

Bach Flowers Blessed Waters Kit

Agrimony

(*Agrimonia eupatoria*)

Positive qualities: Recognizing and working with pain on an emotional level and being emotionally honest. Ability to emanate a genuine calmness and inner peace.

Patterns of imbalance: A cheerfulness mask that hides anxiety. Avoidance and denial of emotional pain. Addictive behavior to desensitize feelings. A cheerfulness mask that hides anxiety. Avoidance and denial of emotional pain. Addictive behavior to desensitize feelings.

Aspen

(*Populus tremula*)

Positive qualities: Confidence and trust when meeting new experiences and challenges; able to draw inner strength from one's faith; able to receive energetic impressions from others—even, on occasion from the 'other side of the veil'.

Patterns of imbalance: Fear of the unknown and of one's abilities; vague anxiety and apprehension; nightmares; inability to rely on or even remember the spiritual strengths and experiences of the past as a way to cope with the present trial.

Beech

(*Fagus sylvatica*)

Positive qualities: A high degree of tolerance with an ability to accept others as they are; ability to understand other people, seeing the good and nurturing them with patience, praise, and kindness.

Patterns of imbalance: Intolerance; judgmental attitudes; critical of others; over-reactive to perceived insults that cause them to react with violent or destructive behaviors.

Centaury

(*Centaureum erythraea*)

Positive qualities: Nourishing one's own needs and serving others from inner strength. Knowing when to say "No" appropriately. Acting from strength of inner purpose.

Patterns of imbalance: Others dominate, acting selfishly, weak-willed, subservient, acting to please, unable to say "No", fatigue and related problems due to neglecting oneself.

Cerato

(*Ceratostigma willmottiana*)

Positive qualities: Able to trust what one knows by the Spirit; intuition; self-confidence; certainty; a healthy respect for the opinions of others while keeping sight of their own principles and desires.

Patterns of imbalance: Uncertainty or doubt of one's own principles, desires, and likes and dislikes; invalidating and apologizing for what one knows; over-dependent on the advice and opinions of others.

Cherry Plum

(*Prunus cerasifera*)

Positive qualities: A high degree of tolerance with an ability to accept others as they are; ability to understand other people, seeing the good and nurturing them with patience, praise, and kindness.

Patterns of imbalance: Intolerance; judgmental attitudes; critical of others; over-reactive to perceived insults that cause them to react with violent or destructive behaviors.

Chestnut Bud

(*Aesculus hippocastanum*)

Positive qualities: Life wisdom, karma law is understood, life experience strengthens knowledge.

Patterns of imbalance: Failure to learn from past mistakes and repeats them, not able to learn from one's experiences.

Chicory

(*Cichorium intybus*)

Positive qualities: Love is given freely and selflessly, but always respecting the freedom and individuality of their loved ones.

Patterns of imbalance: Expressing 'love' by being possessive, demanding, and needy; getting attention through negative behavior; selfishness and self-centeredness.

Clematis

(*Clematis vitalba*)

Positive qualities: Ability to both plan for the future and carry out those plans; able to tell the inspiration of the Spirit from wishful thinking and personal desires; inspired ideas but with practical application.

Patterns of imbalance: Not sufficiently present in the here and now; constantly living in the past or talking of the future; drowsy and light-headed; prone to daydreaming.

Crab Apple

(*Malus sylvestris*)

Positive qualities: Learning from suffering and imperfection; patience with self and others; balance and clear choices between physical passions and spiritual quests.

Patterns of imbalance: Feeling unclean or unworthy; obsessed with imperfection; unwilling to accept that things in this world are less than perfect; disgust or shame for the physical body; guilt at small or even just perceived imperfections.

Elm

(*Ulmus procera*)

Positive qualities: Serves joyously, ability to bear tasks effectively, has confidence and faith to complete their tasks.

Patterns of imbalance: Personal and work commitments are overwhelming, feeling unable to perform tasks, scattered or dysfunctional to commitments and responsibilities.

Field of Flowers

Combination of all 38 Bach Flowers

Great for many emotional symptoms such as depression, despondency, despair, fear, anxiety, etc.

Five Flower Formula

Five Flower Formula is most effective when used on the occasion of any profound trauma or emergency in helping the person cope with extreme pain and shock. Five Flower Formula brings immediate calm and helps with the physical and emotional aspects of shock.

This formula is also useful for energy work when the client becomes too involved in the trauma they are trying to work on. I have also found this remedy to be a wonderful resource for children that are upset or frightened.

