

# *Bach Flower Remedies Repertory*

**Conceived and compiled by Norman Clark & Gabrielle Gelloz**

This Repertory is a companion product to the CD-Rom '*The Original Flower Remedies of Dr Bach*' and is designed to be used in conjunction with it. It is essentially an alphabetical list of symptoms or states of mind with the associated Bach remedies shown in Italics. The final choice of remedy for yourself may involve many complex factors. For example, under '*Absorption*' on page 2, one can see 8 different remedies indicated. Clearly, they cannot all be relevant to the same person. In order to make the best choice of remedy for yourself, we suggest that you should regard the Repertory as a handy quick-reference guide which will point you in the right direction for further and more complete reading using the companion CD-Rom or relevant books.

To make a keyword search for your emotional state while using either the Repertory or CD-Rom, click on the binocular icon in the Acrobat tool bar and type your word into the search engine. Clicking the icon a second time will find the next instance of the same word. To make an exhaustive search, please make use of this feature.

We are currently working on a PC version of the Repertory which will be hot-linked to the CD-Rom. Please bookmark Herbal Planet in your browser software and make a visit later on in the year. The hot-linked PC version should be available in May 2001.

## **Abandoned**

- Fear of being *Mimulus*

## **Ability**

- Lack of confidence in one's own *Larch*
- Temporary lack of confidence due to pressure *Elm*
- Lack of trust in one's own *Larch, Cerato*
- Over confidence in one's own *Vervain, Vine, Beech & Impatiens*

## **Absent minded**

- Due to drifting thoughts *Clematis*
- Due to exhaustion *Olive*

## **Absorption**

- With day-dreaming *Clematis*
- With thoughts of the past *Honeysuckle*
- With enthusiasm or matters of principle *Vervain*
- With self *Heather, Chicory*
- With worries *White Chestnut*
- With details *Crab Apple*
- With vengeance, jealousy, hatred *Holly*

## **Abuse**

- Feeling of injustice because of *Vervain*

- Shock of *Star of Bethlehem*
- Fear of *Mimulus, Rock Rose*
- Feeling unclean because of *Crab Apple*

### **Abusive**

- Due to uncontrolled rage *Cherry Plum*
- Due to aggressive dominance *Vine*
- Due to selfish possessiveness *Chicory*
- Due to vexation *Holly*
- Due to critical intolerance *Beech*
- Due to slowness *Impatiens*
- Due to frustration *Vervain*

### **Accident**

- For the shock following *Rock Rose*

### **Accident prone**

- Due to lack of concentration *Clematis*
- Due to nervous tension, impatience *Impatiens*
- Due to fearful nervousness *Aspen, Mimulus*
- Due to over enthusiasm *Vervain*

### **Acne**

- For people who have given up finding a cure *Gorse*
- For a feeling of uncleanness *Crab Apple*

## **Active (over)**

- Due to enthusiasm *Vervain*
- Due to impatience, hastiness *Impatiens*
- Overly, as a hard task-master to self *Rock Water*

## **Acute pain of any sort**

- To reduce any sort of panic attack *Rescue Remedy*

## **Addiction**

- For those who feel the need of purification *Crab Apple*
- For depression with no apparent reason *Mustard*,
- For the recovery period *Olive*
- Life controlled by *Centaury*
- To help oneself bear difficulties with cheerfulness *Agrimony*
- As a means to stimulate oneself *Agrimony*
- Used as means of escape *Agrimony, Clematis*
- When feeling stuck in a negative pattern *Gorse*
- Repeated hangovers *Chestnut Bud*
- Breaking habit of addiction *Walnut, Chestnut Bud*

## **Adversity**

- Find difficult to accept *Willow*

## **Adventure**

- Desire for *Clematis*
- Great spirit of *Vervain*
- No desire for *Wild Rose, Mustard, Olive*

## **Adversity**

- Struggles on in spite of *Oak*
- Unaffected by *Oak, Vine, Vervain, Wild Rose,*
- Depressed by *Gorse, Gentian*

## **Affected**

- By too many responsibilities *Elm*
- By other people's demands *Centaury, Mimulus*
- By the need to repeat demands *Impatiens*

## **Afflicted**

- With present circumstances *Clematis*
- For no reason *Mustard*
- By resentment / self pity *Willow*
- By jealousy/ envy *Holly*
- By feelings of guilt *Pine*
- By longings for the past *Honeysuckle*
- By exhaustion *Olive*
- With one's self *Scleranthus, Cerato, Crab Apple, Pine, Larch, Centaury, Rock Water*

## **Agitated**

- By other people being slow *Impatiens*,
- By the desire to please others *Agrimony*
- By unwanted thoughts *White Chestnut*
- With details *Crab Apple*
- With a feeling of injustice *Vervain*

## **Agony**

- Emotional agony with inner torture *Agrimony*
- Of grief *Star of Bethlehem, Sweet Chestnut*,
- Of mental arguments *White Chestnut*

## **Agrees**

- Easily, against better judgement *Agrimony, Centaury*
- Readily, to keep peace *Agrimony, Centaury, Wild Rose*

## **Aggressive**

- And domineering *Vine*
- And irritable for having one's own way *Impatiens*

## **Alone**

- Preference for being *Water Violet*
- Fear of being *Mimulus, Agrimony*
- Dislike of being *Chicory, Heather*
- To work at own pace *Impatiens*

## **Aloof**

- *Water Violet*

## **Ambition**

- Lack of *Wild Rose, Gorse*
- Strong sense of *Vervain, Vine*
- Definite but side-tracked *Walnut*
- Ill defined *Wild Oat*
- To possess or control others *Chicory, Vine*
- Disappointed about, due to set back *Gentian*
- To do something of prominence in life *Wild Oat*

