Edward Bach

FLOWER REMEDY

RECOMMENDATIONS

Compiled by

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only: and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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INTRODUCTION

Edward Bach (1886-1936) said:

‘As the Herbs heal our fears, our anxieties, our worries, our faults and our failings, it is these we must seek, and then the disease, no matter what it is, will leave us.’
(The 12 Healers and Other Remedies, Edward Bach)

The Bach Flower Remedies are 38 plant and flower based remedies pioneered by Dr Edward Bach in the 1930s. The remedies are completely safe and natural, and can be used by persons of all ages.

Veterinarians have also reported that the remedies are effective on animals.

The 38 flower essences were divided, by Bach, into 3 categories which were linked to their application:

1) The ‘12 Healers’ - which 'reflect and transform our essential nature' (they represent the twelve archetypal personality types), and include:
   AGRIMONY, CENTAURY, CERATO, CHICORY, CLEMATIS, GENTIAN, IMPATIENS, MIMULUS, ROCK ROSE, SCLERANTHUS, VERVAIN, and WATER VIOLET

2) The '7 Helpers' - which 'assist with chronic conditions', and include:
   GORSE, HEATHER, OAK, OLIVE, ROCK WATER, VINE, and WILD OAT

3) The 'Second 19' - which 'relate to more immediate traumas or difficulties', and include:
   ASPEN, BEECH, CHERRY PLUM, CHESTNUT BUD, CRAB APPLE, ELM, HOLLY, HONEYSUCKLE, HORNBEBAM, LARCH, MUSTARD, PINE, RED CHESTNUT, STAR OF BETHLEHEM, SWEET CHESTNUT, WALNUT, WHITE CHESTNUT, WILD ROSE, and WILLOW

More Information

For more information regarding Edward Bach and his Flower Remedies, the following works are highly recommended:

The Twelve Healers and Other Remedies, by Edward Bach
Heal Thyself: Explanation of the Real Cause and Cure of Disease, by Edward Bach (MB BS DPH)
The Bach Flower Remedies, by Edward Bach; E.J. Wheeler
The Original Writings, by Edward Bach

TAKING THE REMEDIES

For single use, two drops of the appropriate Bach Flower Remedy (four drops if Rescue Remedy) can be placed directly on the tongue, and then swallowed; or the drops can be added to a little spring water or fruit juice, and then slowly sipped.

Never put the drops in tap water - the chemicals in tap water may be harmful to your health.

For a course of treatment, add two drops of the appropriate remedy to 30 ml of spring water, and then take four drops (on the tongue) at least four times daily. Continue for as long as needed.
For combined use, add two drops of each remedy to 30 ml of spring water, and take four drops (on the tongue) at least four times a day. No more than seven remedies should be used in combination. Rescue Remedy should not be used in combination.

Bach Flower Remedies can be used as often as needed. In a crisis, the remedy can be taken every 5-10 minutes until the immediate crisis passes. Thereafter the remedy can be taken every hour, and then four times daily until resolution.

Some practitioners suggest that the Bach Flower Remedies can be dropped neat onto the tongue, or rubbed onto the lips, or behind the ears, or on the temples and wrists. However, placing the drops in a diluted form, on the tongue, is the preferred method of administration.

Storing the Remedies

The remedies should be kept out of direct sunlight, stored in temperatures below 25 degrees Celsius, kept away from magnetic fields and electrical equipment, and kept free from dust, water, and other contaminants.

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REMEDY REPERTOIRE

01 - AGRIMONY - Hiding worry behind a brave face, alcohol, drugs, food. Avoids confrontation
02 - ASPEN - Unknown, inexplicable fears or apprehensions. Secret fear of some impending evil
03 - BEECH - Critical attitude. Intolerant of others. Arrogance
04 - CENTAURY - Weak willed. Easily exploited or imposed upon. Can't say no to others
05 - CERATO - Lacks confidence in own self/decisions. Doubts own judgement. Seeks confirmation of others
06 * CHERRY PLUM - Uncontrolled, irrational, suicidal thoughts. Uncontrolled temper. Fear of loss of control. Fear of losing one's mind
07 - CHESTNUT BUD - Repeats same mistakes, faults, arguments, accidents. Unable to learn from experience
08 - CHICORY - Over possessive. Self-centred and demanding. Clinging, and over protective. Self-pity if unable to have own way. Manipulative of others, and uses emotional blackmail
09 * CLEMATIS - Daydreamer, lacks concentration, inattentive, absent minded. Mental escapism
10 - CRAB APPLE - Feels unclean, infected, self-disgust. Ashamed of ailments. Fear of infection
11 - ELM - Feelings of inadequacy. Overwhelmed by responsibility. Psychosis, and neurosis
12 - GENTIAN - Depressed for known reasons. Pessimistic, doubting, despondent, sceptical, easily discouraged
13 - GORSE - Despair, hopelessness, defeatist. 'Oh, what's the use!'
14 - HEATHER - Self-centred, obsessed with own troubles and affairs. Talkative, and needs an audience
15 - HOLLY - Hatred, envy, jealousy, suspicion. Projecting or receiving
17 - HORNBEAM - Weariness, mental exhaustion. Procrastination. 'Monday Morning' feeling
18 * IMPATIENS - Impatient, irritable, excessive reactions (especially with others)


20 - MIMULUS - Known fears or apprehensions (security, loss, illness, cancer, timidity, poverty, etc)

21 - MUSTARD - Depressed for unknown reasons. Depression, 'Dark cloud' descending. Saddened for no reason

22 - OAK - Normally strong, but unable to struggle against adversity or illness

23 - OLIVE - Completely exhausted. Extreme physical and mental fatigue

24 - PINE - Guilt complex, self-reproach. Blames self, even for mistakes of others. Always apologising

25 - RED CHESTNUT - Excessive concern and worry over others

26 * ROCK ROSE - Acute state of fear, panic, alarm, terror. Nightmares, night-terrors

27 - ROCK WATER - Self-denying, strict, hard on self. Rigid minded and views. Suppressed inner needs

28 - SCLERANTHUS - Uncertainty, indecision. Vacillation, fluctuating moods and opinions. Lacks inner balance

29 * STAR OF BETHLEHEM - After effects of physical, mental, or psychic frightening experiences. Fright following an accident or serious news. Comforter and soother of pain and sorrow

30 - SWEET CHESTNUT - Feelings of utter dejection. Bleak outlook. Reached the limit of endurance

31 - VERVAIN - Over enthusiastic. Fanatical beliefs. Missionary-complex. Highly strung. Poor sleep

32 - VINE - Dominating, inflexible, tyrannical, autocratic, arrogant. Striving for power

33 - WALNUT - Adjustment to transition or change (illness, teething, puberty, menopause, divorce, new surroundings, new job, retirement, new relationship, leaving home). Protection (emotional, psychic, and spiritual/religious)

34 - WATER VIOLET - Inner reserve. Proud withdrawal, feeling of superiority in isolation. Little emotional involvement. Enjoys being alone

35 - WHITE CHESTNUT - Persistent unwanted thoughts. Pre-occupation with worry or episode. Mental arguments

36 - WILD OAT - Helps determine life's path. Indefinite as to ambitions. Opens 'Spiritual' sight.

