

Guide to the Bach Flower Remedies

UNCERTAINTY						OVERSENSITIVITY			
CERATO <ul style="list-style-type: none"> ♦ unsure of self ♦ repeatedly seeks advice and confirmation from others 	SCERANTHUS <ul style="list-style-type: none"> ♦ indecision and hesitancy ♦ uncertainty ♦ lack balance 	GENTIAN <ul style="list-style-type: none"> ♦ despondency from known cause ♦ self doubt and easily discouraged 	GORSE <ul style="list-style-type: none"> ♦ hopelessness of long duration ♦ extreme despair ♦ no faith 	HORNBEAM <ul style="list-style-type: none"> ♦ Monday morning feeling ♦ mental weariness ♦ inability to cope with daily tasks 	WILD OAT <ul style="list-style-type: none"> ♦ unsure of path in life ♦ undecided in what to do 	AGRIMONY <ul style="list-style-type: none"> ♦ mental torment behind a brave face ♦ masks anxieties and worries 	CENTAURY <ul style="list-style-type: none"> ♦ weak-willed & easily led by others ♦ find it hard to say no 	WALNUT <ul style="list-style-type: none"> ♦ protection from change ♦ sensitivity to outside influences ♦ link breaker 	HOLLY <ul style="list-style-type: none"> ♦ feelings of revenge ♦ jealousy, hatred & envy ♦ suspicion
FEAR					OVERCARE for OTHERS WELFARE				
ROCK ROSE <ul style="list-style-type: none"> ♦ extreme terror or panic ♦ sense of frozen fear & helplessness 	MIMULUS <ul style="list-style-type: none"> ♦ fear of known causes such as illness, death, flying, the dark, spiders, etc 	CHERRY PLUM <ul style="list-style-type: none"> ♦ fear of losing control ♦ sudden outbursts of rage 	ASPEN <ul style="list-style-type: none"> ♦ fears & worries of unknown origin ♦ nervy or anxious ♦ "trembling" feeling 	RED CHESTNUT <ul style="list-style-type: none"> ♦ fear or over concern for others welfare ♦ fretting & worry about others problems 	CHICORY <ul style="list-style-type: none"> ♦ possessive, over protective ♦ strong willed & opinionated ♦ argumentative ♦ can't relax 	VERVAIN <ul style="list-style-type: none"> ♦ over enthusiasm ♦ fixed principles & ideas ♦ highly strung & over achieving 	VINE <ul style="list-style-type: none"> ♦ assertive and inflexible ♦ tend to dominate ♦ aggressive and proud 	BEECH <ul style="list-style-type: none"> ♦ intolerant & critical of others ♦ can be judgmental and arrogant 	ROCK WATER <ul style="list-style-type: none"> ♦ inflexible ♦ self denial ♦ rigid, high self expectations
LONELINESS			INSUFFICIENT INTEREST in PRESENT CIRCUMSTANCES						
WATER VIOLET <ul style="list-style-type: none"> ♦ proud & aloof ♦ sense of superiority ♦ desire to be alone 	IMPATIENS <ul style="list-style-type: none"> ♦ Impatience and irritability 	HEATHER <ul style="list-style-type: none"> ♦ self concern ♦ self pre-occupied ♦ talkative 	CLEMATIS <ul style="list-style-type: none"> ♦ dreaminess ♦ lack of interest in the present ♦ lack of concentration 	HONEYSUCKLE <ul style="list-style-type: none"> ♦ dwells on the past ♦ homesickness or nostalgia 	WILD ROSE <ul style="list-style-type: none"> ♦ resignation ♦ apathy ♦ makes no effort to change 	OLIVE <ul style="list-style-type: none"> ♦ lack of energy ♦ exhausted body and mind ♦ over tired 	WHITE CHESTNUT <ul style="list-style-type: none"> ♦ unwanted thoughts and worries ♦ mental arguments 	MUSTARD <ul style="list-style-type: none"> ♦ deep gloom with no origin ♦ sudden depression 	CHESTNUT BUD <ul style="list-style-type: none"> ♦ failure to learn from past mistakes ♦ repeats same mistakes
DESPONDENCE and DESPAIR								RESCUE REMEDY	
LARCH <ul style="list-style-type: none"> ♦ lack of confidence ♦ feel inferior ♦ will not try in case of failure 	PINE <ul style="list-style-type: none"> ♦ self reproach ♦ guilt ♦ feel unworthy 	ELM <ul style="list-style-type: none"> ♦ overwhelmed by responsibilities and feelings of inadequacy 	SWEET CHESTNUT <ul style="list-style-type: none"> ♦ extreme mental anguish ♦ reached limits of endurance 	STAR OF BETHLEHEM <ul style="list-style-type: none"> ♦ after effects of physical, mental or emotional shock 	WILLOW <ul style="list-style-type: none"> ♦ self pity ♦ resentment ♦ bitterness 	OAK <ul style="list-style-type: none"> ♦ exhausted but struggles on 	CRAB APPLE <ul style="list-style-type: none"> ♦ the cleansing remedy ♦ poor self image ♦ uncleanness 	For stressful situations, emergencies or accidents. Safe for all ages. <u>Contains five remedies:</u> Star of Bethlehem, Rock Rose, Clematis, Impatiens and Cherry Plum. 4 drops on tongue as needed	