Gentian

(Gentiana amarella)

Positive qualities: Confident, able to persevere, with setbacks able to continue with faith.

Patterns of imbalance: Setbacks or failures cause discouragement, depression, and doubt.

Gorse

(Ulex europaeus)

Positive qualities: Deep and abiding faith; hope for a better day; joyful acceptance of life as it is; contagious optimism spreading light and joy to others; composure; evenness of temper; inner light; spiritual insight.

Patterns of imbalance: Pessimism; discouragement; darkness; hopelessness; resignation; unable to even imagine or have faith in a happy and positive outcome for the future of current events and circumstances; physical ailments as a result of the persistent feelings of despair.

Heather

(Calluna vulgaris)

Positive qualities: Inner calmness or peace; self-sufficiency emotionally; positive aloneness.

Patterns of imbalance: Self-absorbed and talkative; only concerned with one's own problems; unconscious of taking over others' psychic energy.

Holly

(Ilex aquifolium)

Positive qualities: Brings a feeling of connection and love into our hearts.

Patterns of imbalance: Troubled in our lives by jealousy, envy, lack of connection to others, and even strong feelings of hatred.

Honeysuckle

(Lonicera caprifolium)

Positive qualities: Living fully in the present; able to acknowledge a longing for one's previous heavenly home and live for a return there, but able to build for the future right where one stands on this earth.

Patterns of imbalance: Nostalgia; homesickness; longing for life to return to how it used to be; unable to enjoy the present because all energy and conversation is concentrated on the past.

Hornbeam

(Carpinus betulus)

Positive qualities: Unbounded steady state of energy; contagious enthusiasm; connection and joyful involvement in the tasks and events of daily life and work; ability to conceive and carry out new and exciting approaches to old tasks; sufficient strength to carry out life's tasks.

Patterns of imbalance: Fatigue, usually brought on by boredom and lack of connection and attention to the routines of daily life; weariness completely out of proportion to the health of the physical body; living beneath one's potential; lethargy of mind and body; mild depression.

Impatiens

(Impatiens glandulifera)

Positive qualities: Patience, acceptance; flowing with the pace of life; adaptable to other's energies; efficient but patient with self and with the work pace of others.

Patterns of imbalance: Impatience; irritation; hypertension; muscle tension; nervous tension; intolerance; cardiovascular strain and problems; high blood pressure; sudden explosions of temper.

Larch

(Larix decidua)

Positive qualities: Able to take risks and be spontaneous, self-confident, creative expression.

Patterns of imbalance: Unable to communicate or speak with confidence or has a lack of confidence, expect to fail.

Mimulus

(Mimulus guttatus)

Positive qualities: When facing life's challenges - have confidence and courage, radiant light to the world.

Patterns of imbalance: Constant fear, a dread of things, persons, or events, anticipatory fears, chronic phobias, nervousness.

Mustard

(Sinapsis arvensis)

Positive qualities: Emotionally steady; ability to endure suffering and setbacks with joy, a positive attitude, and the ability to learn from the experiences of life; understanding and experiencing the dark times as a step in the process of growing toward perfection.

Patterns of imbalance: Overwhelmed by gloom and despair, particularly when called upon to endure hardship or pain; bouts of creativity bordering on mania followed by depression (bi-polar); triggered into the depths of despair by a word, a look, or even a person casually encountered.

Oak

(Quercus robur)

Positive qualities: Knowing limitations and when to surrender, balancing their strengths.

Patterns of imbalance: Taking on too many things, strong-willed, stubborn.

Olive

(*Olea europea*)

Positive qualities: Restores a connection to Heaven and inspiration; feeling renewed energy by tapping into the strength of the Spirit; having a strong desire to live life according to the will and inspiration of Heaven.

Patterns of imbalance: Extreme physical symptoms of exhaustion and weariness where the individual needs to reach a higher spiritual plain to gain or regain balance; depression; discouragement; absent-mindedness.

Pine

(*Pinus sylvestrus*)

Positive qualities: Self-acceptance; self-forgiveness; freedom from inappropriate guilt and blame; ability to move forward, building on the lessons learned from past mistakes.

Patterns of imbalance: Guilt, self-blame; self-criticism; inability to accept one's value and contributions; paralyzed by fear of making the same mistakes as in the past.

Red Chestnut

(*Aesculus carnea*)

Positive qualities: Caring for others with gentleness and calm; inner peace; trust in the future and the unfolding events of life.

