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Bach Flower Remedies

Introduction

Living In Perfect Harmony With Bach And His Flower Remedies

From Harley Street physician to pushing essences of flowers is a far cry but Dr. Edward Bach (1886-1936) was so convinced about what he was doing that he turned away from a thriving conventional medical career to pursue what he firmly believed in. Right through his years of being a doctor, he just could not give up the notion that it was Nature not man who had the answer to disease. His quest took him through the bylanes of Wales and the woody paths around Oxfordshire where he lived, looking for flowers that he believed had curative powers. As he started treating patients with the essences of these flowers, he realised that what he had to look for and treat were the symptoms of the heart and the mind. When he treated those, the patient got better.

What Edward Bach left behind spread throughout the world and more and more people who were turning away from conventional medication and looking for more holistic alternative remedies came, tried and were amazed. Bach had 38 flower remedies (one was misnamed as it was spring water found deep under rocks) in his repertoire and there was one – the 39th – that was made up of a combination of five of these essences. His firm belief that what people think and feel have a strong effect on their bodies is borne out today by many doctors who practise conventional medicine too. He was influenced to a great extent by the father of homeopathy, Dr. Samuel Hahnemann and he tried to group patients into types and treat them. He started with two flower essences, added one at the end of that year and very soon had built up what he felt was the whole range necessary to take care of all people’s ailments of the mind.

Bach firmly believed that man was made to exist in harmony with nature and free of all illness. It was because mentally, emotionally and spiritually man had turned away from his higher self and embraced the baser things that he was prone to illness. However, Nature, as understanding as ever, had just the flowers to raise him up to his level of perfection – if only he tried them. Each flower essence is for a particular feeling or frame of mind.

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Many physicians and people of the time looked askance at what he was propagating – how could a doctor turn away from his noble profession? And how could the essence – not even the flower itself – be strong enough to deal with illness? For Bach, the essence was initially obtained by collecting the dewdrops on the flowers because he believed that the energy of the flower passed into the water. However, this was soon not enough for his growing practice so he mixed the dewdrops with brandy and then further diluted it for his patients. This too was not enough so he started suspending the flowers in spring water and then allowing the sun’s rays to pass through them so the water would be energised with the flower power.

What exactly is this flower power? Bach believed that it was the vibrational imprint that each flower had and left behind in the water when the sun’s rays passed through. Each flower had a different vibration and when a patient with a particular ailment took it, his vibration would change for the better. These flowers have within them the power to raise a man’s energy levels and to change his mental make up to a more positive one. When this happens, the effects are seen within the body. This was essentially what Bach’s book ‘Heal Thyself’ was about. The wonderful thing was that even if one were to take the wrong flower remedy, while it would not have a positive effect on the mind, there would be no negative or side effects which is what makes these remedies so safe.

Here are Bach’s 38 flower remedies and the 39th – Rescue Remedy - which is the most well known one of them all.


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Bach Flower Remedies: Dosages

Bach flower remedy dosages, like biochemic remedies, are not harmful, never mind how many doses you take in a day. However, taking the regular prescribed dose does work better unless it is an emergency when many more doses at shorter intervals can be given. These remedies can be taken by infants, children, adults, pets and even sprayed on plants.

The usual dose

The dosage for most ailments is two drops from the bottle the remedy comes in, four times a day. You should try and see that you don’t eat or drink anything for fifteen minutes before and after the dose if you want the remedy to act well. These are gentle healing remedies and strong flavours and tastes can minimize their effects. The first dose should be on an empty stomach in the morning, followed by doses at noon, evening and night at bedtime. The easiest way to have it is to put two drops into your mouth using the dropper. Do take care not to let the dropper touch your mouth. In most cases, the remedy will have to continue for three to four weeks. You will most probably feel better after the first few doses with the right remedy but you must continue and give it a chance to work well in your body.

Emergency dosage

When it is a serious case, you can administer two drops from the dropper bottle every fifteen minutes if necessary till the person looks better after which you can get back to four doses a day. In absolute emergencies, you can increase each dose to four drops.

Infants’ and young children’s dosage

One drop four times a day is the usual dose unless it is an emergency. Children usually respond very quickly to Bach remedies and sometimes one dose is all it takes to make them all right.

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Pets’ dosage

Like children, one drop four times a day is the regular dose unless there is an emergency when you can make it a drop every half an hour till there is visible improvement.

Plants’ dosage

For plants, you can put two drops in a spray bottle and fill it up with water. You can then spray the plants with it. Plants that are diseased, have had a shock or are dying can be revived with regular spraying in most cases.

Other ways to administer Bach remedies

You can put the drops into a tablespoon of water and drink it. You can even put them into half a cup of water and sip it. In case you want to give these remedies to someone in the family without them knowing, you could put two drops into a glass of water and give it to them. It is preferable not to add it to juice or other hot or cold drinks. These remedies are so gentle yet effective but they must not be exposed to strong tastes or flavours.

They can be put into water and used as compresses when somehow is hurt or in pain. They can even be put into the bath water – 5 drops to a full bath is recommended.

Bach remedies are very often given in combination – a drop from each of the chosen Bach remedies for each dose.

What’s more, Bach remedies can be used with other medicines, including allopathic medication as well. They do not affect them. In fact, they are a great way to augment their healing power. They are however, best when used with other forms of holistic medicine.

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Agrimony And Addiction

You can’t even called these people ‘poker-faced’ because they always have a smile plastered on their faces and never let the world see what’s going on inside – even though they might be crying. These are the world’s phenomenal pretenders and you’ll find then cracking a joke or laughing at someone else’s when their heart could be breaking inside. Why do they do this? They hate the world to be privy to the bad times that they could be going through. However, this takes its toll and they suffer in silence or drown their sorrows in drink when they are alone. So many addicts are actually drinking to keep up a pretence.

Physical
They’re the world’s happy and smiling people – or so they like to make everyone think. Think Bozo – enlivening lives with laughs and you’ll get what we mean. That is why they have an affinity for alcohol and drugs because it keeps them – or so they like to believe – in a perpetual high state of happiness. However, this repression of feeling can result, in extreme cases, in heart attacks or strokes or in a breakdown. And then they could just crack a few jokes about it – even if they are in very bad health. Agrimony makes them face up to things as they are and also makes them feel that it is not necessary to be happy all the time – it’s all right to be out of sorts too.

Mental
They lock up their troubles but the inner turbulence is not so easy to get rid of. They don’t want the world to know what they are really thinking so when they go out, they feel it’s time to paint on a smile and step out with a swagger. Agrimony gives them peace of mind besides just making them stop pretending. They learn to face up to the way they feel and not run away from what goes on in their minds by always being on the move. Alcohol and drugs stop being the crutch to get them out of feeling low and they learn to give them up.

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Emotional
Their heart could be breaking but they hide it – and hide it well, usually with a smile or a joke. With Agrimony, they learn to be in touch with and accept what they really feel without putting a moral spin of what they should feel and what they shouldn’t on it. They learn to see that problems, hurt, sadness and feeling under the weather are all acceptable and a part of life and they need to accept them, not refuse to acknowledge them and hide them away, hoping they will disappear.

Spiritual
They become more realistic and stop seeing everything religious and spiritual as only good and happy. They become more discerning, learning to accept what is good and discard what is bad simply because they are more in tune with themselves inside. Agrimony makes them whole and a lot more human as they see that no one is perfect and that frailties are acceptable.

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Bach Flower Remedies: Aspen And Panic Attacks

The Bach flower remedy Aspen is for those who suffer from groundless fears. It is the remedy to stop a person from quaking like an aspen leaf, scared of he knows not what and knows not why. It brings in courage and takes away the vulnerability that these people feel, being as they are caught up in this nameless, negative dread. This is also a great remedy for people who have been through some kind of frightening experience that they do not remember but which leaves them with fears that are inexplicable.

Physical
You can see it on a person’s face. This is not the depression that strikes certain people – this is sheer fear. You’ll find that when someone is in the grip of this fear, their pupils are dilated, their whole body trembles, they could be bathed in a sweat and they have a fluttery nervous sensation in the stomach. It is as though their whole body is geared up to face a threat – and yet, there’s nothing really there. This is also a great remedy for panic attacks or anxiety attacks when the person suffers from palpitation and sweating besides the fear.

Mental
Aspen is a gentle remedy, bringing in love but its action can be swift and sure. It is a great remedy to rid people of the fear that engulfs them when they have been abused or raped. People who go through these nameless fears are also too imaginative and prone to delusions. Some tend to be fascinated with the occult and the paranormal and this is turn makes them even more fearful of supernatural forces and causes nightmares. Children are afraid of the dark and imagine there is someone out there waiting to get them as soon as the light is turned off. Aspen brings in calm and soothes the mind. It slowly takes away the fear and banishes it.

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Emotional
A person who needs Aspen is usually hypersensitive and tends to jump at the least noise. This fear makes him a bit of a loner and he feels a bit embarrassed to confide in people, fearing he will become a subject of ridicule. Inside, he feels vulnerable all the time and wishes he could be strong – and Aspen does just that. He soon stops feeling that he is unprotected and all alone.

Spiritual
What Aspen does is to take a person beyond the negative state of fearfulness into a state of light. Suddenly, beyond that valley of death and dread, there comes up the land of love stretching before them and they realize that there was no cause to think that they would drown in that fear. They learn to accept and enjoy love at its best.

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Bach Flower Remedies: Beech And Intolerance

Beech is the flower remedy of tolerance and sympathy so someone who needs it is a person who is rigid and intolerant. This leads to a sense of superiority in all his dealings with others and he is usually judgemental and condemning of anyone and everything around him. He just cannot tolerate anyone who does not quite fit in with what he believes is right. You’ll find a great many religious people as well as atheists in this group and you’ll find that they can be nasty and unyielding in what they believe in, never recognising that everyone is entitled to their own point of view.

Physical

The rigidity of his beliefs makes him a tense person who can never relax and enjoy life. This brings about ailments like high blood pressure and backaches. It also tends to make him a bit of a loner as sooner or later, people tend to avoid him. When he is younger or in a position of power, he could be feared as are most bullies but as he grows older, he is usually shunned or ridiculed. His illnesses usually spring from his unyielding outlook and he will even interfere with his doctors and try to tell them what is wrong or right with him.