## **Ambivalence**

- Between 2 things *Scleranthus*
- Generally *Cerato*

## **Anger**

- Due to a sense of always being right *Vine*
- Due to a sense of injustice / principle *Vervain*
- Due to hatred and revenge *Holly*
- Due to impatience and frustration *Impatiens*
- Uncontrolled, irrational *Cherry Plum*

- When angry about oneself because of self dislike *Crab Apple*
- When being forceful *Vine*
- When bothered by people's apparent stupidity *Beech*
- When feeling frustrated with slowness of others *Impatiens*
- When feeling indecisive *Scleranthus*
- When lacking faith in one's own direction in life *Wild Oat*
- When linked with hatred, jealousy and envy *Holly*
- When not reaching the high expectations set for oneself *Rock Water*
- When unable to forgive others *Willow*

### **Annoyance**

- With trivial matters/ with others *Impatiens, Beech*
- Due to physical restrictions of illness *Oak*
- Due to frustration *Oak, Vervain*

### **Answer back (Children)**

- For attention *Chicory*
- Resentfully *Willow*
- Spitefully *Holly*
- With valid argument *Vervain*
- In defiance *Vine, Vervain, Chicory*

### **Anticipation**

- Of vague fears, unknown reason *Aspen*
- Of failure *Larch, Mimulus*

- Of unfortunate things that may happen to others *Red Chestnut*

### **Anxiety / worry**

- For extremely capable people who feel suddenly unable to cope *Elm*
- For a feeling of inadequacy *Elm*
- For anxiety about the welfare of others *Red Chestnut*
- For no apparent reason *Aspen*
- For anxiety attacks *Rescue Remedy*
- For having to make a choice between two things *Scleranthus*
- Anxious to please *Centaury*
- Over one's life direction *Wild Oat*

### **Apathy**

- Generally *Wild Rose, Hornbeam, Clematis*
- Due to depression *Gorse, Mustard*
- Due to lack of energy/exhaustion *Olive*

### **Apologetic**

- *Pine*

### **Appetite**

- Loss of appetite due to morbid thoughts *Red Chestnut*
- Loss of appetite due to state of terror *Rock Rose*
- By lack of interest *Clematis*
- Loss of appetite due to disgust *Crab Apple*

## Apprehensive

- Through fear *Aspen, Mimulus, Rock Rose*
- For others *Red Chestnut*
- And doubtful / despondent *Gentian*
- About possible failure *Larch*
- Of misfortune *Aspen*

## Argumentative

- *Beech, Vervain, Willow, Chicory, Holly, Impatiens*

## Arguments

- Inner arguments *White Chestnut*
- Enjoys arguments *Vervain, Chicory, Willow, Beech*
- Avoids arguments *Agrimony, Centaury, Water Violet, Clematis, Wild Rose*

## Arrogant

- And irritable *Beech*

## Attention

- Seeks attention from others *Chicory, Heather, Willow*
- Dislikes attention from others *Water Violet*
- Hard time paying attention to something *Clematis*
- By showing temper or impatience *Impatiens*
- For children, constantly demanding attention from the whole family *Vine*

## **Awkwardness**

- Concealed sense of *Agrimony*
- Due to shyness *Mimulus*
- Due to dislike of self *Crab Apple*
- Due to lack of confidence *Larch*
- Due to hesitancy, indecision *Scleranthus*
- Due to apprehension *Aspen*
- Due to subservience *Centaury*
- Due to physical/mental weakness *Mimulus, Larch*

## **Bed wetting**

- If apathetic and drifting through life *Wild Rose*
- If bed wetting brought by a change *Walnut*
- If related to shock or trauma *Star of Bethlehem*
- If related to known fears *Mimulus*
- If not learning from experience *Chestnut Bud*

## **Beliefs**

- Fanatical *Vervain*

## **Belonging**

- No sense of, due to uncertainty *Cerato, Scleranthus, Larch*
- No sense of, due to loneliness *Heather, Sweet Chestnut, Mimulus*
- No sense of, feels bitter, self-pity *Willow, Chicory*

- No sense of, feels unwanted *Willow, Chicory, Mimulus, Crab Apple, Gorse, Sweet Chestnut*

## **Bereavement**

- Initial shock/ numbness *Star of Bethlehem*
- Dejection, emptiness *Sweet Chestnut*
- Longing for one's own death *Clematis*
- Thoughts filled with past memories *Honeysuckle*
- For projection and adjustment *Walnut*
- With sense of guilt/self reproach *Pine*
- With resentment / self-pity *Willow*

## **Bitterness**

- *Willow*

## **Bleak outlook**

- *Sweet Chestnut*

## **Boaster**

- I know it all *Vine*
- Because of insecurity *Agrimony*
- Due to enthusiasm *Vervain*
- To attract attention *Chicory, Heather*

## **Body image**

- Poor sense of, due to self-dislike *Crab Apple*

- Poor sense of, due to uncertainty *Cerato*
- Poor sense of, tries to hide with joviality, excessive high regard for *Agrimony*
- Imposing strict regime for living *Rock Water*

### **Breast feeding problems:**

- for sore or cracked nipples *Rescue Remedy cream*
- for overwhelming fatigue *Olive*
- to help going through a transition period (birth of baby) *Walnut*

### **Broken**

- By news *Star of Bethlehem*
- By exhaustion *Olive*
- By overwork *Vervain, Oak, Centaury*
- By stress *Vervain, Elm, Agrimony*
- In crisis situations *Rescue Remedy*

