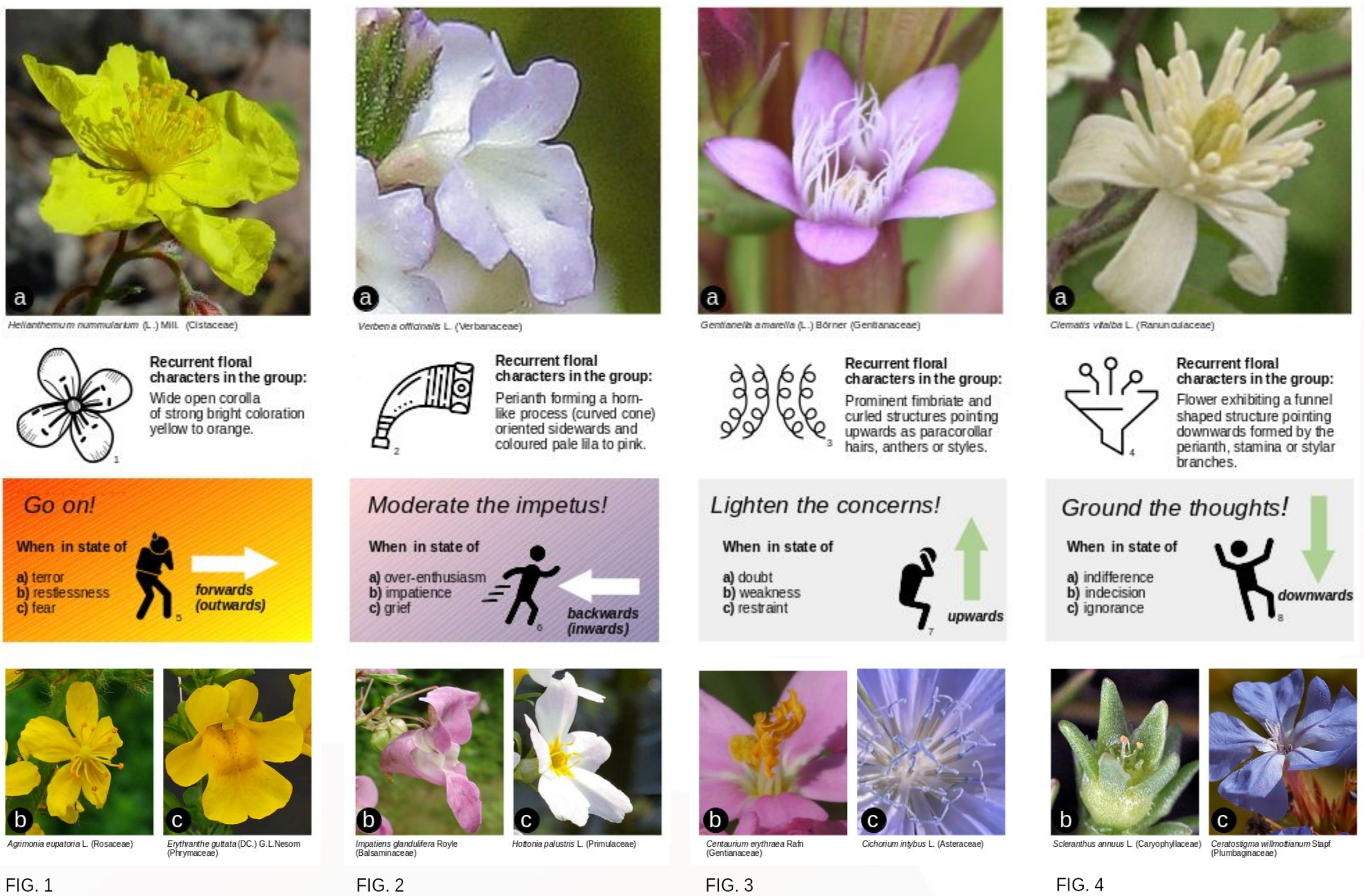
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## In which ways contemplating a flower could influence the mood?

Here I present an hypothesis regarding possible effects that certain flower-characters could have on the mood when being looked at. Floral characters are organized below in four groups (figs. 1-4) and the alleged corresponding effects are portrayed as “movement messages” that the psyche would acquire when contemplating them:



### Context

It is a known fact that flowers generate a psychic reaction in the subject experiencing them<sup>1</sup>. Dr. Edward Bach alleged in the 1930's that twelve angiosperm species may alleviate uncomfortable states of mind<sup>2</sup>. He organized the mental states in four categories<sup>3,4</sup> (listed in figs. 1-4, a-c) and prepared remedies to deal with them taking the flowers of species shown in figs. 1-4, which are labeled a-c accordingly.

### Scope and methods

In this work I test whether the flowers grouped after Bach's criterion share a particular morphological signature that could be hypothesized to trigger a psychic reaction for the ease of alleged mental states. For this purpose I looked for distinctive floral attributes and morphologies within each of the four groups of species (figs. 1-4).

### Interpretation

The recurrent floral characters found for each group (figs. 1-4) can be symbolically interpreted as vectors pointing in the four Cartesian directions as follows: forward (or outward) direction characterized by an up-front yellow perianth (fig. 1), backward (or inward) direction by a 'sucking' cupping-horn perianth (fig. 2), upward direction by the presence of ascending serpentine structures (fig. 3) and downward direction by a funnel pointing to the ground (fig. 4). It has been suggested from the body-psychotherapeutic point of view of diafreotherapy, that body postures or compensation movements in these four directions notably relate to specific emotions<sup>5</sup>, which in turn could reasonably compensate opposite mental states as shown in figs. 1-4. It could be thus hypothesized that the floral form, understood as "portrayed movements", would pass "action messages" to the observer's psyche and this way possibly help to counterbalance the unpleasant mental state.

### Conclusion and prospects

When interpreted as symbolized movements it is possible to match particular floral morphologies with the ease of certain mental distress. The here examined flower attributes could thus be tested in the future regarding their mood-modulation capacity when being looked at. Hence, floral morphology and contemplation can be pursued as part of therapeutics that seek to balance the state of mind.

### References

- 1 Haviland-Jones et al. 2005. *Evolutionary Psychology* 3: 104-132
- 2 Bach E 1932 *Free Thyself*. Dorling & Co. Ltd.
- 3 Barnard J 2004 *Bach Flower Remedies: Form and Function*. Lindisfarne Books
- 4 Cañellas J 2012 *Las Flores de Bach + Espiritualizadas*. Sant Martí de Tous
- 5 Junquera I 2023 <https://www.fisioterapia-online.com/articulos/diafreoterapia-otra-forma-de-ver-el-cuerpo>

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