

BACH FLOWER REMEDIES

AGRIMONY For those who cover up their suffering behind a cheerful, polite façade. They have difficulty expressing emotions and often escape feelings through use of drugs/alcohol.

ASPEN For those who experience vague fears and anxieties of unknown origin. Calms and harmonizes the spiritual self.

BEECH For those who while desiring perfection easily find fault in other people and things. Critical and intolerant, they may overreact to small annoyances in their environment.

CENTAURY For those who are overanxious to please others, therefore becoming easily exploited or dominated by others.

CERATO For those lacking the confidence to make their own decisions. They often end up misguided by seeking the advice of others.

CHERRY PLUM For those feeling they have lost mental and/or physical control. May have impulses to do things thought or known to be wrong.

CHESTNUT BUD For those who fail to learn from experience, repeating patterns or mistakes again and again. Also addresses obsessive-compulsive tendencies.

CHICORY For those who express love by being possessive, demanding, and needy. They may seek attention through negative behavior.

CLEMATIS For those who tend to live in their dreams, lacking connection to the physical world. Often will have illness on a physical level.

CRAB APPLE For those who have difficulty accepting imperfections in themselves and the world around them. Averse to anything dirty or out of order. Also used for detoxification, fasting.

ELM For those who tend to set unrealistic goals, becoming overwhelmed by their responsibilities.

GENTIAN For those who become easily discouraged when problems occur.

GORSE For those with a pessimistic outlook on life which leads to depression and loss of hope.

HEATHER For those who feel empty and lonely, tending to seek sympathy from others.

HOLLY For those with feelings of isolation leading to envy, suspicion, and anger.

HONEYSUCKLE For those who dwell on past relationships or events with dreamy reverie.

HORNBEAM For those feeling stuck in a routine or lacking interest in their work.

IMPATIENS For those who tend to rush through life, denying themselves of the more subtle things in life. They become easily irritated and impatient.

LARCH For those who are stifled in life by self-doubt and feelings of inferiority. Tend to be harsh in their judgment of others.

MIMULUS For those with many fears of everyday life causing them to become withdrawn.

MUSTARD For those feeling overwhelmed with sadness and despair without a known reason.

OAK For those with such tremendous strength and perseverance that they become inflexible.

OLIVE For those with physical and mental exhaustion leading to a healing crisis.

PINE For those who get stuck in feelings of self-blame, regret, and guilt surrounding past events.

RED CHESTNUT For those who are overanxious and concerned about the well-being of others in their life.

ROCK ROSE For those facing a state of terror, panic, or danger such as a violent attack or trauma. Part of the Rescue Remedy formula.

ROCK WATER For those who are rigid in thought and beliefs. They tend to adopt strict schedules for themselves that limit their enjoyment of life.

ROSEMARY For those with a tendency to be absent-minded and forgetful. They lack warmth and physical presence.

SCLERANTHUS For those unable to decide between options often postponing major decisions for years. They tend to be introverted unable to define who they are as an individual.

STAR OF BETHLEHEM For those who have experienced shock or trauma, tending to seek comfort in drugs or alcohol.

SWEET CHESTNUT For those in deep acute personal suffering where the individual feels they have reached the limits of their endurance. They may be abusing substances or suicidal.

SWEET PEA For those without a sense of belonging. They tend to move from place to place, failing to form social bonds or commitments.

VERVAIN For those with such strong commitment to their beliefs that they become fanatical. They tend to be overbearing preventing others from supporting their cause.

VINE For those with strong leadership capabilities. When taken to the extreme they can be domineering, dictatorial, and tyrannical.

VIOLET For those with a longing to be part of a group yet feel too fragile and insecure. They often work alone appearing cold and aloof to those around them.

WALNUT For times of great personal transformation and change. Helps to stabilize the emotions and maintain purpose and conviction.

WATER VIOLET For those who possess the qualities of gracefulness and self-reliance. Preferring to be alone they can appear proud, haughty, or arrogant.

WHITE CHESTNUT For those with obsessive-compulsive tendencies. These individuals have constant unwanted thoughts, worries, and mental arguments preventing normal daily functioning.

WILD OAT For those who have not succeeded in one's career or life goal. They have unfulfilled ambition and may be emotionally drained by a present job that provides only monetary value.

WILD ROSE For those who have lost interest in life, resigning themselves to their present circumstances. They make no effort for change or enjoyment in life.

WILLOW For those who feel victimized by past or present situations. They tend to portray bitterness and resentment toward those who wronged them or toward life in general.