



## Bach Flower Remedy Guide

BACH REMEDY	NEGATIVE INDICATION	POSITIVE POTENTIAL
<b>Agrimony</b>	Hides worries behind cheerful face, inner torment, class clown ( <i>Honesty</i> )	Genuine cheerfulness from self acceptance, inner joy
<b>Aspen</b>	Fears and worries of unknown origin, dark premonitions ( <i>Psychic</i> )	Inner peace, security, fearlessness, conscious sensitivity
<b>Beech</b>	Intolerant of others, critical, judgemental, know-it-all ( <i>Tolerance</i> )	Tolerance, compassion, can see the good in others
<b>Centaury</b>	Weak willed, easily led, hard to say 'no' ( <i>Service</i> )	Willing, conscious service without denying own needs
<b>Cerato</b>	Seek advice and confirmation from others, don't trust own judgement, hoards knowledge/info ( <i>Intuition</i> )	Trust inner wisdom, quietly self-assured and decisive
<b>Cherry Plum</b>	Fear of losing control, irrational, suicidal, on the edge ( <i>Openness</i> )	Calm mind, able to think and act rationally
<b>Chestnut Bud</b>	Failure to learn from past mistakes ( <i>Learning</i> )	Observe mistakes with objectivity, gain wisdom
<b>Chicory</b>	Possessive, over-protective, attention-seeking, sulky, interfering ( <i>Relationship</i> )	Genuine maternal love, no strings attached
<b>Clematis</b>	Dreaminess, lack of interest in present, absentminded, lives in future, ungrounded ( <i>Reality</i> )	Grounded, interest in world around, present and able to fulfil creative potential
<b>Crab Apple</b>	Poor self image, sense of uncleanness, self hate/harm, feel unclean, OCD ( <i>Cleansing</i> )	Acceptance of oneself and one's imperfections, positive self-image
<b>Elm</b>	Overwhelmed by responsibilities, depressed, exhausted ( <i>Responsibility</i> )	efficiency, self assurance, take on only what you can manage
<b>Gentian</b>	Easily discouraged, especially after set-back, despondent, negative outlook ( <i>Belief</i> )	Trust that there is no such thing as failure when you're doing your best
<b>Gorse</b>	Hopelessness, despair, given up, beyond help ( <i>Hope</i> )	Faith and hope return despite current problems, brighter
<b>Heather</b>	Self preoccupied, excessively talkative, self-concern, needy ( <i>Identity</i> )	Empathetic, good listener, understanding of others, selfless
<b>Holly</b>	Jealousy, envy, hatred, suspicion, generalized anger ( <i>Heart-Opening</i> )	Generous hearted, compassionate, universal love
<b>Honeysuckle</b>	Dwells on the past, nostalgic, homesick, flashbacks ( <i>Past</i> )	Able to live in present and move forward without regret, past isn't overpowering
<b>Hornbeam</b>	Monday morning feeling, bored, procrastination, mental weariness ( <i>Vitality</i> )	Certain of one's strength and ability to face the day, clear minded, fresh and vital
<b>Impatiens</b>	Impatient, irritable, no time ( <i>Time</i> )	Decisive and spontaneous, relaxed, good humoured, no need for haste

<b>Larch</b>	Lack confidence, low self esteem, feel inferior, won't even try due to expected failure ( <i>Self-Confidence</i> )	Determined, capable, realistic self-esteem, willing to take risks, 'I can'
<b>Mimulus</b>	Fear of known things, shy, timid, sensitive ( <i>Courage</i> )	Quiet courage, emotions under control, trust and enjoy life without fear
<b>Mustard</b>	Depression for no known reason, unexplained gloom ( <i>Light</i> )	Return of joy, unshakable inner stability and peace
<b>Oak</b>	Struggle on uncomplaining, ignoring exhaustion, stoic, strong sense of responsibility ( <i>Endurance</i> )	Restoration of energy, recognize when time off is needed
<b>Olive</b>	Low energy, tired, drained physically and emotionally ( <i>Regeneration</i> )	Restored strength, vitality, interest in life
<b>Pine</b>	Guilt, self-reproach, apologetic, regrets, unworthiness, shame ( <i>Self-Acceptance</i> )	Accepts realistic responsibility, respects and accepts self and others
<b>Red Chestnut</b>	Fear and over concern for others safety and wellbeing ( <i>Cutting Free</i> )	Able to care for others with compassion and without anxiety
<b>Rock Rose</b>	Terror, panic, frozen in fear, feel helpless ( <i>Liberation</i> )	Courage, presence of mind, calm in emergencies
<b>Rock Water</b>	Inflexible, inner strictness and rigidity, self-denying, self perfection ( <i>Flexibility</i> )	Ability to hold ideals with a flexible mind
<b>Scleranthus</b>	Indecisive, uncertain, changeable, scattered energy, going between extremes ( <i>Balance</i> )	Certainty, decisiveness, poise and balance, can make quick decisions and act promptly
<b>Star of Bethlehem</b>	Trauma, shock, sorrow, grief, numbness, sadness ( <i>Comfort</i> )	Effect of trauma neutralized, comfort and soothing
<b>Sweet Chestnut</b>	At limits of endurance, anguish and despair, tearful, nervous breakdown without suicidality ( <i>Salvation</i> )	Liberation from despair even though outer circumstances same, optimism
<b>Vervain</b>	Over-enthusiastic, fixed principles, incensed by injustices, strong willed, fanatical, overactive mind ( <i>Enthusiasm</i> )	Calm, wise, tolerant, able to relax, broad view of life and events
<b>Vine</b>	Assertive, stubborn, strong-willed, dominating, inflexible, ambitious ( <i>Authority</i> )	Determination without domination, guiding without controlling, see good in others
<b>Walnut</b>	Protection from change and outside influences, difficulty adapting, need to break away/change ( <i>Manifestation</i> )	Ability to move forward and remain steadfast to one's path, free of past
<b>Water Violet</b>	Proud, aloof, reserved, enjoys being alone. Independent, self-contained ( <i>Communication</i> )	Warmer relationship with others, empathetic and able to share wisdom
<b>White Chestnut</b>	Persistent unwanted thoughts, worries, mental arguments ( <i>Thought</i> )	Peace of mind, clear head, worry replaced by trust
<b>Wild Oat</b>	Uncertain as to correct path in life/career, at crossroads ( <i>Vocational Calling</i> )	Clear picture of what to do in life, talents used constructively
<b>Wild Rose</b>	Apathy, resignation, no effort to change ( <i>Zest for Life</i> )	Lively interest in life, work and the world, ambition, sense of purpose
<b>Willow</b>	Resentful, self pity, blame others, bitter, victim ( <i>Destiny</i> )	Forgive and move past injustices, enjoy life, in control of own destiny
<b>Rescue Remedy</b>	For emergencies, sudden bad news, family upset or bereavement, stressful event, after accident or injury	Face life, reduce fear and nervousness, counteract effects of accidents/trauma

\*Information taken from 'The 38 Bach Flower Essences' (Wigmore Publications Ltd), 'The Encyclopedia of Bach Flower Therapy' (Mechthild Scheffer)