

Introduction to the Bach Flower Essences.

The Bach Flower Essences are homeopathic derivatives of 38 different flowers first developed by Dr. Edward Bach in Wales, in the 1930s. The essences address emotional pain and are completely safe and non-addictive. Dosing is usually 4 drops 4 times a day, under the tongue. Up to 10 or even 12 essences may be combined in one dosing bottle. The dose may be increased to every 5-15 minutes in times of great need.

Here is a brief summary of the indications for each essence:

- Agrimony:** Mental torment behind a brave face; helpful in overcoming addictions.
- Aspen:** Fears and anxiety of unknown origin: nightmares, anxiety about death/disaster.
- Beech:** Intolerance, critical, superior, judgmental, arrogant, irritated.
- Centauray:** Weak-willed, subservient, can't say "No", living as a victim.
- Cerato:** Cannot trust themselves to make decisions: needing wisdom, discernment.
- Cherry Plum*:** Fear of losing control: for homicidal/suicidal/destructive tendencies.
- Chestnut Bud:** Failure to learn from past mistakes; learning disabilities.
- Chicory:** Selfishly possessive, clingy, overattached, manipulative, demanding attention.
- Clematis*:** Daydreamer, senility, comatose: not present, oblivious, withdrawn.
- Crab Apple:** Self-hatred, unclean, skin conditions, blemished, cleaning obsession.
- Elm:** Overwhelm, temporary and sudden, exhausted by current severe stress.
- Gentian:** Discouraged, hopeless, pessimistic, disheartened, too much failure.
- Gorse:** Severe hopelessness, terminal conditions, incurable, condemned, no faith.
- Heather:** Self-centered ailments/complaint: hypochondriasis; marked exaggerations.
- Holly:** Hatred, anger, envy, jealousy: any state needing unconditional love.
- Honeysuckle:** Lives in the past: bereavement, failures or even old glories/successes.
- Hornbeam:** Procrastination, mental weariness, can't face problems/tasks.
- Impatiens*:** Impatience, irritability, pain, nervousness, tense. Temperamental.
- Larch:** Lacks self-confidence, won't even try, feels inferior, avoids risks.
- Mimulus:** Worry warts, anxiety of known origin, phobias, public speaking, shyness.
- Mustard:** Black depression without known cause: melancholy, mysterious.
- Oak:** Heroic struggle, overachievers, breakdown from exhaustion, no self-care.
- Olive:** Complete exhaustion, needing convalescence, all reserves drained.
- Pine:** Self-reproach, guilt. Undeserving, unworthy, shame, over-conscientious.
- Red Chestnut:** Anxiety for others; Caregivers or people worried about loved ones.
- Rock Rose*:** Terror, near escape from death or witnessing it; post-traumatic stress.
- Rock Water:** Self-repression, self-denial, inflexible; too hard on themselves.
- Scleranthus:** Imbalance, uncertainty between two positions or two decisions.
- Star of Bethlehem*:** Shock, neutralizes energetic trauma. May be a residual state.
- Sweet Chestnut:** Extreme anguish; God-forsaken; "crucifixion remedy".
- Vervain:** Tension from over-enthusiasm; hyperactivity, high-strung, excessive.
- Vine:** Bullies; domineering, aggressive, often ambitious, powerful leaders.
- Walnut:** Protection: oversensitive or vulnerable, in a transition state, threatened.
- Water Violet:** Proud, aloof, self-sufficient, lonely, condescending, anti-social, cold.
- White Chestnut:** Unwanted racing thoughts, can't turn the mind off; insomnia.
- Wild Oat:** Can't find correct path/place in life, can't choose, lack direction, lost.
- Wild Rose:** Resignation, depression, apathy, dull, no initiative, no joy.
- Willow:** Resentment, self-pity, bitterness, blaming, "Why me"? Begrudging, grumbling.
- Rescue Remedy:** Five flowers combined for emergencies/panic/stress/shock. (See *)

More Information: website: lifemotivation88a.com
Purchase at Sun Harvest, Whole Foods, or online at [Amazing Amazon Outlet.com](http://AmazingAmazonOutlet.com)

BACH FLOWER ESSENCES FOR THE FAMILY.