Mental

A person in the negative Beech state is rarely happy. He cannot relax or enjoy himself in the moment as he is always looking for something or someone to find fault with. That unfortunately is his source of pleasure. Never conscious of the beam in his eye, he is always on the lookout for the mote in others. He lives in a constant state of irritability and the only time that he feels satisfied is when he feels he has scored points by putting someone else down. He is no respecter of age, gender or family. He will even attack the very young and hurt whenever he can with his views and his words. When people like these are in positions of authority especially in charge of educational institutions, it can cause untold harm to sensitive, young minds. This is a perfect example of a Svengali or a control freak who refuses to believe that anyone else’s beliefs, feelings or tastes can be right unless it coincides with his.

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**Emotional**

At a deeper level, these people are actually afraid of being found inferior and so are quick to attack before people can find them wanting. They find it hard to love as theirs is a possessive and controlling love rather than an accepting and giving one. Very often, people get to be this way because of something that has made them feel wanting in some area of their life. They compensate by focussing on others’ perceived flaws so they forget their own. Beech opens up their heart to give and receive love without conditions.

**Spiritual**

Spiritually, unless these people change – and treatment with Beech for a few months can change them drastically – they are empty. They rarely open up their heart to feel – they are too busy telling others what they should feel. So engrossed in finding flaws with whatever is around, they have no time or inclination to look into their hearts and spend time with their inner selves. There is a drastic change that comes on after they have experienced the wonder of this sympathetic flower remedy full of love and tolerance.

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Centaury And Can’t-Say-No

They’re everywhere – the doormats who end up doing so much for everyone else not really because they want to but because they just can’t say No. Inside, they might hate what they get into because they can’t stand up for themselves and usually find it easier to acquiesce to the stronger willed ones than to argue. The problem is, someone who needs Centaury often puts his own work and interests aside and runs around at the bidding of others. Helping others is a virtue but in a person like this, it can be carried to extremes and is more of a weakness.

Physical
There’s an anxious look about them and they are always looking around to see if there’s something they should be doing. However, theirs is a more passive waiting around and they usually do things only when they are told to. They also looked tired and pale most of the time because most dominating people take advantage of their good nature and exploit them. Very often, the weaker personality adopts the phrases the stronger personality uses, maybe even the gestures. With Centaury, there is a slow growing of confidence inside and you’ll find that they start saying ‘No’ – gently at first, then more firmly.

Mental
This is a mind like a child’s and they go all out to help without questioning. There is a lack of maturity and they take things at face value, rarely questioning the baser motives of those who take advantage of them. They are weak willed and Centaury gives them the mental strength to stop obeying others like slaves and to start thinking about themselves. It inspires them to becoming more individualistic and not echo the opinions of others. While they will still say Yes when someone asks them for help, they will also start saying No when what is expected from them is more than they can give. They will learn to ask whether what they are asked to do is do-able or not and will answer accordingly.

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*Emotional*
These people are very easily hurt and are extremely sensitive. Maybe that is why they help – hoping to always please others. They are always submissive and this makes certain people exercise an emotional control over them. They hate emotionally violent scenes and will do anything to preserve the peace. In relationships like marriage, they usually end up with a partner who is bossy and a bully. They are rarely happy inside because nothing they do seems to be enough.

*Spiritual*
People who need Centaury are often swayed by religious people and could end up joining cults or following gurus who might exploit their good nature. They can easily be persuaded to follow a cause blindly. Centaury gives them a more objective view of things as they are and they can then be a part of a group without losing their identity.

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Bach Flower Remedies: Cerato And Lack Of Confidence

The Bach flower remedy Cerato in its positive state exudes confidence and a quiet but firm strength within. When there is a lack, the person exhibits all the signs of being hopelessly under-confident and symptoms of a lack of self esteem. The main problem with a negative Cerato person is the fact that he cannot think for himself and feels happier when someone else makes the decisions for him. The sad fact is, very often he makes the wrong decisions because he relies on others and not on his own inner strength.

**Physical**
You’ll always find him asking questions – not just any question but what you think he should do given the situation he is in. He’ll ask you for advice, then walk to someone else and ask them for advice too. It can get on everyone’s nerves at times especially in a large gathering or a workplace where the person always seems to be airing all his problems in public. Cerato makes him calmer and as he starts to rely on his own judgement more and more, he becomes much more fun to be with because he stops asking those never-ending questions.

**Mental**
This person hoards knowledge because he is always asking questions. True, they are only about his own problems but as he has a problem in every area of his life, he learns a lot from a lot of people. Unfortunately, he does not process this knowledge to come up with solutions on his own and so people tend to think of him as stupid. He always believes, in his mind, that his solutions and his judgement are flawed and not up to the mark. With Cerato, he slowly starts waking up to the fact that he can get advice but he has to finally take decisions and responsibility for his own life.

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**Emotional**
He has no identity of his own and even feels the way he thinks he is supposed to feel. He might even ask people for advice about how to feel about a certain situation or person because he does not trust himself to do the right thing. Cerato gives him emotional confidence and helps him to feel all right about the way he reacts emotionally to things and people. It also gives him the objectivity he needs to know when to correct himself.

**Spiritual**
Spiritually too, he might have his own opinions about things but he pushes them aside because he thinks they are not worthy of being put forward. He relies on others for his beliefs and refuses to listen to the voice within him telling him what is right for him. He firmly believes that what is right for others should be right for him. Cerato opens up his soul to connect with the universe on an individual basis, not using someone else as a conduit.
Bach Flower Remedies

Bach Flower Remedies: Cherry Plum And Control

The Bach flower remedy Cherry Plum is the essence of cool, calm control. Where it is needed most is when a person loses control – physically, emotionally or mentally. It’s almost as though he can’t help himself – something innocuous can set him off and suddenly for no perceivable rhyme or reason, he can lose his cool and very often cause untold damage. Any little comment can drive him over the edge and he lashes out without thinking.

Physical

A perceived slight or insult can make him turn violent and abusive. This is a great remedy for men who lose their tempers and beat up their wives and children in a fit of anger. Things sometimes get so bad that he will even kill himself. Someone who needs Cherry Plum is susceptible to strokes. In a woman, this lack of control is seen in shopoholics who just cannot control their buying. It is also very helpful for children who lose control and throw temper tantrums, often turning violent like screaming and banging their head against the wall. Or in a child who cannot stop wetting his bed. This happens very often to a child who is reserved and holds back during the day and loses control of his muscles at night. Cherry Plum has also proved beneficial in alcoholism and drug addiction as well as smoking.

Mental

He cannot control his thoughts which is what makes him lose control of his actions. His mind is like a merry go round, always looking for flaws and faults. Even when he does get a bit calmer in the mind and tries to tell himself that he should control himself, there’s nothing he can do when the uncontrollable mood hits him. It’s like a wave that carries him along and he can’t do anything to stop. In his mind, he does not like what he is and tries to forget but he can’t. Cherry Plum calms him down and makes him more in control of his thoughts.

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**Emotional**

Everything he feels is larger than life – his loves, his hates, his fears. Any emotional pain is unbearable and multiplied several times over in his heart. He doesn’t feel others’ pain though, as he is very self obsessed. His own pain might seem exaggerated to others but he feels deeply and goes through a lot of anguish in his life. What Cherry Plum does is to calm him down and make him more objective. This way, he feels his own pain less and is aware of what others are going through.

**Spiritual**

Rarely is this person a spiritual person. Since he is not overly concerned with anyone’s feelings but his own, he cannot see the larger picture and is often caught in a web of his own little needs and feelings. With Cherry Plum, there is a calm in his heart which opens it out to see the wonder of things around him and to appreciate all that he has – including his family and friends.

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Bach Flower Remedies: Chestnut Bud And Repetitive Mistakes

The Bach flower remedy Chestnut Bud is the essence that learns from experience and past mistakes and never repeats them. However, when it is absent in a person, you’ll see that he keeps repeating the same mistakes over and over again. It’s almost like he has no memory of it, much like the movie 50 First Dates. Those who observe him will wonder how on earth someone can never seem to learn from his mistakes but the person does it almost unconsciously and it’s like watching a clip from a movie being rewound and replayed over and over again.

Physical
Take a look around and you’ll find many people you know who fit into this category. It can be quite exasperating and you can’t help but wonder why on earth someone could be so stupid. It could be someone driving a car and turning and scraping the fender at the same spot ever so often. Or it could be a cricketer who gets out to the same ball innings after innings. Or a child who gets the same spelling or maths problem wrong time after time. After a few doses of Chestnut Bud, you’ll begin to see the difference. The change to normalcy could be slow but it’s sure.

Mental
It’s almost as though when he makes a mistake, there’s a memory blackout in his mind. When he repeats a mistake the next time, the world can see he’s repeating it but for him, it’s a first time. There’s almost no record of the experience which teaches the mind a lesson not to do it again. Or maybe the mind for some reason rejects the memory of the experience without allowing it room to be lodged in the conscious or the subconscious. Chestnut Bud allows the wisdom of experience to operate and the mind then remembers and sends out a message for a mistake not to be repeated.

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**Emotional**
You’ll see it very often in matters of the heart. A woman falling in love with the same kind of loser every time. Or worse, going back again and again into the arms of an abuser. Or a man who cannot resist the wiles of a gold digger and falling for the same type time after time without learning his lesson. It’s almost as though there are no emotional lessons learned from failure or from past hurts. Chestnut Bud makes a person more discerning and objective the second time around. Once bitten twice shy kicks into operation.

**Spiritual**
It’s the same story when it comes to religious or spiritual matters. It’s as though these people are caught on a circular treadmill that goes round and round, never getting off even while they are not happy. They join religious groups, get exploited and still keep on coming back for more. These are the kind of people who very easily get drawn to cults and never leave – or even if they do, they go back. Chestnut Bud helps them see more clearly and judge what’s good for them or not depending on what their experience has been.
Bach Flower Remedies

Bach Flower Remedies: Chicory And Conditional Love

The Bach flower remedy Chicory is about loving without conditions in its perfect positive state. In its negative state when it is absent however, the person is the classic case who never lets you forget what you owe him and what he’s done or keeps doing for you. Their constant complaint is they have done so much for you and after all that, look at the way you repay them. It’s almost as though every little gesture were a calculated attempt at keeping score of how much you owed him. He can be generous and seem very generous but there will come a time when he comes around to collect what he feels is a fitting exchange for what he gave.

