

## Bach Flower Remedies

The Bach Flower Remedies are a collection of 38 homeopathic remedies created by Dr. Edward Bach in the 1930s. Each remedy is created from a single plant or flower and is associated with a specific emotion, spiritual or mental state. This is by design, as Dr. Bach theorized that it is through stress, trauma, fear, conflict and worries that we get sick, and that by treating these emotional root causes, we can live happier, healthier lives.

Each of the Bach Flower Remedies is also accompanied by an associated essential oil, gemstone and orchid. These can be used in combination with the Bach Flower homeopathic remedies or Healy frequencies to boost the effect of a particular Bach Flower Remedy.

Dr. Bach worked first as a doctor and a surgeon, before opening his own consulting rooms and then beginning research into bacteriology, pathology and vaccines in his laboratory. In 1917, he collapsed and was rushed into surgery suffering from a brain tumor. The tumor was removed but he was told he only had three months to live.

It's said that upon receiving this news, Dr. Bach rushed back to his laboratory to continue his work. He was researching new ways to create vaccines and wanted to consider a more holistic approach, so he joined the staff of the Royal London Homeopathic Hospital. There, he learned about homeopathic nosodes, which are the homeopathic equivalent to vaccines. Nosodes are an extremely diluted form of a bacteria or virus, which, when used effectively, builds the body's immunity to that bacteria or virus by allowing the body to identify the bacteria or virus and prepare antibodies. According to the Bach Center's website, it was after Dr. Bach's work with homeopathic nosodes that "people began to refer to him as 'the second Hahnemann'."

But ultimately, Dr. Bach was most interested in learning how to harness the healing power of nature to create a system of holistic treatment. This led him to move out of London and into the countryside, where he spent the years from 1930 to 1935 searching for and preparing the Bach Flower Remedies.

He passed away in 1936, a year after announcing that his search for remedies had been completed with the 38 remedies, and surviving his initial prognosis by almost 20 years.

### Using the Healy & Bach Flower Remedies

- By scanning the Bach Flower Remedies Healy Database with the Resonance Analysis, you will receive insights into what is happening on a deeper level, especially regarding suppressed emotions. If a results returns with a high resonance and you don't recognize that particular need, consider it a suppressed emotion.
- Each of the Bach Flower Remedies is also accompanied by an associated essential oil, gemstone and orchid. These can be used in combination with the Bach Flower homeopathic remedies or Healy frequencies to boost the effect of a particular Bach Flower Remedy.

#### NOTE:

If you have the original Healy with Bach Flowers and Bach Flowers 2, the frequencies are the same, just the descriptions may have changed.

## 1. AGRIMONY (*Agrimonia eupatoria*) – Those who hide worries behind a brave face

The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humour and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate themselves and help themselves bear their trials with cheerfulness. Agrimony encourages the positive potential to open up, as well as communicate your real feelings. For those who hide a mountain of thoughts and inner turmoil behind their smile. Leave emotional discomfort in the past; face your emotion freely. Communicate Openly.

**Keywords:** Addiction, unhappy, anxiety, insomnia

**Human Indication:** Mental torment hidden behind a brave face. Appear care-free and humorous in order to mask anxieties and unhappiness

Essential Oil: Sandalwood

Gemstone: Ametrine

Orchid: Globosa Orchid

## 2. ASPEN (*Populus tremula*) – Apprehension for no known reason

Vague unknown fears, for which there can be given no explanation, no reason. Yet the patient may be terrified of something terrible going to happen, he knows not what. These vague unexplainable fears may haunt by night or day. Sufferers often are afraid to tell their trouble to others. Aspen encourages the positive potential to maintain a state of inner peace and security, regaining assurance of mind. For when apprehensions consume your mind, and unsettling feelings leave you on edge. Face the unknown with your head held high, and take on any moment throughout your day with confidence. Feel Secure.

**Keywords:** Fear, worries, unknown fears

**Human Indication:** Fears and worries of unknown origin.

**Pet Indication:** Vague or unaccountable fears. Appearing agitated for no apparent reason.

Essential Oil: Perubalsam

Gemstone: Citrine

Orchid: Laeta Orchid

## 3. BEECH (*Fagus sylvatica*) – Critical and intolerant of others, unable and unwilling to make allowances

The burden of intolerance, prejudice, arrogance and lack of understanding for the mistakes of others is balanced. Understanding, tolerance, openness and empathy are strengthened, thereby promoting the personal development potential. Beech encourages the positive potential to see the good in others despite imperfections, to release rigid attitudes, and build a sense of compassion. Ideal when meeting with people you know who get under your skin. Maintain a sense of tolerance, make allowances, and strengthen your relationships. Be More Tolerant.