A condensation from the text
Wimmore Publications Ltd., London

The Bach Flower essences are homeopathic derivatives of 38 different kinds first developed by Dr. Edward Bach of Wales. Dr. Bach spent his life searching for the purest method of healing gently the emotional upsets that give rise to physical illness or delay recovery. The essences are completely safe and non-addictive. Dr. Bach wrote:

"Health is our heritage, our right. It is the complete and full union between soul, mind, and body; and this is not a difficult far-away ideal to attain, but one so easy and natural that many of us have overlooked it. Health depends on being in harmony with our souls. It is our fears, our cares, our anxieties and such like that open the path to the invasion of illness."

"The action of these essences is to raise our vibrations and open up our channels for the reception of our Spiritual Self, to flood our nature with the particular virtue we need, and wash out from us the fault which is causing harm. They are able, like beautiful music, to raise our very natures, to bring us peace and to relieve our suffering."

Here is a brief summary of the indications for each essence including the 39th, Rescue Remedy, which is a combination of five essences used for emergencies.

AGRIMONY: Mental torment behind a brave face.

Someone needing Agrimony may appear carefree, but they wear a mask to cover real inner torment. Usually sociable good-humored. Prone to using heavy drinking, drugs or comfort eating. Agrimony is helpful in overcoming addictions. Positive potential: someone who is genuinely cheerful, yet accepts that life has a darker side. They see life in perspective and are diplomatic peacemakers.

ASPEN: Fears and Anxiety of unknown origin.

Someone needing Aspen is seized by sudden fear or anxiety for no specific reason, may be generally nervous and anxious. Good for nightmares, and generalized anxiety about death or disaster. Also useful for bad drug trips or frightening psychic experiences.

Positive Potential: Inner confidence, security and fearlessness with a desire for adventure and new experiences, regardless of difficulties. Aspen enables people to realize that everything is supported by love.

BEECH: Intolerance.

Beech is for people who are constantly critical, intolerant of other's shortcomings. They have a strong sense of their own superiority, can be judgmental and

arrogant and easily irritated. May have few friends and have illness due to rigidity such as arthritis.

Positive Potential: The ability to hold strong convictions and high ideals without imposing them on others. Sees the good in others despite their imperfections.

CENTAURY: Weak-willed and subservient.

Centaur is for people who cannot say no, either in general or in a specific situation/person. They allow themselves to be imposed upon. Timid, quiet, passive, doormats, anxious to please. Although dissatisfied, they do not risk a confrontation. They are drained by others and out of touch with their own assertiveness.

Positive Potential: Someone who serves willingly but without denying their own needs, able to express and defend their own opinions, in touch with what they want and able to follow their own path with determination.

CERATO: Seeks advice and confirmation from others.

Cerato is for people who do not trust their own judgment and decision-making. They know what they want, they have plenty of inner wisdom and may be highly intuitive, yet they constantly seek others for advice rather than trust themselves. May appear stupid and gullible, people may find them draining and irritating. When ill, they will try a succession of treatments recommended by others.

Positive Potential: Someone who trust his or her own inner wisdom and follows it. Quietly self-assured and decisive, intuitive, they find and follow their true vocation.

CHERRY PLUM: Fear of mind giving away/losing control.

Indicated for people on the verge of a nervous breakdown, possibly contemplating suicide or harming others. They may be deeply depressed, upset, and fear losing their sanity. Usually sensitive and high-strung. May feel about to explode or afraid of giving way to violent impulses. May be abusive, hysterical, have outbursts of rage. Useful for temper tantrums and post-traumatic stress syndrome.

Positive Potential: A person who is unafraid, calm, quiet courage and inner strength. Sensitive, uses energy creatively, able to come to terms with inner conflicts and survive torture.

CHESTNUT BUD: Failure to learn from past mistakes.

Indicated for people who have an inability to progress in life due to a failure to learn from experience. They fail over and over again, choosing the wrong partner or response or job. May suffer recurrent ailments, never questioning why they keep returning. Avoid dealing with root causes. Also useful for slow learners.