### **Burden**

- Wishing not to be so to others *Agrimony*
- With responsibilities *Elm*

### **Calling**

- Difficultly to determine which occupation to follow *Wild Oat*

### **Capable**

- And reliable *Oak, Water Violet, Vine*

- But doubtful when under pressure *Elm*
- But has no confidence *Larch*
- But is easily influenced *Walnut*
- But fusses *Chicory, Vervain*

### **Changeable mood**

- *Scleranthus*

### **Change**

- Of life *Walnut*

### **Chicken Pox**

- If child asks constantly for attention *Chicory*
- Fractious behaviour *Impatiens*
- To encourage healing *Crab Apple applied directly on the spots*
- For the convalescence period *Olive*

### **Claim**

- Responsibility for others *Pine*

### **Cleansing**

- In need of *Crab Apple*

### **Clingy**

- *Chicory*

## **Colds**

- If child feels sorry for him/herself *Willow*
- To help with fatigue *Olive*

## **Colic (babies)**

- for extreme fright *Rock Rose*
- to help getting calm and reduce spasm *Rescue Remedy*

## **Comforted, refuses to be**

- After shock or bad news *Star of Bethlehem*
- Wants to be left alone *Water Violet, Honeysuckle*
- As this shows signs of weakness *Vine, Rock Water*
- Accepts comfort readily through self-pity *Chicory, Willow*
- In adversity *Oak*

## **Compassion**

- Lack of *Beech, Vine*

## **Compensation**

- With drugs/alcohol or else *Agrimony*
- Problems with cheerful facade *Agrimony*

## **Complain lack of love**

- From lack of love in childhood and has become envious and jealous *Holly*
- Desire that beloved ones should be near them *Chicory*

- Tendency to be alone, proud and distant character *Water Violet*
- Feeling of being used, resentment *Willow*
- From self absorption, very talkative *Heather*
- For fear of the mind being over strained *Cherry Plum*

### **Concentration**

- Lack of *Clematis, White Chestnut*
- Lack of through indecision *Scleranthus*
- Lack of through self distrust *Cerato*
- Over concentration *Vervain, Rock Water*

### **Concerned**

- About details *Crab Apple*
- About others *Chicory, Red Chestnut, Oak, Vervain*
- About self *Heather, Rock Water, Chicory, Willow*

### **Confidence**

- Lack of *Larch, Cerato, Scleranthus, Elm*

### **Confrontation**

- Avoids *Agrimony, Centaury, Clematis, Mimulus*
- Enjoys *Vervain, Vine*

### **Confusion**

- *Scleranthus, Cerato, Wild Oat*

## **Contentment, lack of**

- Due to depletion *Olive*
- Due to abdication *Wild Rose*
- Due to lack of interest *Clematis, Wild Rose, Mustard*
- Due to depression *Mustard, Gorse, Sweet Chestnut, Gentian, Willow*
- Due to worries *White Chestnut*

## **Control**

- Lack of mental *Cherry Plum*
- Desire to control others *Chicory, Vine*

## **Convalescence**

- Fatigue during *Hornbeam, Olive*
- Undefined depression during *Mustard*
- To assist in adjustment *Walnut*
- Total lack of energy during *Star of Bethlehem, Olive*
- Doubt during *Gentian*
- Despair during *Sweet Chestnut*

## **Convert**

- Need to convert others *Vervain*

## **Courage**

- Possesses generally by nature *Oak*
- Of conviction *Vervain*

- Lack of, due to fear *Mimulus, Aspen, Rock Rose*
- Lack of, due to fear of failure *Larch*
- Lack of, due to lack of belief in self *Cerato*

### **Correcting others**

- Enjoy to *Chicory*

### **Cries easily**

- Generally *Chicory, Willow*
- Due to mood changes *Scleranthus*
- Because highly sensitive *Walnut, Mimulus, Centaury*
- Due to indefinable depression/ melancholy *Mustard*
- Due to emotional crisis *Rescue Remedy*

### **Critical**

- Of others *Beech, Chicory, Vervain*
- Of self *Pine, Rock Water, Crab Apple*

### **Curiosity**

- Lack of *Wild Rose, Gorse*

### **Day dreaming**

- *Clematis, Honeysuckle*

## Death

- Fear of *Mimulus*, *Rock Rose*
- Desires, with irrational desperation *Cherry Plum*
- Desires, as means of escape *Agrimony*, *Clematis*
- Morbid obsession with *Clematis*, *Mustard*, *Sweet Chestnut*

## Defensive

- *Willow*, *Holly*, *Vervain*

## Delegate

- Does so with strict order *Vine*
- Finds it hard to; does job oneself *Impatiens*, *Vervain*
- Too timid to *Mimulus*, *Centaury*
- No desire to *Oak*, *Chicory*
- Happy to be relieved from duty *Wild Rose*
- Feels a sense of failure if has to *Elm*, *Rock Water*

## Demanding

- *Vine*, *Chicory*, *Heather*

## Demonstrative

- Generally *Vervain*, *Vine*, *Chicory*, *Holly*, *Impatiens*
- Not inclined to be *Agrimony*, *Centaury*, *Water Violet*

## Dependent

- On people to fuss over *Chicory*
- On people for advice *Cerato*
- On people to talk to *Heather*
- On people for support/strength *Centaury*

## Depressing stages

- After a physical or emotional shock *Star of Bethlehem*
- For being overworked and feeling frustrated *Oak*
- For dark feelings without any apparent reason *Mustard*
- For emotional tensions kept hidden from others *Agrimony*
- For feeling guilty and ashamed *Pine*
- For feelings of hopelessness *Gorse*
- For longing the past *Honeysuckle*
- For mild depression caused by setback and disappointment *Gentian*
- For self pity due to hurt feelings *Chicory*
- For self pity due to resentment *Willow*
- For the lack of faith in one's ability *Larch*
- For the lack of faith in oneself *Cerato*
- For those who are resigned *Wild Rose*
- For being unhappy in present circumstances *Clematis*
- When feeling anguished beyond endurance *Sweet Chestnut*
- When feeling that people take advantage of us, that the world is unfair *Willow*