**Physical**

Never mind how self interested they are, in the beginning they come across as warm and very helpful folk. You usually never suspect in the beginning that everything they give you comes with conditions attached. Then slowly, they start to want to have a say in everything you do. Followed of course with payback time. With Chicory, they learn to be nice without expecting anything in return – just for the sheer pleasure of being nice. It’s a great children’s remedy – the sweet child who is nice to everyone and the moment she is thwarted, turns tantrummy and sullen. Just because she feels she is well behaved, she also expects not be checked or corrected for anything.

**Mental**

When someone needs Chicory, he is constantly assessing and calculating everything he does for everyone in his mind. It’s almost like his mind keeps score and attaches a value to every good deed he does so he can recover it in full measure later. In their minds, there is this tremendous need for affection and it very often stems from being unloved as a child – and getting attention by making people feel obliged. Chicory makes a person like this more balanced and not feel the need for outside attention to feel good inside. It also teaches him that he cannot expect anything just because he helps or gives.

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**Emotional**
Emotional blackmail is common in people who need Chicory. It’s like a parent who does a lot for a child and then keeps reminding him about it till the day she dies. Or a person who tries to help by giving advice which usually turns into finding fault. This person will always make it out that it is because they love you so much and care for you that they are pointing out flaws in your make-up. Chicory takes away this ‘holding on’ with invisible emotional strings and helps a person to be more self-sufficient.

**Spiritual**
These people, once they get into the positive Chicory state will astound you with their incredible capacity for loving and giving. A woman could become the epitome of motherhood while a man could rise to his full potential in every way, including spiritual growth. They learn to respect another’s territory and stop wandering into areas that should not be of any concern to them.

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Bach Flower Remedies: Clematis And Concentration

The Bach flower remedy Clematis is one that brings focus and concentration to a person when it is needed. People who need these are in a dreamy state quite out of tune with the world. They live in a dream world of their own making, forsaking the present to live in a dream-like future in their mind. They are rarely conscious of what is going on around them and even though they might be conscious of what is happening for a while, they drift back into their world of imagination very soon. Unlike the distracted, hyperactive person who is usually a pain, these people are just not present in any way except physically.

**Physical**
They are there with you or at least their bodies are but they hardly notice what you are saying or doing. You might have to repeat instructions or ask questions a couple of times before anything penetrates. Their eyes have an unfocussed, glazed look and they tend to have a pale complexion. They bump into things when they walk and when they fall ill, they just lie back and rarely want to get better.

**Mental**
There’s no ambition, no clear plan for the future and no time management. You cannot give them something to do and expect it to be done on time. They are usually not a part of the rat race and function better at their own pace and in their own business. They never push themselves forward and go with the flow in a rather yielding way. Tomorrow is that wonderful dream in their head – why should they worry about it or work towards it?

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**Emotional**
They might get emotional inside their head but they usually don’t outside. They are rather passive and there is no feeling in what they do – most of it is mechanical and done because it has to be done. Inside their head, they have a fertile imagination and they feel, see and smell the colours, the designs, the textures. With Clematis, they start getting more focussed, they come out of their dream world and they see the beauty around them. They make wonderful artists, writers, photographers and fashion designers if Clematis is allowed to work gently on them, drawing them out. It might take time but it happens.

**Spiritual**
In a way, these people are deeply spiritual but their spirituality is not of the practical kind. Clematis makes them aware of people and things around them and slowly, they see the wonder of the present, not the mirage of a future inside their head. Clematis, while helping them concentrate also makes them feel in touch with themselves and be happy about it. It does not make them forget who they are inside – it augments that wonder inside so it flows out.

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Bach Flower Remedies: Crab Apple And OCD

The Bach flower remedy Crab Apple stands for perfect order and balance but when there is need for it in the body, the person takes it to an extreme and wants everything around him to be flawlessly perfect. It gets to a stage very often when he not only wants to walk a certain way, look a certain way and act a certain way but he even starts thinking that certain thoughts are imperfect and he tries to think a certain way. If he can’t live up to these impossibly high standards he sets himself, he gets terribly bothered. Sounds like the character in the TV serial ‘The Monk’? Or Jack Nicholson in ‘As Good As It Gets’? You guessed it – it’s obsessive compulsive disorder or OCD we’re talking about.

Physical
A person who needs Crab Apple is constantly fidgeting, looking around to see if everything is all right. He might suddenly get up and go clean something – like the doorknobs or the ashtrays. He might just go throw away anything that is lying around that he feels is cluttering up the place. He just cannot relax unless everything around him is ordered to his way of thinking. He just cannot bear to see any blemish in himself either – so he might just get a bit too hot up about a scar or a pimple. Very often, these people will keep washing their hands or take many showers during the day. Crab Apple makes them a bit more practical and teaches them that it is all right to have a little dust floating around. For people who are not typically Crab Apple, this essential oil is great when you want to wash the memory of a dirty feeling off – this could be physically, like after a rather tough nursing job or mentally like after having to put up with a distasteful experience. It relieves skin problems too and can be added – a few drops – to the bath.

Mental
His mind gets caught up in the details – and it’s usually the little, unimportant ones that assume alarming proportions inside his head. It could be a little stain on the carpet or a bit of water or milk spilt on the table. He can think of nothing else till he has put whatever he thinks is wrong, right. So when he is in someone else’s house, it is torture for him to sit through a social evening when little things like this irritate him and engulf his mind. So he is usually in a state of stress and this could bring on a few health problems. Crab Apple lifts his mind from the petty details to the things that really matter.
Bach Flower Remedies

Bach Flower Remedies: Elm And Inadequacy

The Bach flower remedy Elm is great in the lives of strong and responsible people when they have their occasional moments of inadequacy or weakness. In general, those who might need Elm usually do not need it on a continuing basis – they need it occasionally when they hit the potholes of exhaustion and weakness on a road that they usually travel with a great deal of hard work, courage and strength.

Physical
Elm people are capable and usually hold positions of responsibility and power. They come up in any organisation by the sheer dint of hard work and they can be thoroughly relied on to get any job done. They never shirk their responsibilities and it is only when there is far too much work for them to manage that they show signs of not being able to cope. A few doses of Elm is all it takes to get them up and going again. Elm also makes them see that there are some things that are simply too much for them to handle – so maybe they should leave it to be done later or get more hands on the job.

Mental
For the most part, Elm people are optimistic and altruistic. They take things in their stride and if there is one fault, they think that they can handle anything - not in a proud, boastful way but in a very practical way. This sometimes means that they bite off more than they can chew simply because they did not view it with objectivity. When they find that they cannot cope, there is a momentary feeling of depression and if this is allowed to continue, they may just lose their self confidence. With a few doses of Elm, they regain the mental strength to cope with whatever needs to be done.

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Bach Flower Remedies

Emotional
Very often, the Elm person relies on himself a little too much and this can lay him open to hurt. He thinks if he does things well, emotionally, too, things will go the way he expects them to. Moderation is something that Elm teaches him – that and the objectivity to see things as they are and not expect them to be what he wants them to be. Elm has been called ‘psychological smelling salts’ and the moment a person like this feels low, he should take a dose of Elm to feel good again. Elm really is a great revitaliser even in matters of the heart.

Spiritual
Many Elm people will offer to do a lot when it comes to their church or their religious place of worship. Very soon, they find that everyone else just passes on any work to be done to them and there comes a time when it can be overwhelming. To prevent being at the receiving end of others’ laziness and not to feel a sense of despair, a few doses of Elm will help you feel much better.

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Bach Flower Remedies

Bach Flower Remedies: Gentian And Pessimism

The Bach flower remedy Gentian is, in its positive state, a supreme sense of faith – in God, in life, in self. However, in the negative state, it spells pessimism, negativity and the cup-half-empty syndrome. A person who needs Gentian will only see the negative side of things, no matter how much he tries not to.

**Physical**
There’s a slight droop to his shoulders, his eyes don’t light up even when he hears something positive and he tends to avoid company when he feels too negative about things. If he does succumb to any infection, things could get worse simply because he expects them to and doesn’t make the effort to get better. Gentian gives him hope to look forward with optimism.

**Mental**
He feels his life is in a bad way and things can only get worse, not better. So he looks at life with a jaundiced eye, always choosing to be unhappy rather than happy and contented. This naturally makes him gravitate to the unhappy areas in life and things just get worse. Gentian makes his mind look up and be more optimistic.

**Emotional**
This negative attitude does not really make for good relationships. Any little argument or fight and he sees the relationship as crumbling and falling apart. Any small cloud on his emotional horizon is seen as a huge impediment so any relationship just spirals to a break up very soon. He also tends to be drawn to other negative people and this doesn’t help. Gentian helps him relax and see the positive side of things – and it helps him to ignore the little negative moments.

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Bach Flower Remedies

*Spiritual*
He finds it difficult to have faith and constantly questions. With Gentian, he is filled with a simple, overflowing faith that opens out the floodgates of optimism. Once this happens, more and more positive opportunities will present themselves to him and he can vibrate to the frequency of his higher self. The self that was created to live in a state of joyfulness.

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Bach Flower Remedies

Bach Flower Remedies: Gorse and Hopelessness

The Bach flower remedy Gorse in its positive state spells hope in the face of the worst adversity. So even if a person is very ill or caught in some terrible situation, the glimmer of hope keeps him alive and very often pulls him through and back from the edge. When there is a need for Gorse, you’ll find that the person loses all hope and there is abject hopelessness. So even if there is a way out of any situation, the person just lies back without looking for it.

Physical
The negative Gorse state is most evident when a person is ill. When the illness is serious, there seems to be no will power left in the person and he just resigns himself to what he believes is his fate. There is no attempt or will power to fight against what is ailing him in order to try and get well. So when a person like this gets ill, it requires that much more effort by the medical people attending on him to pull him through as he does not help in the process at all. Gorse gives him that little bit of fillip to fight and to try and come back to normal.