Positive Potential: The person who takes full advantage of daily experiences, learns from experience, gains knowledge and wisdom, moves forward in life and is mentally active.

CHICORY: Selfishly Possessive.

Indicated for those who control and manipulate their loved one. Their care for others is also self-centered and manipulative. Strong-willed, critical, interfering, nagging, talkative, opinionated and argumentative. Demand constant attention self-pitying and easily offended. May be clinging to child or a parent who keep children under his/her thumb. May feign illness to gain attention. Fretful and tearful when thwarted. May not have received genuine love as children, may have congestive illnesses.

Positive Potential: Able to care for others unselfishly, with genuine love. Give without expecting anything back. Feel fulfilled and self-assured, warm kind, concerned and sensitive to others' needs.

CLEMATIS: Dreaminess, lack of interest in present.

Indicated for those who live in a world of their own, may have difficulty concentrating, marked tendency of daydream excessively preoccupied, artistic, but may not express it concretely. Unhappy, yearn for improvement, yet unwilling to take active steps for change. Poor memory, little heard for detail, sleep heavily. May lack energy, appear listless or apathetic. May have psychic tendencies. Like being alone. Avoid conflict by withdrawing. May have lost a loved one and long to join them. May be accident prone with poor coordination. Useful for coma, senility.

Positive Potential: A person who takes a lively interest in the world and enjoys life, open to inspiration and fulfilling their creative potential in art, writing, acting, or healing, etc. Realistic and down to earth, still reach for the heavens, have a sense of purpose. Well-grounded and able to control their thoughts.

CRAB APPLE: Self-hatred, sense of uncleanness.

This is the cleansing essence for mind and body, for those who suffer from self-disgust. May have a skin condition/blemish, obsessive cleaning or obsession with trivialities. For those ashamed or embarrassed or depressed if treatment fails. May be used externally as a lotion or added to a bath. May offer protection against pollution or contamination or protect against drug side effects or hangovers.

Positive Potential: Self-acceptance despite imperfections. Broad-minded, generous, understanding able to restore and maintain inner harmony.

ELM: Suddenly overwhelmed by responsibility.

This state is usually temporary, afflicts those with extra ordinary ability who become exhausted by excessive responsibility or unusually demanding stress. Usually concerned with the welfare of others, normally altruistic and reliable. May feel inadequate to deal with current excess, depressed, loss of self-esteem, momentary doubt in their abilities, debilitated.

Positive Potential: The restoration of their normal capabilities and confidence, takes only as much as can be coped with, take time to answer their needs.

GENTIAN: Hopelessness, despair.

Indicated for those with a pessimistic or negative outlook, easily discouraged and depressed even with slight difficulties. Disheartened by small setbacks, often without reason or to an exaggerated degree. May also be used for depression due to a long-term difficult situation such as unemployment, bereavement. Useful for children discouraged about their schoolwork.

Positive Potential: Person realizes that there is no such thing as failure as long as one is doing his/her best, regardless of results. No obstacle seems too great, no task too daunting. There is a conviction that difficulties will be overcome.

GORSE: Discouragement, despondency.

Indicated for EXTREME hopelessness, for people who have given up. May be a chronic illness which has become terminal or threatens to do so, with no further options available. Useful for the incurable, those condemned to pain and suffering with no way out. Have lost faith that anything will work. May be shallow.

Positive Potential: A sense of faith and hope that rises above problems and others' prognoses. Person feels brighter, happier and able to use the difficulty as a positive experience. In milder cases, may even take the road to recovery at last. Reconciliation for the truly terminally ill.

HEATHER: Self-centeredness, self-concern, hypochondria.

Indicated for total self-preoccupation, those obsessed by their own ailments and problems. Prone to exaggerate their symptoms and make mountains out of molehills. Compulsive talkers, need an audience, wear others out with their "predicaments." Go into lengthy detail about themselves, speak rapidly. Don't realize they are being avoided.

Positive Potential: Becomes a good empathetic listener, generous in helping others, selfless. Radiate strength and confidence, trusting that their own needs will be met.

HOLLY: hatred, envy, jealousy, anger.