**Keywords:** Intolerance, critical, lack of compassion

**Human Indication:** When you need more tolerance toward other people.

**Animal/Pet indication:** Intolerance toward animals, people, events, and situations.

Essential Oil: Opoponax

Gemstone: magnetite  
Orchid: Albanica Orchid

#### 4. CENTAURY (*Centaureum umbellatum*) – Weak willed; exploited or imposed upon

Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavours. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life. Centaury encourages the positive potential to not deny your own needs. You can express and defend your opinions, uninfluenced by others. For when you are finding yourself drained by others, struggling to say no, and feel imposed on. Follow your own path unconstrained by others' thoughts and feelings. Prevent weak willed and subservient tendencies; don't be scared to say "No." Be Assertive.

**Keywords:** Weak-willed, bullied, unable to say no, imposed on, lack energy, tired, timid, passive, quiet

**Human indication:** When you have a hard time saying NO and therefore easily get imposed on.

Essential Oil: Thyme  
Gemstone: Pink quartz  
Orchid: Sancta Orchid

#### 5. CERATO (*Ceratostigma willmottiana*) – Those who doubt their own judgment, seek confirmation of others

Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided. Cerato encourages the positive potential to encourage strength of mind, find trust in your own inner wisdom, and follow it. Stop doubting yourself, be more decisive and self assured. Trust Intuition.

**Keywords:** Confirmation, seeking advice, do not trust own wisdom or judgment

**Human indication:** When you do not trust your own judgment in decision-making.

Essential Oil: Vetiver  
Gemstone: Smoke quartz  
Orchid: Palustris Orchid

#### 6. CHERRY PLUM (*Prunus cerasifera*) – Uncontrolled, irrational thoughts

The burden caused by fear of uncontrolled temperament outbreaks and mental short-circuit treatments (nervous breakdown, loss of control) is compensated. Serenity and a controlled stress reduction are strengthened and thereby aids the personal development potential is supported. Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them. Cherry Plum encourages the positive potential to find clarity in chaotic moments, and to think rationally. In life there may be hectic times when you feel like you might lose control, during those times extra support is vital to regain courage, and start to see the lighter side. Stay cool, act rationally, and be in control.

**Keywords:** Fear of losing control, temper tantrum, breakdown, abusive, rage, explode

**Human indication:** When you are in deep despair and feel like you are going to "lose it."

**Animal/Pet indication:** A loss of self-control, violent scratching

Essential oil: Spruce

Gemstone: Sapphire  
Orchid: Argolica Orchid

## 7. CHESTNUT BUD (*Aesculus hippocastanum*) – Refuses to learn by experience - continually repeats same mistakes

For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault. The Bach® remedy Chestnut Bud encourages the positive potential to learn from past mistakes, gain knowledge and wisdom to move forward in life. For those who wish to stop making the same mistake over and over. Brings insight to your every day and helps you learn from past difficulties. Learn From Mistakes.

**Keywords:** Learning, repeating mistakes

**Human indication:** Keeps repeating the same mistake, doesn't learn from past mistakes.

**Animal/Pet indication:** Repeated unsuccessful behaviour patterns, doesn't learn from past mistakes

Essential Oil: Cascarilla  
Gemstone: Epidote  
Orchid: Affine Orchid

## 8. CHICORY (*Cichorium intybus*) – Over possessive (self centered), clinging and over protective especially of loved ones

Those who are very mindful of the needs of others; they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them. Chicory encourages the positive potential to selflessly take a step back and care for others without expecting anything in return. Care for the ones you love without becoming manipulative or overprotective. Take a step back, and love unconditionally.

**Keywords:** Possessive, over-protective, self-centred, critical, nagging, self-pity, easily offended, manipulating, demanding.