## Depression

- For known reason; due to set-back *Gentian*
- For unknown causes *Mustard*
- Pessimistic *Gorse, Gentian*
- Hopeless *Gorse*
- Utter dejection *Sweet Chestnut*
- Feeling like a dark cloud suddenly descending *Mustard*
- Introspective *Willow*
- Feels task too hard to undertake *Elm*

## Dermatitis

- For a feeling of uncleanness, *Crab Apple*
- If rashes are associated with irritability, *Impatiens*
- For external use to treat any skin problem, *Rescue Remedy Cream*
- To treat most skin troubles, *Rescue Remedy*

## Despair

- No hope of change in outer circumstances *Gorse, Gentian*
- Due to terror *Rock Rose*
- Pessimistic hopelessness *Gorse*
- Helpless, heartbroken *Sweet Chestnut*
- Cause unknown *Mustard*
- Self blame/guilt *Pine*
- Shock *Star of Bethlehem*
- Of living *Cherry Plum*

## **Despondency**

- Through lack of confidence *Larch*
- From self-reproach/guilt *Pine*
- Through feeling of inadequacy *Elm*
- From shock, bad news *Star of Bethlehem*
- Through limitation of illness *Oak*
- From feeling of uncleanness *Crab Apple*
- Due to embitterment *Willow*
- Cause unknown *Mustard*
- Due to frustration *Vervain*
- Through over work *Vervain, Oak, Elm*
- Through tiredness *Hornbeam, Olive*
- Complete anguish *Sweet Chestnut*
- Through slowness (of others) *Impatiens*
- Despondency after setback *Gentian*

## **Destruction**

- Feels nothing but *Sweet Chestnut*

## **Detached**

- *Water Violet, Clematis, Impatiens*

## **Diaper rash (babies)**

- Massage the affected area with *Rescue Remedy Cream*

## **Dictatorial**

- And domineering *Vine*

## **Difficult child**

- Bully at school *Vine*

## **Dilemma**

- *Scleranthus, Wild Oat*

## **Directs**

- Others in illness *Vine*
- Affairs of others *Chicory, Vine, Vervain*

## **Dirt**

- Dislike of *Crab Apple*

## **Disagree**

- *Vervain, Beech, Rock Water, Vine*

## **Disappointed *Gentian***

## **Disapproving *Rock Water, Chicory, Beech***

## **Discipline**

- Self discipline *Rock Water*

- Disciplinarian *Vine*

## **Discontentment**

- With life ambitions *Wild Oat*
- With self *Rock Water, Pine, Oak*
- With others *Willow, Chicory, Beech, Impatiens*

## **Discouragement**

- *Gentian, Elm*
- Perseveres in spite of *Oak*
- Gives in to *Gorse*
- Frightened by *Mimulus*
- For children, by their work at school *Gentian*

## **Discussion**

- Enjoys *Vervain*
- Avoids, due to shyness *Mimulus*
- Avoids, due to refusal to confront *Agrimony, Clematis*
- Avoids due to uncertainty of opinion *Cerato, Scleranthus*

## **Disdainful**

- Appears to be through pride *Water Violet*
- Knows everything, autocratic *Vine*
- Self obsession *Heather*
- Self righteousness *Rock Water*

## **Dissatisfaction**

- Due to not finding right way in life *Wild Oat*
- Due to frustration and restriction *Walnut, Vervain, Impatiens*
- Due to resentment *Willow*
- Due to envy, jealousy *Holly*
- With one self *Pine, Rock Water*
- With others *Beech, Chicory, Vine*

## **Distracted**

- By projecting one self in the future *Clematis*
- By grinding thoughts of the past *Honeysuckle*
- By dreaminess *Clematis*
- By worries *White Chestnut*
- By jumping from one idea to the other *Scleranthus, Cerato*

## **Desire**

- Lack of *Wild Rose, Olive, Hornbeam*
- Excessive *Impatiens, Vervain, Chicory*
- Denial/suppression of *Agrimony, Water Violet, Rock Water*
- Repulsed by (sexual) *Crab Apple*

## **Distressed**

- By arguments or quarrels *Agrimony*
- Inconsolable *Star of Bethlehem*

## **Destructive**

- *Crab Apple, Holly, Willow, Chicory*

## **Direction/ Guidance**

- Seeks *Cerato*
- Gives *Vervain, Vine, Chicory*
- Gives guidance through criticism *Beech*
- Gives by example *Rock Water*
- Gives when asked *Water Violet*

## **Discouraged**

- Easily discouraged *Gentian*

## **Disheartened**

- Quickly *Gentian*

## **Dizziness**

- If associated with panic, *Rescue Remedy*

## **Dogmatic** *Vine, Rock Water, Vervain*

## **Doubt**

- About decisions *Cerato*
- About one's own ability *Cerato*
- To judge situations *Cerato*

- Doubtful after disappointment *Gentian*

## **Downhearted**

- Loss / grief *Star of Bethlehem*
- Due to self pity *Chicory, Willow*
- For unknown reason *Mustard*
- For past remembrances *Honeysuckle*
- For feeling of dejection *Sweet Chestnut*

## **Dread**

- Of unknown origin *Aspen*
- Terrifying *Rock Rose*
- Of performing, attending interview, exams... *Larch, Mimulus*
- Hides dread behind mask of contentment *Agrimony*
- Bearing dread *Mimulus*

## **Dreaminess**

- Lack of concentration due to worry and anxiety *White Chestnut*
- Lives in a world of his/her own *Clematis*

