# QUICK LOOK AT BACH FLOWER REMEDIES

## REMEDIES FOR FEAR

**ROCK ROSE -** Extreme fear, terror, panic, Children's nightmares. Do not confuse it with Mimulus, fearful of known things. If the fear creates panic or sheer terror, then Rock Rose is the more appropriate remedy.

**MIMULUS-** Fear of unknown eg. illness, poverty, living alone, traveling, of death or injury, fears of everyday life). The person is shy, nervous, uneasy with people they do not know. The remedy helps them have courage to confront their fears.

**CHERRY PLUM -** Desperate fear of the mind giving way, of insanity and of the impulse to do harm to other people or to oneself (thoughts of suicide), may be on verge of nervous breakdown, bursts of violence or hysteria.

**ASPEN -** Apprehension, anxious anticipation, foreboding or dread. Often can't explain why they are so fearful.

**RED CHESTNUT -** Afraid of something happening to loved ones. Fear is out of proportion in the mind. They don't worry about themselves, their only concern is for health and safety of their family.

## REMEDIES FOR UNCERTAINTY

**CERATO -** For those to distrust their own judgment. Seeking others advice for reassurance or confirmation of decisions. Differs from Scleranthus people who do not usually voice their uncertainty.

**SCLERANTHUS -** Emotional distress through indecision. Can't choose between 2 things. Helps focus, rapid mood swings. Travel sickness.

**GENTIAN -** Despondency and discouragement occurring as a result of a disappointment or failure. Gives the encouragement needed to persevere or try again, dispels negative thinking.

**GORSE -** Utter hopelessness, pessimistic as to any hope of a treatment working. Suicidal.

**HORNBEAM -** Can't face the day ahead or some duty to be attended to. Mental weariness as to what lies ahead.
Lethargy, lack of enthusiasm to even begin work. Monday blues.

**WILD OAT -** Come to a cross-roads in life and do not know which way to go. Want to do something fulfilling, just don't know what.

## REMEDIES FOR INSUFFICIENT INTEREST (IN PRESENT CIRCUMSTANCES)

**CLEMATIS -** Creative, artistic nature and love to have something to look forward to or fantasize about. They can therefore lack interest in the present because their minds are full of hopes and dreams of the future. Dreamy, absent minded. They hear without listening, see without looking and forget what they are saying or what is being said to them.

**HONEYSUCKLE -** Pre-occupied with the events of the past, whether these be happy or sad, dwelling on memories, regrets. "If only" is often muttered. Can help grieving (with Star of Bethlehem).

**WILD ROSE -** Does not have the enthusiasm or ambition to change anything in life, drifts along without effort or motivation. Inclined to be apathetic or resigned to circumstances. Lost the zest for life.

**OLIVE -** For exhaustion, too tired to go on. Overwork or over-exertion. Tiredness after illness.

**WHITE CHESTNUT -** The mind is tormented by worrying, or repetitive and unwanted thoughts. Persistent thoughts, mental arguments or conversations go round and round in the mind like a record, leaving the person exhausted and unable to concentrate.

**MUSTARD -** Depression which descends like a dark cloud and hides the sunshine and joy of life. The mood then sinks into a melancholic misery, the heart feeling like a lead weight. This depression never seems to have a cause.

**CHESTNUT BUD -** Can't seem to learn lessons in life, repeating problems over and over again.

## REMEDIES FOR LONELINESS

**WATER VIOLET -** Their nature is positive, haughty, proud, reserved, preferring the quieter things in life. Not gregarious, usually like their own company or a few well chosen friends. Their outlook is one of superiority and they like to keep to themselves. They tend to distance themselves from people, grieving alone, unwilling to share with others.

**IMPATIENS -** For impatience and irritability, brusqueness. These people tend to be quick in thought and action. Everything is done in a hurry; they cannot wait. Restless, fretful, jumpy, move and talk quickly, fidgety.

