












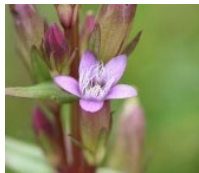



## Bach Flower Remedy System – Symptoms and Positive Potential

	Flower Remedy	Key Symptoms	Positive Potential
	<b>Argimony</b> <i>Honesty Flower</i>  “From inner torment to inner peace.”	Hide problems behind a cheerful face. Mask anxieties and worry. May suppress discomfort with alcohol, drug, eating or other addiction.	Cheerfulness stems from a real sense of self-acceptance and inner joy. Communicates feelings openly. Shows true authenticity. Accept that life has an unpleasant side.
	<b>Aspen</b> <i>Guardian Angel Flower</i>  “From darkness to conscious light.”	Vague fears and worries stem from unknown origin with no specific reason. Wakes in fear of bad dreams or night terrors. Feels they are in danger.	Inner peace, security and fearlessness. Apprehension is replaced by desire for new experiences and adventure.
	<b>Beech</b> <i>Tolerance Flower</i>  “From arrogance to tolerance.”	Intolerant and critical of others. Cannot make allowances for other people’s shortcomings. Appears arrogant and have a hard time seeing the good in people. Easily irritated with others. Feel they are always right.	Tolerant of others with a sense of compassion. Able to see good in people despite imperfections.
	<b>Centaury</b> <i>Service Flower</i>  “From complacency to self-assertion.”	Kind, quiet and gentle person that is over-anxious to serve others. Find it hard to say no. Denies their own wishes to please others. Often overtaxing their energy and neglecting their own mission in life. Often avoids confrontation.	Serve others willingly without denying their needs. Express and defend their own opinions and mix well in the company of others. Unhampered by opinions of others.
	<b>Cerato</b> <i>Intuition Flower</i>  “From being lost to finding your own inner guidance.”	Do not trust their own judgement in decision-making. Needs confirmation from others. May misguidedly follow someone advice rather than trust own.	Seek advice and confirmation from others. Trust owns inner wisdom and follows it. Quietly self-assured and decisive.

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	<p><b>Cherry Plum*</b> <i>Relaxation Flower</i></p> <p><i>“From chaos to relaxation.”:</i></p>	<p>Fear of losing control of behavior and sanity. May be on verge of nervous breakdown or feel they are about to explode or are going crazy. Can have sudden outbursts of rage.</p>	<p>A calm mind and able to think and act rationally.</p>
	<p><b>Chestnut Bud</b> <i>Learning Flower</i></p> <p><i>“From repeating the same mistake to inner wisdom.”</i></p>	<p>Failure to learn from past experiences. Keeps repeating the same mistakes. Tries to forget therefore no basis for future decisions, ie wrong partner, wrong job.</p>	<p>Able to observe mistakes objectively and learn from them. Forgives but does not forget lessons from past experiences.</p>
	<p><b>Chicory</b> <i>Nurturing Flower</i></p> <p><i>“From possessiveness to giving selflessly.”</i></p>	<p>Possessive, over-protective. Cares for others as a self-centered and manipulative act. May have separation anxiety. Relationships are conditional with strings attached.</p>	<p>Able to care for others unselfishly, offering genuine maternal love. Give unconditionally without expecting anything in return. Warm, kind and concerned for others.</p>
	<p><b>Clematis*</b> <i>Reality Flower</i></p> <p><i>“From daydreaming to manifesting.”</i></p>	<p>Dreaminess, lack of interest in the present with no interest in the real world. Emotional numbness. Unhappy and yearn for better times but takes no steps to change. Have poor memory and little head for detail</p>	<p>Lively interest in the world around and enjoys life. Open to inspiration and fulfil creative potential. Realistic and down to earth with a sense of purpose. Well-grounded and control their thoughts</p>
	<p><b>Crab Apple</b> <i>Cleansing Flower</i></p> <p><i>“From feeling unclean to inner purity.”</i></p>	<p>Sense of uncleanness, poor self-image. Obsessively house-proud or mental obsession with cleanliness and trivialities.</p>	<p>Accepting oneself and one’s imperfections. Positive self-image and are relaxed about the way they look and their environment.</p>


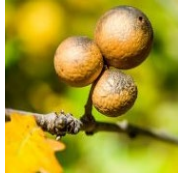
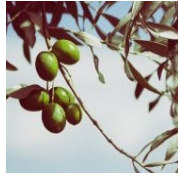