## **Drowsiness**

- Dreamy, sleepy *Clematis*
- Due to exhaustion *Olive*
- Due to apathy *Wild Rose*
- Due to insufficient mental strength *Hornbeam*

## **Dullness**

- *Clematis, Star of Bethlehem*

## **Eager**

- To please *Centaury*
- To care for others *Chicory*
- To influence others *Vervain*
- For others opinions *Cerato*
- Over details *Crab Apple*
- For one self *Heather, Rock Water, Willow*
- For safety of others *Red Chestnut*
- To show a good example *Rock Water*

## **Eating**

- Greedily *Impatiens, Vervain*
- Easily disgusted *Crab Apple*
- Likes to eat alone *Water Violet*
- Afraid of *Mimulus, Aspen, Rock Rose*

## **Effort**

- No effort to get well *Clematis*

## **Emergency**

- For no hope *Rock Rose*

## **Ejaculation problems**

- For doubting one's capabilities *Elm*
- For a lack of self confidence *Larch*
- For pessimism about the problem *Gentian*
- Before intercourse to help calm and relax *Rescue Remedy*

## **Emotion**

- Hides emotions *Agrimony, Water Violet, Oak*
- Absence of emotions *Wild Rose*
- Emotional burnout *Olive*

## **Empathic** *Vervain*

## **Empty**

- Due to lack of interest in present circumstances *Clematis, Honeysuckle*
- Due to sorrow *Star of Bethlehem*
- Due to physical and emotional fatigue *Olive*
- Due to heavy discouragement *Sweet Chestnut*

## **Enthusiastic** *Vervain*

## **Errors**

- (same) over and over *Chestnut Bud*

## **Envy**

- *Holly*

## **Erection problems**

- For lack of sexual confidence, feeling of inadequacy *Larch*
- For despair and hopelessness *Sweet Chestnut*
- For a sense of failure *Gentian*
- For a feeling of uncleanness *Crab Apple*

## **Examinations**

- Nervousness before *Mimulus, Rescue Remedy, Aspen*
- Lack of confidence *Larch*
- Lethargy prior to *Hornbeam*
- Fatigue *Olive*
- Discouraged before *Gentian*
- Indifference / lack of concentration *Wild Rose, Clematis*

## **Eczema**

- If associated with irritability or impatience, *Impatiens*

## **Exhaustion**

- Mental and physical *Olive*
- Emotional before day starts *Hornbeam*

## Exploited

- Easily exploited *Centaury*
- Can't say no *Centaury*

## Extroversion

- As a mask *Agrimony*
- By nature *Vervain, Vine, Impatiens, Heather*

## Eye contact

- Avoids *Mimulus, Aspen*
- Feels embarrassed by *Mimulus, Larch, Pine, Crab Apple*
- To hide feelings *Agrimony*
- Intense and powerful *Vervain, Vine, Chicory, Heather, Impatiens*

## Fainting

- For the far away feeling before fainting *Clematis*

## Faults

- attached to oneself *Pine*

## Failure

- Expects and fears *Larch, Mimulus*
- Temporary feeling of *Elm*
- To reach high standards *Rock Water*
- To others *Pine*

- To learn from experience *Chestnut Bud*

## **Fear**

- Does not freely speak about one's fear *Mimulus*
- Fear of causing harm to oneself/others *Cherry Plum*
- Fear of illness, pain, poverty, dark, being alone, misfortune *Mimulus*
- Fear of losing control *Cherry Plum*
- Fear of over strained mind *Cherry Plum*
- Fears of everyday life *Mimulus*
- Extreme terror *Rock Rose*
- Haunted by unknown *Aspen*
- Of impending misfortune *Aspen*
- Of irrational thoughts *Cherry Plum*
- Unexplainable fears *Aspen*
- Unknown origin *Aspen*
- Vague fears *Aspen*

## **Feeling**

- Low for no apparent reason *Mustard*
- Of inadequacy *Elm*
- Of inferiority *Larch*

## **Flight**

- Mental escape *Clematis, Agrimony*
- With thoughts of the past *Honeysuckle*

## **Fights**

- In spite of adversity *Oak*
- To make oneself understood *Vervain*
- To please others *Centaury*
- To please oneself *Rock Water, Pine, Crab Apple*

## **Fixation**

- With project *Vervain*
- With justice/injustice *Vervain*
- With oneself *Crab Apple, Heather*
- With details *Crab Apple*
- With cleanliness *Crab Apple*

## **Freedom**

- Tormented by strong desire for *Sweet Chestnut, Clematis, Agrimony, Cherry Plum*
- Desires to take responsibilities away *Elm*
- Desires to be free from duty *Centaury*
- Suffocates without *Water Violet, Impatiens*

## **Frightened**

- of everything *Mimulus*
- about school or other situation hidden *Agrimony*

## **Forgetful**

- Due to worries *White Chestnut, Agrimony*

- Due to lack of concentration *Clematis*
- Due to apathy *Wild Rose*

## **Forgive**

- Unable to forgive, bitterness *Willow*
- Unable to forgive, sense of injustice *Vervain*
- Blames one's self *Pine, Centaury*

## **Frustration**

- With slowness of others *Impatiens*
- Uncontrollable *Cherry Plum*
- General frustration *Vervain, Walnut*

## **Fussy**

- Over other people's life *Chicory*
- Over others due to fear and anxiety *Red Chestnut*
- About trivialities, details and cleanliness *Crab Apple*
- About making judgement *Cerato*
- About principles *Vervain*
- About correctness *Rock Water, Vervain*

## **Future**

- Afraid of Aspen, *Mimulus, Agrimony*
- Looks forward to *Clematis*
- Lives more in future than present *Clematis*

