



About Flower Remedies



From the Encyclopedia of Bach Flower Therapy by Mechthild Scheffer

True healing involves treating the very base of the cause of the suffering. Therefore, no effort directed to the body alone can do more than superficially repair damage. Treat people for their emotional unhappiness, allow them to be happy, and they will become well.

-Edward Bach

English physician Edward Bach was a highly successful bacteriologist and homeopath working in the 1920's and 30's. Through his practice Bach spotted a definite connection between negative emotional states and reduced natural resistance to disease.

Depending on their personality types, Bach noted, people would show the same or similar responses to physical illness. He began to understand how components of physical illness are tied to specific reaction patterns in the emotions. At the beginning of 1930 Bach sold his practice and laboratory in London and decided to concentrate fully on his studies of different personality types, their damaging emotional patterns and their corresponding healing plants.

Bach began to investigate the healing potential of wildflowers native to the English countryside. After several years of research and testing he identified the essences of 38 flowering plants and trees (prepared according to specific production processes called the sun method and the boiling method) that strongly affected the underlying emotional states of physical illness. These 38 essences became known as the Bach Flower Remedies.



How Flower Remedies Work



Healing must come from within ourselves, by acknowledging and correcting our faults, and harmonizing our being...

*When the fault is found the remedy lies not in a battle against it,
and not in a use of willpower and energy to suppress it,
but in a steady development of the opposite virtue.*

*To struggle against a fault increases its power, keeps our attention riveted on its presence,
and brings us a battle indeed.*

To forget the failing and consciously to strive to develop the virtue that would make the former impossible—this is true victory.

-Edward Bach

Bach Flower Remedies affect physical problems by addressing emotional and psychological causes. They help us deal constructively with the negative behavioral patterns of human nature—jealousy, impatience, timidity, selfishness, the inability to say 'no' and inappropriate feelings of guilt, to name a few. When we take the remedies our own emotional patterns are revealed to us, enabling us to understand them and figure out how to correct them.

“In correct healing nothing must be used that relieves the patient of his own responsibility: but such means only must be adopted that help him overcome his faults,” wrote Bach, a strong believer in treating the individual rather than the illness.

Bach called upon each individual to take responsibility for his or her own life. Once you decide you want to be well and can acknowledge your negative behavioral patterns, the flower essences work as subtle impulses, stimulating emotional and mental self-healing and correcting disharmony. They create an environment in which you are able to reorient yourself to positive emotions and behaviors, replacing negative patterns that were the root cause of your illness.

Some negative patterns will take longer to replace than others, as there may be setbacks and obstacles to overcome, but you will find that you no longer need the flower essence once your emotional state has improved. Furthermore, you cannot become physically dependent on flower remedies.

People tend to believe that their need of a particular flower essence is directly proportional to the number of behavioral patterns they can identify with. However, this is not the case. Under any given essence, even if only one or two patterns precisely match your current situation, that essence is the one you need.



Agrimony

For behavioral patterns described, even in part, by the following: concealing inner restlessness and disturbances behind a cheerful face and worry-free attitude, feeling distressed by any dispute, trying to please everyone all the time, making almost any sacrifice to avoid confrontation, escaping negative thoughts through action of any kind, acting as the life of the party, playing down illness or discomfort, intentionally ignoring flaws in your partner, resorting to drugs or alcohol to get through difficult times, and using false optimism in unpleasant situations.

Aspen

For behavioral patterns described, even in part, by the following: experiencing unfounded sensations of fear and danger, feeling bewitched, having sudden anxiety attacks whether alone or with others, confusing fantasy and reality, fearing sleep and frequent nightmares, fearing physical attacks, fearing persecution and punishment, and developing symptoms of a disease just by reading about it.

Beech

For behavioral patterns described, even in part, by the following: inability to see things through another's eyes, tendency to be both self-critical and critical of others, tendency to be prejudiced and judgmental, lacking tact and sensitivity, avoiding personal criticism, habitually seeking out the negative side of any situation, showing exaggerated understanding and refraining from any criticism so as not to appear intolerant, becoming irritated and reacting to “small gestures” out of proportion to the situation, and becoming upset at the “stupidity” of others.