Indicated for those interested in spiritual growth, opens up the capacity for unconditional love. Needed by those full of hatred, or anger or insecurity, suspicious, aggressive, hard-hearted, bad-tempered, cruel, may even be violent. May have high blood pressure or arthritis. Suffer from a closed heart. Sibling rivalry.

Positive Potential: Holly protects us from everything that is not Universal Love. Openhearted, united to divine love, generous, compassionate, loving and loveable, unpossessive. Inner harmony. Delight at the success of others. Noble.

HONEYSUCKLE: Lives in the past.

Indicated for over-attachment to past memories. Helpful for the bereaved, those who have failed in business or love, those suffering from homesickness or

nostalgia, fearing to look ahead. Too attached to happier days, lost youth, unable to recover from past trauma. Constantly refer to past in conversation. Lethargic.

HORNBEAM: Monday morning feeling. Procrastination.

Indicated for weariness, primarily mental. Self-doubt regarding one's capacity to face to day's work. Difficult to face up to problems, pending tasks. May suffer from overwork, staleness, lack of variety. Lack enthusiasm and procrastinate a great deal. May have headache, sleep in not refreshing. If offered a way out of current unpleasant circumstance, promptly recover their energy level.

Positive Potential: Certainty of one's strength and ability to face the day. Carpe Diem. Lively, full of vitality, fresh, spontaneous, determined, committed. Enjoy life and fact work with energy and a clear head, balanced with play.

IMPATIENS: Impatience.

Indicated for irritability, impatience and nervousness and pain. Person wants everything done instantly. They act, think quickly. Energetic but tense. Capable but frustrated by slowness in others. Independent, finish others' sentences, prefer to work alone. Brief temper flare-ups. Poor patients, fidgety, hasty, indigestion, muscle cramps.

Positive Potential: Someone who is decisive, clever and spontaneous, yet relaxes, good-humored with others and sympathetic. Cope calmly and diplomatically with irritations. Able to relax.

LARCH: Lack of Confidence.

Indicated for lack of self-confidence, won't even try because they are sure in advance that they will fail. Grave feelings of inferiority, yet not envious. May be aware of potential, yet refuse to acknowledge it, to avoid the risk of failure. Often discouraged and depressed. Useful before exams or interviews.

Positive Potential: Person who is determined, capable, with a realistic sense of self-esteem, unworried about failure, aware of potential and working towards achieving it. May take the initiative and risks, refuse to accept "can't."

MIMULUS: Fear of known things: Anxiety.

Indicated for fear from known causes, illness, accidents, pain, poverty, other people, spider, phobias, public speaking, losses. May be artistic, shy, retiring, tongue-tied. Slow to convalesce. Useful for shy children or bedwetting due to fear. May have tensions/migraine headaches. Chronic obsessive worriers.

Positive Potential: Quiet courage to face trials with humor and confidence. Stand up for themselves, enjoy life without fear. Learn to live with their sensitivity.

MUSTARD: Deep gloom with no origin (black depression).

Sudden depression descends out of the blue without apparent cause and lifts as suddenly and mysteriously. Can be severe.

Positive Potential: Cheerful serenity, supported by inner stability and peace which cannot be shaken or destroyed under any circumstances.

OAK: Heroic struggle, exhausted, but continues on.

The oak person is normally brave and strong with great inner strength and competence, but fatigue takes over. Over-achievers will overwork and hide their exhaustion, unwilling to appear weak before others. Strong sense of duty, helpful, conscientious, reliable. Patient, plodding, rocks of Gibraltar, will not allow themselves to relax, struggle obstinately. Ceaseless in their efforts to recover from illness.

Positive Potential: Oak restores the energy of the person who normally has enormous endurance, persistence, patience and resilience and helps them to recognize the need to take time off and relax and look after themselves as well as their duties.

OLIVE: complete exhaustion. (Convalescence).

Indicated for those exhausted in body and mind after a long strain, intense period of study or work, long illness, or nursing someone else. Exhaustion to the point of tears, all reserves drained, life lacks zest. No enjoyment in even leisure or other pleasurable activities. Need much sleep.

Positive Potential: Restoration of strength, vitality and interest in life. Person learns to no longer exhaust their reserves and listens to inner guidance to recognize the needs of the body.