- No interest for the future *Honeysuckle*
- Tormented and worried about *White Chestnut, Agrimony*

### **Garrulous**

- In general *Heather, Chicory, Cerato, Vervain, Agrimony*
- About self *Heather*
- For attention *Heather, Chicory*
- For reassurance and guidance *Cerato*
- About the past *Honeysuckle*
- About opinions, high causes *Vervain*
- Nervously to mask troubles *Agrimony*
- Fast and impatiently *Impatiens, Heather*
- Fast due to over enthusiasm *Vervain*
- Fast due to anxiety and fear *Agrimony, Mimulus*

### **Give up**

- Never, despite adversity or illness *Oak*

### **Gloominess**

- *Mustard*

### **Grinding of teeth** (If the cause is emotional)

- For anxiety and a feeling of being unable to cope *Elm*
- For anxiety about other people *Red Chestnut*
- Anxiety for no apparent reason *Aspen*

- For fear of known things *Mimulus*

## **Grudging**

- For other's possessions *Chicory*
  - For sympathy *Chicory, Heather, Willow*
  - For advice *Cerato*
  - For perfection *Rock Water*
  - For power and control *Vine, Chicory, Vervain*
  - For love *Chicory*
- For company *Heather*

## **Grief/ Grievance**

- Silently *Water Violet*
- Chronic despair *Sweet Chestnut*
- Sudden shock, following trauma *Star of Bethlehem, Rescue Remedy*
- Blames one's self / guilt *Pine*
- With extreme pain in the heart *Sweet Chestnut, Star of Bethlehem*
- With rejection of one self (disgusted) *Crab Apple*
- Longs for the past *Honeysuckle*

## **Guilt**

- *Pine*

## **Habits**

- Annoyed by *Beech*

- To help break *Walnut, Chestnut Bud*

## **Harassed**

- Feeling of being *Impatiens, Vervain, Cherry Plum*
- By responsibilities *Elm, White Chestnut*
- And bad tempered *Impatiens, Vervain, Cherry Plum, Holly*
- Sense of being burdened *Centaury, White Chestnut*

## **Hard to wake up in the morning**

- No interest in the present, dreaminess *Clematis*
- Inability to face a new day *Hornbeam*
- Mental and physical exhaustion *Olive*
- Fear of any worldly things that could happen *Mimulus*
- Sudden fears of unknown reason *Aspen*
- Easily depressed and worn out *Gentian*
- Despair, for those Restlessness
- From trying many things out and not knowing the right path to take *Wild Oat*
- Nervousness and impatience *Impatiens*
- From ignoring and hiding one's needs *Agrimony*
- Sudden fears bringing tension and nervousness *Aspen*

## **Harmony (not able to find)**

- Too many worries *White Chestnut, Agrimony*
- Disturbed by guilt *Pine*

- Disturbed by fear *Mimulus, Aspen, Rock Rose*
- Fear for others *Red Chestnut*
- Disturbed by grief *Star of Bethlehem, Honeysuckle*
- Disturbed by obsession *Crab Apple*
- Disturbed by having to chose *Scleranthus*

## **Hasty**

- Generally *Impatiens*
- Recovery *Impatiens*

## **Hatred**

- Generally *Holly*
- Festering resentment *Willow*
- Can see no redeeming features in others *Beech*

## **Hesitancy**

- Uncertainty, doubt *Scleranthus, Cerato, Gentian*
- Through fear *Mimulus*
- Through lack of confidence *Larch*
- No hesitancy, self assurance *Impatiens, Vine, Water Violet, Vervain, Chicory*

## **Home sickness**

- *Honeysuckle*

## Hope

- for happier times *Clematis*
- No hope of relief *Gorse*

## Hopelessness

- Total *Gorse*

## Hyperactivity

- Over enthusiastic child *Vervain*
- And talkative, quick thinking and impatient *Impatiens*

## Hyperventilation

- To help calming down *Rescue Remedy*
- If linked to anxiety with feeling of unable to cope *Elm*
- If caused by anxiety for no apparent reason *Aspen*

## Hypocrisy

- For not being certain about what to say *Scleranthus, Cerato,*
- To please others *Centaury,*
- To put a brave face on *Agrimony*

## Imperfection (finding)

- With others *Beech, Chicory, Holly, Impatiens, Willow, Vervain*
- With one self *Pine, Rock Water, Crab Apple*

## **Idealistic**

- Idealises the future *Clematis*
- Impractical *Clematis*
- Over enthusiastic *Vervain*
- For self achievements *Rock Water*
- High expectations, ideals *Vervain, Beech, Impatiens, Rock Water*
- Unable to realise one's ambitions *Wild Oat*

## **Illness**

- Frustrated by *Oak*
- Simulates illness *Chicory, Heather, Willow*
- Fear of *Mimulus*
- When depleted energy *Olive*

## **Image**

- Lacks definition of self image *Cerato, Centaury*
- Dislikes one's own *Crab Apple, Pine*
- High opinion of one's own *Rock Water, Heather, Chicory, Vine*

## **Immoderation**

- Generally *Vervain, Heather, Chicory*
- With self disgust *Crab Apple*
- Uncontrolled *Cherry Plum*
- Helps in breaking habit of *Walnut, Chestnut Bud*

## **Impatience**

- About people being too slow *Impatiens*
- About things taking too long *Impatiens*

## **Impulsive**

- Quick, hasty, impetuous *Impatiens*
- Irrational, fear of *Cherry Plum*
- Over enthusiastic, hasty *Vervain*
- Acts out of fantasy and imagination *Clematis*