BACH FLOWER REMEDIES

<p>AGRIMONY Cannot see truth, avoid conflict. Try to keep true feelings hidden from self & others with feigned carefree, happy demeanor.</p>	<p>ASPEN Tormented by unpleasant ideas or vague anxieties & fears</p>	<p>BEECH Deep seated, unconscious intolerance, disguised as excessive sense of tolerance & empathy</p>	<p>CENTAURY Excessively cheerful, or obsequious. Allow themselves to be used too often.</p>	<p>CERATO Insecure, do not know how to do things. Constantly seek the advice and counsel of others.</p>
<p>CHERRY PLUM Those in danger of committing irrational acts, or of losing their reason.</p>	<p>CHESTNUT BUD For those with difficulty learning, who continually make the same mistakes.</p>	<p>CHICORY Greedy people who sacrifice themselves for others in order to cling to them and get affection.</p>	<p>CLEMATIS Susceptible to fantasies and daydreams, tend to lose their grip on reality.</p>	<p>CRAB APPLE Feel impure, or poisoned. This may be physically, or spiritually.</p>
<p>ELM For those who suddenly feel unable to carry out an important responsibility or mission.</p>	<p>GENTIAN For people of weak will and a tendency to be easily discouraged.</p>	<p>GORSE People without hope, serious illness with poor prognosis. Pessimism.</p>	<p>HEATHER Egocentric people, needing recognition, who cannot be alone, and speak constantly of themselves.</p>	<p>HOLLY Those inclined to behave in an unfriendly or aggressive manner.</p>
<p>HONEYSUCKLE For people who cannot let go of the past.</p>	<p>HORNBEAM The demands of everyday life are too difficult, even though they are capable of fulfilling them.</p>	<p>IMPATIENS Impatient, restless people. Always in a rush.</p>	<p>LARCH Lack of self confidence. Self denial, give up easily. Shyness, timidity.</p>	<p>MIMULUS Suffering from vague, generalised fears & anxieties.</p>
<p>MUSTARD Those who fall into depression, bad moods or melancholia from time to time without any apparent reason.</p>	<p>OAK For people who cannot give up. Uncompromising, compulsive sense of obligation, ambition.</p>	<p>OLIVE Physical & emotional exhaustion. General weakness (heart). Spiritual exhaustion after great exertion or serious illness.</p>	<p>PINE Suffering guilt, bad conscience. Self judgment/rejection. Bound to authority. Perfectionism.</p>	<p>RED CHESTNUT Worry for others, neurotic sympathy. Altruistic. Excessive caring.</p>
<p>ROCK ROSE Emergencies, panic, shock. Psychic shock, loss of presence of mind.</p>	<p>ROCK WATER Those too hard on themselves, martyr like. Lack of joy, self torment, fear of emotions.</p>	<p>SCLERANTHUS For difficulty making decisions. Inconsistent, unstable, unreliable.</p>	<p>STAR of BETHLEHEM Those without the strength to bear unhappy situations. Devastating situations. Unprocessed trauma, physical or psychic.</p>	<p>SWEET CHESTNUT Total despair, on the verge of a total breakdown. Extreme depression. (Seldom needed in daily life)</p>
<p>VERVAIN Those trying to burden others with their convictions, missionary zeal. Pushy, one-sided.</p>	<p>VINE Self confident, intolerant. Dominant, superior.</p>	<p>WALNUT Easily influenced, lack inner stability.</p>	<p>WATER VIOLET Loners who have problems with human contact. Shy, reserved, unapproachable.</p>	<p>WHITE CHESTNUT Tyrannised by unpleasant thoughts. Sleepless, wired, headaches from stress, jumbled thoughts.</p>
<p>WILD OAT Seeking meaningful action, unsure how to achieve it. Discontented, frustrated, alienated.</p>	<p>WILD ROSE Resignation, apathy, convalescence. Can't get active, motivated.</p>	<p>WILLOW Disappointed, bitter, offended. Resentful, need revenge.</p>	<p>RESCUE REMEDY Cherry plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem. Any emergency; calms, stabilises, heals.</p>	