

# Guide to the Bach Flower Remedies

UNCERTAINTY						OVERSENSITIVITY			
<b>CERATO</b> <ul style="list-style-type: none"> <li>♦ unsure of self</li> <li>♦ repeatedly seeks advice and confirmation from others</li> </ul>	<b>SCERANTHUS</b> <ul style="list-style-type: none"> <li>♦ indecision and hesitancy</li> <li>♦ uncertainty</li> <li>♦ lack balance</li> </ul>	<b>GENTIAN</b> <ul style="list-style-type: none"> <li>♦ despondency from known cause</li> <li>♦ self doubt and easily discouraged</li> </ul>	<b>GORSE</b> <ul style="list-style-type: none"> <li>♦ hopelessness of long duration</li> <li>♦ extreme despair</li> <li>♦ no faith</li> </ul>	<b>HORNBEAM</b> <ul style="list-style-type: none"> <li>♦ Monday morning feeling</li> <li>♦ mental weariness</li> <li>♦ inability to cope with daily tasks</li> </ul>	<b>WILD OAT</b> <ul style="list-style-type: none"> <li>♦ unsure of path in life</li> <li>♦ undecided in what to do</li> </ul>	<b>AGRIMONY</b> <ul style="list-style-type: none"> <li>♦ mental torment behind a brave face</li> <li>♦ masks anxieties and worries</li> </ul>	<b>CENTAURY</b> <ul style="list-style-type: none"> <li>♦ weak-willed &amp; easily led by others</li> <li>♦ find it hard to say no</li> </ul>	<b>WALNUT</b> <ul style="list-style-type: none"> <li>♦ protection from change</li> <li>♦ sensitivity to outside influences</li> <li>♦ link breaker</li> </ul>	<b>HOLLY</b> <ul style="list-style-type: none"> <li>♦ feelings of revenge</li> <li>♦ jealousy, hatred &amp; envy</li> <li>♦ suspicion</li> </ul>
FEAR					OVERCARE for OTHERS WELFARE				
<b>ROCK ROSE</b> <ul style="list-style-type: none"> <li>♦ extreme terror or panic</li> <li>♦ sense of frozen fear &amp; helplessness</li> </ul>	<b>MIMULUS</b> <ul style="list-style-type: none"> <li>♦ fear of known causes such as illness, death, flying, the dark, spiders, etc</li> </ul>	<b>CHERRY PLUM</b> <ul style="list-style-type: none"> <li>♦ fear of losing control</li> <li>♦ sudden outbursts of rage</li> </ul>	<b>ASPEN</b> <ul style="list-style-type: none"> <li>♦ fears &amp; worries of unknown origin</li> <li>♦ nervy or anxious</li> <li>♦ "trembling" feeling</li> </ul>	<b>RED CHESTNUT</b> <ul style="list-style-type: none"> <li>♦ fear or over concern for others welfare</li> <li>♦ fretting &amp; worry about others problems</li> </ul>	<b>CHICORY</b> <ul style="list-style-type: none"> <li>♦ possessive, over protective</li> <li>♦ strong willed &amp; opinionated</li> <li>♦ argumentative</li> <li>♦ can't relax</li> </ul>	<b>VERVAIN</b> <ul style="list-style-type: none"> <li>♦ over enthusiasm</li> <li>♦ fixed principles &amp; ideas</li> <li>♦ highly strung &amp; over achieving</li> </ul>	<b>VINE</b> <ul style="list-style-type: none"> <li>♦ assertive and inflexible</li> <li>♦ tend to dominate</li> <li>♦ aggressive and proud</li> </ul>	<b>BEECH</b> <ul style="list-style-type: none"> <li>♦ intolerant &amp; critical of others</li> <li>♦ can be judgmental and arrogant</li> </ul>	<b>ROCK WATER</b> <ul style="list-style-type: none"> <li>♦ inflexible</li> <li>♦ self denial</li> <li>♦ rigid, high self expectations</li> </ul>
LONELINESS			INSUFFICIENT INTEREST in PRESENT CIRCUMSTANCES						