## **Inadequacy**

- Sudden loss of confidence, buried under too many responsibilities *Elm*
- Suffering from an inferiority complex *Larch*
- Feeling of guilt and shame *Pine*
- Lack of enthusiasm, overwhelmed *Hornbeam*
- Those who have given up fighting *Gorse*
- Apathy and resignation *Wild Rose*
- Because of self distrust *Cerato, Scleranthus*
- Through timidity and fear *Centaury, Walnut*

## **Inattentive**

- For dreaminess *Clematis*,
- For living in the past *Honeysuckle*
- For mental worry *White Chestnut*

## **Inconstant mood**

- Depression comes and goes *Mustard*
- Mood swings *Scleranthus*
- Self pitying *Willow, Chicory*

## **Indecision**

- About own path in life *Wild Oat*
- General *Scleranthus*
- About one's own judgement *Cerato*

## **Independent**

- (very) *Water Violet*

## **Infertility**

- Resentment, bitterness and self pity about the problem *Willow*
- For worrying thoughts *White Chestnut*
- For guilt *Pine*
- For overwhelming fatigue *Olive*
- If extremely tormented and upset by the problem *White Chestnut*
- For despondency *Gorse*

## **Inflexible**

- Towards others *Vine*
- Towards one's self *Rock Water*

## **Influenced**

- For path in life *Wild Oat, Walnut, Cerato*
- Easily dominated by others *Centaury*
- By others decision *Cerato, Gorse, Centaury, Agrimony*
- By hindrance and delay *Gentian*
- In order to avoid argument *Agrimony*
- Through envy or jealousy *Holly*
- Protection from outside influences *Walnut*
- Temptation to be led away from own ideas *Walnut*

## **Injustice**

- Suffering from *Willow, Vervain*

## **Inquisitive**

- *Impatiens, Vervain, Chicory, Clematis*

## **Insanity**

- Afraid of *Cherry Plum*
- Feeling of *Clematis*
- On the way to, due to frustration *Impatiens, Vervain*

## **Insecurity**

- Fear of known things, timidity, shyness *Mimulus*
- For poor self image *Crab Apple*
- For a temporary crisis of confidence because of too many responsibilities *Elm*

## Insomnia

- Due to of indecision *Scleranthus*
- Due to inability to relax, *Rock Water, Vine, Elm, Beech, Impatiens*
- Due to nervous tension *Vervain, Rock Water*
- Due to exhaustion *Olive*
- Due to grief *Star of Bethlehem, Honeysuckle, Rescue Remedy*
- Due to restlessness *Vervain, Agrimony, Impatiens*
- Due to anxiety *Agrimony*
- Due to fear *Aspen, Mimulus, Rock Rose*

## Interference

- In other people's lives *Chicory*
- Through criticism *Beech*
- By talking to one self *Heather*
- By persuading others *Vervain*
- By asking questions *Cerato*
- By revenge *Holly*
- By constant mental arguments *White Chestnut*
- By setting rigid standards *Rock Water*
- Protection from *Walnut*

## Irritability

- General *Impatiens*
- With other people's mannerism *Beech*
- Due to ill temper *Holly, Willow*

- Due to frustration with injustice/ insensitivity *Vervain*

## **Jealousy**

- And envy *Holly*

## **Labour pains**

- To help calm down and release tension *Rescue Remedy*
- For feeling that baby will never be born, utter despair *Sweet Chestnut*
- For overwhelming fatigue *Olive*
- When things don't seem to be happening quickly enough *Impatiens*

## **Lack of**

- Concentration *Clematis*
- Interest in present circumstances *Clematis*
- Effort to improve one's situation *Wild Rose*
- Ability to face the day *Hornbeam*
- Self confidence *Larch*

## **Languishing**

- In grief *Star or Bethlehem*
- With self reproach *Pine*
- With the desire of ending something *Clematis*
- With feeling the limit of endurance *Sweet Chestnut*
- With regrets *Honeysuckle*

## **Lassitude**

- General *Olive, Wild Rose, Hornbeam*
- Self pity and resentment *Willow*
- Depression *Gorse, Mustard, Sweet Chestnut*

## **Liability**

- Feels under, sense of duty *Centaury, Pine*
- Sense of principle *Oak, Vervain*

## **Liberation, longs for**

- From slavish work *Centaury*
- As an escape from the present *Clematis*
- From life *Clematis*
- From torment *Agrimony, White Chestnut*
- From contamination or disease *Crab Apple*
- From anxiety *Sweet Chestnut*

## **Loneliness**

- Enjoys and often prefers to be alone *Water Violet*
- Prefers to work alone *Impatiens*
- Is reluctant to be alone *Agrimony, Heather, Chicory, Mimulus, Vervain*
- As an escape *Clematis*
- Because of intense sadness *Star of Bethlehem*
- Seeks companionship constantly *Heather*

## **Loss (see also bereavement)**

- Lose strength to fight *Oak*

## **Love**

- Lack of for others *Holly*
- Lack of for self *Crab Apple, Pine*
- Constantly desires *Chicory*
- Needs reassurance *Cerato*

## **Manic**

- Thoughts *Cherry Plum, White Chestnut*
- Suicidal *Cherry Plum*
- With depressed mood *Mustard, Scleranthus*

## **Manipulation**

- Feels used by others *Centaury, Chicory, Willow*
- Sense of uselessness *Cerato, Pine, Gentian, Gorse, Larch, Elm*

## **Mannerisms**

- Irritated by *Beech*
- Irritated by slowness *Impatiens*

## **Mask**

- Of happiness *Agrimony*

## **Melancholia**

- *Sweet Chestnut, Gorse*
- With no known reason *Mustard*

## **Memory Loss**

- When memory is affected by an accident or trauma *Star of Bethlehem*

## **Mental energy**

- Lethargic *Wild Rose, Hornbeam*
- Hyperactive *Impatiens, Vervain*
- Hyperactivity due to anxiety or fear *Rock Rose, Aspen*
- Dreamy *Clematis*
- Slow through depression *Mustard, Gorse, Sweet Chestnut*