Centauray

For behavioral patterns described, even in part, by the following: lacking ability to say ‘no’, being more sensitive to the wishes of others than your own, giving in too easily, acting obedient to others, letting others

speak for you, taking on too much work because rejecting it takes more energy, sensing what others expect and automatically doing it, acting passive and weak-willed, being easily persuaded to do things, letting a self-centered personality dominate, desiring to please others to the point of self-denial, being strongly influenced by praise or criticism, and unconsciously adopting gestures, phrases and opinions of a stronger personality.

Cerato

For behavioral patterns described, even in part, by the following: distrusting your own judgment, constantly asking others for advice so they can make your decisions, fearing spontaneity, talking a great deal and butting in with questions, relying too much on others' opinions against your better judgment, accumulating knowledge without using it, seeking confirmation from authority figures, covering all the bases to avoid making mistakes, appearing to lack common sense and self-reliance, imitating the choices of others and questioning a decision immediately after making it.

Cherry Plum

For behavioral patterns described, even in part, by the following: fearing loss of control or sanity, feeling blocked or congested inside, experiencing sudden bursts of rage, lacking ability to express feelings because of emotional chaos, feeling a time bomb ticking away inside, fearing nervous breakdowns, worrying you might act violent without warning, suffering from obsessions and crazy ideas, suffering from extreme inner tension and cramps or trembling, and toying with suicide for 'release'.

Chestnut Bud

For behavioral patterns described, even in part, by the following: repeating the same mistakes over and over, finding yourself with the same problems, never learning from your experiences, never considering you could learn from the experiences of others, acting two steps ahead of yourself and inattentive to the problems at hand, starting new activities rather than digesting past experiences, never paying attention during conversations, solving problems in your imagination then losing interest in implementing the solution, appearing mentally clumsy and naïve, having learning disabilities or delayed development, and suffering from chronic physical illness such as migraine or acne.

Chicory

For behavioral patterns described, even in part, by the following: acting possessive of family and friends, tending to interfere and manipulate, being emotionally demanding, correcting and advising others constantly, acting overly caring and subtly controlling, making others dependent on you without their awareness of it, making yourself indispensable, forcing good deeds on others, expecting gratitude, giving conditional love, wanting to hold onto relationship roles from the past, finding it hard to forgive and forget, fearing loss of family and friends, feeling easily offended or passed over, reacting with self-pity when you don't get what you expect, using illness to gain sympathy or influence, and speaking about what others owe you.

Clematis

For behavioral patterns described, even in part, by the following: losing yourself in thought and rarely being present, appearing absentminded and scatterbrained, taking little interest in the present, preferring your fantasy world, constantly misplacing things, easily losing your way, escaping into illusory speculations when faced with problems, reacting with indifference to news good or bad, having hardly any fear or aggression, having cold hands and feet, experiencing floating sensations, sleeping often, fainting easily, romanticizing death, feeling little pain and motivation to get well when ill, having visual or hearing problems, telling lies without realizing it and believing those lies to be true.

Crab Apple

For behavioral patterns described, even in part, by the following: feeling unclean inside and out, feeling sinful and dirty, getting caught up in little things and missing the big picture, never letting things be when they are not perfect, becoming very irritated with disorganization, feeling self-disgust when you don't live up to your standards, having problems with physical actions such as kissing, having an intense almost phobic response to dust and insects, fearing public uncleanness and pollution, compulsive washing and taking too seriously symptoms of illness.

Despondency & Despair

For behavioral patterns described, even in part, by the following: believing there is absolutely no hope for the present situation and that all is lost, obsessing over the present situation and not letting yourself think about anything else, believing you will never be happy or cheerful again, feeling anger at the happiness of others, feeling indifferent toward work or hobbies, pushing others away and feeling lonely.

Elm

For behavioral patterns described, even in part, by the following: feeling suddenly overwhelmed by a task, feeling inability to accomplish everything you want or need to, experiencing temporary despondency and exhaustion, wasting time trying to do everything instead of delegating responsibilities, believing you've become indispensable and cannot let go of responsibilities, and fearing letting down people at work when ill.

Fear

For behavioral patterns described, even in part, by the following: experiencing vague and unexplainable fear of unknown origins, feeling impending doom for yourself or a loved one, wanting constantly to protect yourself and loved ones, experiencing sleeplessness and nightmares, and inability to act because you fear the outcome.

Gentian

For behavioral patterns described, even in part, by the following: being easily discouraged and giving up when faced with small setbacks, feeling depressed when disappointments arise, reacting quickly with skepticism to avoid disappointment later, doubting every new situation, imagining what could have gone wrong even when things work out, requiring lots of encouragement during times of minor crisis, and failing to understand that problems can stem from your insecurity.