37 - WILD ROSE - Apathy. Resignation to fate. Lack of interest and ambition. Karma/Karmic debt. Fatalistic

38 - WILLOW - Resentment. Embitterment. 'Poor old me!'. Victim of fate attitude

39 * RESCUE REMEDY - All purpose emergency composite. Comforting, calming and reassuring to those distressed by startling experiences, mental stress, tension, desperation, terror, panic, exams, dentist, shock, etc. CHERRY PLUM, CLEMATIS, IMPATIENS, ROCK ROSE, and STAR OF BETHLEHEM
INDEX OF SUGGESTED USE

A
ability to cope, lacks strength - HORNBEAM
absent-minded - CLEMATIS
absorbed, by details - CRAB APPLE
absorbed, by enthusiasm - VERVAIN
absorbed, by memories - HONEYSUCKLE
absorbed, by some detail or 'buzzing', causing anxiety - CRAB APPLE
absorbed, by thoughts - CLEMATIS
absorbed, with self - HEATHER
abuse, victim of - RESCUE REMEDY
abused, children who are - ASPEN, RESCUE REMEDY
accepts, negative conditions in life without question - WILD ROSE
accepts, unacceptable conditions in life without question - WILD ROSE
accident, fear of - MIMULUS
accident, recent - ROCK ROSE
achieve, desire to - VINE
addiction, alcohol, nicotine, drugs - AGRIMONY
addiction, alcoholics caught in obsessional ideas - ASPEN
adherence to conventions (low self-confidence) - CERATO
adjustment, to change - WALNUT
advice, following - CENTAURY, CERATO
advice, interfered by others' - CENTAURY, CERATO, WALNUT
advice, seeks from others - CERATO
ailment, ashamed of - CRAB APPLE
alarm, feelings of, sudden, recent - ROCK ROSE
alarmed, suddenly - ROCK ROSE
alcohol, hiding behind - AGRIMONY
alcohol, takes to bear trials, escape, or hide - AGRIMONY
alone, desires to work at own pace - IMPATIENS
alone, dislikes being - CHICORY, HEATHER
alone, enjoys, or desires to be alone - WATER VIOLET
alone, fear of being - AGRIMONY, MIMULUS
aloof and proud - WATER VIOLET
aloof, is - WATER VIOLET
alternating, moods - SCLERANTHUS
ambition, definite - WALNUT
ambition, desire to achieve - VINE
ambition, lack of - CLEMATIS, GORSE, WILD ROSE
ambition, to convert others - VERVAIN
ambition, to possess - CHICORY
ambition, unable to define - WILD OAT
ambitions, dwells upon that which has not been fulfilled - HONEYSUCKLE
ambitions, unfulfilled causing anger and dissatisfaction - WILD OAT
anger, because of unfulfilled ambitions - WILD OAT
anger, because others won't convert to one's belief - VERVAIN
anger, feelings of - WILLOW
anger, general - IMPATIENS
anger, strong feelings of - CHERRY PLUM
anger, thoughts of - HOLLY
anger, under attack of - HOLLY
anger, with current career or life path - WILD OAT
anger, with others - BEECH
anger, with others, or the actions of others - WILLOW, BEECH
anger, with people - IMPATIENS
anguish, effects of - RESCUE REMEDY, SWEET CHESTNUT
annoyed, with current career or life path - WILD OAT
annoyed, with others - BEECH
annoyed, with others, or the actions of others - WILLOW, BEECH
annoyed, with people - IMPATIENS
annoyed, with self because an illness or situation impedes progress - OAK
anticipation, of fear - ASPEN
anticipation, of troubles that will happen to others - RED CHESTNUT
anxiety, caused by some detail or 'buzzing' - CRABAPPLE
anxiety, feelings of, or plagued by - AGRIMONY
anxiety, from concern for others - RED CHESTNUT
anxiety, groundless - ASPEN
anxiety, over, because of beliefs - VERVAIN
anxious, feeling - AGRIMONY
apathetic - WILD ROSE
apathy, exhaustion from - WILD ROSE
apathy, feelings of - CLEMATIS, WILD ROSE
apathy, towards life - CLEMATIS
apologising, always, even when in the right - PINE
apprehension, about concern for others - RED CHESTNUT
apprehension, feelings of - ROCK ROSE
apprehension, for no known reason - ASPEN
apprehension, of known things, or of known origin - MIMULUS
apprehension, that something terrible is going to happen - ASPEN
apprehensive, for others - RED CHESTNUT
apprehensive, through fear - ASPEN, MIMULUS, ROCK ROSE
approval, needs of others - CERATO
arguementative, with fixed ideas - VERVAIN
arguing, about religion - VERVAIN
arguing, about, or because of beliefs - VERVAIN
argument, avoids - AGRIMONY, CENTAURY, WATER VIOLET
argument, distressed by - AGRIMONY
argument, engages in mental arguments with self - WHITE CHESTNUT
argument, enjoys - CHICORY, VERVAIN, WILLOW
argument, goes out of way to avoid - AGRIMONY
argument, mental - WHITE CHESTNUT
argument, uninfluenced by others' - WATER VIOLET
argumentative, because of injustice - WILLOW
arguments, avoids - AGRIMONY, CENTAURY, WATER VIOLET
arguments, distressed by - AGRIMONY
arguments, engages in mental arguments with self - WHITE CHESTNUT
arguments, enjoys - CHICORY, VERVAIN, WILLOW
arguments, goes out of way to avoid - AGRIMONY
arguments, mental - WHITE CHESTNUT
arguments, uninfluenced by others' - WATER VIOLET
arrogance - BEECH
arrogance, domination, coerces, and wants to prevail - VINE
arrogance, intolerant, judges, wants to be in the right - BEECH
arrogance, rigid self-control, keeps to oneself - ROCK WATER
arse-holes, feels that one is surrounded by - IMPATIENS
arse-holes, impatient with - IMPATIENS
ashamed, of a trait, habit, illness, or ailment - CRAB APPLE
attack, protection from - WALNUT
attack, protection from psychic - WALNUT
attacked, by hatred, envy, jealousy, suspicion, etc - HOLLY
attacked, by religion - HOLLY
attacked, by revenge - HOLLY
attitude, critical - BEECH
autocratic - VINE
aversion, to other people - MIMULUS, WATER VIOLET
avoids, confrontation - AGRIMONY
B
beauty, needs to see more in all that is around - BEECH
bee, buzzing around in your Bonnet - WHITE CHESTNUT, CRAB APPLE
beliefs, causing exhaustion, stress, strain, or arguments - VERVAIN
beliefs, over-enthusiastic - VERVAIN
bereavement - RESCUE REMEDY
bitter and resentful - WILLOW
bitterness, thoughts of, under attack of - HOLLY
blame, others for one's misfortunes: 'Poor old me!' - WILLOW
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bleak, outlook about self and life - SWEET CHESTNUT
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bossy, regarding others - CHICORY
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brave face, hiding behind - AGRIMONY
C
calming, need of - RESCUE REMEDY
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can't, say no to others - CENTAURY
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capability, desire to increase personal - WATER VIOLET
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career, anger with current - WILD OAT
career, path, difficulty in determining or finding - WILD OAT
career, resentment or dissatisfaction with current - WILD OAT
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causes unknown, fear - ASPEN
causes unknown, resignation, at times - WILD ROSE
causes unknown, unhappiness - HOLLY
change, assists in adjustment to transition or change - WALNUT
change, because of dissatisfaction or frustration with life's path - WALNUT
change, breaking with established conventions - WALNUT
change, old ties to break with - WALNUT
change, relationship, marriage, divorce, etc - WALNUT
change, surroundings, country, job, leaving home, retirement, etc - WALNUT
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changeable, CERATO, SCLERANTHUS
changeable, moods - CERATO
changeable, when facing decisions - SCLERANTHUS
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cheer, needs something to cheer one - AGRIMONY
cheerfulness, promotes - AGRIMONY
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Cinderella complex - CENTAURY
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cleansing remedy - CRAB APPLE
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cleansing, need for inner - CRAB APPLE
cleansing, of an anxiety that is foremost in your mind - CRAB APPLE
cleansing, of poison - emotion, infection, illness, wound, etc - CRAB APPLE
clinging, overly of others (especially of children and loved ones) - CHICORY
clinging, regarding others - CHICORY
cloud, dark, descends, depression for no known reason - MUSTARD
cloud, descends, depression for no known reason - MUSTARD
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complaining, about others - BEECH, CHICORY, HOLLY, WILLOW
complaining, have a lot to say about others - CHICORY
complaining, never - AGRIMONY, OAK
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complex, guilt - PINE
complex, messiah (a specific mission to do with mankind) - RED CHESTNUT
complex, missionary, wishes to convert all around to beliefs - VERVAIN
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concentration, lack of, because of self-distrust - CERATO
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convictions, weak about self - inducing low self-confidence - LARCH
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convictions, weak causing uncertainty in decision making - SCLERANTHUS
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**crisis, times of** - RESCUE REMEDY

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critical, of others - CHICORY, BEECH
critical, of self - PINE, ROCK WATER
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crying, because of others, especially loved ones - CHICORY
curse, attack, from group or meditation activity ('too open') - ASPEN
curse, attack, protection from - WALNUT, HOLLY