**Human indication:** When you find yourself manipulating and controlling your loved ones.

**Animal/Pet indication:** Possessive in nature, very territorial, manipulating, loving to be in control.

Essential Oil: Lotus  
Gemstone: Diamond  
Orchid: Insularis Orchid

## 9. CLEMATIS (*Clematis vitalba*) – Inattentive, dreamy, absent-minded, mental escapism

Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times, when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost. Clematis encourages the positive potential to find concentration, and stay focused on the task at hand. Combat dreaminess and find interest in daily tasks. Leave daydreaming for times when life is not full of things you need to get done. Have focus.

**Keywords:** Daydreaming, dreaminess, withdrawing, lack of concentration

**Human indication:** When you have a tendency to live in your own dream world with little interest in the real world, accident-prone, daydreaming.

**Animal/Pet indication:** No apparent interest in the world around them; animals that sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present.

Essential Oil: Eucalyptus

Gemstone: Pyrop

Orchid: Cretica Orchid

## 10. CRAB APPLE (*Malus pumila*) – The “Cleanser”. Self disgust or detestation

This is the remedy of cleansing. For those who feel as if they had something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out. Crab Apple encourages the positive potential to embrace your body and mind, and accept your imperfections. Obsessive thoughts over imperfections can lead to a poor self image and a feeling of uncleanness. Learn to accept yourself.

**Keywords:** Cleansing, poor self-image, sense of not being clean, obsessive, poor self-image

**Human indication:** When you feel unclean or have a hard time accepting your own self-image. Cleansing: Use externally on ringworm, rashes, and warts.

**Animal/Pet indication:** Obsessive cleanliness, fastidiousness; excessive grooming. Pets with rashes

Essential Oil: Tea Tree

Gemstone: Lavender calcedony

Orchid: Lycia Orchid

## 11. ELM (*Ulmus procera*) – Overwhelmed by responsibility

The burden of desperation from the challenges of life and resulting over-perfectionism is balanced. The confidence that one is able to cope with the daily tasks and challenges is strengthened and thereby the personal development potential is promoted. Elm encourages the positive potential of self assurance, keeping perspective, and returning to efficiency. Struggling to keep perspective leads to a sense of being overwhelmed. Don't get overwhelmed: handle hectic days.

**Keywords:** Depression overwhelmed by responsibilities, despondent, exhausted

**Human indication:** Feeling overwhelmed and depressed, there is too much to do and you don't feel that you can do it all.

**Animal/Pet indication:** Overwhelmed by a sense of responsibility from a temporary circumstance, abandoning their litter.

Essential Oil: Lemongrass

Gemstone: chalcedony

Orchid: Apulica Orchid

## 12. GENTIAN (*Gentiana amarella*) – Despondency

Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them. Gentian encourages the positive potential to put mistakes in context, cope with setbacks, pessimism, and negative outlooks. From small upsets to large difficulties, and when challenges build up, keep Gentian at hand. Approach all challenges with conviction. Accept setbacks.

**Keywords:** Discouraged, depressed

**Human indication:** When you easily get discouraged when faced with difficulties.

**Animal/Pet indication:** Despondency due to a setback; e.g.; not going for a walk, as usual, creates lethargy and sadness.

Essential Oil: Lemon

Gemstone: Red jasper

Orchid: Pallens Orchid

## 13. GORSE (*Ulex europaeus*) – Pessimism

Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief. Gorse encourages the positive potential to regain the willpower to fight on, regaining faith and hope. In times when you need to find the sunshine at the end of a dark period, don't give up hope. Feel brighter despite current physical, emotional, or other worldly problems. Have Hope.

**Keywords:** Hopelessness, despair, pessimism

**Human indication:** When you have the feeling of extreme hopelessness and despair

**Animal/Pet indication:** Feeling hopeless despair.

Essential Oil: Orange Blossom

Gemstone: Hyacinth

Orchid: Adenochela Orchid

## 14. HEATHER (*Calluna vulgaris*) – Talkative - obsessed with own troubles & experiences

Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter whom it may be. They are very unhappy if they have to be alone for any length of time. Heather encourages the positive potential to be heard, assisting you in developing a voice without appearing needy. Having conversations that are two way and genuine is a vital part of open communication. Empathize & Listen.

