

## Bach Flower Essences

Flower Essence	Keynote states
<b>Agrimony</b>	<p>Hides feelings behind a brave and cheerful face.</p> <p>The inner suffering can be torture at times, but the feelings remain hidden.</p> <p>Keeping the mask in place adds to the burden.</p> <p>Helps put difficulties into perspective and share problems if necessary.</p> <p>Might feel restless at night with churning thoughts, want to drink too much or take drugs when under stress in order to dull the feelings and escape.</p>
<b>Aspen</b>	<p>Fear, apprehension, anxious anticipation, foreboding, dread.</p> <p>Can be very disturbing and fill the sufferer with panic but no specific reason is necessarily identified.</p>
<b>Beech</b>	<p>Critical, intolerant, perfectionists.</p> <p>Finds it hard to understand the shortcomings of others or appreciate that others may have their own ideals and good reason to act the way they do.</p> <p>Can appear patient and calm. Yet be seething with irritation inside.</p>
<b>Centaury</b>	<p>Gives strength to those who find it hard to stand up for themselves.</p> <p>Kind and always willing to be of service.</p> <p>Don't like to say no or let anyone down.</p> <p>Can find themselves dominated or manipulated by stronger personalities.</p> <p>Can then become overworked without respect and appreciation and despise themselves for being weak.</p>
<b>Cerato</b>	<p>Lacks confidence in their own judgement or perhaps even distrusts their own convictions/abilities.</p> <p>Often ask the advice or opinion of others (external processor), but can be swayed and take the wrong path as a result.</p> <p>Can waste so much time on a dilemma that the opportunity is missed.</p> <p>Have the confidence to take up a challenge once the mind is made up and often succeed.</p> <p>Useful in an exam when doubting your knowledge even though you know you have studied enough for it.</p>
<b>Cherry Plum</b>	<p>Desperate fear of the mind giving way, of insanity; Hysteria. Can feel on the edge of a breakdown. Severe exam panic!</p> <p>May follow a long period of anxiety or depression.</p> <p>Impulse to do harm to others or oneself; suicidal thoughts.</p> <p>Can be sudden outbursts of irrational rage, violence or hysteria.</p> <p>Helps you to return to sanity and gives calm, quiet courage.</p>
<b>Chestnut Bud</b>	<p>Failure to learn the lessons of life.</p> <p>When confronted with a situation for the second or third time cannot draw on their experience and so repeat the same mistake again and again.</p>
<b>Chicory</b>	<p>Loving and kind but with a tendency to be over-protective and fuss.</p> <p>Happiest when feels needed and with family around to organise and manage.</p> <p>Can over power and stifle those they care about, then feel hurt, unappreciated, rejected and possessive.</p> <p>Useful for clingy, jealous children who demand a lot of attention.</p>

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<p><b>Clematis</b></p>	<p>Can lack interest in the present because the mind is so focused on the future; mental escapism          May become inattentive, dreamy, absent-minded, and oblivious to what is going on around them. Lack concentration; easily bored.          Can help where consciousness is lost, fainting or a sensation of faintness or a bemused state of mind.</p>
<p><b>Crab Apple</b></p>	<p>Cleansing remedy; indicated whenever there is a feeling of having been soiled, e.g. by disease, pollution, dirt, infection.          Can have an intense feeling of uncleanliness and a compulsion to rid the system of the 'poison'.          Compulsive washing feels contaminated. Fastidious about hygiene.          Helps get rid of anything we do not like in our minds or bodies.          Self-disgust or self-loathing.          For those revolted by such things as food, eating, bodily functions, sex or sickness.          Can focus on trivial details to the exclusion of more important ones.</p>
<p><b>Elm</b></p>	<p>For those who at times find that the pressure and responsibility of their work or family commitments becomes overwhelming, leaving them feeling inadequate and worn out.          Usually capable people however, when the burden begins to pile up, the sufferer can give way to panic at not being able to cope and can feel they cannot take any more.          The remedy helps the mind to become calmer so that the problem can be thought about clearly, rationally and methodically, thus encouraging any confidence which has been temporarily lost to return.</p>
<p><b>Gentian</b></p>	<p>Despondency and discouragement, often occurring as a result of disappointment, e.g. failing an examination, losing a job or other setbacks.          Can be full of doubt about one's ability to succeed after an initial failure; loss of faith.          The remedy gives the encouragement needed to persevere or try again and allows a positive attitude to return.</p>
<p><b>Gorse</b></p>	<p>Hopelessness and despair.          A second attempt after a disappointing failure seems useless and the Gorse person will not try again.          When ill, these people give up hope of ever getting better.</p>
<p><b>Heather</b></p>	<p>Too much inward focus. Can be very self-absorbed and become obsessed with their own troubles or ailments.          Can dislike being on their own as they thrive on the vitality of others but can drain them.</p>
<p><b>Holly</b></p>	<p>Strong burning emotions: anger, jealousy, envy, hatred, revenge, suspicion.          The emotions can be explosive or may not be outwardly revealed.</p>
<p><b>Honeysuckle</b></p>	<p>Nostalgia; can miss much of life because the mind is preoccupied with the events of the past, whether these are happy or sad.          Can dwell on memories of life gone by: childhood, regrets, missed opportunities, past mistakes; wishing things could be as they were or had been different.          Can help those who have suffered a bereavement when the mind is full of the person they have lost; helps such people to reflect on past happiness and cherish their memories without it dominating their thoughts and causing them to lose sight of the importance of their own existence.          Helpful when there are unpleasant and disturbing memories which can haunt a person's mind, or where there are recurrent dreams or nightmares.</p>