D

dark cloud, descends, the individual is sad for no known reason - MUSTARD
dark, fear of the - ASPEN, MIMULUS
day-dreaming - CLEMATIS
day-dreams, about the past - HONEYSUCKLE
death, desired to release one from worries - AGRIMONY
death, fear of - MIMULUS
death, feelings of, feelings of forthcoming - ROCK ROSE
death, foreboding of - ROCK ROSE
death, looks forward to, as a way out of life - CLEMATIS
death, looks forward to, to reunite with one who has left - CLEMATIS
death, no dread or fear of, AGRIMONY, CLEMATIS
debt, karma - belief in - WILD ROSE
debt, karma - believes one has unresolved - WILD ROSE

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decisions, unable to make because of fluctuating moods - SCLERANTHUS

decisions, unable to make because of low self-confidence - CERATO

depth gloom - MUSTARD

depth melancholy - MUSTARD

defeatist, a belief that no more can be done for me - GORSE

defeatist, expects no further happiness - HONEYSUCKLE

defeatist, 'Oh, what's the use!' - GORSE

defeatist, when receiving treatment, 'It won't work!' - GORSE

depression, feelings of utter - SWEET CHESTNUT

delusion, surrounded by, dealing with - ASPEN

delusions, thoughts - ASPEN, CHERRY PLUM

denial, of self, joys, and pleasures of life - ROCK WATER

dentist - RESCUE REMEDY

dentist, going to the, effects of - RESCUE REMEDY

depressed, from illness of long duration - GORSE

depressed, from known cause - GENTIAN

depression - MUSTARD

depression, because of doubt - GENTIAN

depression, because of over-work, and inability to 'breakthrough' - OAK

depression, black, for no known reason - MUSTARD

depression, for no known reason - MUSTARD

desire, to direct others in one's direction - VERVAIN

despair - CRAB APPLE, ELM, LARCH, MUSTARD, OAK, PINE, STAR OF BETHLEHEM, SWEET CHESTNUT, WILLOW

despair, because of shock - STAR OF BETHLEHEM

despair, but never give up - OAK

despair, fear of (material, physical, etc) - ROCK ROSE

despair, feelings of extreme mental anguish - SWEET CHESTNUT

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despair, hopeless - SWEET CHESTNUT
despair, material or physical - GORSE, ROCK ROSE
despair, through self-blame - PINE
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despondency, about a task of importance for the benefit of others - ELM
despondency, because of a failed treatment (health, etc) - CRAB APPLE
despondency, because of anguish - SWEET CHESTNUT
despondency, because of delays or hindrances (health, progress) - GENTIAN
despondency, because of embitterment - WILLOW
despondency, because of feelings of uncleanliness - CRAB APPLE
despondency, because of limitations through illness - OAK
despondency, because of low self-confidence - LARCH
despondency, because of personal inadequacy and responsibility of task - ELM
despondency, because of self-reproach - PINE
despondency, because of shock - STAR OF BETHLEHEM
despondency, feelings of - GENTIAN, SWEET CHESTNUT
despondency, nothing left but destruction and annihilation - SWEET CHESTNUT
despondency, 'The dark night of the Soul' - SWEET CHESTNUT
destitution, fear of - MIMULUS
destruction, suicidal - AGRIMONY, ASPEN, CHERRY PLUM
destruction, suicidal - CLEMATIS, MIMULUS, ROCK ROSE
destruction, thoughts of self-, suicide, etc - CHERRY PLUM
diet fads, follows, but doesn't lose weight - CERATO
difficulties, born quietly and alone - SCLERANTHUS
difficulties, disinclined to discuss with others - SCLERANTHUS
difficulty, in thinking clearly, static in the mind - WHITE CHESTNUT
direct others, affairs of others - CHICORY, VINE, VERVAIN
direct others, in illness, etc - VINE
discontented, because of rigid a mind or way of living - ROCK WATER
discontented, because of rigid discipleship - ROCK WATER
discontented, with others - CHICORY, WILLOW
discontented, with self - PINE
discontented, with self because a situation impedes progress - OAK
discontented, with self because an illness impedes progress - OAK
discouraged - GENTIAN
discouraged, generally, easily - GENTIAN
discouragement - GENTIAN
discouragement, because of personal inadequacy - ELM
disdain, demonstrating contempt and scorn - BEECH
disdainful, demonstrates contempt and scorn - WATER VIOLET
disheartened, because of delays or hindrances (health, progress) - GENTIAN
disheartened, generally - GENTIAN
disinterested, regarding life - CLEMATIS
dissatisfaction, because of frustration - WALNUT
dissatisfaction, because of rigid mind - ROCK WATER
dissatisfaction, because of unfulfilled ambitions - WILD OAT
dissatisfaction, because of way of living, discipleship - ROCK WATER
dissatisfaction, full of - HOLLY
dissatisfaction, illness, in - OAK
dissatisfaction, jealousy, envy - HOLLY
dissatisfaction, resentment, from - WILLOW
dissatisfaction, with current career or life path - WILD OAT
dissatisfaction, with others - BEECH, CHICORY, WILLOW
dissatisfaction, with self - PINE, ROCK WATER
distress, by startling experiences - RESCUE REMEDY
distress, state of - STAR OF BETHLEHEM
distress, suffering from - RESCUE REMEDY

divorce, going through - WALNUT

doesn't care about anything - WILD ROSE

dominate others, desire to - VINE

ominated, by others - CENTAURY

dominated, by others because of low self-confidence - CERATO

dominated, feelings of - CENTAURY, CERATO, MIMULUS

dominating, autocratic - VINE

dominating, regarding others - CHICORY

domination, by fear - MIMULUS

domination, by own troubles and experiences - HEATHER

domination, over an illness - VINE

domination, over others - VINE

domination, over others because of strong or fanatical beliefs - VERVAIN

domination, try to impose one's beliefs upon others - VERVAIN

domination, trying to impose a strict way of life on others - ROCK WATER

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doubt, because of delays or hindrances (health, progress, etc) - GENTIAN

doubt, full of - GENTIAN

doubt, in self - CERATO

doubt, serious - GENTIAN

doubts, own judgement - CERATO

drained, because of struggle against illness or adversity - OAK

drained, of energy - OLIVE

dread, secretly bearing - MIMULUS

dreams, nightmares - ROCK ROSE

dreams, night-terrors - ASPEN, ROCK ROSE

dreams, remembering them better - CERATO

dreams, stimulating them - CERATO

dreamy - CLEMATIS, HONEYSUCKLE
drinks, takes, to bear trials, to escape, or to hide - AGRIMONY
drowsy, dreamy, sleepy - CLEMATIS, HONEYSUCKLE
drugs, hiding behind - AGRIMONY
drugs, takes, to bear trials, to escape, or to hide - AGRIMONY
duty, driven by a strong sense of - OAK
dying, fear of - MIMULUS

