

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

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