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<p><b>Hornbeam</b></p>	<p>Gives emotional strength to those who cannot face the day ahead or cannot enthuse about some project or duty to which they should attend.            Can cause procrastination and lethargy so that work which was once a pleasure becomes a chore.            Monday morning feeling; mental weariness at the thought of what lies ahead.            Once work has begun, the feeling often disappears.</p>
<p><b>Impatiens</b></p>	<p>Impatience and irritability. Can be restless, fidgety and jumpy.            Tend to be quick in thought and action; everything is done in a hurry.            Can be brusque with those who are slow and may be tempted to finish a sentence for them, or try to finish a job they are doing.</p>
<p><b>Larch</b></p>	<p>For those who lack confidence in themselves. Afraid of failure.            Often have the ability and capability, but do not believe it of themselves, and can stand back in the shadows leading to missed opportunities.            Useful before exams. Keeps you feeling capable and determined.</p>
<p><b>Mimulus</b></p>	<p>Fear of known things: illness, poverty, living alone, travelling, injury, death, exams, etc.            Can be shy, nervous or retiring. Dislike social occasions.            Self-conscious; may feel uneasy with people they don't know and can blush or stammer in their presence.            Gives quiet courage to face upcoming challenges.</p>
<p><b>Mustard</b></p>	<p>Depression which descends like a dark cloud; can remain for days, weeks or even months.            Eventually lifts as suddenly as it came, only to return again in a fluctuating cycle.            Feel very unhappy, but when asked why cannot find a reason and often say they have everything they want in life.</p>
<p><b>Oak</b></p>	<p>There is very little negative about the oak temperament; these people are the fighters, they do not give up hope or give in to adversity.            Solid and reliable, others often go to the Oak for guidance or comfort.            When ill or incapacitated they will struggle on regardless, despite their body's call for rest, considering such restrictions to be a hindrance. They simply roll up their sleeves and get on with it.            Can overdo things and because they have ignored the alarm signals of tiredness or pain, and then feel unhappy and annoyed with themselves.            Brings strength when you feel under great strain.</p>
<p><b>Olive</b></p>	<p>Exhaustion due to overwork or over-exertion; sufferers can feel so drained of energy that they feel too tired to go on.            Once depleted of their strength in this way, life itself becomes hard work and eventually ceases to be enjoyable.            Helpful for those studying for examinations and for those involved with intricate or heavy mental work, as well as those who are physically exhausted.            Recommended for the weakness and fatigue following illness.</p>
<p><b>Pine</b></p>	<p>Guilt; recent or harboured for many years.            Over-conscientious.            Often blame themselves for the mistakes of others; always apologizing.            Full of remorse and burden themselves with self-reproach even when they have done no wrong.            Never content with their achievements and can over work themselves.</p>

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<p><b>Red Chestnut</b></p>	<p>Over concern for others.          Afraid of something happening to their loved ones.          The fear is out of all proportion in their minds and can become desperately afraid that some disaster will occur. Cannot rest until their loved ones are safely home again.          Don't become jealous or possessive like chicory, but can fuss and fret which can make their loved ones feel overwhelmed by their concern or cause similar fears and deplete their natural confidence.</p>
<p><b>Rock Rose</b></p>	<p>Extreme fear, terror, panic.          Not always rational, but nevertheless very real.          Truly scared and can tremble or perspire with fright.          Can be the result of a traumatic situation, experience or sight.          Can help with adults or children who are troubled by nightmares.</p>
<p><b>Rock Water</b></p>	<p>Can be so strict with themselves that they may live by a rigid regime or set of standards.          May be very religious or have other ideals which govern their lives and chastise themselves if they should stray from their determined path.          Expect perfection in all they do and dislike shoddiness, laziness or a similar attitude in others.          Try to set an example for others to follow.          The remedy is useful if their high standards become too harsh and inflexible leading to much tension, self-reproach and unhappiness.</p>
<p><b>Scleranthus</b></p>	<p>Emotional distress through indecision.          A dilemma arises when a choice has to be made between two paths.          Can be a problem in everyday situations as well as where more important decisions are concerned.          Even when a choice is eventually made there is still doubt.          Tend to struggle with their uncertainty alone and it can become tiring and create much mental agitation.          Other indications include mood swings, fluctuations between happiness and tears, gentleness and anger, etc., whenever there is a rapid change of mood.</p>
<p><b>Star of Bethlehem</b></p>	<p>Remedy for shock; indicated whenever there has been a trauma to the system, e.g., through an accident, disturbing news or a distressing sight.          Following a bereavement, it helps the bereaved to cope with their grief and ease their pain and sorrow.          Can unlock tears when someone needs to cry, but is unable to.          Can help with delayed shock that may manifest itself many years after the event.</p>
<p><b>Sweet Chestnut</b></p>	<p>Desperate mental anguish.          Utter despair as though there is no light at the end of the tunnel.          Feel there is nothing left in life and are so sad they may physically hurt inside, feeling desolate and heartbroken.          Can feel so wretched they wish they could die, but not usually inclined towards suicide because they do not believe even death will release them from their pain.          Can see no way out of their inner darkness.</p>