<b>WATER VIOLET</b> <ul style="list-style-type: none"> <li>♦ proud &amp; aloof</li> <li>♦ sense of superiority</li> <li>♦ desire to be alone</li> </ul>	<b>IMPATIENS</b> <ul style="list-style-type: none"> <li>♦ impatience and irritability</li> </ul>	<b>HEATHER</b> <ul style="list-style-type: none"> <li>♦ self concern</li> <li>♦ self pre-occupied</li> <li>♦ talkative</li> </ul>	<b>CLEMATIS</b> <ul style="list-style-type: none"> <li>♦ dreaminess</li> <li>♦ lack of interest in the present</li> <li>♦ lack of concentration</li> </ul>	<b>HONEYSUCKLE</b> <ul style="list-style-type: none"> <li>♦ dwells on the past</li> <li>♦ homesickness or nostalgia</li> </ul>	<b>WILD ROSE</b> <ul style="list-style-type: none"> <li>♦ resignation</li> <li>♦ apathy</li> <li>♦ makes no effort to change</li> </ul>	<b>OLIVE</b> <ul style="list-style-type: none"> <li>♦ lack of energy</li> <li>♦ exhausted body and mind</li> <li>♦ over tired</li> </ul>	<b>WHITE CHESTNUT</b> <ul style="list-style-type: none"> <li>♦ unwanted thoughts and worries</li> <li>♦ mental arguments</li> </ul>	<b>MUSTARD</b> <ul style="list-style-type: none"> <li>♦ deep gloom with no origin</li> <li>♦ sudden depression</li> </ul>	<b>CHESTNUT BUD</b> <ul style="list-style-type: none"> <li>♦ failure to learn from past mistakes</li> <li>♦ repeats same mistakes</li> </ul>
DESPONDENCE and DESPAIR								RESCUE REMEDY	
<b>LARCH</b> <ul style="list-style-type: none"> <li>♦ lack of confidence</li> <li>♦ feel inferior</li> <li>♦ will not try in case of failure</li> </ul>	<b>PINE</b> <ul style="list-style-type: none"> <li>♦ self reproach</li> <li>♦ guilt</li> <li>♦ feel unworthy</li> </ul>	<b>ELM</b> <ul style="list-style-type: none"> <li>♦ overwhelmed by responsibilities and feelings of inadequacy</li> </ul>	<b>SWEET CHESTNUT</b> <ul style="list-style-type: none"> <li>♦ extreme mental anguish</li> <li>♦ reached limits of endurance</li> </ul>	<b>STAR OF BETHLEHEM</b> <ul style="list-style-type: none"> <li>♦ after effects of physical, mental or emotional shock</li> </ul>	<b>WILLOW</b> <ul style="list-style-type: none"> <li>♦ self pity</li> <li>♦ resentment</li> <li>♦ bitterness</li> </ul>	<b>OAK</b> <ul style="list-style-type: none"> <li>♦ exhausted but struggles on</li> </ul>	<b>CRAB APPLE</b> <ul style="list-style-type: none"> <li>♦ the cleansing remedy</li> <li>♦ poor self image</li> <li>♦ uncleanliness</li> </ul>	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><b>AGRIMONY</b> Cannot see truth, avoid conflict. Try to keep true feelings hidden from self &amp; others with feigned carefree, happy demeanor.</p>	<p><b>ASPEN</b> Tormented by unpleasant ideas or vague anxieties &amp; fears</p>	<p><b>BEECH</b> Deep seated, unconscious intolerance, disguised as excessive sense of tolerance &amp; empathy</p>	<p><b>CENTAURY</b> Excessively cheerful, or obsequious. Allow themselves to be used too often.</p>	<p><b>CERATO</b> Insecure, do not know how to do things. Constantly seek the advice and counsel of others.</p>
<p><b>CHERRY PLUM</b> Those in danger of committing irrational acts, or of losing their reason.</p>	<p><b>CHESTNUT BUD</b> For those with difficulty learning, who continually make the same mistakes.</p>	<p><b>CHICORY</b> Greedy people who sacrifice themselves for others in order to cling to them and get affection.</p>	<p><b>CLEMATIS</b> Susceptible to fantasies and daydreams, tend to lose their grip on reality.</p>	<p><b>CRAB APPLE</b> Feel impure, or poisoned. This may be physically, or spiritually.</p>