Mental
The basic problem that these people have is in the mind. The mind tells someone like this that there is really no way out of whatever it is that befalls them – that there is no hope of things getting better. So they give in and don’t look for a way out of the tunnel they are in. With Gorse, the person believes that there should be a light at the end of the tunnel and they keep trying till they find it.

Emotional
Emotionally too, these people give up far too easily because they feel that there is no way forward. In relationships, any roadblock is seen as the end of the road and there is a strange sense of despair and the feeling that things have come to an end. It is this feeling that makes them not want to even look at the possibilities of things changing and getting better. Theirs is a downward spiral – never an uplifting way of thinking which is what Gorse brings along with it.

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*Spiritual*
When a person is in a state of hopelessness, they tend to lose faith in everything – even the divine. There’s an all-pervading sense of doom and when Gorse is given, it helps the person get spiritually stronger and believe – in life getting better if not immediately in miracles. Their faith becomes more balanced – with hope pervading it.

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Bach Flower Remedies

Bach Flower Remedies: Heather And Self-Obsession

The Bach flower remedy Heather is the essence of sympathy and concern for others so you know that when a person is completely the opposite of this, he needs Heather and he needs it badly. You’ll know when this flower essence is needed because the self obsession is so obvious. I, me and myself in thought, word and deed is what characterizes these people. Most of us know people like this and they are usually never counted as belonging to one’s friends circle.

**Physical**
He can talk and talk and then talk some more. He never stops and it is always about himself. He’ll come into a group at a party or get together and he’ll very quickly hijack the conversation and steer it towards himself. He hates being alone and he loves company basically because he wants a listening ear. He loves being the centre of attention and if people quietly slip away from the group he is monopolizing, he’ll look around for a new group to bore. They tend to make a nuisance of themselves and have been known to physically hold on to you to make a point and you need to be really rude before they let go. Heather makes listeners out of these compulsive talkers.

**Mental**
His mind revolves around himself. He judges and sees everything from that perspective. He likes to dominate with words and he cannot think that everyone around him will not be interested in him and everything that concerns him. The gamut of his interests is himself, his work, his possessions and he just can’t see beyond that. All that he reads and thinks has something to do with him and this makes him exaggerate his successes as well as his failures. This self-obsession also makes him stretch the truth a bit, not really in a willful, lying manner but because he always makes himself to be more important than he is and this can change his memories.

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**Emotional**
He gets terribly upset and hurt when he finds that people shun him and he honestly cannot understand why. There is something rather simple and childlike about him even when he is so self-centred. In all fairness, he will help someone who needs help but he will also talk about it to everyone making it out that he is a hero. This makes him an emotional drain for anyone he comes into contact with. Heather takes away this ‘I’ factor and makes him empathise more with people.

**Spiritual**
He is too self-obsessed to ever give himself over to a higher power. He sees himself as the centre of the universe not as one of its creatures and this makes it hard for him to be very spiritual in the true sense of the word. His universe is small and comprises everything around with him as the centre. Heather makes him relax and see the beauty of everything around, feel the beauty within his soul apart from himself.

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Bach Flower Remedies

Bach Flower Remedies: Holly And Love

The Bach flower remedy Holly is all about love. It brings peace and harmony where there is strife – and caring where there is hatred and anger. This flower remedy has the incredible power to turn negativity completely around and instill positive feelings in its place. It is called for when hearts have got hardened with months, even years of anger, hate, mistrust and envy. This is the remedy that spells a gentle love which erases past wounds and rage and lets love grow.

**Physical**
His eyes are always full of suspicion and mistrust. He’s always looking for a cause to get angry and be hateful. This translates into physical problems like high blood pressure and the possibility of strokes. He might be sporty but his body is usually tense, not supple. This will change only when he has learned to give up his hatred and relax with love. Holly opens the doors to a more healthy body by getting rid of this baggage of rage and ill-feeling.

**Mental**
He loses his temper not just at people but also at ideas. There is a latent anger that is just below the surface all the time and never goes away, waiting to lash out at someone or something. It could be a colleague, it could be a family member it could even be a book or a movie. In his mind, it is a waiting game – who or what do I annihilate next? Holly calms his down and teaches him that he does not have to be one-up on everyone – it is fine to just accept and appreciate without tearing down.

**Emotional**
He cannot give love freely – his love is always conditional. The recipient of his love has to conform to what he wishes them to be otherwise he loses his cool. This is a great remedy for the raging control freaks of this world – not the cold, calculating person who controls but the bully who controls with a loud voice and sometimes violence. This is not a once in a way losing of his temper but a constant state of mind. Holly makes him love as he should – by giving first.

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*Spiritual*
Even though he might belong to a religious group, he is the one who will argue and shut whenever there is a getting together of a group. He will want his voice to be heard and he will make it a point to be spiteful. He can rarely be happy in the spiritual commonality that has brought the group together and tries to disrupt things with arguments. Holly makes him feel one with a group that espouses love and helps him be drained of his spiritual pride and envy.

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Bach Flower Remedies

Bach Flower Remedies: Honeysuckle and Moping

The Bach flower remedy Honeysuckle in its positive state is happy in the now, looking forward to the future. When a person needs Honeysuckle though, he just pines for the past. He cannot move on and looks back with longing, finding everything that is warm and wonderful in the days gone by and finding nothing that excites him or makes him happy in the now. He also has nothing that he looks forward to in the future.

**Physical**
They are so caught up in the past that they just cannot see what is good around them right in the here and now. Honeysuckle is especially useful for children who have had to leave home, whether to a boarding school, to summer camp or if they have to be left with someone for a while, for whatever reason. This flower remedy helps them to get over it and to look ahead with eagerness. For the older ones, this remedy helps historians and archaeologists to be more balanced and objective.

**Mental**
These people are caught in a kind of a time warp. A woman pining for her dead husband and not being able to cope with the present. A man stuck in the music of yesteryears, not wanting to see what is new or good in what is being done today. A businessman who will only do things in the traditional, age-old way, not wanting to change. Honeysuckle opens their minds to new things and what is good in them.

**Emotional**
Emotionally, too, these people think that only the relationships of the past were wonderful. They keep comparing what was with what they have and the present always falls short in comparison. Very often, their memories of the past are all coloured with a rosy haze and they tend not to remember the unpleasantness of the past, focussing only on the good times and indulging in reminiscence. Honeysuckle makes them see the wonder of what they have and they learn to accept and appreciate what they have.

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*Spiritual*
Honeysuckle helps to open a person’s heart to new spiritual experiences and not cling to the beliefs of the past which could just have become obsolete for the person concerned. It helps a person who is too into tradition and rituals to break free and see that what is new need not be bad but could in fact be better.

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Bach Flower Remedies

Bach Flower Remedies: Hornbeam and Procrastination

The Bach flower remedy Hornbeam is for the person who is not mentally strong. These are the world’s procrastinators who leave a job undone because they do not have the mental strength or resolve to see most things through. They just tend to give up halfway – or worse, never begin on the job at hand because they are convinced inside that they just cannot get it done.

**Physical**
They wake up most mornings with the Monday morning blues. They just feel that whatever they have to do through the day is too much for them. So they try to stay in bed as long as possible and when they do get out and force themselves to go to work or to school or college, they view everything they have to do as a chore. They usually need strong caffeine to kick start their day. Instead of getting down to it and finishing the work set for the day, they postpone it and very often either don’t start it or start and leave things unfinished. Hornbeam is like a tonic that stiffens the spine and makes these people get up and face life.

**Mental**
Mentally, these people feel weak and exhausted as though they just do not have the strength or the inclination to take on any task. Everything seems to loom before them like a huge mountain waiting to be climbed and they cannot for the life of them summon up the necessary will to do it. Very often, they tend to get into this rut of procrastination and it then becomes a way of life. Hornbeam jolts them out of this negative state of complacency and makes them go after and meet any challenge that comes up.

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Bach Flower Remedies

**Emotional**
A person in the negative Hornbeam state tends to focus on his mental state and the emotional state then follows a pattern and his relationships become duty more than a pro-active feeling. When everything that comes up – even the slightest disagreement is made out to be a huge thing, there’s no attempt at wanting to set things right. It just seems to call for too much effort. With Hornbeam, affairs of the heart take on a new life and meaning for these people and they become much more eager to make things work.

**Spiritual**
Hornbeam puts the pleasure of life back and the spirit then automatically becomes joyful again. There’s hope that everything is possible in every facet of life. Hornbeam removed the limits that are self imposed and lets the spirit soar.

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Bach Flower Remedies

Bach Flower Remedies: Impatiens And Slowing Down

The Bach flower remedy Impatiens, is, as its name indicates, a great remedy for impatience. This could be the remedy for someone for whom the words ‘Slow down, you move too fast’ were written. This is the person who loves to speed things up at home, at work, at play because he feels everyone and everything around him is too slow. He must be up and doing – at a faster pace than everyone else and he just has no time to stop and smell the roses.

**Physical**

You can see the impatience on his face as he strides ahead of everyone, then stops and turns with a frown on his face, willing the others to hurry and catch up. You’ll find him trying to push ahead in a queue, impatient because the bus or train or plane is a couple of minutes late and once inside and seated, impatient because he wants the ride to end so he can reach his destination as quickly as possible. As though being in a tizzy will make Time go a second faster! Very often, he hurries things along only to find he has made a mistake or has forgotten something. This is a fidgety person, drumming his fingers against anything if he has to wait or pacing up and down like a caged tiger. He suffers very often from headaches and indigestion. Impatiens calms him down and eases the stress out. He learns to walk in step with others and enjoy life as he does so.

**Mental**

They are usually a step or more ahead in their mind of everyone else. They just cannot fathom how other people can be so slow. They are speed-readers and great multi-taskers and are best working on their own. They tend to have a superiority complex because they equate speed in their mind with being better. Impatiens stops the mad whirl that goes on in his mind and makes him more patient with everyone around.

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**Emotional**
They get upset and angry very fast but this passes quickly. They rarely stay angry for too long – they probably feel it’s a waste of time when they should be busy doing something else. They are usually extroverts but can be a bit annoying because they tend to put everyone down and interfere a lot in others’ affairs.