**Keywords:** Talkative, demand attention, dislike being alone, lonely

**Human indication:** Helps when you are preoccupied with your own ailments and problems.

**Animal/pet indication:** Overly concerned with companionship, very demanding of attention, constant barking.

Essential Oil: Clementine

Gemstone: Malachite

Orchid: Phyllanthes Orchid

## 15. HOLLY (*Ilex aquifolium*) – Hatred, envy, jealousy, suspicion

For those who sometimes are attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness. Holly encourages the positive potential to be generous hearted without making demands. Curb the tendency to be jealous and full of suspicion. Open your mind to others' lifestyles and needs without judgment. Goodwill Towards Others.

**Keyword:** Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion

**Human indication:** When you need to overcome the feeling of hate, envy, and jealousy.

**Animal/pet indication:** Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping, or unprovoked attacks

Essential Oil: Rose

Gemstone: White zirconium

Orchid: Nidus Avis Orchid

## 16. HONEYSUCKLE (*Lonicera caprifolium*) – Living in the past, nostalgic. Homesickness

Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had. . The Bach® remedy Honeysuckle encourages the positive potential to live in the present and not be held back. The past is what makes us who we are; however the ability to move forward in life, without regrets, does not always come easy. Reflect and learn from the past, leaving the regret behind. Embrace The Now.

**Keyword:** Homesickness, nostalgia, bereavement

**Human indication:** For over-attachment to past memories good or bad, can't let go of the past, homesickness.

**Animal/pet indication:** Homesickness or over-attachment to the past. Loss of owner or home.

Essential Oil: Immortelle

Gemstone: Heliotrope

Orchid: Atlantica Orchid

## 17. HORNBEAM (*Carpinus betulus*) – “Monday morning feeling” - procrastination

For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfil their work. Hornbeam encourages the positive potential to be certain in your ability, and face the day ahead. Shake off that “Monday morning feeling,” cope with the demanding day ahead and face whatever obstacles are on your schedule, without hesitation. Procrastinate Less.

**Keyword:** Weariness, bores, tired, needs strength, overworked, procrastination, doubting own abilities

**Human indication:** For weariness, mental rather than physical, the “Monday morning” feeling with a sense of staleness and lack of variety in life.

**Animal/pet indication:** Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved.

Essential Oil: Birch

Gemstone: Red calcite

Orchid: Nigra Orchid

## 18. \*IMPATIENS (*Impatiens glandulifera*) – Impatience, irritability

The burden of unexplainable vague fears and premonitions is balanced. Trust in nature (confidence in nature, confidence, meaning) is strengthened and thereby the personal development potential is supported. Impatiens encourages the positive potential to think and act in less haste. We all become overly irritable, impatient and nervous from time to time. Find ease in how you deal when life, people, and situations slow you down. Have Patience.

**Keyword:** Impatience, irritated, nervy, frustration, fidgety, accident-prone, hasty

**Human indication:** Suitable for people who are easily irritated and impatient. They speak and think quickly, and are energetic, but tense.

**Animal/pet indication:** Inpatient and seeming to have boundless energy, can't wait to go for a walk or rushes ahead.

Essential Oil: Perubalsam

Gemstone: Citrine

Orchid: Laeta Orchid

## 19. LARCH (*Larix decidua*) – Lack of self-confidence, feels inferior

For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed. Larch encourages the positive potential to approach different situations with confidence and determination. Are you nervous to try new things due to a lack of confidence, or need a boost to your self esteem? Find your inner confidence.

**Keyword:** Lack of confidence, depressed, discouraged, feeling of inferiority

**Human indication:** When you need more self-confidence.

**Animal/pet indication:** Lack of self-confidence or avoiding situations where they have to perform

Essential Oil: Cedar

Gemstone: Amethyst

Orchid: Simia Orchid

## 20. MIMULUS (*Mimulus guttatus*) - Fear of known things. Shyness, timidity

Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others. Face Your Fears. Mimulus encourages the positive potential to face your fears and difficulties with courage. Stand up to what fears or difficulties you have. Enjoy your life without living in fear.

**Keyword:** Fear, blushing, stammering, shyness, timid, sensitive, lack of courage

**Human indication:** Fear of known things such as fear of being alone, fear of spiders, fear of flying, or fear of the dark. Shyness is also a known fear.

**Animal/pet indication:** For fears: afraid of lightning, visits to the vet. May shake or shiver when confronted. Shy and timid animals.