PINE: Self reproach, guilt.

Indicated for those who blame themselves even for others' mistakes or anything that goes wrong. Feel undeserving and unworthy. Guilt complex, deep sense of shame rob the joy out of life. Over-conscientious, setting high standards for themselves, but not for others, never satisfied with their own achievement, depressed at not meeting their high ideals. Self-sacrificing, self-denying, humble, apologetic, even for being ill.

Positive Potential: Renewed energy vitality and pleasure in living. Responsibility is accepted realistically. Elimination of negative self-judgment and condemnation.

RED CHESTNUT: Anxiety for others.

Indicated for those worried about loved ones. May be a temporary state, common among caregivers, nurses, and counselors. Useful for those who fear the worst, that a minor complaint could become serious. Do not realize their worry may attract what they fear.

Positive Potential: Ability to care for others with compassion but without anxiety. Radiate thoughts of health and courage to those who need them and remain calm in emergencies. Happy to give when asked, but refrain from forcing help on others.

ROCK ROSE: Terror.

Indicated for terror after and accident or near escape or from witnessing an accident or when under acute threat, a natural disaster or sudden illness or attack. May be a sense of frozen fear or helplessness. Good for panic after nightmares. Helpful for those suffering adrenal exhaustion.

Positive Potential: Heroism. Great courage and presence of mind willingness to risk one's life for others. Strong will and character, calm and self-forgetful in emergencies.

ROCK WATER: Self-repression. Self-denial.

Indicated for those who are too hard on themselves, too inflexible and over-concentrated on themselves. Self-dominating to the point of martyrdom. Stick rigidly to diet and exercise regimens or works routines or spiritual disciplines. Opinionated, ruled by fixed ideas. Like to set an example but too self-absorbed to interfere in others' lives. May have diseases with physical rigidity.

Positive Potential: Ability to hold high ideals with a flexible mind. Willing to change and give up pet theories. Allow themselves to flow with life. They are an inspiration to others by their example, joy in living and inner peace.

SCLERANTHUS: Uncertainty. Indecision between two options.

Indicated for those trapped between two possibilities and find it difficult to reach a decision. Lack balance and poise, may be fidgety, experience mood swings. Changeable and unreliable, prone to dizziness, travel-sickness, vomiting.

Positive Potential: Neutralization of shock, revitalized nervous system, recuperation to an active life in the present.

SWEET CHESTNUT: Extreme mental anguish.

Indicated for agonizing mental anguish, intense sorrow, future totally dark, total exhaustion, feeling that God has forsaken them. May follow years of severe stress suffered bravely and without complaint.

Positive Potential: Liberation from despair and depression with peace of mind restored despite severe suffering. May be aided to discovery or recovery of faith.

VERVAIN: Tension, over-enthusiasm.

Indicated for tension, hyperactivity, highly strung people who are over-achieving and keyed-up. Put excessive effort into everything, push themselves too hard. Mind races ahead, tackle too many jobs at once. Strong-willed with strong views. Sensitive to injustice, may be fanatical and alienate potential allies. Too overly eager to influence others. May suffer from insomnia, nervous breakdown, irritability, and extreme muscle pain.

Positive Potential: Able to be calm, wise tolerant and relaxed with a high level of enthusiasm. Although holding strong views, they share them appropriately, do not impose.

VINE: Domineering, inflexible.

Indicated for those who dominate, bully, or are aggressive with others. Often very capable, highly gifted, ambitious and with excellent leadership skills,

powerful. But, put others down, override others wishes and opinions, do not try to persuade. Proud, ruthlessly greedy for power, may be cruel, may suffer from hardening of arteries or high blood pressure.

Positive Potential: Determination without domination. Can see the good in others, make excellent leaders, encourage and guide the good in others, make excellent leaders, encourage and guide without controlling. Inspire others with unshakeable confidence.

WALNUT: Protection from change and outside influences.

Indicated for transition states, or those overly sensitive or too easily influenced by ideas, environments, people. Major life changes such as puberty, pregnancy, moving, breaking old ties or restrictions, change of religion. Useful for regrets caused by change. Also for protection from threats from others or a negative environment. Useful for those who have indefinitely ambitions but are held by the influence of a stronger person or restrictive circumstance. Protects healers when dealing with draining clients. Assists in giving up addictions.

