



Bach Flower Remedies. List and Uses

Agrimony. *Agrimonia eupatoria*.

For those who hide their troubles from themselves and others, making light of inner difficulties and rarely burdening others with them. They avoid arguments and confrontations. They will avoid being alone, and may use alcohol, drugs, food, or work to escape their pain. Teaches honesty about feelings and the ability to express them.

Aspen. *Populus tremula*.

For those who have vague but troubling fears and anxieties which suddenly arise for no apparent reasons. These may be in the form of nightmares or apprehensions; they may also be related to religious or spiritual beliefs. Gives courage in exploring the unknown.

Beech. *Fagus sylvatica*.

For intolerance of others and the readiness to find fault. Teaches one to be able to accept and look beyond differences.

Centaury. *Centaureum erythraea*.

For those who always try to please others and find it difficult to say no to them, even when they are being exploited. Teaches the strength to follow one's own path in life.

Cerato. *Ceratostigma willmottiana*.

For those who don't trust the wisdom of their own judgment and always need to ask the advice and opinions of others, even when such advice is misguided. Teaches one to trust in one's inner guidance.

Cherry plum. *Prunus cerasifera*.

For those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in one's spontaneous wisdom and the courage to follow one's path.

Chestnut bud. *Aesculus hippocastanum*.

For those who repeat the same mistakes over and over again, never learning from past experience. Teaches one to be a good learner and to pay attention to the present.

Chicory. *Cichorium intybus*.

For those who are over-involved with and possessive of family and close friends and impose their own standards on those they love. Teaches unconditional love.

Clematis. *Clematis vitalba*.

For those who find their lives unhappy and withdraw into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Teaches one to establish a bridge between the physical world and the world of ideas; may foster great creativity.

Crab apple. *Malus pumila* or *sylvestris*.

For feelings of shame, uncleanness, or a poor self-image. This essence teaches acceptance of the body and the environment, and is also used as a physical cleanser.

Elm. *Ulmus procera*.

Used when one feels overwhelmed or overburdened by responsibilities, for feeling that a task is just too difficult to accomplish. Teaches composure and the ability to see problems in an appropriate perspective.

Gentian. *Gentianella amarella*.

For feelings of discouragement and doubt which may be caused by even small obstacles. The cause of

depression is always known. Teaches confidence about the ability to overcome problems.

Gorse. *Ulex europaeus*.

For feelings of hopelessness and despair. For those who give up in the belief that nothing more can be done: often in the case of chronic illness. Teaches that confidence in a solution or cure is one of the components of healing, and imparts such confidence.

Heather. *Calluna vulgaris*.

For those who have a need to constantly talk about themselves and their problems, who hate being alone. Teaches the ability to listen sensitively to others.

Holly. *Ilex aquifolium*.

For those who are troubled by feelings of envy and hatred because they feel they don't get enough love. Teaches one to be truly loving and express them.

Honeysuckle. *Lonicera caprifolium*.

For those who dwell too much in the past, on lost loved ones, or on ambitions which were never realized. Often they never expect happiness again. Teaches the ability to live joyfully in the present.

Hornbeam. *Carpinus betulus*.

For the feeling (often experienced upon waking) that one doesn't have the strength to get through the normal activities of the day. Teaches mental liveliness and alertness, an enthusiasm for life.

Impatiens. *Impatiens glandulifera*.

For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others.

Larch. *Larix decidua*.

For lack of self-confidence and the anticipation of failure. Often they make no attempt to succeed. Teaches self-confidence and the determination to take on challenges.

Mimulus. *Mimulus guttatus*.

For known fears: of the dark, heights, disease, death, poverty, etc. Teaches courage and an understanding of other people's fears.

Mustard. *Sinapis arvensis*.

For depression of unknown cause, a sudden gloom which descends upon one for no apparent reason. Teaches inner stability, cheerfulness, and serenity.

Oak. *Quercus robur*.

For those who never give up, regardless of difficulties. This essence gives such people joy in their endeavors, and teaches them to take a break from time to time.

Olive. *Olea europaea*.

For mental and physical exhaustion, caused by illness or personal ordeals. This essence assists in giving strength and vitality.

Pine. *Pinus sylvestris*.

For those who are never satisfied with themselves and blame themselves for not doing better. For people who suffer from guilt and will even blame themselves for others' mistakes. Teaches self-acceptance and the replacement of guilt with regret.

Red chestnut. *Aesculus carnea*.

For those who worry constantly about the well-being of those they love and anticipate terrible things

happening to them. Teaches the ability to radiate positive thoughts to people even when they're in trouble. emergency situations and for any situation in which one feels terrified.

Rock rose. *Helianthemum nummularium*.

For situations in which one experiences panic or terror.

Rock water. This is not a plant but water from natural springs.

For those who are excessively hard on themselves, who adopt repressive, rigid personal regimes, and deny themselves pleasure. Teaches open-mindedness and inner flexibility.

Scieranthus. *Scieranthus annuus*.

For those who are often torn between two choices and can't decide between them; also for mood swings. Teaches concentration, inner balance, and flexibility.

Star of Bethlehem. *Ornithogalum umbellatum*.

For trauma and shock, whether experienced recently or in the past. Teaches the ability to recover from traumas and to integrate them into the present life.

Sweet chestnut. *Castanea sativa*.

For extreme anguish, the feeling that one has reached the limits of one's endurance. Teaches one to believe that change is possible, to trust oneself and the benevolence of the universe.

Vervain. *Verbena officinalis*.

For those who need to convince others of the rightness of their own beliefs and whose overenthusiasm may sabotage their good intentions. Teaches one the ability to see other viewpoints and imparts a genuine enthusiasm which inspires others.

Vine. *Vitis vinifera*.

For those who insist that others do things their way, the "boss" or "dictator" personality. Teaches one that genuine leadership means encouraging the leadership qualities in others.

Walnut. *Juglans regia*.

For those who are easily influenced by outside circumstances and may be detoured from the positive changes they want to make in their lives. This essence eases all transitions.

Water violet. *Hottonia palustris*.

For those who are independent, loners, sometimes proud and aloof. This essence teaches them to interact with others without sacrificing their independence.

White chestnut. *Aesculus hippocasanum*.

For unwanted thoughts and worries which seem to endlessly recur and which can cause insomnia. Teaches a balanced state of mind and the ability to use one's thoughts constructively.

Wild oat. *Bromus ramosus*.

For people who want to accomplish something in their lives, but who have no clear sense of purpose. They feel dissatisfied and uncertain. Teaches focus and direction.

Wild rose. *Rosa canina*.

For resignation and apathy, for those who make no effort to find joy in their lives. Teaches enthusiasm and the ability to make life meaningful.

Willow. *Salix vitellina*.

For resentment, and the feeling that life is unfair; one may also resent the cheerfulness of others. Teaches one to take responsibility for one's own life.

Rescue. Contains Rock Rose, Cherry Plum, Clematis, Impatiens, and Star of Bethlehem.
This is good both for emergency situations, shock, and stress. Helps to stabilize the emotions.