

Bach Flower Remedies

AGRIMONY *Agrimonia eupatoria* (yellow)

Positive Qualities: Emotional honesty. Obtaining true inner peace

Patterns of Imbalance: Unhappiness covered by cheerfulness. A tendency to deny and avoid confrontation and emotional pain. Addictive behavior patterns. Turning to addictions to cope with emotions

ASPEN *Populus tremula* (green/gray)

Positive Qualities: Confidence in the future. Trust in the ability to handle upcoming events. Spirituality as a means of gaining strength

Patterns of Imbalance: Vague fear of the future. Fear of things that are not known or have not been previously experienced. Nightmares. Inability to rely on spiritual strengths and experiences

BEECH *Fagus sylvatica* (red)

Positive Qualities: Tolerance. Acceptance of others. Seeing the good to be found in each person and situation. Able to overlook or forgive the mistakes of others

Patterns of Imbalance: Intolerance of human imperfection. Expects too much of others. Pointing out another's faults instead of working on one's own

CENTUARY *Centaureum erythraea* (pink)

Positive Qualities: Balance between serving others and recognizing one's own needs and limits. Being able to say "no" when the situation demands.

Patterns of Imbalance: Easily fatigued and worn down by the needs of others. Neglecting oneself in the service of others.

CERATO *Ceratostigma willmottiana* (blue)

Positive Qualities: The ability to trust inner feelings and direction. Listening to the guidance of the Spirit. Self-confidence. Intuition. Certainty.

Patterns of Imbalance: Uncertainty or doubt. Inability to listen to one's inner voice. Over-dependence on the opinions of others.

CHERRY PLUM *Prunus cerasifera* (white)

Positive Qualities: Feelings of being guided and protected by a Higher Power. Balance and calm reason even in the face of extreme stress.

Patterns of Imbalance: Fear of losing control mentally or emotionally. Destructive emotional patterns in relationships. Suicidal thoughts.

Ingredient of Rescue Remedy—used for shock & trauma to emotions and spirit.

CHESTNUT BUD *Aesculus hippocastanum* (green buds)

Positive Qualities: Learning from personal experience and the experiences of others. Understanding spiritual laws. Deep spirituality. Great wisdom.

Patterns of Imbalance: Lack of connection between action and consequence. Failure to learn from life's experiences. The continual repeating of the same mistakes and destructive patterns.

CHICORY *Cichorium intybus* (blue)

Positive Qualities: The ability to love both freely and appropriately. Respecting others as individuals.

Patterns of Imbalance: Mistaking possessiveness, irrational demands, and neediness as expressions of love. Getting attention through negative behavior. Self-centeredness.

CLEMATIS *Clematis vitalba* (white)

Positive Qualities: Inspired in practical daily situations. The ability to bring dreams into reality.

Patterns of Imbalance: Continual daydreaming as a means of escaping the present. Impractical ideas. An attraction to psychotropic drugs or fantasy games and movies.

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit.

CRAB APPLE *Malus sylvestris* (white, tinged with pink)

Positive Qualities: The ability to recognize that it is through trial and error that lessons are learned.

Patterns of Imbalance: Obsessive worry and feelings of being unclean or unworthy. Disgust or shame for the physical body. Allergies and psychosomatic illnesses.

ELM *Ulmus procera* (reddish brown)

Positive Qualities: Service performed with joy. Good leadership skills. Able to receive kindness.

Patterns of Imbalance: Overwhelmed by duties and responsibilities. Doubting own ability to handle the demands of the day.

FIVE-FLOWER FORMULA *Cherry Plum, Clematis, Impatiens, Rock Rose & Star of Bethlehem*

Positive Qualities: Calmness and stability in any emergency or time of high stress.

Patterns of Imbalance: Panic. Disorientation. Loss of consciousness.

GENTIAN *Gentiana amarella* (purple)

Positive Qualities: Deep and unwavering faith. Seeing the entire picture and one's place in it.

Patterns of Imbalance: Discouragement. Inability to bounce back from trials or setbacks.

GORSE *Ulex europaeus* (golden yellow)

Positive Qualities: Deep and abiding faith. Hope for the future. Optimism. Walking in the light.

Patterns of Imbalance: Discouragement. Feelings of darkness and hopelessness. Resignation.

HEATHER *Calluna vulgaris* (pink, purple)

Positive Qualities: Inner peace and tranquility. Emotional self-sufficiency. Ability to care for others.

Patterns of Imbalance: Continually absorbed in and talking about own problems. Lonely. Dysfunctional

HOLLY *Ilex aquifolium* (white, tinged with pink)

Positive Qualities: The realization that love is universal and available to all. Having an open heart.

Patterns of Imbalance: Feeling isolated and alone. Feelings of envy, suspicion, or anger.

HONEYSUCKLE *Lonicera caprifolium* (red/white)

Positive Qualities: Flexible and adaptable. Faces changes with enthusiasm and purpose.

Patterns of Imbalance: Living in the past. Longing for past relationships. Inability to accept change.

HORNBEAM *Carpinus betulus* (yellow/green)

Positive Qualities: Unlimited reserves of energy. A new approach to old situations.

Patterns of Imbalance: Fatigue. Feeling that life is monotonous. Emotional exhaustion.

IMPATIENS *Impatiens glandulifera* (pink/mauve)

Positive Qualities: Being in the moment. Calm. Attentive. Peaceful. Patient.

Patterns of Imbalance: Great tension. Creating stress where none need exist. Irritability. Impatience.

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit.

LARCH *Larix decieua* (red yellow)

Positive Qualities: Self-confidence. An ability to express oneself verbally and creatively. Spontaneous. Willing to take sensible risks.