Gorse

For behavioral patterns described, even in part, by the following: cannot imagine a change for the better, feeling resigned to your condition and tired inside, lacking energy to give it another try, saying you've come to terms with a chronic illness and allowing relatives to persuade you to try treatment that goes against your conviction.

Heather

For behavioral patterns described, even in part, by the following: unable to be alone, appearing needy, thinking entirely in terms of your personal problems, talking to everyone about yourself, exaggerating your emotions, finding it difficult to listen to others, having no awareness of others' concerns, trying to appear stronger and more competent than you really are, and still craving recognition as a result of feeling emotionally neglected as a child.

Hibiscus

For behavioral patterns described, even in part, by the following: having an apparent inability to connect with your sexuality, feeling uncomfortable with sexuality in general, and showing a lack of warmth or vitality often due to prior sexual exploitation or abuse.

Holly

For behavioral patterns described, even in part, by the following: becoming easily annoyed and reacting in an aggressive way, exhibiting anger and rage, feeling bad-tempered and frustrated without knowing why, feeling jealous and mistrustful, gloating over the misfortunes of others, feeling misunderstood and that others are insensitive to you, fearing deception, suspecting negative motives behind others' actions and words, creating enemies, and feeling a stab of pain when you hear about someone else's good fortune or happiness.

Honeysuckle

For behavioral patterns described, even in part, by the following: experiencing past situations as though they happened yesterday, constantly referring to the past in your thoughts and conversations, glorifying the past, inability to move beyond the loss of a loved one, feeling homesick, not wanting to make peace with something, regretting not taking advantage of an opportunity, having little interest in present situations and no

expectations for the future, longing to start all over again, inability to give up old items even after many years, constantly remembering a particular person and having a very poor memory of your early childhood.

Hornbeam

For behavioral patterns described, even in part, by the following: feeling no energy to face day-to-day life, experiencing mental hangovers, experiencing headaches after watching too much TV or reading too much, expecting your work to be exhausting, lacking enthusiasm, missing your former vitality, believing it's impossible to start the day without coffee, waking up more tired than when you went to bed, feeling pressure or burning around your eyes, and doubting your strength to return to work after an illness.

Impatiens

For behavioral patterns described, even in part, by the following: feeling mentally tense and constantly pressured by time, expecting everything to go quickly and smoothly, wanting to finish everything quickly, talking and eating faster than others, having no patience for those who work more slowly, finishing people's sentences, taking things into your own hands and making rash decisions, preferring to work alone, easily flaring up and expecting to get better immediately when ill.

Lack of Interest

For behavioral patterns described, even in part, by the following: inability to care about your present circumstances whether good or bad, inability to care about future events or circumstances, and preferring emotional numbness to feelings.

Larch

For behavioral patterns described, even in part, by the following: automatically feeling inferior in the presence of others, never believing yourself capable of the things you admire in others, letting yourself be convinced you can't do something rather than trying, reacting hesitantly when offered a real opportunity, using illness as an excuse not to do things, expressing modesty due to your lack of confidence, feeling 'second class' because of your family background or disabilities, feeling like a failure and not holding the position at work that matches your abilities.

Loneliness

For behavioral patterns described, even in part, by the following: feeling dysfunctional when not in the presence of other people, finding ways to avoid being alone even at a great sacrifice to yourself, and needing to be entertained outside of your own thoughts at all times.

Mimulus

For behavioral patterns described, even in part, by the following: acting shy and timid, being physically delicate, imagining everything to be more difficult and dangerous than it is, feeling afraid of something at any given moment, suffering from specific anxieties and phobias (such as fear of dark corners, telephone calls, mice, being in new situations, losing a relative), having hypersensitive senses, wanting to be left alone, suffering from occasional speech difficulties, blushing easily, unconsciously procrastinating, feeling very anxious when things don't work out right away, being overcautious when recovering from illness and falling ill when faced with the things you fear.

Mustard

For behavioral patterns described, even in part, by the following: crying easily and frequently, inability to enjoy anything, not wanting to move your body and feeling weighed down, suffering deep depression, feeling you're in mourning and excluded from normal life, finding no logical connection between your present condition and other parts of your life, inability to shake off your mood or hide it from others, and fearing these attacks of gloominess because they are out of your control.

