

# GUIDE TO BACH FLOWER REMEDIES

Choose remedies that match your undesired emotional states. Up to 5 remedies may be chosen and these can be taken as below or made into a dosage form. For a dosage remedy place 2 drops of each chosen remedy into a 25ml dropper bottle and fill with equal parts of Brandy and Still Mineral Water. For a dosage remedy take 4 drops at least 4 times per day. Please note that the Bach Centre in England recommend that a dosage form be kept no longer than 3 weeks.

UNCERTAINTY						OVERSENSITIVITY			
<b>CERATO</b> > unsure of self > repeatedly seeks advice from others	<b>SCLERANTHUS</b> > indecision and hesitancy > imbalance	<b>GENTIAN</b> > depression from known cause > pessimism and easily discouraged	<b>GORSE</b> > depression of long duration > utter despondency	<b>HORNBEAM</b> > inability to cope with daily tasks > lack of strength	<b>WILD OAT</b> > unsure of path in life > lack of knowing what to do	<b>AGRIMONY</b> > mental worry and torture but appear cheerful	<b>CENTAURY</b> > easily influenced and exploited by others	<b>WALNUT</b> > at times of great change > sensitivity to outside influences > link breaker	<b>HOLLY</b> > jealousy and suspicion > feelings of revenge
FEAR					OVERCARE FOR OTHERS WELFARE				
<b>ROCK ROSE</b> > extreme fear and panic > terror	<b>MIMULUS</b> > fear of known things eg. heights, poverty etc.	<b>CHERRY PLUM</b> > desperate and suicidal fears > own actions in desperation	<b>ASPEN</b> > vague fears of unknown origin > anxiety and apprehension	<b>RED CHESTNUT</b> > excessive fear for others > irrational anxieties	<b>CHICORY</b> > self-indulgent and self-pity > demands attention	<b>VERVAIN</b> > extreme of mental energy > anxiety and tenseness > inability to relax > poor sleep	<b>VINE</b> > ruthless and inflexible > desire to dominate others	<b>BEECH</b> > criticism and intolerance > judgemental attitude	<b>ROCKWATER</b> > self denial and martyrdom > high self expectations
LONELINESS			INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES						
<b>WATER VIOLET</b> > pride and aloofness > desire to be alone	<b>IMPATIENS</b> > impatience and irritability > feeling of guilt and self-doubt	<b>HEATHER</b> > over concern with self but dislike being alone	<b>CLEMATIS</b> > dreams of the future > inattention	<b>HONEY SUCKLE</b> > absorbed in memories of the past	<b>WILD ROSE</b> > apathy and resignation	<b>OLIVE</b> > complete physical and mental exhaustion	<b>WHITE CHESTNUT</b> > persistent worrying thoughts	<b>MUSTARD</b> > deep gloom and depression from unknown cause	<b>CHESTNUT BUD</b> > failure to learn from past experiences > repeats the same mistakes
DESPONDENCY AND DESPAIR								RESCUE REMEDY	
<b>LARCH</b> > feels inferior > expectation of failure	<b>PINE</b> > feeling of guilt and self-doubt	<b>ELM</b> > overwhelmed by responsibilities and feelings of inadequacy	<b>SWEET CHESTNUT</b> > mental anguish having reached limits of endurance	<b>STAR OF BETHLEHEM</b> > for shock physical, mental or emotional	<b>WILLOW</b> > bitterness, resentment and blaming others for own mistakes	<b>OAK</b> > effects of endurance when under pressure	<b>CRAB APPLE</b> > the cleansing remedy > self condemnation over concentration on trials		

## Seven Flower Essence Blends for Emotional Healing- Natures Sunshine by Steven Horne

**Find Strength:** Green-Suppressed Anger helps people set healthy boundaries and have the courage to communicate their own needs and feeling openly and honestly. Mariposa Lily, Pine, Centaury, Scarlet Monkeyflower, Fuchsia, Pink Yarrow, Goldenrod

**Keep Cool:** Red-Vented Anger: helps work for cooperation, promotes forgiveness of past hurts, tolerance for difference, loving communication. Calendula, Snapdragon, Vine, Impatiens, Willow, Holly, Tiger Lily

**Open Heart:** Orange- Suppressed Grief helps heals wounds that are keeping them from having an open loving heart. Lack of empathy, compassion, inflexible, rigid, judgmental, lacks joy, happiness, pleasure in life. California Wild Rose, Baby Blue Eyes, Star Tulip, Yerba Santa, Evening Primrose, Pink Monkey Flower, Golden Ear Drops

**Release It:** Blue-Vented Grief helps a person go through a healthy grieving process. For breakups, divorce or death of loved ones. People clinging to the past, finding hope and confidence to face the future. Self-heal, Chicory, Love Lies Bleeding, Bleeding Heart, Chrysanthemum, Borage, Star Thistle

**Be Response-Able:** Purple, Suppressed Fear help people caught up in addictive, obsessive or self destructive behaviors. Promotes self awareness and self honesty to make positive choices from drinking, smoking, taking drugs, gambling, compulsive shopping, playing computer games, watching TV or obsessive behaviors like hand washing, counting, hoarding. Black Cohosh, Black Eyed Susa, California Poppy, Milkweed, Agrimony, Joshua Tree, Mullein

**Be Courageous-**Yellow, Vented Fear, helps with fears that hold us back from achieving our true potential. Mountain Pride, Aspen, Mimulus, Scleranthus, Cerato, Blackberry, Red Clover

**Distress Remedy-** Emotional Trauma used to restore a sense of presence and awareness during situations that provoke shock, keeping them from going into shock. Helps a person stay calm. Star of Bethlehem, Impatiens, Rock Rose, Clematis, Cherry Plum, Arnica, Red Clover