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	<p><b>Elm</b> <i>Responsibility Flower</i></p> <p><i>“From overload to relaxation.”</i></p>	Overwhelmed by responsibility or workload. Momentarily lose confidence. Suddenly feel overwhelmed by keeping up with tasks. Can feel depressed and exhausted with temporary loss of self-esteem.	Restores one’s normal capable and competent personality and self-assurance. Takes on only as much responsibility as they can cope with while looking after own needs.
	<p><b>Gentian</b> <i>Belief Flower</i></p> <p><i>‘From pessimism to enthusiasm.’</i></p>	Feels discouragement with no hope. Easily depressed when things go wrong or faced with difficulties or small setbacks. Depression is from an identifiable cause.	Realistic about doing one’s best regardless of potential failure. A conviction that any difficulty will be overcome in the end. Has faith in a positive outcome and that everything happens for a reason.
	<p><b>Gorse</b> <i>Hope Flower</i></p> <p><i>“From being hopeless to renewed hope.”</i></p>	Extreme hopelessness and despair. Have given up the fight. Negativity about potential outcomes and has no faith.	A sense of faith and hope, despite current physical or mental problems. Feels brighter and happier. Ability to see illness as a positive experience.
	<p><b>Heather</b> <i>Identify Flower</i></p> <p><i>“From being needy to being whole.”</i></p>	Preoccupied with self, compulsive talkers. Difficulty entering a two-way conversation. Drive others away by their extreme neediness.	Good listener who is generous in helping others, heart centered and understanding other people’s problems. Ability to care for your inner child without attention.
	<p><b>Holly</b> <i>Heart Opening Flower</i></p> <p><i>“From resentment to forgiveness &amp; love.”</i></p>	Envious, jealous, angry, feelings of hatred. Bad-tempered, hard-hearted. Can be cruel and on occasion violent. Suffering inside for no good reason. Difficulty to opening their hearts to love.	Generous-hearted person. Full of love, and you brings this love to the world and their relationships. Inner sense of harmony and take pleasure in other people’s successes.

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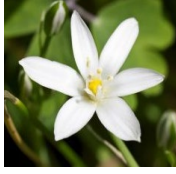

	<p><b>Honeysuckle</b> <i>Here and Now Flower</i></p> <p><i>“From past to present.”</i></p>	Over-attachment to past memories. Tend to live in the past. Constantly looking back to happier days. Cannot get past unhappy past experiences. Difficulty getting over loss of loved one.	The ability to live in the present, past does not overpower, but is seen as valuable experience. Allow moving forward without any regrets. Sees ageing as a natural process.
	<p><b>Hornbeam</b> <i>Vitality Flower</i></p> <p><i>“From overload to mental clarity.”</i></p>	Find difficulty facing up to problems, or cope with the day to come. May suffer from overwork, procrastination and lack of enthusiasm. Temporarily mentally exhausted. Sleep is not refreshing	Certainty in one’s strength and ability to face the day. Lively mind, vitality, freshness and spontaneity are restored. Life is enjoyable again.
	<p><b>Impatiens*</b> <i>Tolerance Flower</i></p> <p><i>“From irritability to ease.”</i></p>	Impatient and easily irritated. Wants things done instantly. Acts and speaks quickly. Get frustrated by slow co-workers. Hates wasting time. Often finish other people’s sentences. Cannot wait or calm yourself down.	Decisive and spontaneous without hastiness. Relaxed and good-humored with others. Sympathetic to those who are slower. Patient and gentle with themselves, empathic with others with different personalities and temperaments.
	<p><b>Larch</b> <i>Confidence Flower</i></p> <p><i>“From lack of confidence to self-assurance.”</i></p>	Lack self-confidence. Will not try something for fear of failure. Feels inferior. Avoids risk of failure, even with known ability.	Determined, capable, with realistic self-esteem, unworried about failure or success. Aware of own potential and work toward achieving.
	<p><b>Mimulus*</b> <i>Bravery Flower</i></p> <p><i>“From shyness to self-confidence.”</i></p>	Fear from known causes such as illness, pain, spiders, public speaking, dentistry, etc. Can be tongue tied in company of others, blush or nervous laughter. Often shy, sensitive or timid.	Quiet courage for face trials and difficulties with humor and confidence. Stands up for themselves with emotions under control to enjoy life without fear.

