

Qualities of the Bach Flower Remedies

Agrimony *Agrimonia eupatoria* (yellow)

Positive qualities: Emotional honesty; obtaining true inner peace

Patterns of imbalance: Unhappiness covered by cheerfulness; a tendency to deny and avoid confrontation and emotional pain; addictive behavior patterns, turning to addiction to cope with emotions

Aspen *Populus tremula* (green/gray)

Positive qualities: Confidence in the future and trust in the ability to handle upcoming events, spirituality as a means of gaining strength

Patterns of imbalance: Vague fear of the future or things that are not known or previously experienced, nightmares, inability to rely on spiritual strengths and experiences

Beech *Fagus sylvatica* (red)

Positive qualities: Tolerance, acceptance of others, seeing the good to be found in each person and situation, able to overlook or forgive the mistakes of others

Patterns of imbalance: Intolerance of human imperfection; expects too much of others; pointing out another's faults instead of working on one's own

Centuary *Centaurium erythraea* (pink)

Positive qualities: Balance between serving others and recognizing one's own needs and limits, being able to say "no" when the situation demands

Patterns of imbalance: Easily fatigued and worn down by the needs of others, neglecting oneself in the service of others

Cerato *Ceratostigma willmottiana* (blue)

Positive qualities: The ability to trust inner feelings and direction; listening to the guidance of the Spirit; self-confidence, intuition, certainty

Patterns of imbalance: Uncertainty or doubt, inability to listen to one's inner voice, over-dependence on the opinions of others

Cherry Plum *Prunus cerasifera* (white)

Positive qualities: Feelings of being guided and protected by a Heaven; balance and calm reason even in the face of extreme stress

Patterns of imbalance: Fear of losing control mentally or emotionally, destructive emotional patterns in relationships, suicidal thoughts

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit

Chestnut Bud *Aesculus hippocastanum* (green buds)

Positive qualities: Learning from the lessons of personal experience and the experiences of others; understanding spiritual laws; deep spirituality; great wisdom

Patterns of imbalance: Lack of connection between action and consequence; failure to learn from life's experiences; the continual repeating of the same mistakes and destructive patterns

Chicory *Cichorium intybus* (blue)

Positive qualities: The ability to love both freely and appropriately; respecting others as individuals

Patterns of imbalance: Mistaking possessiveness, irrational demands, and neediness as expressions of love; getting attention through negative behavior; self-centeredness

Clematis *Clematis vitalba* (white)

Positive qualities: Inspired in practical daily situations; the ability to bring dreams into reality

Patterns of imbalance: Continual daydreaming as a means of escaping the present; impractical ideas
an attraction to psychotropic drugs or fantasy games and movies

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit

Crab Apple *Malus sylvestris* (white, tinged with pink)

Positive qualities: The ability to recognize that it is through trial and error that lessons are learned

Patterns of imbalance: Obsessive worry and feelings of being unclean or unworthy; disgust or shame
for the physical body; allergies and psychosomatic illnesses

Elm *Ulmus procera* (reddish brown)

Positive qualities: Service performed with joy; good leadership skills; able to receive kindness

Patterns of imbalance: Overwhelmed by duties and responsibilities; doubting own ability to handle the
demands of the day

Five-Flower Formula *combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem*

Positive qualities: Calmness and stability in any emergency or time of high stress

Patterns of imbalance: Panic; disorientation; loss of consciousness

Gentian *Gentiana amarella* (purple)

Positive qualities: Deep and unwavering faith; seeing the entire picture and one's place in it

Patterns of imbalance: Discouragement; inability to bounce back from trials or setbacks

Gorse *Ulex europaeus* (golden yellow)

Positive qualities: Deep and abiding faith; hope for the future; optimism; walking in the light

Patterns of imbalance: Discouragement; feelings of darkness and hopelessness; resignation

Heather *Calluna vulgaris* (pink, purple)

Positive qualities: Inner peace and tranquility; emotional self-sufficiency; ability to care for others

Patterns of imbalance: Continually absorbed in and talking about own problems; lonely; dysfunctional

Holly *Ilex aquifolium* (white, tinged with pink)

Positive qualities: The realization that love is universal and available to all; having an open heart

Patterns of imbalance: Feeling isolated and alone; feelings of envy, suspicion, or anger

Honeysuckle *Lonicera caprifolium* (red/white)

Positive qualities: Flexible and adaptable; faces changes with enthusiasm and purpose

Patterns of imbalance: Living in the past; longing for past relationships; inability to accept change

Hornbeam *Carpinus betulus* (yellow/green)

Positive qualities: Unlimited reserves of energy; a new approach to old situations

Patterns of imbalance: fatigue, feeling that life is monotonous; emotional exhaustion

Impatiens *Impatiens glandulifera* (pink/mauve)

Positive qualities: Being in the moment; calm; attentive; peaceful; patient

Patterns of imbalance: Great tension; creating stress where none need exist; irritability; impatience

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit

Larch *Larix decieua* (red yellow)

Positive qualities: Self-confidence; an ability to express oneself verbally and creatively; spontaneous; willing to take sensible risks