E
easily exploited, imposed upon - CENTAURY
easily influenced and exploited by others - CENTAURY
effort, lack of, because of dreaminess - CLEMATIS
effort, lack of, because of exhaustion - OLIVE
effort, lack of, because of resignation - WILD ROSE
effort, over - IMPATIENS, VERVAIN
embittered, because of despondency, or injustice - WILLOW
embittered, feelings of - WILLOW, HOLLY
emergency, all purpose emergency composite - RESCUE REMEDY
emergency, for, ROCK ROSE
emulation, trying to be some 'example' - ROCK WATER
endurance, body feels that it's at limit of endurance - SWEET CHESTNUT
energy, drained of - OLIVE
enthusiastic - ROCK WATER, VERVAIN
enthusiastic, overly, regarding beliefs, ideals, and religion - VERVAIN
enthusiastic, regarding self-denial - ROCK WATER
envy - HOLLY
envy, feelings of extreme - HOLLY
envy, thoughts of - HOLLY
envy, under attack of - HOLLY
escapism, seeks for mental escapism - CLEMATIS
escapism, via drugs, alcohol, food, etc - AGRIMONY
esoteric ability - CENTAURY, CLEMATIS
esoteric ability - CENTAURY, CLEMATIS
esoteric attack, from group or meditation activity ('too open') - ASPEN
esoteric attack, protection from - WALNUT, HOLLY
evil, attack, from group or meditation activity ('too open') - ASPEN
evil, attack, protection from - WALNUT
evil, secret fear of impending - ASPEN
evil, under attack of - HOLLY, RESCUE REMEDY
examinations, effects of - RESCUE REMEDY
example, would like to be - ROCK WATER
excitement, anxious for - HEATHER
excitement, needs something excite self - AGRIMONY
exhaustion, because of apathy - WILD ROSE
exhaustion, because of beliefs - VERVAIN
exhaustion, because of lack of vitality - CLEMATIS
exhaustion, cannot carry life's burden any further - HORNBEAM
exhaustion, constantly having that 'Monday Morning' feeling - HORNBEAM
exhaustion, from mental or physical suffering - OLIVE
exhaustion, mental, physical - HORNBEAM, OLIVE
exhaustion, that there is no more strength to make any further effort - OLIVE
exhaustion, through strain and effort - VERVAIN
exhaustion, through weak-will - CENTAURY
exhaustion, total - OLIVE
experience, fails, or refuses to learn by - CHESTNUT BUD
exploited, by others - CENTAURY
F
failure, because of personal inadequacy - ELM
failure, fear of, anticipates - LARCH
failure, feelings that one will never be a success - LARCH
fainting, faintness - CLEMATIS
faith, lost, because of despondency and doubt - GENTIAN
faith, lost, because of hopelessness - GORSE
fanatical, beliefs - VERVAIN
fanatical, cult beliefs - VERVAIN
fanatical, regarding beliefs - VERVAIN
fatalistic, 'What will be, will be.' 'It's God's will.' - WILD ROSE
fatigue, because of apathy - WILD ROSE
fatigue, because of beliefs - VERVAIN
fatigue, because of lack of vitality - CLEMATIS
fatigue, cannot carry life's burden any further - HORNBEAM
fatigue, constantly having 'Monday Morning' feeling - HORNBEAM
fatigue, from mental or physical suffering - OLIVE
fatigue, mental, physical - HORNBEAM, OLIVE
fatigue, no energy - OLIVE
fatigue, that there is no more strength to make any further effort - OLIVE
fatigue, through strain and effort - VERVAIN
fatigue, through weak-will - CENTAURY
fault-finding, with others - BEECH, CHICORY, HOLLY, IMPATIENS, WILLOW
fault-finding, with self - PINE, ROCK WATER
fear - ROCK ROSE
fear of life changes - WALNUT
fear, bottling up - MIMULUS
fear, dominated by - MIMULUS
fear, extreme - ROCK ROSE
fear, fear, of - ASPEN
fear, feelings of, extreme - ROCK ROSE
fear, following a recent accident, or shock - STAR OF BETHLEHEM
fear, for no known reason - ASPEN
fear, frozen in - ROCK ROSE
fear, groundless, vague, unreasoning - ASPEN
fear, mental - ASPEN
fear, of being alone - MIMULUS
fear, of cancer - CLEMATIS, MIMULUS
fear, of cold, damp, of - MIMULUS
fear, of death, of dying - MIMULUS
fear, of doing dreadful things - CHERRY PLUM
fear, of failing and failure - LARCH
fear, of insanity - CHERRY PLUM
fear, of known origin or known cause - MIMULUS
fear, of losing control - CHERRY PLUM
fear, of losing control of one's behaviour - CHERRY PLUM
fear, of loss, friends or loved ones - CHICORY, HEATHER, MIMULUS, OLIVE
fear, of loss, of mental control - CHERRY PLUM
fear, of loss, relationship, partner, friend, loved one - MIMULUS
fear, of mind giving way - CHERRY PLUM
fear, of physical things such as misfortune, poverty, destitution - MIMULUS
fear, of physical, people, phobias, dark, loneliness - MIMULUS
fear, of physical, poor health, illness, pain, accidents - HEATHER, MIMULUS
fear, of the future - AGRIMONY, MIMULUS
fear, of the judgements of God or religious groups - ASPEN
fear, of unknown origin, or of unknown cause - ASPEN
fear, regarding concern for others - RED CHESTNUT
fear, secret - ASPEN, MIMULUS
fear, secretly bearing - MIMULUS
fear, that some unfortunate thing will happen to others - RED CHESTNUT
fear, to tell troubles to another - ASPEN
fear, vague - ASPEN
fear, when ill - HEATHER, MIMULUS
fearful - ASPEN, CHERRY PLUM, MIMULUS, RED CHESTNUT, ROCK ROSE
feelings that others do not understand you - WATER VIOLET
fervency - VERVAIN
fixed, ideas and opinions - BEECH, ROCK WATER, VERVAIN, VINE
fluctuation, in moods - SCLERANTHUS
food, hiding behind - AGRIMONY
food, takes to bear trials, escape, or hide - AGRIMONY
foolish, feelings about self - CERATO
foreboding, feelings of, of death or disaster - ROCK ROSE
forgetful - CLEMATIS
forgive, unable to - WILLOW
fretful - CHICORY
fright, following an accident - STAR OF BETHLEHEM
frustrated, by people - IMPATIENS
frustrated, generally - IMPATIENS
fussy - CHICORY, CERATO, CRAB APPLE
fussy, regarding others - CHICORY
future, fear of - AGRIMONY

G
giving up, feelings of extreme - GORSE
gloom, deep - MUSTARD
gloom, depression - MUSTARD
gloom, for no known reason - MUSTARD
gloom, utter sadness - MUSTARD, WILD ROSE
God, fear of judgements of - ASPEN
good, need to see more in all that is around - BEECH
greed, for information - CERATO
greed, for others' possessions - CHICORY
greed, for sympathy - CHICORY, HEATHER
greed, perfection - ROCK WATER, VERVAIN
greed, power - CHICORY, VERVAIN, VINE
grief, suffering, state of - RESCUE REMEDY, STAR OF BETHLEHEM
guidance, by others - CERATO
guidance, of inner voice - CERATO
guilt, creating over-conscientious - PINE
guilt, even when successful, feels could have done better - PINE
guilt, feelings of - PINE

guilt, has guilt complex - PINE

gullible, is simple, even stupid - CERATO

H

habit, ashamed of - CRAB APPLE

hard masters, re others - BEECH, CHICORY, IMPATIENS, VERVAIN, VINE

hard masters, re self - ROCK WATER

harmfulness, thoughts of - HOLLY

harmfulness, under attack of - HOLLY

hate - HOLLY

hate, thoughts of - HOLLY

hate, through jealousy - HOLLY

hate, through resentment - WILLOW

hate, under attack of - HOLLY

health, fear of poor - MIMULUS

hesitant - GENTIAN

hesitant, suffers from - SCLERANTHUS

hesitation, none, being self-assured - IMPATIENS, VINE, WATER VIOLET

hesitation, through fear - MIMULUS

hesitation, through lack of confidence - LARCH

hesitation, through uncertainty - SCLERANTHUS

hesitation, when facing decisions - SCLERANTHUS

hiding, avoids confrontation - AGRIMONY

hiding, behind a brave face, alcohol, drugs - AGRIMONY

higher-self, refusing to perceive and acknowledge role - CERATO

home, leaving - WALNUT

home-sickness - HONEYSUCKLE, CLEMATIS

hopelessness, feeling of great - GORSE

hopelessness, feelings of - SWEET CHESTNUT, ROCK ROSE

hungry, for information - CERATO
hungry, for others' possessions - CHICORY
hungry, for power - CHICORY, VERVAIN, VINE
hungry, for sympathy - CHICORY, HEATHER
hungry, perfection - ROCK WATER, VERVAIN

