



BACH FLOWER ESSENCES

Bach Flower Remedies were discovered by Dr Edward Bach, a well-known London doctor, physician, surgeon, bacteriologist, homeopath and medical researcher.

Dr Bach identified 38 basic negative states of mind through his research for which he found corresponding flowers that counterbalanced those thought patterns. In other words, the flowers he selected contained a positive vibration unique to that flora, which could cancel out the negative vibration of a discorded thought pattern.

To help you select the remedies that you need, think about the way you are feeling at the moment and the outcome you would like to experience.

Each Bach Flower remedy gently assists one to move from the negative state to a positive one.

Aspen

I feel anxious without knowing why
I have a secret fear that something bad will happen
I wake up feeling anxious

Clematis

I often feel spacey and absent minded
I find myself unable to concentrate for long
I get drowsy and sleep more than necessary

Elm

I feel overwhelmed by my responsibilities
I don't cope well under pressure
I have temporarily lost my self-confidence



Gorse

I feel hopeless, and can't see a way out
I lack faith that things could get better in my life
I feel sullen and depressed

Hornbeam

I often feel too tired to face the day ahead
I feel mentally exhausted
I tend to put things off

Impatiens

I find it hard to wait for things
I am impatient and irritable
I prefer to work alone

Larch

I lack self-confidence
I feel inferior and often become discouraged
I never expect anything but failure

Mimulus

I am afraid of things such as spiders, illness, etc.
I am shy, overly sensitive, and modest
I get nervous and embarrassed

Mustard

I get depressed without any reason
I feel my moods swinging back and forth
I get gloomy feelings that come and go

Oak

I tend to overwork and keep on in spite of exhaustion
I have a strong sense of duty and never give up
I neglect my own needs in order to complete a task

Red Chestnut

I am overly concerned and worried about my loved ones



I am distressed and disturbed by other people's problems
I worry that harm may come to those I love

Rock Water

I set high standards for myself
I am strict with my health, work &/or spiritual discipline
I am very self-disciplined, always striving for perfection

Sweet Chestnut

I feel extreme mental or emotional heartache
I have reached the limits of my endurance
I am in complete despair, all hope gone

Vine

I tend to take charge of projects, situations, etc.
I consider myself a natural leader
I am strong-willed, ambitious and often bossy

White Chestnut

I am constantly thinking unwanted thoughts
I relive unhappy events or arguments over and over again
I am unable to sleep at times because I can't stop thinking

Wild Oat

I can't find my path in life
I am drifting in life and lack direction
I am ambitious but don't know what to do