Positive Potential: Ability to move forward, free of past, make necessary changes, carry through with plans despite objections from others, unintimidated by threats.

WATER VIOLET: Proud, aloof.

Indicated for calm, capable, knowledgeable people who are gentle and self-reliant, but occasionally lonely. Appear proud, aloof, condescending or disdainful, anti-social, or cold. Tend to withdraw when tired by distractions. Isolated, keep troubles to themselves, do not often lean on others for support. May develop arthritis.

Positive Potential: maintain wisdom and dignity but develop a warm rapport with others. Calm, serene, able to empathize, often are excellent counselors and teachers. Able to accept help and support from others, integrated into their community.

WHITE CHESTNUT: Unwanted thoughts, mental arguments.

Indicated for obsessive, worrying thoughts, unable to turn the mind off or control or direct thinking in a positive manner. Cannot let go of unhappy event, keep reliving them. Persistent go round and round like a stuck record. Difficult to concentrate or sleep. Tired, frontal headaches, accident-prone.

Positive Potential: Ability to let go of unhappy memories or worries, live in the present, control thoughts. Improves meditation. Head is clear, can problem-solve, worry replaced by trust.

WILD OAT: Uncertainty about correct path in life.

Indicated for making important decisions in choosing a career or other life situation. Can clarify which essences to take! Useful for complete indecision. Often have ambition and potential but wasting their gifts through lack of direction, easily bored tend to be drifters. Often unconventional. Fear life is passing them by, frustrated, dissatisfied.

Positive Potential: Clear picture of what to do in life with clear ideas, ability to stick to a plan of action and a set path. Talents used constructively. No longer give up when bored.

WILD ROSE: Resignation, apathy.

Indicated for those resigned to an unpleasant situation, monotony, too apathetic to complain, change or enjoy simple pleasures. Dull. Over-accepting, "nothing can be done," prone to chronic illness.

Positive Potential: Resignation gives way to ambition, sense of purpose, enjoyment, lively interest in life and work. Able to accept responsibility for their own circumstances and take initiative.

WILLOW: Resentment.

Indicated for self-pity, bitterness, blaming others or circumstances for one's difficulties. Feel short-changed by life, WHY ME? Begrudges other people their success. Grumbling, sulky, irritable spread gloom. Criticize, take without giving, ungrateful, and alienate others. Difficult patients, never pleased or satisfied.

Reluctant to admit improvement, see themselves as victims.

Positive Potential: Optimism and faith. Recognizes thought creates circumstance or at least its interpretation and impact. Able to forgive and forget past injustices. Control own destiny.

RESCUR REMEDY: First Aid, Emergency.

This is a composite of five Flower Essences: Impatiens (pain, agitation) Star of Bethlehem (shock), Cherry Plum (fear of loss of control), Rock Rose (terror) and Clematis (loss of consciousness/alertness). Worth carrying at all times. Rescue Remedy cream available for burns, bruises. Helps face stress or shock of any kind. Can be taken before the stress-inducing event, such as giving a speech or taking a test or going to the hospital or facing a difficult person. Also useful when feeling uptight, tense or unduly bothered, oppressed or out of balance. May be used before sleep.

Dose: 4 drops in a glass of water, sip frequently or if someone is comatose may be applied behind ears or wrists or moisten lips. May be given directly from bottle if no water is available.

NOTE: may also be helpful to animals or plants. May be used after transplanting a tree, 10 drops in a watering can and poured around the roots. May also put 4 drops in a hand sprayer.