idealistic, for self - ROCK WATER
idealistic, high ideals - BEECH, IMPATIENS, ROCK WATER, VERVAIN
idealistic, impractical - CLEMATIS
idealistic, over-enthusiastic - VERVAIN
ideals, difficulty in realising - WILD OAT
identity, feeling of is weak - CERATO
identity, preserving one's own - CENTAURY
illness, ashamed of - CRAB APPLE
illness, because of low self-confidence - LARCH
illness, fear of - MIMULUS
illness, grown weak after a long - CENTAURY
illness, impatient, demands instant recovery - IMPATIENS
illness, long, serious, recent, convalescing from - OLIVE
illness, makes no effort to recover - CLEMATIS
illness, psychosomatic: 'Poor old me, I'm always sick!' - WILLOW
illness, recent - ROCK ROSE
illness, simulated - CHICORY, HEATHER, WILLOW
illness, to escape from fear - MIMULUS
illness, to escape from life and experiences - CLEMATIS
illness, to maintain power over others - CHICORY
illness, to obtain sympathy - CHICORY, HEATHER
illness, unable to struggle against - OAK
imaginative - CLEMATIS
imbalance, feelings of - SCLERANTHUS
impatient - IMPATIENS, CHESTNUT BUD
impatient, leaps before looking - IMPATIENS
impatient, wants everything done yesterday - IMPATIENS
impatient, with people - IMPATIENS
impending evil, secret fear of - ASPEN
imposed upon, by others - CENTAURY
impotent - LARCH
impulses, violent - CHERRY PLUM
impulsiveness - IMPATIENS
impulsiveness, over-enthusiastic - VERVAIN
impulsiveness, uncontrolled, fear of - CHERRY PLUM
inability to relax - VERVAIN
inadequacy, despondent or discouraged because of - ELM
inadequacy, feelings of - ELM
inadequacy, overwhelmed by personal - ELM
inadequacy, temporary feelings of - ELM
inattentive - CLEMATIS
incensed, with/by injustice - VERVAIN
incompetence, feels that is surrounded by - IMPATIENS
indecision - SCLERANTHUS
indecision, suffers from - SCLERANTHUS
indecision, when facing problems or decisions - SCLERANTHUS
independent - WATER VIOLET
indifferent, regarding life - CLEMATIS
inferiority, feelings of - LARCH
inferiority, feelings of - LARCH
inflexible - VINE
inflexible and domineering - VINE
inflexible, in way of living - ROCK WATER
inflexible, regarding beliefs - VERVAIN
inflexible, with others - BEECH
influenced, by decisions of others - CERATO, GORSE
influenced, by hindrance and delay - GENTIAN
influenced, easily by others - CENTAURY
influenced, easily, by established conventions - CENTAURY
influenced, easily, by peer, society, or authority figures - CENTAURY
influenced, rarely - WALNUT
influenced, through hatred, envy, jealousy, suspicion, etc - HOLLY
insane, fear of becoming - CHERRY PLUM
insanity - CHERRY PLUM, CLEMATIS
insanity, fear of - CHERRY PLUM
insomnia - RESCUE REMEDY
instability - SCLERANTHUS
interest, lack of, CHESTNUT BUD, CLEMATIS, HONEYSUCKLE, OLIVE, WHITE CHESTNUT, WILD ROSE
interference, by criticising, and fussing - CHICORY
interference, by domination - VINE
interference, by over-persuasion - VERVAIN, VINE
interference, by trying to move others along - IMPATIENS
interference, from thoughts - WHITE CHESTNUT
interference, in others' lives - CHICORY
interference, through hatred, envy, jealousy, suspicion, etc - HOLLY
interviews - RESCUE REMEDY
intolerant - BEECH, IMPATIENS, VERVAIN, WATER VIOLET
intolerant, of others - BEECH
intolerant, of restraint - IMPATIENS, ROCK WATER
intolerant, overbearing - VERVAIN, VINE
intuition, developing - CERATO, WILD OAT
intuition, stimulating the gift of - CERATO, WILD OAT
intuition, trusting in - CERATO
irrational tendencies - RED CHESTNUT
irrational thoughts - CHERRY PLUM
irritable - BEECH, CHICORY, HOLLY, IMPATIENS, WILLOW

irritated, by people - IMPATIENS

J

jealousy, feelings of extreme - HOLLY
jealousy, regarding others - CHICORY
jealousy, thoughts of - HOLLY
jealousy, transmitting or receiving - HOLLY
jealousy, under attack of - HOLLY

job, change, or new - WALNUT

judgement, changeable in - CERATO
judgement, doubts own - CERATO
judgement, fear of God or religion - ASPEN
judgemental attitude - BEECH
judgemental, upon others - BEECH

K

karma, debt, belief in - WILD ROSE
karma, debt, believes has unresolved - WILD ROSE

L

lack of faith - GENTIAN
lacks confidence, in self and own decisions - CERATO
lacy of interest in the present - CLEMATIS
leadership, desire to develop potential - VINE
leadership, usually good leaders - VINE
learned helpless - WILD ROSE

lessons, fails to learn the lessons of daily life - CHESTNUT BUD
lessons, fails to learn what is observed - CHESTNUT BUD

lessons, of daily life, takes longer than others to learn - CHESTNUT BUD

letting go, difficulty in letting go of others, (loved ones, etc) - CHICORY

letting go, of persistent or unwanted thoughts - WHITE CHESTNUT

life, a drudge and a drag - CENTAURY
life, daily life a grind, and hard work - OLIVE
life, despaired of, ROCK ROSE, RESCUE REMEDY
life, lack of interest in - CLEMATIS
life, living through others - CHICORY
life, no interest in, no pleasure from, tired of - OLIVE
life-path, anger with - WILD OAT
life-path, difficulty in determining or finding - WILD OAT
life-path, helps determine one's intended - WILD OAT
life-path, resentment or dissatisfaction with - WILD OAT
lifestyle, dissatisfied with current - WILD OAT
light-headedness - CLEMATIS
limited by illness - OAK
loneliness - HEATHER, IMPATIENS, WATER VIOLET
loneliness, as an escape from life, worries, and responsibilities - AGRIMONY
loneliness, dislikes - AGRIMONY, CHICORY, HEATHER, MIMULUS
loneliness, enjoys - WATER VIOLET
loneliness, fear of - MIMULUS
loneliness, works alone - IMPATIENS
loss, fear of friend - MIMULUS
loss, fear of loved one - MIMULUS
loss, fear of partner - MIMULUS
loss, fear of relationship - MIMULUS
loved ones, children etc, overly clinging to - CHICORY
loved ones, fear of loss - MIMULUS
loved ones, living through, possessive of - CHICORY
M
makes little effort to improve situation - WILD ROSE
maltreated - RESCUE REMEDY
maltreated, children who are - ASPEN
manipulation, by others because of low self-confidence - CERATO
martyr, feelings of - ROCK WATER
martyrdom, enjoys, or engages in self - ROCK WATER
martyrdom, to a cause - VERVAIN
martyrdom, to ill-health - HEATHER
martyrdom, to own beliefs or ideals - ROCK WATER
martyrdom, to resentment: 'It's not fair!' - WILLOW
martyrdom, to self-pity: 'Poor old me!' - CHICORY
mediumistic - CENTAURY, CLEMATIS
megalomaniac - VINE
melancholic - GENTIAN, GORSE
melancholic, for no know reason - MUSTARD
melancholy, deep - MUSTARD
memories of the past, locked in - HONEY SUCKLE
memories, dwells upon those who are gone - HONEYSUCKLE
menopause - WALNUT
mental anguish, having reached the limits of endurance - SWEET CHESTNUT
mental arguments - WHITE CHESTNUT
mental tension, extreme - IMPATIENS
mental-anguish, feelings of - SWEET CHESTNUT
mental-escapism - CLEMATIS
mental-stress, suffering - RESCUE REMEDY
mental-torture, plagued with - AGRIMONY
mental-worry - AGRIMONY
mind, fear of giving way - CHERRY PLUM
misfortune, dwelling on one's unjust misfortunes: 'Poor old me!' - WILLOW
misfortune, fear of - MIMULUS
misguided, by self, by systems, by others - CENTAURY, CERATO
misguided, protection from - WALNUT
mistakes, continually repeats, or makes the same - CHESTNUT BUD
mistakes, refuses to learn by experience - CHESTNUT BUD
modesty, a false sense of - LARCH
monday-morning feeling - HORNBEAM
Monday-morning, constant feeling of - HORNBEAM
mood, alternating when facing decisions - SCLERANTHUS
mood, fluctuations when facing decisions - SCLERANTHUS
moral strength, lack of - CENTAURY
mystic ability - CENTAURY, CLEMATIS