**Spiritual**
They are just too impatient to sit back and bask in the wonder of nature and the universe. Organised religion could irritate them because they will be looking at their watch all the time, willing any get-together or religious function to get over fast. They also cannot take to instruction, feeling they know best and that means better than everyone else. With Impatiens, they learn to sit back and feel at one with the universe, not wanting to make the world turn faster.

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Bach Flower Remedies

Bach Flower Remedies: Larch and an Inferiority Complex

The Bach flower remedy Larch is what people with an inferiority complex need. The sad thing about these people is that they are convinced that they just don’t compare favourably with others and it is almost impossible to shake off this feeling from them. So they just cut themselves off from growing in every way through life and paint themselves into a corner with no challenges and no new learning – all because they feel that they just can’t do whatever they have to do as well as everyone else.

Physical
In the negative state, a Larch person is always ready with why he or she cannot undertake something and how they just will not be able to do it as well as someone else. The benchmark they set themselves is very high and they feel that everyone else can attain that very easily – everyone except themselves. Thanks to this feeling, they look up and hero worship a lot of people sometimes and it’s a vicious cycle – this makes them feel even more inferior when compared to the object of their admiration.

Mental
They don’t even try to see if they can do something as well as others. They just assume from the word Go that they cannot and it’s tough to convince them otherwise. This mental block is hard to surpass but a few doses of Larch bring on a great change and the self-imposed barriers that made them believe they were inferior start to come down. Once they are mentally convinced that they are equal to others, they start becoming more competitive.

Emotional
Larch puts back the self confidence emotionally too and they no longer feel that they are the inferior ones in any relationship. They are more objective about people and do not see everyone else in their lives as being superior. This makes them more objective and it helps in a more equal emotional relationship.
Bach Flower Remedies

**Spiritual**
When the phrase ‘I can’t, others can do it better’ disappears from the other aspects of a person’s life thanks to Larch, slowly, there’s an opening up of the soul to take the person to greater heights. In everything, he feels that he now can do whatever is asked of him and it is a wonderful revelation to him. There’s a positive energy that flows from the higher self and it washes over the person making him filled with a sense of self worth.
Bach Flower Remedies

Bach Flower Remedies: Mimulus And Nervousness

The Bach flower remedy Mimulus stands for courage inside of you. Someone who needs Mimulus is nervous of so many things – things they have to do, things they have to face. These are not nameless fears of something that is outside of the real world. This fear is very real and it is fear of everyday very real happenings. Very often, you won’t ever suspect that someone who is otherwise perfectly normal can be so nervous and scared about anything, but certain events and activities can reduce these people to a trembling nervous mass.

Physical
More often than not, they are like any regular person you see around. When faced with something they fear however, you can see what they feel so clearly. They might fidget, stammer or stutter, blush sometimes and even shake with fear. It can be a bit disconcerting to see an otherwise normal man degenerate into a bundle of nerves but remember, he can’t help it. He could be scared of flying, riding in an elevator or scared to speak in public. In a child, it could be the fear of going to school or answering a teacher’s questions. There are so many fears these people have – fear of mice, of pain, of the dark, of getting reprimanded or caught by the law, of being pulled up by teachers or by seniors in the workplace… the list goes on. Mimulus helps him face his fears and overcome them.

Mentally
His fear makes him paranoid and he just cannot get over it no matter how much he tells himself he is being stupid. This makes him tense and this mental stress takes its toll with headaches and irritability. Mimulus helps him to relax his mind and confidence slowly makes its way in.
Bach Flower Remedies

*Emotionally*
He could be nervous about emotional commitments too. So when it comes to relationships, he could get tongue-tied which could leave his love life in a rather sorry state. The nervousness could also come on because of a fear of outbursts, of angry scenes around him or people who lose control. Mimulus makes him emotionally stronger and helps him to be detached from things that do not concern him and should not affect him.

*Spiritual*
There could be a fear of death as well – not a nameless dread of what comes after but just the thought of death. Or, if the person is very religious, there’s a nervousness of not doing what they feel their religion teaches them to do. Mimulus makes them think for themselves and be practical. It puts commonsense into a person along with courage.

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Bach Flower Remedies

Bach Flower Remedies: Mustard And Depression

The Bach flower remedy Mustard is a gentle essence that soothes and eases away depression that has no known cause. While many get depressed after the loss of a loved one or failure at school or work, the depression that calls for Mustard is one that descends like a black cloud suddenly, leaving the person incapable of doing anything except grit his teeth and bear it till it disappears as mysteriously as it came. It is like an impenetrable wall which has no openings, cutting him off from the world, enveloping him in its all-encompassing gloom.

**Physical**
When this depression hits someone, you’ll find that the person has beads of sweat on his face, especially his forehead and his face shows the strain. You’ll often find him sitting with his head in his hands as though he knows he has to bear this fearful thing that surrounds him with no hope of escape. He can’t hide the pain he feels. All he wants to do is to stay away from everyone till the foul fog lifts.

**Mental**
It’s as though mentally he has been forced to tune into another frequency or dimension because he goes into a place where no logic operates. Nothing others tell him and nothing he tells himself works. More often than not, people who suffer from this kind of depression are highly intelligent and capable of very coherent thought when they are not in the grip of the attack. They realise that what affects them has no logical explanation. With Mustard, these attacks grew less frequent and diminish in intensity. It also lessens the abject fear that holds many people who go through this depression in its grip.

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Emotional
There is a certain passivity in this person. People might reach out to him but he can never love back wholeheartedly. It could be that he fears that the depression will hurt the ones he loves. The deep fear of that unknown gloom makes him rather numb to a lot of the softer, kinder feelings and he tends to push people away sometimes. On the whole, he is a kind, gentle soul but sometimes his heart can’t feel because he feels drained of all emotion. If he does feel that he is getting too close to someone, chances are he will panic at some point of time and cut and run. This essence of the Mustard flower gently but surely helps him learn to love and give of himself.

Spiritual
There is an emptiness inside that never seems to be filled because he doesn’t want it to and this leaves him incapable of experiencing true, unabandoned joy. Most of his energy is turned inward to combat the dark forces within and this leaves him with no energy left to ponder over his soul. Strangely, these people are connected with nature and her beauty and might seek solace from it with long lonely walks. However, this is very often an escape from the confines of a house and while at some level he might feel the beauty around him, he never gives himself wholly to it. Mustard helps him relax and look outward. It opens out the windows of his soul and lets the sunshine in.

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Bach Flower Remedies

Bach Flower Remedies: Oak and Success

The Bach flower remedy Oak spells success in every sphere in its positive state. Hold fast, hold firm is the message the oak tree sends out as it stands strong and tall in the worst weather. When a person needs Oak, he will hold on too fast, too firm, enduring all kinds of tribulation without stopping to rest or asking for help.

**Physical**
He is usually stressed out with doing too much. His strength of endurance and capacity for hard work is sometimes his own worst enemy, taking its toll on his health. He won’t even follow his doctor’s orders when it comes to taking things easy and this could mean an actual physical collapse because he has just pushed himself beyond the limit. Oak gives him a sense of balance and makes him see things in a more practical way.

**Mental**
He is very strong mentally and he has incredible will power. In his case, it’s a problem of too much of a good thing as he keeps on, without giving his mind or body the rest it needs. This could well result in a mental breakdown if he pushes himself too far, putting what he feels is duty before all else. Oak makes him slow down and makes him more realistic.

**Emotional**
He is so busy doing what he feels ought to be done that he does not take time off to pay attention to his emotional needs. This could make him rather unemotional and undemonstrative. He views the tender moments in life as being frivolous and a waste of time. This makes him push his feelings to the background till eventually there is nothing but coldness – not very conducive to nurturing a relationship. He sees emotion as weakness and there lies the problem. Oak makes him realise that there is a place for emotions in life and they can be a source of strength.

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*Spiritual*
These people have tremendous faith that never wavers, no matter what. In fact, they can carry it to ridiculous levels, considering it their bounden duty to spread what they believe in. Oak helps put things in perspective. One has to see other people’s points of view as well, not just one’s own. The positive side of Oak is they never give up and get things done – without pushing themselves more than they should.

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Bach Flower Remedies

Bach Flower Remedies: Olive and Exhaustion

The Bach flower remedy Olive stands for refreshment and strength. In its negative state, a person who needs Olive is totally exhausted, both physically and mentally. This isn’t about just feeling exhausted, it is genuine exhaustion that is brought on by overwork. The person just feels drained of all strength and this is because he has been working ceaselessly, not bothering about his health as he is so involved in what he is doing. It’s like he has reached the last straw and his body just cannot move another muscle.

Physical
This usually happens when a person has been working or looking after someone without sleep for hours. It could be a result of working on two or more jobs, working and looking after someone ill or small children, or even just being ill for a long time and not having eaten much. All that remains is extreme exhaustion and a feeling of being totally tired and drained. Olive brings in a bit of vitality so the person feels he can move again. It reaches down deep inside to give the person his second wind.

Mental
Mentally, too, a person who needs Olive is at the end of his tether. This could be due to a prolonged period of mental stress – work, study or home related. What a few doses of Olive do is to make the mind tick again so the person can change his lifestyle and take better care of his mental self. Olive is of special benefit when a person is in training for an event – like an athlete. Olive helps relieve the mental stress that is built up inside of them and makes them cope with the final event better.

Emotional
Emotionally, too, these people feel that they have nothing left to give. It could be that they have been through great emotional turmoil and get to a state when they are just too tired to feel anymore. Olive energises them emotionally and gives them back the ability to love and laugh again. It also makes them aware of how to avoid getting into that state of exhaustion again.

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Bach Flower Remedies

_Spiritual_
From feeling drained, the spirit becomes dynamic and energetic with Olive. Like that branch the dove brought back to Noah, Olive rejuvenates hope in the soul. It draws on inner reserves that you would never suspect existed and brings inspiration to the spirit.
Bach Flower Remedies

Bach Flower Remedies: Pine and Self-Reproach

The Bach flower remedy Pine is what people who keep reproaching themselves as a matter of course need. They have such a terrible guilt complex that they blame themselves for everything and very soon, it becomes a habit. What these people need is to be able to forgive themselves and to get rid of the constant regrets they keep having when it comes to their own performance.