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<p><b>Vervain</b></p>	<p>Enjoy a challenge and are enthusiastic, but can push themselves so hard that they are unable to relax and feel in a state of tension as though they are living with the elastic stretched. Hyper anxious. Stressed.</p> <p>Strong principles and ethics and when faced with a situation that goes against their ideals, they feel they must put their point of view forward and try to convince others of their way of thinking.</p> <p>Perfectionists, but more concerned for the welfare of and growth of others (usually the under-privileged) than motivated by self-interest.</p> <p>Tend to feel strongly about matters such as the environment, politics, religion, social economics, and their feelings are often strong enough to initiate action, which is their release.</p> <p>Tend to be active, always on the go; involving themselves in several jobs at once, their minds racing ahead to what should be done next.</p>
<p><b>Vine</b></p>	<p>Those who are self-assured, dominant, the leaders and rulers.</p> <p>Know their own minds absolutely, make decisions and take responsibility for themselves as well as others, without hesitation.</p> <p>Ambitious and determined.</p> <p>Tackle life's problems with confidence and certainty.</p> <p>Take a leading role, but can direct others in a dictatorial fashion without explanation or arguing the matter. Make their point and that is that.</p> <p>In the extreme can be demanding, powerful and even tyrannical, crushing those around with insufficient character to stand up for themselves.</p> <p>Vine children can be bullying in nature.</p> <p>The remedy mellows the self-assurance and leadership qualities with more understanding of the view of others and the plight of those who are weaker.</p>
<p><b>Walnut</b></p>	<p>The remedy for change.</p> <p>Helps those who are having difficulty settling into a new environment, job, routine, country, home, etc.</p> <p>Helpful during any change in life, from marriage, divorce or moving house to the major growth milestones of teething, puberty and menopause.</p> <p>Can help with the adjustment to childbirth and to the changes during the menstrual cycle.</p> <p>Helps us keep to our chosen path in life, protecting us from the ideas and influences of others and from disturbing environmental influences which disrupt our peace and which may cause us to lose sight of our true destination.</p>
<p><b>Water Violet</b></p>	<p>Very positive nature. Serene and self-assured.</p> <p>Prefer the quieter things in life, so tend to be reserved.</p> <p>Find their own company or that of a few well-chosen friends more harmonious than large social gatherings.</p> <p>Willing to give advice if requested but do not attempt to interfere or influence and similarly will not discuss their open health or concerns with others.</p> <p>Suffer and bear their grief in silence because they keep a thin veil between themselves and those around, which can make them appear remote, unapproachable or condescending which can cause much loneliness.</p>
<p><b>White Chestnut</b></p>	<p>The mind is tormented by worrying or repetitive and unwanted thoughts.</p> <p>These persistent thoughts, mental arguments or conversations go round and round in the mind like a long playing record and are so difficult to stop they leave the sufferer exhausted and unable to concentrate.</p>

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<b>Wild Oat</b>	<p>For those who have come to a crossroads in life and do not know which way to go. Want to do something fulfilling but are not certain in which direction to channel their energies.</p> <p>They are the 'lost souls' who feel they have not yet found their niche in life and are filled with dissatisfaction.</p> <p>Helps to see the way ahead more clearly, so that they may pursue their true vocation.</p>
<b>Wild Rose</b>	<p>Do not have the enthusiasm or ambition to change anything in life and therefore drift along without effort or motivation.</p> <p>Can be apathetic and resigned to all that happens to them, quietly accepting whatever lies in store for them.</p> <p>Will pass up opportunities because it is too much effort for them.</p> <p>Surrender to the struggle of life, passively accept whatever happens to them.</p> <p>Can be a state of emotional flatness, feeling neither happy nor sad, excited or depressed, and can therefore lack vital energy or sparkle.</p>
<b>Willow</b>	<p>For those whose thoughts have become so introspective that they dwell on their misfortune.</p> <p>They feel resentful that life has treated them so badly, wondering what they have done to deserve such hardship.</p> <p>Can become wrapped up in self-pity and find it hard to look on the bright side and forgive and forget.</p> <p>Can turn adversity inwards upon themselves where it festers away, generating a feeling of 'Poor me, nobody cares'.</p> <p>Can feel hard done by and bitter and blame others for their unhappy state.</p> <p>Can only see things from a negative angle and forget there is a positive side to every situation.</p>