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	<p><b>Mustard</b> <i>Sunrise Flower</i></p> <p><i>“From melancholy to seeing the light.”</i></p>	<p>Deep gloom with no origin. Sudden depression for no apparent reason. Experience periods of grief, and dark clouds of negative and sad emotions that are unable to shake off gloom. Can be severe such as Seasonal Affective Disorder or Post-Partum Depression</p>	<p>Return of joy, inner stability and peace that cannot be shaken by bad circumstances. Let’s inner light shine through.</p>
	<p><b>Oak</b> <i>Will-Power Flower</i></p> <p><i>“From tired struggle to inner strength.”</i></p>	<p>Inner strength wanes and fatigue takes over. Keeps going despite tiredness. Does not relax and struggles when over-tired. Often a workaholic. May lead to depression and other stress symptoms. Self always comes last.</p>	<p>Strong mainstay of families or work group. Possess endurance, persistence and patience. Stand up to a good amount of stress. Energy is restored with the ability to recognize when it is time to stop and take a break.</p>
	<p><b>Olive</b> <i>Regeneration Flower</i></p> <p><i>“From lack of energy to regeneration.”</i></p>	<p>Physically and mentally exhausted after a long period of strain and personal difficulties. Exhaustion to the point of tears, Energy has run out and activities are no longer enjoyed. May sleep a lot</p>	<p>Restores strength, vitality, and interest in life. Energy is restored and can recognize the needs of their body. Ability to maintain peace of mind. Calms adrenal fatigue.</p>
	<p><b>Pine</b> <i>Self-Worth Flower</i></p> <p><i>“From guilt to self-acceptance.”</i></p>	<p>Self-reproach and guilt. Blame themselves for other people’s mistakes or anything that goes wrong even if not their fault. Feel undeserving and unworthy. May feel they deserve pain or illness.</p>	<p>Accepting of own faults and those of others. Make decisions without negative judgment or guilt. Accepts that life is messy sometimes.</p>
	<p><b>Red Chestnut</b> <i>Letting Go Flower</i></p> <p><i>“From worry to self-autonomy.”</i></p>	<p>Fear or over-concern for others. Worries for welfare of others. Worry about other people’s problems. Can exaggerate circumstances. Depletes own care for care of others.</p>	<p>Ability to care for others with compassion but not anxiety. Radiate courage and remain mentally and physically calm in emergencies. Happy to give help when asked but do not force help on others</p>




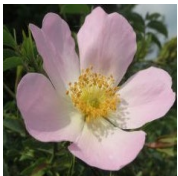


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	<b>Rock Rose*</b> <i>Hero Flower</i> <i>“From terror of being to being brave.”</i>	For acute terror that may occur following an accident, near accident, natural disaster or sense of helplessness. Post Traumatic Stress Disorder.	Courage and presence of mind. Calmness of mind in emergencies.
	<b>Rock Water</b> <i>Flexibility Flower</i> <i>“From rigidity to flexibility.”</i>	Inflexibility. Sticks to rigid beliefs. Seeks self-perfection. Over-conscientious and often overworked but are not satisfied with own achievements.	Ability to have a flexible mind. Willing to change mind when convinced of greater truth. Understands that inner harmony is more powerful than externally forced behaviors and allow
	<b>Scleranthus</b> <i>Balance Flower</i> <i>“From indecision to inner-certainty.”</i>	Uncertainty and indecision particularly with a choice of two decisions. Up and down in moods, experience extremes of joy/sadness, optimism/pessimism. Can waste time in making decision and lose opportunities.	Has certainty and decisiveness with poise and balance. Ability to make quick decisions and act promptly when necessary.
	<b>Star of Bethlehem*</b> <i>Comfort Flower</i> <i>“From trauma to comfort.”</i>	For aftereffects of emotional trauma from mental or physical crisis because of accidents, bad news, bereavement, fright. May refuse to be consoled.	Neutralizes the effects of shock, helping sufferers to recuperate. Soothes and comforts pain and sorrow.
	<b>Sweet Chestnut</b> <i>Solace Flower</i> <i>“From despair to comfort.”</i>	For agonizing mental anguish. May be intense sorrow, with feelings of being destroyed. Feelings of loneliness with bleak and hopeless future. May feel that a higher power has forsaken them.	Can face challenges with optimism and peace of mind. Able to use a crisis for opportunity for self-growth.