Patterns of Imbalance: Doubting oneself and one's abilities. Lack of self-confidence. Afraid to try anything new or take any risks.

MIMULUS *Mimulus guttatus* (yellow, red spots)

Positive Qualities: Courage within oneself. The confidence to face the challenges presented.

Patterns of Imbalance: Fearfulness in everyday situations. Shyness, hypersensitive, anxiety and stress in the solar plexus.

MUSTARD *Sinapis arvensis* (yellow)

Positive Qualities: Finding joy in life. The ability to stay stable from day to day.

Patterns of Imbalance: Being overwhelmed with despair and sadness. Discouragement. Depression that has no obvious cause.

OAK *Quercus robur* (red)

Positive Qualities: Strength and endurance balanced with a respect for one's limits.

Patterns of Imbalance: Inflexible. Working beyond the limits of human endurance.

OLIVE *Olea europaea* (white)

Positive Qualities: Ability to recover emotional strength and physical energy quickly. Deep reserves within oneself. Awareness of the connection between the physical body and the spirit.

Patterns of Imbalance: Complete exhaustion after a long struggle. Inability to regain strength

PINE *Pinus sylvestris* (red f./yellow m.)

Positive Qualities: Acknowledgment of one's faults without excessive self-blame. Regret and remorse when it is appropriate but with the courage to set things right and move on.

Patterns of Imbalance: Excessive guilt. Inability to move on from past mistakes. Emotional paralysis.

RED CHESTNUT *Aesculus carnea* (red)

Positive Qualities: The ability to radiate peace, unconditional love and compassion. Trust that all is unfolding as it should in the lives of our family and friends. Trust in their abilities.

Patterns of Imbalance: Obsessive worry masquerading as love with little efforts to actually give aid.

ROCK ROSE *Helianthemum nummularium* (yellow)

Positive Qualities: Courage, inner peace and tranquility in the face of obstacles and challenges.

Patterns of Imbalance: Deep fear. Terror. Panic. Fear of death. Pain. Grief. Loneliness.

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit.

ROCK WATER *solarized spring water*

Positive Qualities: Ability to discern and follow the spirit rather than the letter of the law. In touch with one's own feelings.

Patterns of Imbalance: Rigid standards and adherence to tradition and law. Inflexible. Obsessive

SCLERANTHUS *Scleranthus annuus* (green)

Positive Qualities: Clarity of purpose and direction. Ability to act with intuition and inspiration.

Patterns of Imbalance: Inability to make choices. Postponing life's decisions. Wavering between choices

STAR OF BETHLEHEM *Ornithogalum umbellatum* (white)

Positive Qualities: Restores inner strength after traumatic events—either present or from the past.

Patterns of Imbalance: Inability to draw strength from the spiritual realm. Slowed mental capacity.

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit.

SWEET CHESTNUT *Castanea sativa* (green f./yellow m.)

Positive Qualities: Deep courage and faith. Knowing and trusting oneself and the goodness of Heaven. Surrender to the will of God and the lessons of life.

Patterns of Imbalance: Despair and anguish. Experiencing personally the “dark night of the soul”. Inability to trust and believe that there is a God and a plan.

VERVAIN *Verbena officinalis* (pink/mauve)

Positive Qualities: Strong, passionate idealism balanced with the ability to practice moderation. Tolerance. Balance. Idealism offset by practicality.

Patterns of Imbalance: Being over-bearing or intolerant. Fanaticism. Nervous exhaustion. Burnout. Digestive problems. Nervous prostration or breakdown

VINE *Vitis vinifera* (green)

Positive Qualities: Strong will and sense of purpose. Organized. Able to recognize another's abilities.

Patterns of Imbalance: Domineering, thinks their way is the only way. Forcing others to their will.

WALNUT *Juglans regia* (green)

Positive Qualities: The ability to accept change. The courage to follow intuition and inspiration.

Patterns of Imbalance: Doubt. Confusion. Too much attention given to the opinions of others.

WATER VIOLET *Hottonia palustris* (pale mauve, yellow center)

Positive Qualities: Capable and self-contained. Compassionate. Joyful and connected in relationships

Patterns of Imbalance: Aloof and withdrawn. Even proud or arrogant. Unable to give of oneself in personal or community relationships.

WHITE CHESTNUT *Aesculus hippocastanum* (white with pink, red & yellow centers) (also known as Horse Chestnut)

Positive Qualities: Having a calm and peaceful mind, spirit, and heart.

Patterns of Imbalance: Repetitive thoughts. Chattering mind. Compulsive. Obsessive. Anxious

WILD OAT *Bromus ramosus* (green)

Positive Qualities: Walking through life with a feeling of purpose and direction from Heaven. Living according to one's goal and principles. Completely motivated by a sense of purpose and specific calling.

Patterns of Imbalance: Confusion and indecision about life direction. Chronically dissatisfied and tired, yet restless and continually seeking for purpose or at least for something new and different.

WILD ROSE *Rose canina* (pink or white) also known as Dog Rose

Positive Qualities: Will to live. Motivation. Joy in life. Interest in the world around them. Feeling that life is a privilege. Desire to learn and grown

Patterns of Imbalance: Lack of hope, giving up on life. Negativity which fosters chronic illness. An excellent remedy for convalescence and lingering illnesses.

WILLOW *Salix vitelina* (green)

Positive Qualities: Acceptance. Forgiveness. Taking responsibility for personal circumstances

Patterns of Imbalance: Feeling resentful, inflexible or bitter. Feeling that life is unfair or that one is a victim. Inability to take responsibility or recognize the connection between actions and consequences.