Physical
He keeps on and on at whatever work he is entrusted with. He hardly ever stops to rest and is extremely conscientious. The sad part is, even if he does the job well, it’s never good enough for him. He will always find fault with it. This makes him a scapegoat very often. It’s so easy to make someone the butt of classroom jokes or the scapegoat in the office when he feels that he deserves it. He is the kind of person who could fall ill and then apologise profusely for having missed work. Pine blows away his guilt complex and makes him more appreciative of his work and himself.

Mental
Somewhere deep inside, he feels he does not deserve to be alive which is why he is constantly saying sorry for existing. He keeps harping on what isn’t good enough about him in his mind so much so that he believes that he can never achieve anything great. Even though he might be well above average, he will hold himself back and never push himself forward except to apologise for how bad he is. Pine helps him think better of himself.

Emotional
How can a person who does not love himself love others? While they can love with their whole heart – they are very giving – they cannot accept love without feeling they do not deserve it. This makes it a one-sided relationship. Love needs giving and taking and knowing how to take is as important. Pine brings in the freshness of acceptance and self worth and it won’t be long before these people learn how wonderful a balance in love can be.
Bach Flower Remedies

**Spiritual**
Sometimes it seems like the guilt a person in the negative Pine state goes through has no logic. It is almost as though it is a part of their genetic code – as old as the hills, maybe. Going back to the Garden of Eden perhaps and the guilt of that first sin? What Pine does is to heal the spirit and to wash it clean of any memories of past sin. It teaches a person to accept himself as a special spiritual being with a unique soul that does not need to apologize for living, but revel in the fact.
Bach Flower Remedies

Bach Flower Remedies: Red Chestnut And Letting Go

The Bach flower remedy Red Chestnut is just the thing for the worrywarts of the world. No, they don’t worry about themselves but about the ones they love. A child who is ten minutes late or is away in college, a husband who is out of town on work, a friend who is going through a crisis or an illness, a parent who is old and alone. It is natural for us to worry about the ones we care about but when a person needs Red Chestnut, you can recognize the signs because he carries it a bit too far. There is a tendency to be over anxious and concerned so much so that the person who is the cause of the worry sometimes feels the strain.

Physical
You can see that they are tense most of the time with worry lines on their forehead. They don’t enjoy the moment and you usually see them intense and distracted instead of having fun with those around them. Their mind is far away thinking of all the possible horrible things that could be happening to their loved one. So they are not terribly popular in a social sense.

Mental
Their minds are constantly conjuring up horrifying situations involving their loved one who isn’t there. If a teenager is late – and which teenager isn’t – they would have imagined that he could have been involved in a hundred different accidents in that short hour. The worst thing is, they don’t want to be disturbed while they worry – they wallow in it and get upset when people try to distract them. For them, to love means to worry.

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Bach Flower Remedies

**Emotional**
These people never seem to let go. For a mother, she can’t quite cut that umbilical cord and she feels connected to her child even if he or she is many miles away. Theirs is a possessive emotion and they want to be a part of their loved one’s every minute. If you tell them it isn’t love but fear and possessiveness, they’ll probably get angry because for them, this is the best kind of love there is – they really cannot believe that anyone can love more than they do. Red Chestnut gently eases out the worry and lets the person love without fear.

**Spiritual**
It’s very difficult for them to be grateful to a higher being or to the universe because they don’t really see the beauty in anything around them, only the scary things that are waiting to pounce on anyone they love. Faith that is integral to all religions is something they cannot understand. They expect the worst, not hope for the best. What Red Chestnut does is to sow the seeds of faith, hope and peace and nurture these qualities so they get rid of the weeds of worry.

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Bach Flower Remedies

Bach Flower Remedies: Rock Rose and Terror

The Bach flower remedy Rock Rose in its positive state stands for great courage and daring. In its negative state however, it manifests itself in terror – not just the terror of one individual but mass terror. Now mass could even be a few people but it is terror that affects everyone present. Imagine a roller coaster that suddenly goes off the rails or a plane that is making an emergency landing with its engine on fire. The fear and terror in the environment is palpable and can be felt in the very air you breathe. Rock Rose is one of the constituents of Rescue Remedy.

Physcial
Strangely, terror like this could produce a lot of adrenalin in some people and they could take flight or do things much more quickly in that terror stricken state. For others however, the terror could make them rooted to the spot, unable to move. Rock Rose makes them calmer and more logical in their thinking and helps them make sensible decisions. Rock Rose also gives a person tremendous strength for a short period to overcome whatever hurdles may appear in his path – or at least to deal with it.

Mental
The mind becomes numb, even while there are terror stricken images going through the brain. In its extreme state, terror holds the mind in total control. Rock Rose frees the mind from the grips of terror and helps it work again in order to weigh the options that could be open. It is a great way to prevent terror too. If a family member has to undergo a serious operation, Rock Rose helps keep the family calmer and more focussed rather than give in to a wave of terror where no coherent thought is possible.

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**Emotional**
This kind of terror affects people who are a bit dramatic. They view things as larger than life. Children who see a shadow and think it’s a ghost and who might have nightmares about it very often. Or a person who just cannot feel anything for anyone because he lives in terror of traffic after witnessing a terrible accident. Rock Rose frees the heart and the emotions from the clutches of terror and helps the person get on with his life.

**Spiritual**
Rock Rose is a great remedy when spiritual quests seem to have hit a ‘valley of death’ situation – where everything seems dark and fearful and there seems to be no way out to the light. Rock Rose mitigates the terror and darkness so that one can see the path ahead.

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Bach Flower Remedies

Bach Flower Remedies: Rock Water and Rigidity

The Bach flower remedy Rock Water is the only one that is not plant-based. It comes from the spring water that is found deep under rocks, with the power of healing flowing through it. This stands for adaptability and freedom but in its negative state, you just cannot find anyone who is more rigid. These people are fixed in their views and they like to feel that they are on a moral high ground, upholding ideals and principles that they believe are best. They worship at the altar of austerity and look down their noses at people who they believe are not strong enough to follow this idealistic path.

Physical
Their beliefs very often carry them to areas where their health can be compromised. For example, they could be strict vegans and they could refuse to take medication that could contain animal products, like a gelatine capsule for example. Or he could be fasting for a religious cause and even if he were very weak, nothing would make him break it. Rock Water helps him see how nothing is gained by holding onto rigid beliefs at times of crises.

Mental
These people have tremendous will power and they are always ethical and true to their beliefs. However, thanks to being too rigid in their way of thinking, they tend to be impractical very often. In their mind, they set a perfect life as the goal and anything that falls short is not satisfactory. Rock Water makes them realise that no-one and nothing is perfect and it is all right to be so.

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*Emotional*
He expects everyone else in his life to also follow this strict lifestyle and this makes him very unpopular in relationships. He might be rigid but he cannot live and let live – he wants the ones he loves to also toe the line. Rock Water makes him more human, letting reality flow through his emotional self and making him relax and love himself as well as others as is.

*Spiritual*
They need to be perfect spiritually as well. So they leave no stone unturned in their spiritual journey. They firmly believe that they should live a life of self-denial in order to attain everlasting bliss. Rock Water eases them out of this rigid mode and helps them enjoy the journey as much as the destination. They learn that love and acceptance is the key to spiritual happiness.

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Bach Flower Remedies

Bach Flower Remedies: Scleranthus And Consistency

The Bach flower remedy Scleranthus is just the thing for people who can never make up their minds. First it’s one thing, then another – their chameleon-like minds can never settle on one decision. Even if they do, they will always feel later that perhaps their decision should have been different. The thing about a person who needs Scleranthus is that they will not involve others in their indecisiveness. It’s all in their own minds and they try to work it out themselves.

**Physical**

His physical symptoms are very often the same – they swing from one extreme to the other. So he could have high fever one day and no fever the next. Or he could go from constipation to loose motions. He will eat heartily one day and feel like fasting the next. There is no consistency in his symptoms. A woman might want to change her dress many times a day while a child could be fidgety. This person’s gait could be a bit unsteady and have a problem of balance caused by infections of the inner ear. He tends to be unsure while he is talking, very often retracting what he has said. Scleranthus helps him be more consistent and helps him walk and talk in a more balanced way.

**Mental**

There’s a constant to and fro, back and forth movement in their minds like a pendulum. These people are quiet and rarely trouble others with the constant state of confusion they are in mentally. However, they tend to procrastinate taking decisions or doing work and this can affect those around them when decisions are needed in a hurry. It affects him personally when there is something important he has to remember at an examination or a meeting and it goes out of his mind – he remembers it later. These memory lapses can be annoying and problematic. Scleranthus will show a marked improvement in memory and will make him calmer and more consistent mentally.

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**Emotional**
He will absolutely adore someone one day and find fault the next. He finds it very difficult to feel the same from one day to the next. Thanks to this vacillation, in love, the person may not be able to make up his mind and could have two or more relationships going on at the same time. He is also not consistent with his children – hugging them one day and reprimanding them the next.

**Spiritual**
While these people do have a sense of beauty around them and can be by themselves and contemplate the wonder of what they see, they tend to not so much question logically but change their mind about what to believe in. This makes them try and seek answers in different denominations and just when you think they have found what they are looking for, they are off again on their quest, sometimes going back to something they believed in before. The only constant is their inconsistency. This flower remedy brings about a calm and steady rhythm of the soul.

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Bach Flower Remedies

Bach Flower Remedies: Star of Bethlehem and Shock Treatment

The Bach flower remedy Star of Bethlehem is wonderful to treat shock of any kind. This is not the terror that is palpable which needs other flower remedies. This is the numb state that shock makes him retreat into. A state when he doesn’t feel and very often cannot even think. It could happen with bad news, with traumatic experiences during childhood that one cannot even remember or even with any kind of an emotional let-down.

