

# 38 Bach Flower Essences

## For

### Emotional and Mental Wellbeing

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**Agrimony** - mental torture behind a cheerful face, insomnia from worry, addictions and dependencies, for fear of intimacy and intense emotion.

**Aspen** - fear of unknown origin, anxiety without knowing why, repeated nightmares, oversensitive person.

**Beech** - intolerance, overly critical, judgemental perfectionist, easily provoked.

**Centaury** - the inability to say 'no', neglecting your own needs.

**Cerato** - lack of trust in one's own decisions, constantly second-guessing your decisions, chronic advise seeker, always asking for advice but never taking it.

**Cherry Plum** - fear of the mind giving way, fear you may think or do something you feel is wrong.

**Chestnut Bud** - failure to learn from mistakes, repeat old patterns/addictions again and again and not learning from experience, easily distracted with a short concentration span.

**Chicory** - selfish, possessive love, feel unloved and unappreciated by your loved ones, relentlessly attention seeking, manipulative behaviour, sense of missing out.

**Clematis** - dreaming of the future without working in the present, feel spacey and absent-minded (the space cadet), inability to concentrate, procrastination.

**Crab Apple** - the cleansing remedy, for self-hatred, obsessed with cleanliness, sense of shame.

**Elm** - overwhelmed by responsibilities, depressed or exhausted when faced with everyday commitments, constant approval-seeker, the constant rescuer.

**Gentian** - discouragement after a setback, easily disheartened, depression from a known cause, want to believe but always find a reason not to.

**Gorse** - feelings of hopelessness and despair, feeling like you have nothing to look forward to.

**Heather** - self-centredness and self-concern, dislike being alone, hypochondriac.

**Holly** - hatred, mistrust, envy and jealousy.

**Honeysuckle** - living in the past, trouble letting go, homesickness.

**Hornbeam** - tiredness at the thought of doing something, tired procrastination, lack of spontaneity, stuck in a rut.

**Impatiens** - impatience, frustration, intolerance, it can't happen fast enough, obsessively goal-oriented.

**Larch** - lack of self-confidence, fear of failure, speech problems such as stuttering.

**Mimulus** - fear of known things, shy, overly sensitive, self-consciousness, fear of confrontation, nervous dread of normal/everyday experiences.

**Mustard** - deep gloom for no reason, sudden depressed states followed by equally sudden recoveries.

**Oak** - the plodder who keeps going past the point of exhaustion, neglect your own needs in order to complete a task, the battler who never complains.

**Olive** - exhaustion following mental or physical effort totally drained of all energy, insomnia from overtiredness, for rehabilitation after an incapacitating accident.

**Pine** - guilt, set overly high standards for yourself, blame yourself for everything that goes wrong, take the responsibility for the failings of others.

**Red Chestnut** - over-concern for the welfare of loved ones, overly concerned about client's welfare, over-sympathetic over another person's slightest distress.

**Rock Rose** - feelings of terror and fright, helpless and frozen in the face of fear, nightmares.

**Rock Water** - self-denial, always striving for perfection, the workaholic, the creature of habit.

**Scleranthus** - inability to choose between alternatives, lack concentration, always fidgety and nervous, very moody, extreme dependency on others for decision-making.

**Star of Bethlehem** - numbed or withdrawn due to a traumatic event, past or recent shock or trauma.

**Sweet Chestnut** - extreme mental anguish, feeling as though there is no light at the end of the tunnel, you have reached your limits.

**Vervain** - over-enthusiasm, chronic list maker, nervous exhaustion from over striving, a strong need to persuade others to your own point of view.

**Vine** - dominance and inflexibility, stuck in your own ways.

**Walnut** - protection from change and unwanted influences, over-sensitivity to the environment.

**Water Violet** - quiet self-reliance leading to isolation, too proud to ask for help.

**White Chestnut** - unwanted thought, unable to sleep due to constant mind chatter, relive unhappy events or arguments over and over again, constant worry, inability to concentrate.

**Wild Oat** - uncertainty over one's direction in life, for the jack of all trades and master of none, the drifter, mid-life crisis.

**Wild Rose** - drifting, resignation, apathy, lack of motivation, withdrawal from life.

**Willow** - self-pity, resentful and bitter, to help release pain, hurt and sadness, difficulty taking responsibility for your life.

~ click on the Bach Flower if you need a little more  
information ~