## 21. MUSTARD (*Sinapis arvensis*) – Dark cloud that descends, making one saddened and low for no known reason

Those who are liable to times of gloom, or even despair, as though a cold dark cloud overshadowed them and hid the

light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful. Mustard encourages the positive potential to return to joy. Everyone faces occasional sudden gloomy feelings. When you are feeling down, bring joy back into your daily life. Be Joyful.

**Keyword:** Depression, deep gloom for no reason

**Human indication:** When you feel depressed for no reason. Like a dark cloud that destroys normal cheerfulness.

**Animal/pet indication:** If your pet seems depressed for no reason.

Essential Oil: Muscale

Gemstone: Honeycalcite

Orchid: Garganica Orchid

## 22. OAK (*Quercus robur*) – Normally strong, courageous, but no longer able to struggle bravely against illness and/or adversity

For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort. Oak encourages the positive potential to remain strong while understanding your own limits. When the struggle is real and you are exhausted but push on anyway. Recognize the need to recharge. The positive potential of Oak is to remain strong and persevere, but understand your own limits.

**Keyword:** Exhaustion, overwork, workaholic, fatigued, over-achiever

**Human Indication:** When you are exhausted, but keep struggling.

**Animal/Pet Indication:** If your pet keeps struggling although it is exhausted, never seem to quit.

Essential Oil: Ginger

Gemstone: Green fluorite

Orchid: Mammosa Orchid

## 23. OLIVE (*Olea europaea*) - Fatigued, drained of energy

The burden of extreme exhaustion of body, mind and soul is balanced. One's own regeneration, recovery and revitalization are strengthened and thereby the personal development potential is supported. Olive encourages the positive potential to revitalize yourself after making an effort. For times when all reserves of inner strength and energy have run out. Let go and allow yourself to revitalize and restore your mental energy.

**Keyword:** Lack of energy, fatigue, convalescence

**Human indication:** When you are exhausted with no reserves of strength or energy.

**Animal/pet indication:** Exhaustion, fatigue due to overwork: for working animals or those involved in racing, competitive events, or shows.

Essential oil: Rosemary

Gemstone: Amber

Orchid: Monorchis Orchid.

## 24. PINE (*Pinus sylvestris*) – Guilt complex, blames self even for the mistakes of other

For those who blame themselves. Even when successful they think that they could have done better, and are never content with their efforts or the results. They are hard-working and suffer much from the faults they attach to themselves. Sometimes if there is any mistake it is due to another, but they will claim responsibility even for that. Pine encourages the positive potential to accept and respect yourself as you would others. For times when you feel full of guilt and blame yourself for anything that goes wrong. Have Self Respect.

**Keywords:** Guilt, self-reproach, humble, apologetic, shame, unworthy, undeserving

**Human indication:** When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living.

**Animal/pet indication:** If an animal feels shame or guilt for which something it cannot control

Essential Oil: Rosewood

Gemstone: Lapis

Orchid: Lapponica Orchid

## 25. RED CHESTNUT (*Aesculus carnea*) – Obsessed by care and concern for others

For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of whom they are fond they may suffer much, frequently anticipating that some unfortunate thing may happen to them. Red Chestnut encourages the positive potential of peace of mind, to care for others with compassion but without the worry. Often a temporary feeling, anxious thoughts and worries can impact our relationships. Overcome the feeling of anxiety around others, and comfort your mind. Peace Of Mind.

**Keywords:** Worried, over-concern, fear

**Human indication:** When you feel over-concerned and worried for others.

Essential Oil: Magnolia

Gemstone: Emerald

Orchid: Parviflora Orchid

## 26. ROCK ROSE (*Helianthemum nummularium*) – Suddenly alarmed, scared, panicky

The remedy of emergency for cases where there even appears no hope. In accident or sudden illness, or when the patient is very frightened or terrified, or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy. Other remedies in addition may also be required, as, for example, if there is unconsciousness, which is a deep, sleepy state, Clematis; if there is torture, Agrimony, and so on. Rock Rose encourages the positive potential of strong will and courage, especially in the face of emergencies. For times in your life when a sense of panic and helplessness is replaced by calm and courage. Have Courage.

