

Bach Flower Remedies:

ROCK ROSE: Extreme fear, panic or terror, hysteria, dread, horror or shock.

MIMULUS: Fear of anything that can be named. Eg impending labour, the dark, spiders, being alone etc

CHERRY PLUM: Desperation, fear of losing it, loss of control, nervous breakdown.

ASPEN: Anticipating trouble for me. Anticipating distress of a general nature. Vague and inexplicable fear

RED CHESTNUT: Over anxious for others, eg the baby, sibling. Anticipating trouble, imagining the worst

CERATO: Facilitates trusting in your own wisdom rather than asking everyone else.

SCLERANTHUS: For those who can't make up their minds, keep changing.

GENTIAN: When discouraged, disheartened, or depressed for a known cause.

GORSE: Great hopelessness and despair that no more can be done. Loss of will to improve conditions.

HORNBEAM: Tiredness and inability to cope with mundane affairs. Helps the person feel strengthened and supported.

WILD OAT: For uncertainty with regard to career, indefinite or unfulfilled ambition.

CLEMATIS: Fainting, unconsciousness, drifting off out of body. Absent minded, dreamers. Very grounding. In RR.

HONEYSUCKLE: Nostalgia, homesickness, those who live in the past, past loves, happiness, unhappiness, regrets, successes or failures, those who live on memories, desiring to escape the present in a romanticised view of the past. Helpful to children moving house or changed family circumstances.

WILD ROSE: For resignation, apathy, surrender, failure to make an effort, fatalism, drifting, dullness, lack of interest, no spark or vitality, sense of monotony, expressionless drone to voice, weariness. (Can be in one particular area of life)

OLIVE: complete mental/physical exhaustion, who have drained their reserves of energy so that they have no more strength.

WHITE CHESTNUT: For a pattern of thought that constantly repeats and gives no rest to the mind. Worry, chatter, going over and over the same conflict, no clarity, and no rest. Symptoms include tiredness, insomnia, confusion, depression, guilt, headaches.

MUSTARD: Depression of no apparent cause. Gloom, deep sadness and melancholy.

CHESTNUT BUD: For those who fail to learn from experience. Eg relationships in the same pattern, migraines from eating certain foods or extreme tension, slow learners

WATER VIOLET: For those who like to be alone. Can be aloof, sometimes proud, quiet and retiring. They bear their grief and sorrows in silence. May suffer from physical stiffness as their energy is often blocked.

IMPATIENS: For those impatient people who dislike restraint, preferring to work alone at their own speed, they like haste and are critical of others shortcomings. Irritable, impulsive, impetuous, active and intelligent. Prone to nervous tension, overexertion, and accidents. Outbursts of temper which quickly subside.

HEATHER: People who are greedy for the attention of others. Very talkative, energy suckers, who compulsively discuss their affairs with anyone. Self-centred and over-concerned with their own lives and problems. Difficult to get away from, stand close, bad listeners.. The needy child”

AGRIMONY: Jovial, cheerful, humorous people who are distressed by argument, to avoid which they will agree to give up much. Hide their cares behind their humour. May take alcohol & drugs to excess, to avoid the pain.

CENTAURY: Kind quiet gentle people who are over-anxious to serve others. Easily dominated and often bound to a more forceful personality. Can neglect their own mission in life. Lack of willpower. Symptoms may affect shoulders and back, white faced with rings under eyes, sits bowed.

WALNUT: Protection from outside influences. Major change in life. Or any fundamental alteration in mental, emotional or physical state. Known as the link-breaker. Helps resist peer-group pressure or abandoning own ideals by the strong opinions of others.

HOLLY: All states that are the opposite of loving. (Agrimony can uncover Holly) any strongly negative state, anger, jealousy, hatred, selfishness, frustration.

LARCH: Lacking confidence in self. Feel they will never succeed and so do not try hard enough. Hesitant, feel inferior, Symptoms may include depression and often impotence.

PINE: Guilt – appropriate or inappropriate. Even when successful they think they could have done better, and are never content with their efforts or results. Assume others have suffered more. Critical of self. The constant effort they make to improve themselves may lead to tiredness and depression

ELM: For those who are very capable and often carry great responsibility but occasionally feel unable to face the magnitude of their tasks. Thus they are sometimes overwhelmed, falter and momentarily lose confidence. It is as if they have temporarily lost their connection and this causes great discomfort and distress.

SWEET CHESTNUT: A time of terrible anguish and despair when we are at the uttermost limits of endurance, there appears to be no light or love left in our world. The dark night of the soul. Loss of faith Emptiness.

STAR OF BETHLEHEM: For shock, grief, distress, for those who need consolation and comfort, for bad news, an accident, fright, narrow escape, delayed shock. To neutralise the effects of any shock, - past or present.

WILLOW: bitterness and resentment, blame others, feel hard done by, self-centred, self pitying, self-justifying, sulking, bear grudges, bitching, reluctance to admit improvement.

OAK: Strong, reliable, patient people who shoulder great burdens without complaint. They persevere in spite of set-backs, never giving up hope. Obstinacy may lead to exhaustion and can keep pushing themselves to the point of breakdown. For those who never stop trying however hopeless their situation. Physical symptoms may include physical rigidity. Would do anything rather than ask others for help. Work is seen as a duty, a commitment. The exhaustion may be chronic. (Elm is where work is taken as a vocation and exhaustion is temporary)

CRABAPPLE: for cleansing. For feeling of violation. A minor ailment may assume great importance in the mind of the sufferer. Self-disgust. Where there is something repellent to self eg smelly feet, acne, skin ailments, dislike of breastfeeding.

CHICORY: Smothering, possessive, over-full of care for others, always finding something that should be put right. Critical. Fussy, bossy, tearful if thwarted, Continually correcting what they consider wrong. Emotional blackmail, manipulation. Need to have their loved ones close in order to

control and direct their activity. Prevalent in children who demand attention and mother types.

VERVAIN: forceful, enthusiastic, overbearing, argumentative, fervent, fanatical, they rarely change their fixed opinions and insist that others should be converted to them. Symptoms include inability to relax, tension, headaches. Very rarely change their ideas.

VINE: Very capable people who are certain of themselves and tend to dominate others. Set impossible standards for others. Want obedience. Can be bossy, rigid, violent, cruel, delusions of grandure.

BEECH: for those who are critical, intolerant, irritable, always finding fault, seeing only the negative side of things. Annoyed by small matters – the oddities, mannerisms, and idiosyncrasies of others. Demand exactness, order and discipline. Can be arrogant, sound in judgement but sour cynical, unsympathetic, strict with others, tense.

ROCK WATER: Very strict people who deny themselves, self-repressed. Strong conviction of what is right. Prone to fanaticism and spiritual pride, wish to be a shining example to others. Wherever a too rigid self-discipline may cause suffering.