N

need to break with past links - WALNUT
nervous-breakdown, CHERRY PLUM, OAK, SCLERANTHUS, VERVAIN, RESCUE REMEDY
nervy - AGRIMONY, CHICORY, IMPATIENS, MIMULUS, OAK, VERVAIN
neurosis - ELM
neurotic - ELM
news, effects of serious or bad - STAR OF BETHLEHEM
nightmares - ROCK ROSE
night-terrors - ASPEN, ROCK ROSE
nit-picking, with others - BEECH
no, can't say 'no' - CENTAURY
nostalgia - HONEYSUCKLE
nostalgic, overly - HONEYSUCKLE
numbness - CLEMATIS, STAR OF BETHLEHEM

O

obsessed, with care and concern for others - RED CHESTNUT
obsessed, with details - CRAB APPLE
obsessed, with fear - CHERRY PLUM
obsessed, with own troubles and experiences - HEATHER
obsessed, with recurring thoughts - WHITE CHESTNUT
obsessed, with religion - CLEMATIS, VERVAIN
obsessed, with self, own troubles, and own experiences - HEATHER
obsessed, with self-martyrdom - ROCK WATER
old ties, need to break - WALNUT
opinions, free of another's (peers, society, etc) - WATER VIOLET
opinions, uncertain, changeable, vacillating - CERATO
others, difficulty in letting go of - CHICORY
others, living life through - CHICORY
others, overly clinging to - CHICORY
others, overly protective of - CHICORY
others, protection from negative energy of - WALNUT
others, seeks advice from - CERATO
others, seeks confirmation of - CERATO
outlook, bleak about self, and about life - SWEET CHESTNUT
outlook, generally bleak - SWEET CHESTNUT
out-of-the-body feelings - CLEMATIS
over-anxious, because of beliefs - VERVAIN
overbearing, trying to direct the affairs of others - CHICORY
over-enthusiasm - VERVAIN
overwhelmed by responsibilities and feelings of inadequacy - ELM
overwhelmed, about a task of importance for the benefit of others - ELM
overwhelmed, by personal inadequacy and responsibility of chosen task - ELM

P
pain, fear of - MIMULUS
panic - RESCUE REMEDY
panic, feelings of - ROCK ROSE
panic, suffering from - RESCUE REMEDY
panicky, feelings - ROCK ROSE
parent, controlled by, under thumb of - CENTAURY
partner, controlled by, under thumb of - CENTAURY
past experiences, failure to learn from - CHESTNUT BUD
past, living in, and regrets from - HONEYSUCKLE
past, living in, hopes for better times in future - CLEMATIS
path, career, difficulty in determining or finding - WILD OAT
path, life, career, soul, difficulty in determining or finding - WILD OAT
peer, pressure to change one against own will - WALNUT
people, aversion to - MIMULUS, WATER VIOLET
people, fear of - MIMULUS
perfectionist - ROCK WATER
persuasion, against own feelings - GORSE
persuasion, protection against - WALNUT
persuasion, through hatred, envy, jealousy, suspicion, etc - HOLLY
persuasion, through kindness - AGRIMONY
persuasion, through self-distrust - CERATO
persuasion, through self-weakness - CENTAURY
persuasion, to please others - CENTAURY, GORSE
pessimism, pessimistic - GORSE
phobias - MIMULUS
pity, self, feeling sorry for self, 'Poor old me!' - WILLOW
poise, lack of - SCLERANTHUS
poise, possesses - WATER VIOLET
poison, needs to be drawn out (emotional) - CRAB APPLE
poison, needs to be drawn out (infection, illness, wound) - CRAB APPLE
poor me - WILLOW
Poor old me! - WILLOW
poor sleep - VERVAIN
possessions, hungry for, especially others' - CHICORY
possessive, overly of others (especially of loved ones) - CHICORY
possessive, regarding others, etc - CHICORY, HEATHER
poverty, fear of - MIMULUS
power, desires, over others because of strong or fanatical beliefs - VERVAIN
power, hungry for - VINE, CHICORY
present, lives in, hopes for better times in future - CLEMATIS
pressure, peer or society to change one against own will - WALNUT
pride - WATER VIOLET
pride, a proud person - WATER VIOLET
procrastination - HORNBEAM, LARCH, MIMULUS, SCLERANTHUS
protection from the influences of others - WALNUT
protection, from emotional, psychic, and religious influences - WALNUT
protection, from outside influences - WALNUT
protective, overly of others (especially of loved ones) - CHICORY
proud - WATER VIOLET
proud and aloof - WATER VIOLET
psychic ability - CENTAURY, CLEMATIS
psychic attack, from group or meditation activity (too open) - ASPEN
psychic attack, protection from - WALNUT, HOLLY
psychosis - ELM
psychosomatic illness, 'Poor old me, I'm always sick!' - WILLOW
psychosomatic illness, prone to - HEATHER
puberty, going through - WALNUT
purpose, soul, difficulty in understanding or expressing - WILD OAT

quarrel, distressed by - AGRIMONY
quiet - ASPEN, CENTAURY, SCLERANTHUS
quiet, dreamy - CLEMATIS
quiet, person moves about without noise - WATER VIOLET
quiet, shyness - MIMULUS