Oak

For behavioral patterns described, even in part, by the following: overworking yourself then growing despondent, having almost superhuman endurance but little concern for your needs, forcing yourself to finish

any work you've started even when you fall ill or have no energy, shouldering the burdens of others, ignoring natural impulses to rest and trying not to let your weakness become obvious to others.

Olive

For behavioral patterns described, even in part, by the following: feeling completely sapped, experiencing exhaustion following a long period of strain or illness, wanting only peace and quiet, having no energy or motivation to do anything, and following phases of great productivity with extreme exhaustion.

Overcare for Others

For behavioral patterns described, even in part, by the following: being overprotective of loved ones, smothering loved ones when you feel they are hurt or in trouble, and giving everything you have for others while saving nothing for yourself.

Oversensitivity

For behavioral patterns described, even in part, by the following: reacting much too harshly to small annoyances, always being on the defensive, inability to cope with hardships or even the smallest stresses, and interpreting the words and actions of others as insults against you.

Pine

For behavioral patterns described, even in part, by the following: apologizing in all kinds of situations, not forgiving yourself for something you did many years ago, having a troubled conscious, feeling responsible for other people's mistakes, feeling guilty and unable to enjoy the moments when you succeed, feeling unworthy, giving others first choice when supplies are low, blaming yourself for being part of a society that destroys the environment and takes advantage of others, fearfully waiting to be criticized, and blowing any appropriate guilt out of proportion.

Red Chestnut

For behavioral patterns described, even in part, by the following: having too strong a bond with another person, experiencing excessive concern for the safety of others with none for yourself, drawing your feelings too strongly into another's problems, knowing someone else's feelings better than your own, fearing something bad happened to a person who is merely late, immediately feeling symptoms of an illness described by someone else, fearing serious disease lurks behind harmless symptoms, warning others constantly to be careful and burdening others with your over-worrying.

Rescue Remedy

A universal remedy that combats the five common negative behavior patterns that arise in response to stressful situations: the reflex to play dead, overreacting nerves that lead to panic, the exaggerated need to act immediately, fear of losing control, and the impulse to deny reality. Causes emotional and psychophysical relaxation after an emergency or shock. Can also help after family fights, before facing a difficult situation, when you've been frightened or if you work in stressful situations.

Rising Spirit

For behavioral patterns described, even in part, by the following: a tendency toward chemical addiction and depression brought on by stress or getting older, along with a loss of vitality and memory.

Rock Rose

For behavioral patterns described, even in part, by the following: panicking easily, overreacting due to weak nerves, feeling terror and horror as though your nerves have gone haywire, inability to use your senses when in a panic, still feeling intense fear even after escaping a situation, increasing anxiety in a threatening situation, and having a hard solar plexus.

Rock Water

For behavioral patterns described, even in part, by the following: strongly desiring self-perfection, ruling your life with dogmatic theories and high ideals, forcing yourself to live up to the highest standards even to the point

of self-martyrdom, clinging to one aspect of spirituality and never challenging your rigid ideas, looking down upon playfulness, suppressing your physical and emotional needs, and adhering to very strict eating habits.

Scleranthus

For behavioral patterns described, even in part, by the following: being indecisive with a certain inner restlessness, vacillating between two possible options because both have advantages, having fluctuating moods, responding to numerous outside impulses, appearing unreliable because you frequently change your mind, finding it stressful to respond to 'yes' or 'no' questions, jumping from topic to topic due to lack of focus, trying to reach decisions by yourself, having quick and jumpy gestures, and experiencing physical symptoms that shift all over the body and alternate.

Star of Bethlehem

For behavioral patterns described, even in part, by the following: feeling speechless at the rudeness of others, inability to accept comfort, experiencing physical side effects after shock or trauma, feeling knocked out from a piece of terrible news, inability to get over a fight that was hurtful, suppressing memories of old wounds, not feeling like yourself after an accident or surgical procedure, reacting slowly, letting things get too close for comfort then being unable to cope, suffering from the same nightmares and acting easily bruised.

Sweet Chestnut

For behavioral patterns described, even in part, by the following: finding yourself in an extremely difficult situation you cannot bear any longer, believing there is no way out and you cannot make it on your own, inability to admit that you need to give up on something, no longer seeing the light at the end of the tunnel, feeling your burden is destroying you, feeling abandoned and utterly lost inside, and experiencing severe mental anguish.