Patterns of imbalance: Obsessive fear and worry for the well-being of others; worry in anticipation of problems that may be coming for other people, especially loved ones.

Rock Rose

(*Helianthemum nummularium*)

Positive qualities: Courage, inner peace, and tranquility when facing great challenges; able to take control.

Patterns of imbalance: Deep fear, terror, panic; fear of death; use for any extreme of fear, pain, grief or loneliness.

Scleranthus

(*Scleranthus annuus*)

Positive qualities: Able to consider choices and make decisions, able to be decisive and has an inner resolve.

Patterns of imbalance: Is hesitant in making choices or decisions, has doubt, uncertainty, and/or confusion.

Star of Bethlehem

(*Ornithogalum umbellatum*)

Positive qualities: Sense of one's place as a child of the Divine; exceptional recovery from deep shock or trauma; the ability to move beyond trauma, either current or from the past.

Patterns of imbalance: Lack of recovery from shock or trauma, either recent or from the past; a need for healing and comfort from the spiritual world but unfortunately linked to an inability to receive or accept the comfort of the Spirit.

Sweet Chestnut

(*Castanea sativa*)

Positive qualities: Deep courage and faith which comes from knowing and trusting the spiritual world and one's ability to communicate with it.

Patterns of imbalance: Strong despair and anguish; experiencing the "dark night of the soul"; seemingly unable to summon sufficient inner strength to survive.

Vervain

(*Verbena officinalis*)

Positive qualities: Ability to inspire and lead others; strong, passionate idealism while respecting the thoughts and ideals of others; possessing the fiery light of testimony and spirituality which radiates from their person and from the eyes of their soul; ability to moderate these tendencies when necessary.

Patterns of imbalance: Incredible intensity which may over-ride and overwhelm the wishes and autonomy of others; pushing one's own body beyond its natural capacity; inner tension and intensity that sometimes results in nervous and digestive problems and even a nervous breakdown.

Vine

(*Vitis vinifera*)

Positive qualities: Selfless service; tolerance for the individuality of others; a strong will with organizational and leadership abilities; selfless instead of selfish.

Patterns of imbalance: A tendency to be domineering and tyrannical; forcing one's will on others; compulsive need to be in control; a king who rules rather than a shepherd who guides.

Walnut

(*Juglans regia*)

Positive qualities: Freedom from the opinions of others which might tell you that you can't succeed at something important to you; making healthy transitions in life; courage to follow one's own path.

Patterns of imbalance: Too much influenced by the beliefs and values of family or community, or by one's own past experiences; gastric and duodenal ulcers; allergies; stuck in unproductive habits.

Water Violet

(*Hottonia palustris*)

Positive qualities: Quiet and self-contained, with an ability to handle difficult situations with calm and gracefulness; soul qualities that set them apart as quiet, competent leaders.

Patterns of imbalance: Aloof; withdrawn; disdainful or others; proud; haughty; arrogant.

White Chestnut

(*Aesculus hippocastanum*)

Positive qualities: At peace disposition, a large mental state that surpasses petty or personal thoughts.

Patterns of imbalance: Inability to sleep, worries repeated over and over in the mind.

Wild Oat

(Bromus ramosus)

Positive qualities: A clear sense of purpose and progression from the pre-existence through this life and on to the next; ability to find purposeful work that matches one's goals and direction in life; responding and living up to what one perceives as their true calling in life.

Patterns of imbalance: Confusion and indecision, especially about a job; trying many activities but chronically dissatisfied and unable to commit to a true vocation; lacking a sense of purpose and direction; working only for monetary gain at a job that lacks satisfaction to the soul.

Wild Rose

(Rosa canina)

Positive qualities: Feeling motivated; being interested and energized by daily activities; a dynamic will to live; feeling great joy.

Patterns of imbalance: Resignation to our current state that deprives us of motivation and vitality; life seems difficult with a continual need to struggle (classic psora) but life no longer seems worth the struggle (unique foreground pattern, not classic psora at all, making this a keynote of Wild Rose). Illnesses tend to linger; apathy so deep that it obstructs healing; feelings of helplessness and powerlessness.

Willow

(Salix vitellina)

Positive qualities: Acceptance of other's imperfections and acceptance of life as it is; taking responsibility for self and for the life one has made; patience in suffering and with life.

Patterns of imbalance: Feeling resentful, inflexible or bitter; physical rigidity as a result of bitterness and resentment; feeling that life is unfair or that one is a victim of others or of circumstance.