<p><b>ELM</b> For those who suddenly feel unable to carry out an important responsibility or mission.</p>	<p><b>GENTIAN</b> For people of weak will and a tendency to be easily discouraged.</p>	<p><b>GORSE</b> People without hope, serious illness with poor prognosis. Pessimism.</p>	<p><b>HEATHER</b> Egocentric people, needing recognition, who cannot be alone, and speak constantly of themselves.</p>	<p><b>HOLLY</b> Those inclined to behave in an unfriendly or aggressive manner.</p>
<p><b>HONEYSUCKLE</b> For people who cannot let go of the past.</p>	<p><b>HORNBEAM</b> The demands of everyday life are too difficult, even though they are capable of fulfilling them.</p>	<p><b>IMPATIENS</b> Impatient, restless people. Always in a rush.</p>	<p><b>LARCH</b> Lack of self confidence. Self denial, give up easily. Shyness, timidity.</p>	<p><b>MIMULUS</b> Suffering firm vague, generalised fears &amp; anxieties.</p>
<p><b>MUSTARD</b> Those who fall into depression, bad moods or melancholia from time to time without any apparent reason.</p>	<p><b>OAK</b> For people who cannot give up. Uncompromising, compulsive sense of obligation, ambition.</p>	<p><b>OLIVE</b> Physical &amp; emotional exhaustion. General weakness (heart). Spiritual exhaustion after great exertion or serious illness.</p>	<p><b>PINE</b> Suffering guilt, bad conscience. Self judgment/rejection. Bound to authority. Perfectionism.</p>	<p><b>RED CHESTNUT</b> Worry for others, neurotic sympathy. Altruistic. Excessive caring.</p>
<p><b>ROCK ROSE</b> Emergencies, panic, shock. Psychic shock, loss of presence of mind.</p>	<p><b>ROCK WATER</b> Those too hard on themselves, martyr like. Lack of joy, self torment, fear of emotions.</p>	<p><b>SCLERANTHUS</b> For difficulty making decisions. Inconsistent, unstable, unreliable.</p>	<p><b>STAR of BETHLEHEM</b> Those without the strength to bear unhappy situations. Devastating situations. Unprocessed trauma, physical or psychic.</p>	<p><b>SWEET CHESTNUT</b> Total despair, on the verge of a total breakdown. Extreme depression. (Seldom needed in daily life)</p>
<p><b>VERVAIN</b> Those trying to burden others with their convictions, missionary zeal. Pushy, one-sided.</p>	<p><b>VINE</b> Self confident, intolerant. Dominant, superior.</p>	<p><b>WALNUT</b> Easily influenced, lack inner stability.</p>	<p><b>WATER VIOLET</b> Loners who have problems with human contact. Shy, reserved, unapproachable.</p>	<p><b>WHITE CHESTNUT</b> Tyrannised by unpleasant thoughts. Sleepless, wired, headaches from stress, jumbled thoughts.</p>
<p><b>WILD OAT</b> Seeking meaningful action, unsure how to achieve it. Discontented, frustrated, alienated.</p>	<p><b>WILD ROSE</b> Resignation, apathy, convalescence. Can't get active, motivated.</p>	<p><b>WILLOW</b> Disappointed, bitter, offended. Resentful, need revenge.</p>	<p><b>RESCUE REMEDY</b> Cherry plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem. Any emergency; calms, stabilises, heals.</p>	