**Keywords:** Frozen fear, terror

**Human indication:** When you feel terror, or after a nightmare. The feeling that you cannot react or move.

**Animal/pet indication:** Terror, panic-stricken: body trembling, cowers, or runs away. Deer in the headlight.

Essential Oil: Tulasi

Gemstone: Uwarowite

Orchid: Canariensis Orchid

## 27. ROCK WATER (*Aqua Petra*) - Rigid minded, self denying

Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result. Rock Water encourages the positive potential of a flexible attitude when striving for your goals. Stop tying yourself down to inflexible and overly high standards. Open up to new ways of thinking and living. Flexible Mind.

**Keywords:** Self-repression, self-denial, self-perfection, overwork, self-sacrificing, opinionated

**Human indication:** This is indicated when you are too strict and set too-high standards for yourself, to the point of self-domination and self-martyrdom.

Essential Oil: Hyacinth

Gemstone: Hematite

Orchid: Sipontensis Orchid

## 28. SCLERANTHUS (*Scleranthus annuus*) – Uncertainty, indecision, vacillation

Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others. . Scleranthus encourages the positive potential of certainty and decisiveness. For those who are viewed as unreliable, moody, and often change their mind when making decisions between two possibilities. Be more spontaneous when making decisions. Be Decisive.

**Keyword:** Indecision, imbalance, uncertainty, dizziness

**Human indication:** When you suffer from indecision, particularly when faced with two choices.

**Animal/pet indication:** Animals who can't make up their mind; any swinging behaviour pattern (eats/doesn't, sleeps a lot/no sleep).

Essential Oil: Ravansara

Gemstone: Rhodonite

Orchid: Romana Orchid

## 29. STAR OF BETHLEHEM (*Ornithogalum umbellatum*) – For all the effects of serious news or fright following an accident, etc

For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort. . The Star of Bethlehem neutralizes the effects of grief and encourages the positive potential of inner strength. Deal with the aftereffects of a life altering experience. Have comfort and soothe your pain and sorrows. Neutralize Grief.

**Keywords:** Trauma, after effect of shock, post-traumatic stress

**Human indication:** For after-effects of trauma or traumatic experience. Animal/pet indication: Abused, mistreated in the past. Trauma or shock.

## 30. SWEET CHESTNUT (*Castanea sativa*) – Utter rejection, bleak outlook

For those moments which happen to some people when the anguish is so great as to seem to be unbearable.

When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face. Sweet Chestnut encourages the positive potential of hopefulness. Face extreme feelings of hopeless despair with a clear mind. Regain control over your daily life with peace of mind. Be Optimistic.

**Keywords:** Extreme mental anguish, hopeless despair, intense sorrow

**Human indication:** When you feel hopeless despair, and you feel intense sorrow and feel destroyed by it.

Essential Oil: Jasmine

Gemstone: Azurite

Orchid: Odoratissima Orchid

### 31. VERVAIN (*Verbena officinalis*) – Over-enthusiasm - fanatical beliefs

Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties. Vervain encourages the positive potential of serenity, wisdom and tolerance. Remain enthusiastic towards the world around you while not imposing your views on others. Relax & Calm.

**Keywords:** Over-enthusiasm, hyper-active, fanatical, highly strung

**Human indication:** For people who are strong-willed and highly strung with minds that race ahead of events.

**Animal/pet indication:** Enthusiastic, always want to be involved, high strung.

Essential Oil: Styrax

Gemstone: Ruby

Orchid: Corneliana Orchid

### 32. VINE (*Grape Vine - Vitis vinifera*) – Dominating, inflexible, tyrannical, autocratic, arrogant

Very capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency. Vine encourages the positive potential of determination, without domination. Be flexible, expressive and share your opinions without seeming dominant. Lead without intimidation. Motivate Not Dominate.

**Keywords:** Domineering, inflexible, very capable, gifted, bullying, aggressive

**Human indication:** For those who dominate others. They know better than everyone else and put others down.

**Animal/pet indication:** Authoritative, dominant even over their owners.

Essential Oil: Yarrow

Gemstone: Pink zircon

Orchid: Lokiana Orchid

### 33. WALNUT (*Juglans regia*) – Assists in adjustment to transition or change, such as puberty, menopause, divorce, new surroundings, etc

For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm, convictions or strong opinions of others. The remedy gives constancy and protection from outside influences. Walnut encourages the positive potential to move forward and make changes in your life with a sense of constancy. Life is full of change. Instead of being taken off guard, support your mind in learning to adapt. Whether it's physical, environmental or influential, move forward in life with a sense of consistency. Adapt To Change.

