

## Bach Flower Indication Chart

INDICATION	BACH REMEDY	OUTCOME
Hide problems behind a cheerful face	<b>Agrimony</b>	Cheerfulness stems from a real sense of self-acceptance and inner joy.
Fears and worries of unknown origin, Night Terror	<b>Aspen</b>	A state of inner peace, security and fearlessness.
Intolerant of others, critical, always in right	<b>Beech</b>	Tolerance and a sense of compassion for and unity of others.
Weak-willed and easily led. Find it hard to say, no.	<b>Centaury</b>	Become in touch with what you want and follow your own path.
Seek advice and confirmation from others	<b>Cerato</b>	Trust your own inner wisdom and follow it. Self-assured and decisive.
Fear of losing control of your own behavior	<b>Cherry Plum</b>	A calm mind and are able to think and act rationally.
Failure to learn from past mistakes and experiences	<b>Chestnut Bud</b>	Observe your own mistakes with objectivity, and learn from it.
Overly possessive and over protective of others	<b>Chicory</b>	Able to care for others unselfishly, offering genuine maternal love.
Dreaminess, lack of interest in the present. Daydreamer	<b>Clematis</b>	Interest in the world around, and enjoyment of life.
Poor self-image, sense of uncleanliness	<b>Crab Apple</b>	Acceptance of oneself and one's imperfections.
Overwhelmed by responsibility. Feeling tired and depressed	<b>Elm</b>	Restoration of one's normal capable personality and self-assurance.
Easily discouraged with small setbacks and depressed	<b>Gentian</b>	Realization that there is no such thing as failure when doing your best.
Hopelessness and despair, for people who have given up	<b>Gorse</b>	Sense of faith and hope, despite current physical or mental problems.
Self-preoccupied, self-concerned or talkative	<b>Heather</b>	Good listener who is generous in helping others. Selfless.
Envious, jealous, feeling of hatred	<b>Holly</b>	Generous-hearted person able to give without making demands.
Dwells on the past, over-attachment to the past	<b>Honeysuckle</b>	Ability to live in the present, able to move forward in life without regret
"Monday Morning Feeling", mental weariness	<b>Hornbeam</b>	Certainty of one's strength and ability to face the day's work.
Impatience, people who are easily irritated	<b>Impatiens</b>	Someone who is decisive and spontaneous, less hasty in action.
Lack of self-confidence, people who don't try	<b>Larch</b>	Determined, capable, with a realistic sense of self-esteem.
Fear of known things such as illness, death, and accidents	<b>Mimulus</b>	Quiet courage to face trials and difficulties with humor and confidence.
Deep gloom with no origin, unable to shake off at will	<b>Mustard</b>	Return of joy, supported by an inner stability and peace.

*More on backside...*

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Exhausted but struggles on, Keep going ignoring tiredness	<b>Oak</b>	Restores their energy and helps them recognize the need to take time off.
Lack of energy, exhaustion to point of tears, tires easily	<b>Olive</b>	Restoration of strength, vitality and interest in life. Peace of mind.
Self-reproach and guilt, blame themselves	<b>Pine</b>	Accept responsibility realistically and have sound judgement.
Fear or over concern for others and welfare of others	<b>Red Chestnut</b>	Ability to care for others with compassion but without anxiety.
Terror such as after being in an accident, or nightmares	<b>Rock Rose</b>	Courage and presence of mind. The person is calm and self-forgetful.
Inflexible, self denial and set themselves high standards	<b>Rock Water</b>	Ability to hold high ideals with flexible mind. Willing to change minds.
Uncertainty and indecision, faced with two possibilities	<b>Scleranthus</b>	Certainty and decisiveness with poise and balance in all circumstances.
After effects of shock, mental or physical	<b>Star of Bethlehem</b>	Neutralize the effects of the trauma, whether immediate or delayed.
Extreme mental anguish, at point of breakdown	<b>Sweet Chestnut</b>	Liberation from despair and despondency. Peace of mind and faith that all is good
Over enthusiasm. Those with fixed principles and ideas	<b>Vervain</b>	Calm, wise and tolerant. Able to relax and take broad view of life and events.
Assertive and inflexible, often very capable and ambitious	<b>Vine</b>	Determination without domination. See the good in others/encourage.
Protection from change and outside influences	<b>Walnut</b>	Ability to move forward and remain steadfast to one's path in life.
May appear proud, aloof to others, may feel lonely	<b>Water Violet</b>	Warmer relationships with others, while maintaining one's wisdom.
Unwanted thoughts, mental anguish, repetitive thoughts	<b>White Chestnut</b>	Peace of mind, the head is clear and thinking is under control.
Uncertainty as to correct path in life. At a cross road in life	<b>Wild Oat</b>	Clear picture of what to do in life with positive ideas and ambitions.
Resignation and apathy, for those who are resigned	<b>Wild Rose</b>	Lively interest in life, work and the world in general.
Self pity and resentment, feel more or less put-upon	<b>Willow</b>	Allows people to forgive and forget past injustices and enjoy life.

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