rape - RESCUE REMEDY
rape, victim of - ASPEN
reassuring, need of, because of distress by a startling experience - RESCUE REMEDY
redundancy - RESCUE REMEDY
regrets, from the past - HONEYSUCKLE
relationship breakdown - RESCUE REMEDY
relax, inability to - VERVAIN
religion, fear of the judgements of - ASPEN
religion, missionary complex - VERVAIN
religion, obsessed by - CLEMATIS, VERVAIN
religion, swayed easily by another's arguments - CENTAURY
religion, under attack of - VERVAIN, WALNUT
repeats, the same mistakes continually - CHESTNUT BUD
repression, by others - WILLOW
reproach and self-doubt - PINE
resentful and bitter - WILLOW
resentment and blaming others for own mistakes - WILLOW
resentment, feelings of - WILLOW
resentment, with current career or life path - WILD OAT
reserved, feelings, person - WATER VIOLET
resignation - GORSE, WILD ROSE
resignation, at times, without reason - WILD ROSE
resignation, to all that happens, no matter what - WILD ROSE
resigned to whatever happens - WILD ROSE
responsibility, burdened with - ELM
responsibility, overwhelmed by - ELM
restlessness, through impatience - IMPATIENS
restlessness, through indecision - SCLERANTHUS
restlessness, through over-enthusiasm - VERVAIN
restraint, self-inflicted - ROCK WATER
retirement, adjustment to change of - WALNUT
revenge, attacked by - HOLLY
revenge, feelings of - HOLLY
revenge, feelings of extreme - HOLLY
rigid, loosens inner rigidity - BEECH
rigid, minded - BEECH, ROCK WATER, VERVAIN, VINE
ruthless, over - VINE
sadness - PINE, STAR OF BETHLEHEM, WILD ROSE
scared, see also ‘fear’ - ROCK ROSE
security, fear of losing - MIMULUS
seeks, confirmation of others - CERATO
self, ceased to worry about - RED CHESTNUT
self, discontented with, dissatisfied with - PINE
self, obsessed with - HEATHER
Self, talking incessantly about - HEATHER
Self-absorbed - HEATHER
self-assuredness - VINE, WATER VIOLET
self-blame - PINE
self-centred - WILLOW
self-centred, because of own troubles - HEATHER
self-centred, overly of others (especially of loved ones) - CHICORY
self-centred, regarding others - CHICORY
self-concern, high degree of - HEATHER
self-condemnation - CRAB APPLE
self-condemning - PINE
self-confidence, lack of - LARCH
self-confidence, lack of, because of fear - MIMULUS
self-confidence, lack of, low, unable to make own decisions - CERATO
self-criticising - ROCK WATER, PINE
self-denying - CENTAURY, ROCK WATER
self-destruction, suicidal - AGRIMONY, ASPEN, CHERRY PLUM
self-destruction, suicidal - CLEMATIS, MIMULUS, ROCK ROSE
self-destruction, thoughts of - CHERRY PLUM
self-detestation, feelings of - CRAB APPLE
self-disgust, feelings of - CRAB APPLE
self-distrust - CERATO
self-doubt - CERATO
self-doubt and reproach - PINE
self-fulfilling prophecy of failure - LARCH
self-idealistic - ROCK WATER
self-important - CHICORY, HEATHER, VINE
self-love, regarding others - CHICORY
self-martyrdom - CENTAURY, ROCK WATER
self-pity, 'Poor old me!' - WILLOW, HEATHER
self-pity, regarding others - CHICORY
self-reliance - IMPATIENS, VINE, WATER VIOLET
self-repressing - ROCK WATER
self-reproach - PINE
self-sacrifice, neglecting own mission in life - CENTAURY
sensitive, over-sensitive to others - AGRIMONY, CENTAURY, HOLLY, WALNUT
sensitivity to outside influences - WALNUT
sensitivity, hides it - AGRIMONY
sensitivity, to external influences, WALNUT
sensitivity, to hatred, envy, jealousy, suspicion, etc - HOLLY
servile, a servant more than a willing helper - CENTAURY
servile, a 'willing server' - CENTAURY
set-backs, discouraged by - GENTIAN
set-backs, frightened by - MIMULUS
set-backs, gives in to, defeated by - GORSE
set-backs, perseveres through - OAK
shock - RESCUE REMEDY
shock, a state of mental or physical - STAR OF BETHLEHEM
shock, all forms of - STAR OF BETHLEHEM
shock, because of despair or despondency - STAR OF BETHLEHEM
shock, for all the effects of serious news - STAR OF BETHLEHEM
shock, individual in a state of - RESCUE REMEDY
shock, recent, individual in a state of - ROCK ROSE
shock, suffering of - RESCUE REMEDY
shy and timid - MIMULUS
shyness, feelings of - MIMULUS
sleepy, not fully awake - CLEMATIS
slow, because of a lack on interest - CLEMATIS
slow, in decision making - SCLERANTHUS
slow, in learning, repeats mistakes - CHESTNUT BUD
society, pressure to change one against own will - WALNUT
soul-purpose, difficulty in understanding or expressing - WILD OAT
stage-fright - MIMULUS
static, in the mind, difficulty in thinking clearly - WHITE CHESTNUT
stiffness, physical, stiff individual - WATER VIOLET
strain - IMPATIENS, ROCK WATER, VERVAIN
strain, because of beliefs - VERVAIN
strength, to focus upon and achieve definite ambitions - WALNUT
strengthening, needs, medication, vitamins, regression, clearing - HORNBEAM
stress, because of beliefs - VERVAIN
stress, feels that one can no longer cope - OAK
stress, mental - RESCUE REMEDY
stress, under unremitting - OLIVE
strict, with others - BEECH, CHICORY, VERVAIN, VINE
strict, with self, in way of living - ROCK WATER
struggle, against great or overwhelming mental and physical odds - OAK
struggle, fighting to succeed, overcome, or get well - OAK
struggle, no longer able to struggle against adversity, or illness - OAK
success, feelings that one never will be - LARCH
sudden, alarm, illness, shock, accident - RESCUE REMEDY, ROCK ROSE
sudden, shock, RESCUE REMEDY
suffering, for others (especially loved ones) - RED CHESTNUT
suffering, mentally or physically that results in exhaustion - OLIVE
suicidal - AGRIMONY, ASPEN, CHERRY PLUM, CLEMATIS, MIMULUS, ROCK ROSE, RESCUE REMEDY
suicidal and desperate - CHERRY PLUM
suicide, thoughts of - CHERRY PLUM
sulky - WILLOW
surrendered, ambitions, apathetically or without resistance - WILD ROSE
surrendered, the struggle of life without complaint or effort - WILD ROSE
surroundings, new - WALNUT
suspicion - HOLLY
suspicion, feelings of extreme - HOLLY
suspicion, thoughts of - HOLLY
suspicion, under attack of - HOLLY
swayed easily by another's arguments - CENTAURY
sympathy, 'hungry' for, wish for - CHICORY, HEATHER
sympathy, lack of - BEECH, VINE

talkative - CERATO, CHICORY, HEATHER, HONEYSUCKLE, VERVAIN
talkative, need to talk to people, no matter who - HEATHER
talkative, overly, or incessant - HEATHER
tearful - CHICORY, SCLERANTHUS
tething - WALNUT
temper, uncontrolled - CHERRY PLUM
temptation, to move away from own path, and work, by others - WALNUT
tension - BEECH, IMPATIENS, ROCK WATER, STAR OF BETHLEHEM
tension - VERVAIN, VINE, RESCUE REMEDY
tension, a physically tense person - WATER VIOLET
tension, because of fear - MIMULUS, ASPEN, ROCK ROSE
tension, because of fear - RED CHESTNUT, CHERRY PLUM
tension, because of fear - RESCUE REMEDY
tension, suffering of - RESCUE REMEDY
terror - ROCK ROSE, RESCUE REMEDY
terror, frozen in - ROCK ROSE
terror, sheer - ROCK ROSE
terror, suffering of - RESCUE REMEDY

