

## **BACH FLOWER ESSENCES, ALPHABETIZED**

- Agrimony** -- Concealed worry
- Aspen** -- Vague fears of unknown origin, free-floating anxiety.
- Beech** -- Intolerant, judgmental, negative outlook
- Centaury** -- Weak-willed, lacking individuality, "door-mat"
- Cerato** -- Indecisive, easily swayed, foolish
- Cherry Plum** -- Desperation; fear of going crazy; fear of losing control; fear of hurting oneself or others; suicidal
- Chestnut Bud** -- Learns slowly, repeats mistakes, needs same lessons over and over
- Chicory** -- Possessive, jealous, controlling, self-pitying
- Clematis** -- Indifferent, dreamy, inattentive, impractical, spaced out
- Crab Apple** -- Feels unclean or corrupted in some way, perfectionistic
- Elm** -- Temporary feelings of exhaustion, inadequacy, and being overwhelmed
- Gentian** -- Easily discouraged. Depression following a setback
- Gorse** -- Resigned hopelessness, often resulting from multiple failures
- Heather** -- Self-centered, dislikes being alone
- Holly** -- Hatred, envy, suspicion, jealousy
- Honeysuckle** -- Overly nostalgic, homesick, unable to cope with the loss of a loved one, regretful
- Hornbeam** -- Mental more than physical exhaustion, lack of enthusiasm
- Impatiens** -- Impatient, irritable, tense
- Larch** -- Lack of confidence, expectations of failure, self doubt
- Mimulus** -- Fear of a specific known source
- Mustard** -- Deep depression arising from no known source
- Oak** -- Burdened by duty; overworked; workaholic; unceasing effort
- Olive** -- Complete mental and physical exhaustion; indifference to life
- Pine** -- Feelings of guilt; self-reproach; self-condemnation
- Red Chestnut** -- Excessive fear, anxiety, and worry for others
- Rock Rose** -- For moments of extreme terror and panic
- Rock Water** -- Self-repression; self-denial; strict; stoic
- Scleranthus** -- Can't decide between two things. Moody; vacillating between extremes; unbalanced
- Star of Bethlehem** -- Provides comfort following a shock or sudden unpleasant experience
- Sweet Chestnut** -- Extreme anguish, mental torture
- Vervain** -- High-strung; over-enthusiastic; straining; fanaticism, martyrdom
- Vine** -- Strong-willed; ambitious; inflexible
- Walnut** -- Over-sensitive to outside influences; to help through major life changes
- Water Violet** -- Isolation, aloofness, pride
- White Chestnut** -- Persistent spinning thoughts; mental tension
- Wild Oat** -- Uncertainty with regard to career or life's work; dissatisfaction with current situation
- Wild Rose** -- Apathy; resignation
- Willow** -- Resentment; bitterness; feeling entitled