Patterns of imbalance: Doubting oneself and one's abilities; lack of self-confidence; afraid to try anything new or take any risks

Mimulus *Mimulus guttatus* (yellow, red spots)

Positive qualities: Courage within oneself and the confidence to face the challenges presented

Patterns of imbalance: Fearfulness in everyday situations; shyness, hypersensitive, anxiety and stress in the solar plexus

Mustard *Sinapis arvensis* (yellow)

Positive qualities: Finding joy in life; the ability to stay stable from day to day

Patterns of imbalance: Being overwhelmed with despair and sadness; discouragement; depression that has no obvious cause

Oak *Quercus robur* (red)

Positive qualities: Strength and endurance balanced with a respect for one's limits

Patterns of imbalance: Inflexible; working beyond the limit's of human endurance

Olive *Olea europaea* (white)

Positive qualities: Ability to recover emotional strength and physical energy quickly; deep reserves within oneself; awareness of the connection between the physical body and the spirit

Patterns of imbalance: Complete exhaustion after a long struggle; inability to regain strength

Pine *Pinus sylvestris* (red/yellow)

Positive Qualities: Objective view of both personal strengths and weaknesses, self-acceptance

Patterns of imbalance: Feelings of undue guilt, emotional paralysis, inability to accept oneself

Red Chestnut *Aesculus carnea* (red)

Positive qualities: The ability to radiate peace and unconditional love and compassion; trust that all is unfolding as it should in the lives of our family and friends; trust in their abilities

Patterns of imbalance: Obsessive worry masquerading as love with little efforts to actually give aid

Rock Rose *Helianthemum nummularium* (yellow)

Positive qualities: Courage, inner peace and tranquility in the face of obstacles and challenges

Patterns of imbalance: Deep fear, terror, panic, fear of death; pain; grief; loneliness

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit

Rock Water *solarized spring water*

Positive qualities: Ability to discern and follow the spirit rather than the letter of the law, in touch with one's own feelings

Patterns of imbalance: Rigid standards and adherence to tradition and law; inflexible; obsessive

Scleranthus *Scleranthus annuus* (green)

Positive qualities: Clarity of purpose and direction; ability to act with intuition and inspiration

Patterns of imbalance: Inability to make choices; postponing life's decisions; wavering between choices

Star of Bethlehem *Ornithogalum umbellatum* (white)

Positive qualities: Restores inner strength after traumatic events—either present or from the past

Patterns of imbalance: Inability to draw strength from the spiritual realm; slowed mental capacity

Ingredient of Rescue Remedy—use for shock & trauma to emotions and spirit

Sweet Chestnut *Castanea sativa* (green f./yellow m.)

Positive qualities: Deep courage and faith, knowing and trusting oneself and the goodness of Heaven

Patterns of imbalance: Despair and anguish; experiencing personally the “dark night of the soul”

Vervain *Verbena officinalis* (pink/mauve)

Positive qualities: Strong, passionate idealism balanced with the ability to practice moderation, tolerance and balance; idealism offset by practicality

Patterns of imbalance: Being over-bearing or intolerant; fanaticism; nervous exhaustion, burnout, digestive problems, nervous prostration or breakdown

Vine *Vitis vinifera* (green)

Positive qualities: Strong will and sense of purpose, organized; able to recognize another’s abilities

Patterns of imbalance: Domineering, thinks their way is the only way; forcing others to their will

Walnut *Juglans regia* (green)

Positive qualities: The ability to accept change; the courage to follow intuition and inspiration

Patterns of imbalance: Doubt; confusion; too much attention given to the opinions of others

Water Violet *Hottonia palustris* (pale mauve, yellow center)

Positive qualities: Capable and self-contained; compassionate; joyful and connected in relationships

Patterns of imbalance: Aloof and withdrawn; even proud or arrogant; unable to give of oneself in personal or community relationships

White Chestnut *Aesculus hippocastanum* (white with pink, red & yellow centers)

(also known as Horse Chestnut)

Positive qualities: Having a calm and peaceful mind, spirit, and heart

Patterns of imbalance: Repetitive thoughts; chattering mind; compulsive; obsessive; anxious

Wild Oat *Bromus ramosus* (green)

Positive qualities: Walking through life with a feeling of purpose and direction from Heaven; living according to one’s goal and principles; completely motivated by a sense of purpose and specific calling

Patterns of imbalance: Confusion and indecision about life direction; chronically dissatisfied and tired, yet restless and continually seeking for purpose or at least for something new and different

Wild Rose *Rose canina* (pink or white) also known as Dog Rose

Positive qualities: Will to live; motivation; joy in life; interest in the world around them; feeling that life is a privilege; desire to learn and grow

Patterns of imbalance: Lack of hope, giving up on life; negativity which fosters chronic illness; an excellent remedy for convalescence and lingering illnesses

Willow *Salix vitelina* (green)

Positive qualities: Acceptance; forgiveness; taking responsibility for personal circumstances

Patterns of imbalance: Feeling resentful, inflexible or bitter; feeling that life is unfair or that one is a victim; inability to take responsibility or recognize the connection between actions and consequences