Uncertainty

For behavioral patterns described, even in part, by the following: worrying about making choices that might have long-lasting impacts, worrying about making the 'wrong' decision, feeling pressure to decide what will do the most good for the most people, constantly vacillating between different choices, and inability to make a decision due to nervousness and lack of confidence.

Uniflower

A combination of the 38 single-flower remedies. Good for overall emotional health.

Vervain

For behavioral patterns described, even in part, by the following: enthusiastically wanting to get others involved in an idea, becoming incensed by injustice, acting very intense and overly focused on one thing, acting impulsive and idealistic, telling others how to do things to the point of almost doing things for them, wanting to convert others and nearly drowning them with your energy, hating illness because it interferes with your momentum, inability to relax, being certain of what's right for others, overdoing things and at times becoming fanatical, accepting unwarranted risks, forcing yourself to keep going even when exhausted, growing nervous and irritable when things aren't going your way, exaggerating your pursuits and not knowing when to stop.

Vine

For behavioral patterns described, even in part, by the following: inability to give in, wanting always to have the last word, finding difficulty in obeying others, taking up the role of 'savior' in difficult situations—or finding it difficult to lead, occasionally misusing your gifts for personal power, ruthlessly disregarding the opinions of others, rarely doubting your superiority, constantly measuring your strength and power, acting narrow-minded, putting your head before your heart, intentionally instilling fear in others, never discussing things because you believe you're always right, ignoring those who don't participate in the struggle for power, acting hard and cruel without conscience, inability to tolerate anything that contradicts you and accepting of only a select few.

Walnut

For behavioral patterns described, even in part, by the following: normally having clear goals and desires but faltering during times of transition, allowing yourself to be temporarily distracted by family obligations or social conventions, inability to take the last step in a major life change or leave behind restrictions, inability to escape the influence of important role models when making major life decisions, having to rethink plans for your life due to outside forces, holding onto old habits despite new decisions, remaining under the spell of an old relationship, and feeling you're losing your way as changes in life or biological changes take place.

Water Violet

For behavioral patterns described, even in part, by the following: wanting to withdraw from a certain relationship, feeling isolated, occasionally acting condescending and proud, not permitting others to be involved with your personal affairs, refusing to burden others with your problems, appearing antisocial and emotionally cold, appearing arrogant and disdainful to others, finding it difficult to approach others, inability to get down from your inner pedestal, having problems engaging in conversations at parties, unknowingly making it difficult for others to make genuine personal contact with you, finding emotional disputes exhausting, finding it difficult to relax, inability to cry and wanting to physically withdraw.

White Chestnut

For behavioral patterns described, even in part, by the following: constantly having unwanted thoughts, having an event or worry gnawing at your mind, thinking about what you should have said or done over and over, mentally running in place, experiencing incessant inner chatter, going through the same problems without coming to a solution, inability to concentrate in everyday life, feeling your brain is running on its own and out of your control, inability to sleep due to thoughts going round and round, and experiencing teeth grinding and muscle tightness because of mental tension.

Wild Oat

For behavioral patterns described, even in part, by the following: inability to find direction in your life, wanting to do something special but you don't know what, feeling driven towards ambitious projects, trying many things without satisfaction, having many possibilities without feeling called to any one of them, feeling things are more clear-cut for others, getting involved in too many things, ending up in the same situations because you unconsciously don't want to commit, wasting your talents because your professional or private life doesn't fit your type or abilities.

Wild Rose

For behavioral patterns described, even in part, by the following: giving into fate and no longer taking yourself seriously, resigning yourself to circumstances even though things are not all that hopeless or negative, feeling absolutely no joy in life or motivation, giving up efforts to make changes, accepting unhappy home life or chronic illness and so forth, believing you've been burdened by bad genes, appearing to possess an underlying sadness, experiencing chronic boredom and indifference, believing your condition to be normal, feeling apathetic and 'wilted', and speaking monotonously and quietly.

Willow

For behavioral patterns described, even in part, by the following: feeling you are being held back and that there is no hope for the present situation, thinking you are powerless, feeling you've been treated unjustly in life, always blaming others, believing life has failed to provide the things you deserve, making demands of life but not doing anything to make them happen, accepting help from others and taking it for granted, reacting defensively and with accusations, unconsciously trying to put a damper on the optimism of others, wearing a sad and pouty face to reflect your feelings, thinking spiteful things and holding a grudge, feeling anger that never explodes, inability to accept your extreme negativity and inability to admit when you're getting better.