

Bach Flowers

<i>Agrimony</i>	+ Genuinely cheerful & good company; Accepts things as they come; Diplomatic peacemaker - Hides problems behind a cheerful face; Joke instead of express real fears; Avoidance
<i>Aspen</i>	+ Inner peace, security, fearlessness; Desire for adventure - Fears & worries of unknown origin; Nervous & anxious; Night fears
<i>Beech</i>	+ Tolerance & compassion; See the good in any situation - Intolerant of others; Critical; Judgmental; Arrogant
<i>Centaury</i>	+ In touch with their needs & desires; Unhampered by the opinions of others - Weak-willed; Easily led; Timid & passive; Anxious to please
<i>Cerato</i>	+ Trust & follow inner wisdom; Quietly self-assured & decisive - Seek advice & confirmation from others; Unable to follow own inner wisdom
<i>Cherry Plum</i>	+ Calm mind; Think & act rationally - Fear of losing control; Exploding in sudden outbursts of rage
<i>Chestnut Bud</i>	+ Objectivity; Learning from experience; Mentally active & observant - Failure to learn from past mistakes; Not dealing with the root cause; Avoidance
<i>Chicory</i>	+ Unselfish; Unconditional love; Fulfilled & self-assured; Warm & kind - Possessive; Over-protective; Self-centered & manipulative; Critical & nagging
<i>Clematis</i>	+ Grounded; Lively interest in the world & enjoyment of life; Inspired; Sense of purpose - Dreaminess; Lack of interest in present; Not present & accounted for; Overly romantic
<i>Crab Apple</i>	+ Acceptance of self; Open; Positive outlook - Poor self image; Sense of uncleanliness; Obsessive; Shame
<i>Elm</i>	+ Perspective; Balanced view of world & responsibility; Efficient & self-assured - Overwhelmed by responsibility; Lack of confidence leading to despondency
<i>Gentian</i>	+ No obstacle seems too great; Confident; Doing one's best - Discouragement; Despondency; Difficulty in dealing with known challenges
<i>Gorse</i>	+ Hope & faith; Brighter & happier; Life is worth living - Hopelessness; Despair; No light at the end of the tunnel; Condemned
<i>Heather</i>	+ Generous; Good listener; Helping others; Empathizing; Genuine communication - Self preoccupied; Self concern; Talkative; Exaggerates; Extreme neediness
<i>Holly</i>	+ Generous, compassionate, loving; Inner harmony; Open heart - Envious; Jealous; Feelings of hatred; Bad-tempered; Hard-hearted; Insecure
<i>Honeysuckle</i>	+ Using the past as a valuable experience; Moving forward without regrets - Dwells on the past; Homesickness & nostalgia; Regretful
<i>Hornbeam</i>	+ Certain in one's ability & strength; Alive, vital, & fresh; Enjoyment of life - 'Monday morning' feeling; Mental weariness; Not wanting to face the day; Procrastinate
<i>Impatiens</i>	+ Decisive & spontaneous without being hasty; Relaxed & good-humored; Sympathetic - Impatience; Easily irritated; Need everything done quickly; Temper flare-ups; Fidgety
<i>Larch</i>	+ Determined & capable; Realistic expectations; Willing to take the initiative - Lack of confidence; Won't even try; Feelings of inferiority, but really afraid of failure

Body of Balance

<i>Mimulus</i>	+ Quiet courage; Stand up for themselves; Emotions under control; Life without fear - Fear of known things; Blushing, stammering, nervous laughter; Easily embarrassed
<i>Mustard</i>	+ Return of joy; Unshakeable inner stability & peace - Deep gloom with no origin; Sudden depression that cannot be willed away
<i>Oak</i>	+ 'Strong as an oak'; Enormous perseverance; Willing to take the time to restore energy - Exhausted but struggles on; Unwilling to take a break; Stressed out & depressed
<i>Olive</i>	+ Restoration of strength & vitality; Listen to inner guidance & recognize the body's needs - Lack of energy; Exhausted in body & mind; Everything is an effort; Over-tired
<i>Pine</i>	+ Realistic acceptance of responsibility; Sound judgment; Respectful - Self-reproach; Guilt; Taking the blame; Undeserving & unworthy; Apologize for every thing
<i>Red Chestnut</i>	+ Relaxed caring for others; Radiate thoughts of health & courage; Calm in emergencies - Fear or over-concern for others; Fear the worst; Fretful
<i>Rock Rose</i>	+ Courage & presence of mind; Calm & unselfish in emergencies - Terror; Frozen fear; Helplessness
<i>Rock Water</i>	+ High ideals with a flexible mind; Willing to see a greater truth; Inner harmony; Flow in life - Inflexible; Self-denial
<i>Scleranthus</i>	+ Certainty; Decisiveness; Poise & balance - Uncertainty; Indecision, particularly between two possibilities; Jump around a lot; Fluctuate
<i>Star of Bethlehem</i>	+ Neutralizes the effect of trauma allowing recuperation - After effects of shock, either immediate or delayed
<i>Sweet Chestnut</i>	+ Liberation from despair/despondency; Optimistic; Peace of mind; Sense of being supported - Extreme mental anguish; Intense sorrow; Lonely dejection; Utter hopelessness
<i>Vervain</i>	+ Calm, wise, tolerant, & relaxed; Broad view of life & its possibilities; Able to <i>Be</i> - Over-enthusiasm; Inflexible view of the world; High strung; Push beyond limits; Fanatic
<i>Vine</i>	+ Determination without domination; See the good in others; Offering encouragement - Assertive; Inflexible; Ambitious; Use talents to dominate/bully others; Greedy for power
<i>Walnut</i>	+ Steadfast in one's path; Protection from change and outside influences - Difficulty in making changes; Over-sensitive to environment; Side-tracked by circumstance
<i>Water Violet</i>	+ Calm, serene, dignified; Able to empathize with others; Excellent counselor or teacher - Proud; Aloof; Private & sedate with a sense of superiority; Condescending; Anti-social
<i>White Chestnut</i>	+ Peace of mind; Clear head with thoughts under control; Trust - Unwanted thoughts; Mental arguments; Round and round; Sleeplessness; Inattentive
<i>Wild Oat</i>	+ Ability to decide on one's true path; Constructive use of talents; Persistent - Uncertainty as to correct path in life; Undirected; Confused; Frustrated
<i>Wild Rose</i>	+ Lively interest in life; Sense of purpose; Accepting responsibility for self - Resignation; Apathy; Unwilling to make necessary changes; Lack of energy
<i>Willow</i>	+ Forgive & forget; Control of own destiny; Sense of humor & proportion - Self pity; Resentment; Grumbling, sulky, irritable; Never pleased or satisfied