BACH® IS THE ONLY MAKER AUTHORIZED BY THE BACH CENTRE



EMOTIONAL STATES

BACH® REMEDY & POSITIVE POTENTIAL

Anxious / unknown fear	<i>Aspen</i> > <i>Feel Secure</i>	FACE YOUR FEARS
Lack of control / temper	<i>Cherry Plum</i> > <i>Be In Control</i>	
A specific fear / shyness	<i>Mimulus</i> > <i>Face Your Fears</i>	
Fear for loved one / fear the worst	<i>Red Chestnut</i> > <i>Peace Of Mind</i>	
Panic / terror	<i>Rock Rose</i> > <i>Have Courage</i>	

Talkative / self-centered	<i>Heather</i> > <i>Empathize & Listen</i>	REACH OUT TO OTHERS
Impatient / irritable	<i>Impatiens</i> > <i>Have Patience</i>	
Loner / aloof	<i>Water Violet</i> > <i>Connect With Others</i>	

Hold it in / mask worries	<i>Agrimony</i> > <i>Communicate Openly</i>	STAND YOUR GROUND TO OTHERS
Subservient / weak will	<i>Centaury</i> > <i>Be Assertive</i>	
Angry / jealous	<i>Holly</i> > <i>Goodwill Towards Others</i>	
Change / outside influences	<i>Walnut</i> > <i>Adapt To Change</i>	

Repeat mistakes / fail to learn	<i>Chestnut Bud</i> > <i>Learn From Mistakes</i>	LIVE THE DAY
Spacey / daydream	<i>Clematis</i> > <i>Have Focus</i>	
Dwell on past / nostalgia	<i>Honeysuckle</i> > <i>Embrace The Now</i>	
High and low states / gloom	<i>Mustard</i> > <i>Be Joyful</i>	
Tired / lack of energy	<i>Olive</i> > <i>Restore Energy</i>	
Preoccupied / mind races	<i>White Chestnut</i> > <i>Calm The Mind</i>	
Apathetic / resignation	<i>Wild Rose</i> > <i>Show Enthusiasm</i>	

Seek advice / indecisive	<i>Cerato</i> > <i>Trust Intuition</i>	KNOW YOUR MIND
Discouraged / doubt	<i>Gentian</i> > <i>Accept Setbacks</i>	
Hopeless / despair	<i>Gorse</i> > <i>Have Hope</i>	
Procrastinate / "Monday blahs"	<i>Hornbeam</i> > <i>Procrastinate Less</i>	
Moody / indecisive	<i>Scleranthus</i> > <i>Be Decisive</i>	
Need direction / at a crossroad	<i>Wild Oat</i> > <i>Decide Your Path</i>	

Intolerant / critical	<i>Beech</i> > <i>Be More Tolerant</i>	LIVE & LET LIVE
Possessive / territorial	<i>Chicory</i> > <i>Love Unconditionally</i>	
Rigid / inflexible	<i>Rock Water</i> > <i>Flexible Mind</i>	
Righteous / enthusiasm	<i>Vervain</i> > <i>Relax & Calm</i>	
Bossy / dominate	<i>Vine</i> > <i>Motivate Not Dominate</i>	

Poor body image / "unclean"	<i>Crab Apple</i> > <i>Accept Imperfections</i>	FIND JOY & HOPE
Overwhelmed / take on too much	<i>Elm</i> > <i>Be Efficient</i>	
Lack of confidence / low self-esteem	<i>Larch</i> > <i>Have Confidence</i>	
Difficulties / lack inner strength	<i>Oak</i> > <i>Restore Endurance</i>	
Guilt / self-reproach	<i>Pine</i> > <i>Have Self-respect</i>	
Trauma / shock	<i>Star of Bethlehem</i> > <i>Neutralize Grief</i>	
Anguish / limit of endurance	<i>Sweet Chestnut</i> > <i>Be Optimistic</i>	
Resentment / self-pity	<i>Willow</i> > <i>Forgive & Forget</i>	

EMOTIONAL STATES

BACH® REMEDY & POSITIVE POTENTIAL

Start here!

There are 38 BACH® remedies, one for each emotional state identified by Dr. Bach. To find your remedy or combination of remedies, identify what causes your stress.

1

ASK YOURSELF: "How do I feel today? What is my personality? What have I recently experienced? What am I struggling with? What holds me back?"

2

FIND YOUR REMEDIES. In the list above, select up to 7 remedies based on the emotional states you identify with most at this moment. (You may connect with either one or both feelings listed per remedy.)

Simplify the search

HOW TO FIND YOUR BACH® FLOWERS