**HEATHER- Chatterbox! They like to come close to your face and talk, to touch you, nudge you or hold your arm to keep your attention. Hard to get a word in when they are talking. Many people avoid these type because you can feel tired or drained being around them. Remedy also used when there is a total self-absorption or obsession with one's troubles or aliments; when the mind thinks of nothing else. The remedy then helps the sufferer to take their mind off themselves and so consider the other important issues of life going on around them.**

# BACH FLOWER REMEDIES

## REMEDIES FOR OVERSENSITIVE TO INFLUENCE AND IDEAS

**AGRIMONY - Hide feelings behind a brave and cheerful face. They are normally bright and happy people, their inner suffering can be torture for them at times but they still try to maintain a smile so that their feelings remain hidden.**

**CENTAURY - Gentle person, finds it hard to stand up for themselves. Kind, everwilling, eager to be of service, Hard saying "No". Because of their gentle and generous nature, they are easily dominated or manipulated and often find themselves the victim of stronger, more powerful personalities who may take advantage of their kind heartedness.**

**WALNUT - Change. It helps those who have difficulty settling into a new environment, new job or routine, a different country or new home. Also helps us to keep to our chosen path of life, protecting us from the ideas and influences of others that may lead us astray and from those disturbing environmental influences which disrupt our peace and taunt our thoughts, and which may cause us to lose sight of our true destination. Those who need the Walnut remedy are often sensitive people who are easily disturbed by such disruptive influences.**

**HOLLY - For jealousy, envy, hatred, revenge, suspicion. Some people will keep their feelings to themselves, in orders their temper will flare, which might require the addition of Cherry Plum if there is a lack of emotional control and fear of becoming violent. Holly emotions can also cause a great deal of anger, but "anger" is a word which can describe many states of mind such as frustration (Vervain), aggression (Vine), intolerance (Beech), impatience (Impatiens) and so it is necessary to consider the causes and reasons for the anger to determine whether Holly is in fact the most appropriate remedy.**

## REMEDIES FOR DESPONDENCY AND DESPAIR

**LARCH - Lack of self-confidence. May be very capable but don't believe it of themselves. This contrasts the Cerato personalities who have faith in their ability but so doubt their judgment that they delay and often do not carry it through.**

**PINE - Guilt feelings from past or recent. May blame self for other's mistakes, always apologizing. Full of remorse and burden themselves with self-reproach even when they have done no wrong.**

**ELM - Sometimes even capable people find the pressures and responsibility of their work or family commitments overwhelming, leaving them feeling inadequate and worn out.**

**SWEET CHESTNUT - Desperate mental anguish. Utter despair as though there is no light at the end of the tunnel. Feeling like there is nothing left in life, may wish they could die, but feel suicide is not the answer.**

**STAR OF BETHLEHEM - Shock and is indicated whenever there has been trauma to the system, eg. through accident, disturbing news, or a distressing sight. For grieving process.**

**WILLOW - Introspective, dwells on misfortune, why they have such hardship, self-pity, grumbling, moaning, adversity creating chip on the shoulder, poor me.**

**OAK - Fighters, not giving up hope or in to adversity, solid & reliable. They can overdo things, ignoring alarm signals of tiredness or pain, losing strength, feeling unhappy and annoyed.**

**CRAB APPLE - Feeling "unclean" or "soiled" by disease, pollution, touching dirty objects etc. Feeling need to constantly cleanse and wash. Also for self-loathing and disgust.**

## REMEDIES FOR OVER-CARE FOR WELFARE OF OTHERS

**CHICORY - "Mothering" type. Overprotective. Happy when they feel needed. Need to let go, not cling or be possessive.**

**VERVAIN - Strong principles and ethics, perfectionists but concerned for welfare and growth of others. Can push themselves too hard, unable to relax or wind down.**

**VINE - Self-assured, the leaders and rulers, dominating, tyrannical "it's my way or the highway".**

**BEECH- Perfectionists that can't understand the shortcomings of others, critical of the behavior of those whom they consider foolish, shortsighted or ignorant and therefore often lack tolerance and empathy.**

**ROCK WATER - Too strict and rigid with self, setting standards too high, expecting perfection in self and others.**

**RESCUE REMEDY - For shock. Emergencies, panic, after an accident, even if in a coma or unconscious, can drizzle on the lips. You can use if for animals too and even plants respond and have revived after a few drops.**