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	<p><b>Vervain</b> <i>Moderation Flower</i></p> <p><i>“From domination to gentleness.”</i></p>	<p>Strong-willed with strong views. Fixed principles and ideas with over confidence that they are right. Rarely change their opinion. Often high strung, over-achieving and keyed-up. Mind races ahead of events. They take on too much work and too many jobs at once. Often found in protestors.</p>	<p>Calm, wise, and tolerant with the ability to relax. Strong views but do not impose them on others. Take a broad view of life and events with the right amount of energy.</p>
	<p><b>Vine</b> <i>Compassion Flower</i></p> <p><i>“From tyrannical authority to positive leadership.”</i></p>	<p>Assertive and inflexible. Tendency to strive for power and dominate others. Highly gifted and ambitious but may bully others to get what they want. They know better than anyone else and may put people down and expect obedience. Can be greedy with power, hard, cruel and uncompassionate.</p>	<p>Determination without domination. See the good in others and encourage and guide them without controlling them. Use gifts to help others to know themselves and their own path in life.</p>
	<p><b>Walnut</b> <i>Smooth Transition Flower</i></p> <p><i>“From resistance to embracing change.”</i></p>	<p>Difficulty adapting to change or outside influences. For all major life changes at any age (pregnancy, puberty, divorce, marriage, moving, teething, bereavement, etc.).</p>	<p>Ability to move forward and remain steadfast to one’s own path in life, free from past, and to make necessary changes in life. Provide constancy and protection from the influence of peer pressure.</p>
	<p><b>Water Violet</b> <i>Communication Flower</i></p> <p><i>“From aloneness to togetherness.”</i></p>	<p>Proud, aloof. Private and sedate people who are often asked for advice but will not impose opinions. Self-reliant. When tired or with too many distractions, they appear anti-social and cold. Keeps suffering to themselves and find hard to open up.</p>	<p>Warm relationships with others while maintaining own wisdom and dignity. Happy to help others with the benefit of their knowledge and wisdom. Calm, serene, dignified and can understand and empathize.</p>
	<p><b>White Chestnut</b> <i>Peace of Mind Flower</i></p> <p><i>“From mental exhaustion to calmness.”</i></p>	<p>Unwanted thoughts and mental arguments persist and are unable to clear your mind. Cannot let go of unhappy events or arguments and keep re-living them mentally. Difficulty concentrating during day or sleeping during night.</p>	<p>Peace of mind with a clear head. Thinking is under control and can be put to positive use in problem-solving. Worry is replaced by trust in a positive outcome. Concentrates well and finds a solution for each problem that comes up.</p>

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	<p><b>Wild Oat</b> <i>Life Purpose Flower</i></p> <p><i>“From directionless, to feeling the call.”</i></p>	<p>Uncertainty as to correct path in life. Have reached a crossroad and are completely undecided about what to do in life. May easily become bored and unsettled, tending to be drifters. Have a gypsy heart.</p>	<p>Have a clear picture of what to do in life with positive ideas and ambition for one’s true path. Talents are used constructively. No longer give up when becoming bored. Helpful when making important decisions in life.</p>
	<p><b>Wild Rose</b> <i>Zest for Life Flower</i></p> <p><i>“From lacking motivation to embracing life fully.”</i></p>	<p>Resigned to an unpleasant situation, whether illness, uncongenial work. Although situations are unsatisfactory, they are not actually unhappy and make no effort to change. This makes for dull companions who are unable to fulfill their potential.</p>	<p>A lively interest in life, work and the world in general. Accepts responsibility for their own lives and circumstances and uses their initiative to make changes. Feels like a playful child, full of vital energy and excitement to learn and play.</p>
	<p><b>Willow</b> <i>Destiny Flower</i></p> <p><i>“From victimhood to co-creating your destiny.”</i></p>	<p>Self-pity, resentment and bitterness. Feels like life has short-changed them. May begrudge other’s good luck, health, happiness or success. May grumble, sulk or be irritable.</p>	<p>Ability to forgive people and forget past injustices and enjoy life thereby attracting positive conditions and friends. No longer victims, they are in control of their own destiny. Regains sense of humor.</p>
	<p><b>*Rescue Remedy</b> <i>Cherry Plum Clematis Impatiens Rock Rose Star of Bethlehem</i></p>	<p>For demanding and stressful situations like emergencies, sudden bad news, family upset or death. When person is fearful, confused or even in terror. For before an upcoming stressful event (interview, public speaking, going to dentist, etc.)</p>	<p>Helps to face the situation in a better frame of mind. Relieves feeling of being uptight or bothered. Helps to counteract stress effects and lets healing begin to take place.</p>