thoughts, (of concern) negative, about others - RED CHESTNUT

thoughts, cycling, and causing mental torture - WHITE CHESTNUT

thoughts, delusional - CHERRY PLUM

thoughts, difficulty in thinking clearly because of 'static' - WHITE CHESTNUT

thoughts, irrational - CHERRY PLUM

thoughts, judgemental - BEECH

thoughts, of future - CLEMATIS

thoughts, of past - HONEYSUCKLE

thoughts, of revenge against self - HOLLY

thoughts, of revenge by self - HOLLY

thoughts, persistent unwanted - WHITE CHESTNUT

thoughts, plagued by unwanted - WHITE CHESTNUT

thoughts, pre-occupied with a worry or episode - WHITE CHESTNUT

thoughts, self-destructive, dread of - CHERRY PLUM

thoughts, suicidal - CHERRY PLUM

thoughts, uncontrolled - CHERRY PLUM

timid and shy - MIMULUS

timidity, feelings of - MIMULUS

tiredness - CENTAURY, HORNBEAM, OLIVE, WILD ROSE

tiredness, because of apathy - WILD ROSE

tiredness, because of beliefs - VERVAIN

tiredness, because of lack of vitality - CLEMATIS

tiredness, cannot carry life's burden any further - HORNBEAM

tiredness, constantly having that 'Monday Morning' feeling - HORNBEAM

tiredness, from mental or physical suffering - OLIVE

tiredness, mental, physical - HORNBEAM, OLIVE

tiredness, that there is no more strength to make any further effort - OLIVE

tiredness, through strain and effort - VERVAIN

tiredness, through weak-will - CENTAURY

tongue-tied - MIMULUS
trait, ashamed of - CRAB APPLE

transition, new relationship, marriage, divorce - WALNUT

transition, new surroundings, new country, new job, leaving home - WALNUT

transition, teething, puberty, menopause - WALNUT

trauma - RESCUE REMEDY

treatment, only under persuasion, will try different treatments - GORSE

trivia, fixated on - CRAB APPLE

troubles, obsessed with own - HEATHER

tyrranical - VINE

U

unable to cooperate - IMPATIENS

unable to forgive - WILLOW

uncertainty - GENTIAN, CERATO, GORSE, HORNBEAM, SCLERANTHUS, WILD OAT

uncertainty, because of a lack of ambition - WILD OAT

uncertainty, because of a lack of faith - GENTIAN

uncertainty, because of a lack of hope - GORSE

uncertainty, because of a lack of strength and vitality - HORNBEAM

uncertainty, because of a lack of vision - WILD OAT

uncertainty, because of self-distrust - CERATO

uncertainty, feelings of - SCLERANTHUS

uncertainty, in the mind when deciding between two things - SCLERANTHUS

unclean feelings, mentally or emotionally - CRAB APPLE

uncleanliness, feelings of - CRAB APPLE

unconscious, individual in a state of - ROCK ROSE

unconscious, individual is - AGRIMONY

unconsciousness - CLEMATIS

uncontrolled, temper - CHERRY PLUM

uncontrolled, thoughts - CHERRY PLUM

undecided, which path to follow - WILD OAT

understanding, unable to show - BEECH
unhappiness, state of - CLEMATIS, HOLLY, HONEYSUCKLE, OLIVE, PINE,
unhappiness, state of - STAR OF BETHLEHEM, WATER VIOLET, WILD ROSE, WILLOW
unknown, cause of depression - MUSTARD
unknown, cause of despair - MUSTARD
unknown, causes of fear - ASPEN
unreliable, because is easily influenced by others - CENTAURY
unreliable, because of self-distrust - CERATO
unreliable, because of uncertainty - SCLERANTHUS
unwanted preoccupations, worries, and thoughts, - WHITE CHESTNUT
unwanted thoughts, preoccupations and worries - WHITE CHESTNUT
unwanted worries, thoughts, and preoccupations - WHITE CHESTNUT
V
vacillation, feelings of - SCLERANTHUS
vacillation, when facing decisions - SCLERANTHUS
vexations - HOLLY, PINE
vice, minor hidden - AGRIMONY
violence, victim of - RESCUE REMEDY
violence, violent impulses - CHERRY PLUM
violent, temperament - HOLLY, IMPATIENS, VERVAIN, VINE
violent, through fear - CHERRY PLUM
violent, through instability - OAK, SCLERANTHUS
vitality, new, to mind and body - CENTAURY
vitality, sapped by others - AGRIMONY, CENTAURY, CLEMATIS, MIMULUS
vitality, saps others - CERATO, CHICORY, HEATHER, HOLLY
vitality, saps others - HONEYSUCKLE, VERVAIN, VINE
W
weak, following an illness - GENTIAN
weakness, doubt of strength and ability - HORNBEAM
weakness, exhausted - OLIVE
weak-willed - CENTAURY
weariness - CENTAURY, HORNBEAM, OLIVE, WILD ROSE
weariness, because of apathy - WILD ROSE
weariness, because of beliefs - VERVAIN
weariness, because of lack of vitality - CLEMATIS
weariness, cannot carry life's burden any further - HORNBEAM
weariness, constantly having that 'Monday Morning' feeling - HORNBEAM
weariness, from mental or physical suffering - OLIVE
weariness, mental, physical - HORNBEAM, OLIVE
weariness, that there is no more strength to make any further effort - OLIVE
weariness, through strain and effort - VERVAIN
weariness, through weak-will - CENTAURY

wedding day nerves - RESCUE REMEDY
weeping - CHICORY, HEATHER, SCLERANTHUS
weeps easily - CHICORY, HEATHER
weepy - CHICORY, SCLERANTHUS
welfare of others, worry over - VERVAIN
will, strong - BEECH, CHICORY, ROCK WATER, VERVAIN, VINE
will, trying to impose on others - BEECH, VINE
will, weak - CENTAURY
withdrawal, hiding behind - AGRIMONY
work, prefers own pace, rather than pace set by others - IMPATIENS
work, prefers to work alone, free of the 'arse-holes' - IMPATIENS
worries, hides behind a brave face, worries, doesn't complain - AGRIMONY
worries, hiding behind a brave face, alcohol, drugs, food, etc - AGRIMONY
worries, withdraws and becomes a hermit - AGRIMONY
worry, ceased to worry about self - RED CHESTNUT
worry, fussiness, flapping - CHICORY
worry, hidden - AGRIMONY
worry, over other people's troubles - RED CHESTNUT
worry, over own troubles - HEATHER
worry, over the welfare of others - VERVAIN
worry, plagued by - AGRIMONY
worry, plagued by unwanted thoughts - WHITE CHESTNUT
worry, pre-occupation with a worry or episode - WHITE CHESTNUT
worry, vague - ASPEN

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PSYCHOLOGICAL ADJUNCT

Panic Disorder, General - RESCUE REMEDY, WALNUT
Panic Disorder, Fear/Anxiety (Known) - MIMULUS
Panic Disorder, Fear/Anxiety (Unknown) - ASPEN
Panic Disorder, Depression (Known) - GENTIAN
Panic Disorder, Depression (Unknown) - MUSTARD
Panic Disorder, Depletion - OAK
Agoraphobia, General - Rescue Remedy, Walnut
Agoraphobia, Fear/Anxiety (Known) - Mimulus
Agoraphobia, Depression (Known) - Gentian
Agoraphobia, Low Confidence - Larch
Agoraphobia, Depletion - Oak.
Social Phobia, General - Rescue Remedy, Walnut
Social Phobia, Inferiority - Larch
Social Phobia, Fear/Anxiety (Known) - Mimulus
Social Phobia, Depression (Known) - Gentian
Social Phobia, Depletion - Oak.
Specific Phobia, General - Rescue Remedy, Walnut
Specific Phobia, Fear/Anxiety (Known) - Mimulus
Specific Phobia, Depression (Known) - Gentian
Specific Phobia, Depletion - Oak.
Generalized Anxiety Disorder, General - Rescue Remedy, Walnut
Generalized Anxiety Disorder, Fear/Anxiety (Known) - Mimulus
Generalized Anxiety Disorder, Fear/Anxiety (Unknown) - Aspen
Generalized Anxiety Disorder, Depression (Known) - Gentian
Generalized Anxiety Disorder, Depression (Unknown) - Mustard
Generalized Anxiety Disorder, Depletion - Oak.
Obsessive-Compulsive Disorder, General - Rescue Remedy, Walnut
Obsessive-Compulsive Disorder, Repeating Thoughts - White Chestnut
Obsessive-Compulsive Disorder, Hiding Problem - Agrimony
Obsessive-Compulsive Disorder, Weak Willed - Centaury
Obsessive-Compulsive Disorder, Fear/Anxiety (Known) - Mimulus
Obsessive-Compulsive Disorder, Depression (Known) - Gentian
Obsessive-Compulsive Disorder, Depletion - Oak
Post-Traumatic Stress Disorder, General - Rescue Remedy, Walnut
Post-Traumatic Stress Disorder, Repeating Thoughts - White Chestnut
Post-Traumatic Stress Disorder, Self-Denial - Rock Water
Post-Traumatic Stress Disorder, Guilt - Pine
Post-Traumatic Stress Disorder, Fear/Anxiety (Known) - Mimulus
Post-Traumatic Stress Disorder, Depression (Known) - Gentian
Post-Traumatic Stress Disorder, Depletion - Oak
Acute Stress Disorder, General - Rescue Remedy, Walnut
Acute Stress Disorder, Fear/Anxiety (Known) - Mimulus
Acute Stress Disorder, Fear/Anxiety (Unknown) - Aspen
Acute Stress Disorder, Depression (Known) - Gentian
Acute Stress Disorder, Depression (Unknown) - Mustard
Acute Stress Disorder, Depletion - Oak.
Anxiety Disorder Due To Medical Condition, General - Rescue Remedy, Walnut
Anxiety Disorder Due To Medical Condition, Resentment - Willow
Anxiety Disorder Due To Medical Condition, Fear/Anxiety (Known) - Mimulus
Anxiety Disorder Due To Medical Condition, Depression (Known) - Gentian
Anxiety Disorder Due To Medical Condition, Depletion - Oak.
Substance Induced Anxiety Disorder, General - Rescue Remedy, Walnut
Substance Induced Anxiety Disorder, Addiction - Agrimony
Substance Induced Anxiety Disorder, Weak Willed - Centaury
Substance Induced Anxiety Disorder, Fear/Anxiety (Known) - Mimulus
Substance Induced Anxiety Disorder, Depression (Known) - Gentian
Substance Induced Anxiety Disorder, Depletion - Oak.

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APPENDIX - TINCTURE PREPARATION

The question is often asked, 'How are the Bach Flower Remedy Tinctures actually made?'

Dr Edward Bach employed two methods in the preparation of his Mother Tinctures:

1) **The Sun Method** - Bach used this method for the preparation of twenty of his remedies. These were remedies which were specifically prepared from flowers that 'bloom in the summer months'

2) **The Boiling Method** - Bach used this method for the preparation of his other eighteen remedies; which were specifically prepared from trees, bushes, plants, etc, and from flowers that 'bloom early in the year'

Final Tincture

The Mother Tinctures are prepared from the source materials and natural spring water using the Sun or Boiling methods. The method of preparation was precisely specified and described by Bach, and has been exactly followed to the present time.

Then, the initial mother tincture, which is made up of the energized spring water, is mixed with an equal quantity of brandy, which acts as a preservative.

Finally, two drops of the Mother Tincture are added to 30 ml of brandy. This makes up the stock bottle, which is the product on sale to the public.

End

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