Physical
There are many physical changes that can come about with shocks. Bad news about a loved one’s death, a lover breaking off a relationship, being told to vacate your home suddenly because you haven’t kept up with the payments can all bring with them changes like greying of hair, loss of hearing, heart attacks, aches and pains, etc. Star of Bethlehem, when it is administered soon after a shock can work wonders and prevent the shock from leaving its mark on the person physically. Many psychosomatic ailments like allergies and asthma are thought to be results of shocks that have been suppressed.

Mental
Very often, when a person experiences shock, the after effects are not immediately felt because the mind goes numb and the feeling is pushed into the subconscious. This is dangerous because it can give rise to a whole lot of mental issues which could manifest themselves much later. Star of Bethlehem prevents this from happening and drains the shock from the mind, allowing the effects to flow out and not be frozen inside. This remedy usually brings on mental clarity after it is taken.

Emotional
An emotional shock sometimes results in the person blocking out all feeling and going about as though nothing happened. Or, in some cases, it could even lead to a hysterical outburst. Star of Bethlehem helps the person to cope emotionally by helping him ride the pain and slowly get rid of it rather than trapping it inside where it could cause irreparable emotional harm.

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*Spiritual*
Star of Bethlehem has been called the ‘comforter’ and even on a spiritual level, it soothes and helps a person enjoy the communion with a greater power rather that do things with a numb, half-asleep attitude. This remedy awakens the senses and makes the energy links with the higher self revitalised and alive. With Star of Bethlehem, there’s an inner strength that seeks the divine with joy and fervour.

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Bach Flower Remedies

Bach Flower Remedies: Sweet Chestnut and the Last Straw

The Bach flower remedy Sweet Chestnut in its negative state describes a person when he has reached the end of his tether. He feels like he has his back against the wall, in spite of everything that he has done and there is no way out. He feels completely exhausted and it is as though every avenue he has explored is a dead end with nowhere left to go.

Physical
He feels drained and this is not something that is psychosomatic – it happens after he has worked hard towards his goals. Physically, he is at a point when he feels that his legs will carry him no further, when he has exhausted the last ounce of his energy. It isn’t just the incredible fatigue that he has to bear, it is the feeling that his body cannot go on. Sweet Chestnut gives his tired bones a fillip to go that extra mile. More than that, it puts hope into him that all is not lost and that there could be a rainbow ahead after that next turning.

Mental
Mentally, he has given up and that is why perhaps he has this ‘I’ve reached the end of the road’ feeling. He feels tortured mentally because nothing seems to be going his way till at last, he gives way to despair and feels there is nothing ahead to give him any kind of hope. However, even though it is extreme despair that he experiences, he never thinks of ending it all with suicide. All he does is feel terribly tired and gives up. Sweet Chestnut makes him hope and opens his mind to other avenues to explore where he could begin to see success.

Emotional
After suffering inside, he comes to a point when all he feels is a desolate nothingness. However lost he feels, he tries and hides his feelings from the world. Much of his heartache stems from the fact that he tries to do everything himself and doesn’t let others know what he is feeling. He quite forgets that burdens shared are burdens borne better. With Sweet Chestnut, he feels again and he learns to love and share both the good and the bad.
Bach Flower Remedies

**Spiritual**
There’s a hollowness inside – a darkness of the soul. All belief seems to die and therein lies the utter hopelessness. His soul writhes in pain till it reaches a point when there is only desolation. Sweet Chestnut helps him tap the hidden springs within and lets hope flow over his parched soul. With belief comes the feeling that his soul can rise up and feel joy again.

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Bach Flower Remedies

Bach Flower Remedies: Vervain and Overstraining

The Bach flower remedy Vervain stands for restraint and in its positive state, it allows a person to use his energies to their optimum best. In the negative state however, it could mean utilising an excess of energy and it could lead to a lot of overstraining. You’ll find these people constantly on their feet, always wanting to be up and doing. They are so overenthusiastic about anything they have to do that they want everyone around them to join in as well and this does not go down well with the others.

**Physical**
He really pushes himself and goads himself to do much more than he can. This could result in tiredness and maybe even a breakdown as he just cannot cope physically with all that he wants to do. Take the case of a senior executive in a company who is fired by an idea and expects everyone to not just believe in it but work as hard as he does to see it through. He ends up being unpopular and pushing himself as well as everyone else more than necessary. Very often, the tension that these people go through is quite apparent, pounding away on their keyboard or gripping their steering wheels tight, eager to get on with what they have to do. With Vervain, he tends to temper his enthusiasm with practical thinking.

**Mental**
He tends to have very fixed ideas of not just how things should be done but how quickly they should be done. This causes him to be very adamant about what he wants and what he wants others to do as well. He feels terribly indignant when he sees any injustice but he carries his outbursts too far so much so that it puts people off. Vervain helps him see the larger picture and he becomes aware that what others think is also important and has its place in the scheme of things. He begins to ease off from trying to push his ideas down everyone’s throats.

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**Emotional**
Emotionally, too, he tries too hard and believes firmly that what he is doing or feeling is best. However, too much of idealism and intensity does not augur too well for any relationship and the other person usually scurries away to escape from the heat of his emotions. With Vervain, he learns that it is better to go with the flow when it comes to feelings than to always try and control the flow.

**Spiritual**
These people could well be fired with missionary zeal, going to the farthest corners of the world and trying to convert everyone they meet to their way of thinking. They push themselves and others to such limits that at some point of time, the world writes them off as not being all there. It’s usually a good cause that these people espouse – they just don’t know where to draw the line. Vervain tends to calm them down and helps them set reasonable limits even in the realms of the spiritual. When they stop pushing and expecting things to change, they do.
Bach Flower Remedies

Bach Flower Remedies: Vine and Domination

The Bach flower remedy Vine is, in its negative state, the most dominating a person can be. Most of us know people like these in our lives – the power-hungry ones who just cannot accept others’ individuality. They think they are infallible and it surprises them to know that others can actually not see that what they are doing is in everyone’s best interests. They can be quite ruthless because they are convinced they know best – even when it comes to overriding everyone else’s opinions.

**Physical**
You can see it in the way he carries himself. Tall and proud and taking it for granted that he is a leader. They dominate with raised voices and aggression. They can even resort to physical abuse and cruelty if they felt it warranted it. You’ll see them ordering people around and the strange thing is, they expect them to be grateful. This constant state of tension brings on ailments like stiffness of the joints and muscles as well as high blood pressure. Vine makes them view people differently – as equals and not as slaves to do their bidding.

**Mental**
In his mind, he sees nothing wrong in thinking himself a dictator and mentally putting himself above everyone else. He is vain and he feels he is a total success, way above everyone else. He also thinks that when he directs people and tells them what to do, he is doing them a favour. Vine frees him of these mental delusions and helps his mind see how things really are. It tempers his leadership qualities with graciousness, making him a truly great leader.

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Emotional
A person in the negative Vine state just doesn’t feel too much. That’s why he can hurt and think that it is good for the other person to be corrected. He likes to order other people’s feelings too as he dictates to them who and what they should like and should not. While people might pretend to obey him, inwardly, they detest someone like this and look for an opportunity to break free. Vine makes him realise that feelings come naturally and need to be nurtured – they just cannot be forced.

Spiritual
He does not usually look beyond himself and thinks he has the last word on everything. Someone like this is hardly likely to look up in awe at a higher power and see the wonder of it all. That’s what a few doses of Vine do to him. It lets him sit back, look around him and enjoy every moment. It makes him aware that he is but one part of an incredible universe.

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Bach Flower Remedies

Bach Flower Remedies: Walnut And Change

Walnut is the flower remedy of change – change whether it is physical, mental, emotional or spiritual. What walnut does is to make the transition from one state to another as smooth and as easy as possible. Walnut is a great remedy that helps one to ‘move on’ without being tied to the old. It can very often sever the ties that bind you to an old love, old hurt or old anger so it has often been called the ‘link breaker’. You stop looking back and start looking forward. It also helps to take that final step when you’ve almost made up your mind to do something but are dithering to take the plunge because you are anxious or scared. It can also free a person who is being dominated by someone to become strong and move out as well as cutting oneself loose from an old and hopeless infatuation.

Physical
It is ideal for the constant traveler and helps one adjust better to time zones, jet lag, climate differences, food changes and people. Walnut also helps in the biological changes that a person has to go through in life. It is of special help during teething, puberty and menopause. It also helps a person cope with illness, especially when it is terminal and it is difficult to accept the physical changes that are taking place.

Mental
Walnut is useful when people go through change that brings on stress or just new ways that one has to adjust to mentally. This could be a new job, a new home, a new school or university or a new city or country. It could also mean a new phase in life like retirement, marriage or children. Walnut gives a person the mental strength to break free of addictions like gambling, smoking and drinking. It also frees the mind from the binding diktats of superstitions and religious or community impediments.

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**Emotional**
Walnut is a great comfort when one has to adjust emotionally to a new period in one’s life. This could be because of the loss of a loved one, a break up, a child leaving home or losing a job. It helps one accept and move on instead of wallowing in the past. Walnut jolts a person out of inertia in order to help him change for the better. It gives the fillip a person needs to get out of the rut and walk on.

**Spiritual**
Walnut is a wonderful remedy when there are important spiritual decisions to be made like joining a new order, converting to another faith or embracing a new belief. It allows a person who stays within a sect or belief system because of birth or habit to build up enough courage to break free and stand up for what he believes or does not believe in.

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Bach Flower Remedies: Water Violet and Wallflowers

The Bach flower remedy Water Violet is for the ones who tend to blend into the background. These are the quiet wallflowers who are hardly ever heard and who are so quiet and unobtrusive that very often, they are not noticed. They are reserved and hold themselves aloof, not out of pride but because they do not want the limelight.

**Physical**
Everything about them – from the way they look to the way they dress is done so as not to attract attention. Even if they are attractive, they tend to underplay their assets and don’t really want to enhance them in case that means that they get noticed. Their dress sense veers to the boring and the colours they choose are dull. They speak softly and usually answer rather than initiate a conversation. Since they tend to suppress their feelings without giving vent to them, they could end up with stiffness and stress problems. Water Violet makes them unbend a bit and participate in what goes on around them rather than just answer the questions that are posed to them.