**Keywords:** Change, link breaker, menopause, puberty, moving, let go of the past, protection

**Human indication:** Protection from outside influences and energies. Helps you adjust to major changes.

**Animal/pet indication:** For any period of change.

### 34. WATER VIOLET (*Hottonia palustris*) – Proud, reserved, enjoys being alone

For those who in health or illness like to be alone. Very quiet people, who move about without noise, speak little, and then gently. Very independent, capable and self-reliant. Almost free of the opinions of others. They are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them. Water Violet encourages the positive potential to find warmer relationships with others in a calm, relatable way. Allow yourself to reach out and connect with others. Cultivate and connect with the people that surround you. Connect With Others.

**Keywords:** Proud, aloof, lonely, anti-social, disdainful, condescending, self-reliant, private

**Human indication:** People who feel lonely because they have a tendency to appear proud and anti-social.

**Animal/pet indication:** Unfriendly, stand-offish, they do not invite or welcome cuddles, petting, or obvious affection.

Essential Oil: Vanilla

Gemstone: Pink kunzite

Orchid: Conopsea Orchid

### 35. WHITE CHESTNUT (*Aesculus hippocastanum*) – Persistent, unwanted thoughts

For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and will remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day. White Chestnut encourages the positive potential to find tranquility and peace of mind. Don't let those repetitive thoughts cloud your mind and get in the way of your focus. Reclaim your day and cope with the hectic world around you. Calm The Mind.

**Keywords:** Repeated unwanted thoughts, mental arguments, concentration, sleeplessness, insomnia.

**Human Indication:** When your mind is cluttered with thoughts or mental arguments. You may be unable to sleep because of the thoughts.

**Animal/pet indication:** Loss of sense of direction or purpose; especially good for working or show animals who are being retired.

Essential Oil: Geranium

Gemstone: Chrysocolla

Orchid: Elegans Orchid

### 36. WILD OAT (*Bromus ramosus*) – Helps determine one's intended path in life

Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction. Wild Oat encourages the positive potential to decide on the right path for your future. When you are uncertain of what you want in life, and are faced with an important decision to make regarding your path. Find inner clarity and decide your path.

**Keywords:** Cross-road in life, decision making, lack of clarity, drifting in life

**Human indication:** When you are uncertain of the correct path in life. Helpful when you need to make important decisions.

Essential Oil: Narde

Gemstone: Chrysopras

Orchid: Bifolia Orchid

### 37. WILD ROSE (*Rosa canina*) – Resignation, apathy

Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint. Wild Rose encourages the positive potential for enthusiasm and a lively interest in life. Reignite your passion for life, and find enthusiasm for the world in general, work, and those you care about. Take initiative, and make some changes. Show Enthusiasm.

**Keywords:** Apathy, resignation, lost motivation, lack of ambition

**Human indication:** For anyone who is resigned to an unpleasant situation whether illness, a monotonous life, or congenial work.

**Animal/pet indication:** Lack of energy, enthusiasm, submissive, and disinterested

Essential Oil: Grapefruit

Gemstone: Sarder

Orchid: Palustris Orchid

### 38. WILLOW (*Salix vitellina*) – Resentment, embitterment, 'poor old me'!

For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial, that it was unjust, and they become embittered. They often take less interest and less activity in those things of life which they had previously enjoyed. Willow encourages the positive potential to forgive and forget past injustices and enjoy life. Combat negativity, the consequences of resentment, and regain a sense of humor when life presents shortcomings. Don't be a victim, control your own destiny. Forgive & Forget.

**Keywords:** Self-pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

**Human indication:** When you feel resentment, self-pity, and bitterness. You would like to regain a sense of humour and proportion.

**Animal/pet indication:** Sulky, self-pity

Essential Oil: Galbanum

Gemstone: Sunstone

Orchid: Lacaitae Orchid

### **39. RESCUE REMEDY (Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis)**

The rescue remedy works wonders on relieving stress when nothing else will. It does it very quickly too. It brings instant ease to your mind, soothes your emotions and relaxes your body naturally. Everyone should have it in their holistic or homeopathic first aid kit. Helps before, during and after particularly stressful, painful or traumatic events.