**Mental**
They are very self reliant and many scientists and innovators fall into this category. They tend to be calm and collected even in their thinking, rarely losing their tempers and never worried about things that normal people worry about. However, this could make them loners and Water Violet is ideal to help them open up and share some of their thoughts with those they care about. It also teaches them that it isn’t wrong to get help and advice from others. There are some of them who need it more than others because even though they might seem quiet, there is a sense of superiority in them which needs to be ironed out.

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*Emotional*
Emotionally, too, they try and go against the ‘No man is an island’ bit and feel that they can be happy alone. To do this, even though they are hurt, they keep a stiff upper lip and this causes tension though they will be the last people to admit to it. Water Violet shows them how wonderful love can be and how sharing with someone special can be a delight.

*Spiritual*
In the negative state, these people shut themselves off from their higher self, feeling that what they are is all there is. They don’t like to open their souls to experiences that they cannot understand and where they have to give of themselves. So they clam up instead of opening out their spirit to receive the wonders of the universal energy. Water Violet helps them realise that this will only enrich them, not open their souls to hurt.

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Bach Flower Remedies

Bach Flower Remedies: White Chestnut and Mental Torture

The Bach flower remedy White Chestnut in its positive state stands for tranquillity and peace of mind. In its negative state, however, it means just the opposite and the person suffers mental torture every single day. This gets so bad that it affects every area of his life and he just cannot go beyond what the repercussions of every action will be.

**Physical**
They suffer from headaches, usually frontal ones and their eyes tend to hurt. They find it difficult to sleep and even when they manage to, it is usually unrefreshing. Or they might wake up early and not be able to go back to sleep. Their face will reflect the tension they are going through and they grind their teeth very often. They just cannot relax and this is what White Chestnut helps them do.

**Mental**
Their mind is like an every-moving roundabout, never stopping, always going round and round. He is mentally exhausted because thoughts tend to take a hold of his mind and gnaw at it without a let-up. White Chestnut allows his mind to calm down and not be in an eternal loop of what he should have said or done.

**Emotional**
He is so into what is going on in his mind that he really does not have the will or energy to nurture any relationships. He does not know how to be a giver as his whole energy is directed towards what he is going through in his mind. White Chestnut opens his heart to the prospect of love and caring and he slowly begins to reciprocate.

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Spiritual
With a hyperactive mind, it is tough to turn one’s thoughts to a higher plane. He is obsessed with what goes on in his mind and this makes him oblivious to his spiritual side. White Chestnut helps him take his mind away from the mental chatter and listen to the song his soul can sing, given a chance.

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Bach Flower Remedies: Wild Oat and Drifting

The Bach flower remedy Wild Oat in its positive state is full of purpose and fulfilment. In its negative state however, it is usually a person who is a rolling stone, never quite settled or happy in any field or job, always wanting to move on. There is no fulfilment in his heart and he is the proverbial ‘jack of all trades’.

Physical
It begins right from the time they are young. They rarely are a part of a group or gang. They are the kind of people who are there but not there, as they rarely actively take part with enthusiasm in anything. They are the drifters of this world who don’t find anything that satisfies them and so they do what they do best – move on. Very often, the men have sexual problems and most of these people tend to eat too much. Wild Oat gives them a sense of balance and helps them to participate and find satisfaction in the work they are doing.

Mental
They are very self-centred, though sometimes, you don’t notice because they are here, there and everywhere. The have no sense of direction but they rarely bother about how that is going to affect those around them. The constantly seek satisfaction through change, little realising that satisfaction can be found by being content in what you do well. This is what Wild Oat helps them realise.

Emotional
Emotionally too, they are the rolling stones, not really worried about the hearts they break and leave behind. In all fairness, they probably do not mean to hurt. They just move on, not looking back, always hoping there’s a better love that’s waiting for them. Wild Oat helps them to value what they have and nurture it so that it becomes the best thing in their lives. It also makes them realise that today and not tomorrow is what is important.

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**Spiritual**
Here, too, they could move from one belief to another, seeking for that perfection that does not exist. They do not feel too deeply about things and that makes them not very spiritual. To open one’s soul to let the sun shine in, one needs to stand and wait, not keep running off to try and find greener grass.

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Bach Flower Remedies: Wild Rose and Apathy

The Bach flower remedy Wild Rose, in its negative state, manifests itself in an attitude of apathy and dis-spiritedness. They are just resigned to their fate, never believing that things could get better and so they just go with the flow, not in joy but with the feeling that there is no other option.

Physical
They are rather boring people, with no interest in anything that goes on around them. This makes them quite unpopular or it might make people in a group ignore them, leaving them to their apathy. Wild Rose gives them the energy to be able to take an interest in people and things and to be a part of what is going on around them.

Mental
Sometimes, a Wild Rose negative state could be temporary, when the energy flowing through the body is low, especially after an illness. It feels like they have reached the limit of what they can do and they settle into a state of non-doing. Wild Rose helps them to feel involved again.

Emotional
Emotionally, too, one needs to be very participative if one has to keep relationships going. These people are just not active enough and their passivity is often the reason for relationships going sour. It’s almost like they are in an emotional vacuum and have nothing to give to make love grow. Wild Rose may be needed over a long period of time to make the heart open up and love the way it should.

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**Spiritual**
They are not seekers so how will they find? There is a kind of hopelessness when it comes to the soul and he does not try to make things better. Wild Rose makes him become more active in his spiritual life, urging him to look for answers inside his soul.

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Bach Flower Remedies

Bach Flower Remedies: Willow and Bitterness

The Bach flower remedy Willow in its negative state is filled with bitterness inside at the unjust deal that life has dealt. These people are constantly looking out at everyone and they feel frustrated when they see someone doing well, thinking that good things should be happening to them too. This puts them in a state of perpetual grumbling. Willow slowly edges out the bitterness and teaches them to be strong and make their own destiny – and to be happy doing it.

Physical
They usually are the wet blankets in any get together. You’ll find them looking out for someone or something to blame. Some however, smoulder in silence and this is worse maybe because it causes serious health problems. High blood pressure, stiff muscles, allergies – a lot of them suffer needlessly because they just cannot accept their lives as is. Willow tends to help them ease up and take responsibility for their own health and their own lives.

Mental
Their minds are constantly comparing and making themselves out to be the victims. This mentality makes them hate everything and everyone around them because what they see is what they would have liked to be. They always feel life has passed them by and they never take responsibility for this. They rail against other people, against God and against the fates. Willow helps them see how futile this is and with regular use, they learn to depend on themselves for their own fortune.

Emotional
Since they always feel that theirs is a life that is sad, they find it difficult to love or let themselves be loved. Till they learn to love themselves – and Willow helps in that – they find it very difficult to remain in good relationships.

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**Spiritual**
They feel that any higher power should be kind to them and shower them with blessings. Anything that goes wrong, they need a scapegoat – and who better than the divine? The trouble is, nothing is ever right in their world – they always focus on what goes wrong. Willow helps them focus on their blessings – helps them count them and be grateful for what they have, thereby opening up their hearts, minds and spirits for more blessings to flow in.

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Bach Flower Remedies: Rescue Remedy And Emergencies

Rescue Remedy is perhaps the most well known of all the Bach remedies available today and yet it isn’t strictly one of the 38 remedies. Rescue Remedy is made up of five of the flower remedies and so many people today keep a bottle at home because it is a great first aid remedy. For the ones who believe, they feel that Rescue Remedy has been responsible for saving many, many lives because it is essentially a remedy that helps to decrease shock or stress. Very often, trauma and accidents can result in death simply because the person goes into a state of extreme shock. This remedy prevents that from happening and helps the body to get out of and overcome the feeling of shock.

What are the five flower remedies that make up this wonderful remedy? They are Rock Rose, Star of Bethlehem, Cherry Plum, Impatiens and Clematis. Each of these flower remedies has a specific healing energy. Rock Rose is the remedy the mitigates terror and panic, Star of Bethlehem eases the numbness of any trauma, Cherry Plum makes sure the person is in control of his feelings, Impatiens helps to get rid of tension and Clematis makes the person to resist the urge to pass out or swoon from shock. All five together work to take the shock out and put the sense in. Rescue Remedy given immediately makes a person calmer and more collected and brings a degree of practicality in.

Rescue Remedy is of great help not just to the person who has undergone the accident or trauma but also those around him. It prevents people from losing control so that decisions can be made in a cool, collected manner. Women who get hysterical when they hear bad news benefit a lot from this remedy. Children who are frightened or scared stop shivering and became calm with a few doses. Pets can be calmed down especially when there is noise around and they get scared. It helps when there is thunder and lightning or when there are fireworks or firing. Children’s tantrums and pets getting overexcited also respond well to Rescue Remedy. They have even been found effective when plants are diseased and start dying.

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Rescue Remedy is available in the form of tablets, liquid in glass dropper bottles and as creams. The creams can be used externally when there is a swelling or a suspected sprain or fracture. When it is taken internally, it could be four tablets that make up a dose or if it is the liquid form, a few drops are put into a cup of water and this should be sipped slowly. This is a great emergency medicine before one goes to the hospital to get treated. Not only does it calm the patient mentally and emotionally, physically too, there is less strain and stress and therefore less pain that is experienced.

Rescue Remedy can be given to a group that has seen something terrible happen, to a group that is fighting and squabbling, during family arguments that get very heated, after a scary movie or TV serial, especially to kids, before going to the doctor or the dentist, after hearing bad news, to prepare children or for that matter anyone, for a divorce or death, before an exam or an interview or in high stress jobs or environments.

Rescue Remedy should find a place in every home’s medicine cabinet because it is the first remedy in any emergency. It is of great help when there are children and pets at home.

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Conclusion

For many ailments, you’ll find that you might need the help of more than one Bach remedy. If you have the Bach liquid remedies, a drop of each in half a cup of water will be a good way to take it. If you have the pills, four pills will be one dose. In case you are taking two flower remedies, then two pills each will do. You need to take these doses thrice a day. In case of emergencies, they can be taken once every hour.

You must be prepared for some ailments taking a long time to heal. Some, however, can be cured with just one dose. These are gentle, yet effective and you need to find the right remedy for it to work. The great thing is, even if you take a remedy that is not really the one for you, it can do no harm.

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