## **Menopause symptoms**

- For feeling depressed with no apparent reason *Mustard*
- For tiredness and fatigue *Olive*
- For fear of ageing and death *Mimulus*
  
- For frequent ups and downs *Scleranthus*
- For feeling condemned that nothing can help one *Gorse*

## **Misbehaviour**

- To get attention *Chicory, Heather, Willow*
- Because one wants to *Vine*

- To have one's own way *Vine, Chicory*
- Due to fear *Mimulus, Rock Rose*
- For having been misled by stronger personalities *Walnut Centaury, Cerato*
- To impress *Agrimony, Chicory*

### **Miscarriage**

- For a feeling of helplessness and terror *Rock Rose*
- For fear of miscarriage *Mimulus*
- For shock *Star of Bethlehem*
- To help adjust to different situation *Walnut*

### **Mistakes**

- Does not learn from *Chestnut Bud*

### **Mistrustful**

- Of others *Holly*
- Of one self *Cerato*
- Of self to act rationally *Cherry Plum*

### **Moan**

- Because of resentment *Willow*
- For not getting enough recognition from others *Chicory*
- For feeling less and less hope in life *Gorse*

## **Mumps (children)**

- To ease distress caused by discomfort *Rescue Remedy*
- For resentment about seeing other children well *Willow*

## **Negligent**

- Towards one's own needs *Centaury*

## **Nervous breakdown**

- *Cherry Plum, Oak, Scleranthus, Vervain, Agrimony, White Chestnut*

## **Nervousness**

- Shy, fearful *Mimulus*
- Vague fear by anticipation *Aspen*
- With impatience *Impatiens*

## **Nightmares**

- Fright from *Rock Rose*

## **Nostalgia**

*Honeysuckle*

## **Obesity**

- Disgusted by *Crab Apple*
- For a feeling of uncleanness *Crab Apple*
- For those who blame themselves *Pine*

- For those who expect failure *Larch*
- For those who hide troubles behind pleasant mask *Agrimony*
- Over indulgence *Walnut, Centaury, Wild Rose, Gorse*
- When feeling discouraged *Gentian*

### **Obsession and compulsion**

- Fear of losing one's mind *Cherry Plum*
- Obsession with details *Crab Apple*
- For an over active mind *White Chestnut*
- Unwanted patterns of thoughts *White Chestnut*
- Persistent thoughts *White Chestnut*
- For strong willed persons who want to convert others *Vervain*
- By own problems *Heather*
- With possessiveness *Chicory*
- Overly strict with themselves *Rock Water*
- Over enthusiastic with their strong ideas *Vervain*

### **Offence**

- Takes easily *Chicory, Willow*
- Due to uncertainty *Cerato, Larch*
- Due to injustice *Vervain*

### **Opportunity**

- Loses through doubt *Cerato, Gentian*
- Let it pass by, due to lack of confidence *Larch*

- Let it pass by, due to indecision *Scleranthus*
- Let it pass by, lack of faith in intuition *Cerato*
- Uncertainty of vocational path *Wild Oat*

### **Over concern**

- For others *Red Chestnut*
- Over protective *Chicory*

### **Over sensitivity**

- Doesn't want to show it *Agrimony*
- Due to weakness *Centaury*
- To strong influences *Walnut*
- Due to imagined suspicion *Holly, Vervain*

### **Overstates**

- By enthusiasm *Vervain*
- Due to imagination *Clematis, Cherry Plum*
- For sympathy and attention *Chicory, Heather*
- Symptoms of *Heather*

### **Overwhelmed**

- By responsibilities *Elm*

### **Overwork**

- Tendency to *Oak, Vervain, Centaury*

- Exhausted by *Olive*

### **Painful sexual intercourse**

- For fear of pain during sex *Mimulus*
- For inflexibility due to high expectancies (for oneself) *Rock Water*
- To calm down and reduce feelings of panic *Rescue Remedy*

### **Panic**

- General *Rescue Remedy*, *Rock Rose*
- With irrational thoughts *Cherry Plum*

### **Paranoia**

- With suspicion *Holly*
- With irrational fear *Cherry Plum*

### **Past traumas**

- Lives in the past, full of regrets *Honeysuckle*
- Emotional or physical shock *Star of Bethlehem*
- Hypersensitivity to certain ideas and influences *Walnut*

### **Perfectionism**

- Driven by a sense of fairness *Vervain*,
- By being over directive *Vine*
- Want to be an example for others *Rock Water*
- Hard taskmasters *Rock Water*

- Intolerant of others mistakes *Beech*
- Seeks perfection *Rock Water*

### **Persecution**

- Scared of *Cherry Plum, Mimulus, Aspen*
- Suspicious of *Holly, Cherry Plum*

### **Pessimism**

- Interior renouncement *Gorse*

### **Phobias**

- For the everyday fears of known things (snakes, spiders, being late...) *Mimulus*
- For unknown fears, vague and dark *Aspen*
- For fear turning to terror and perhaps panic *Rock Rose*
- For fear that the mind is going to fall apart *Cherry Plum*
- Fear of someone's safety *Red Chestnut*
- For the pre- or post-treatment of any kind of shock, physical or mental, for emergencies, emotional upsets, panic attacks *Rescue Remedy*

### **Pity**

- Self pity *Willow, Chicory*
- Pity for others *Centaury, Pine, Red Chestnut, Vervain, Agrimony*

### **Please**

- Others under persuasion *Gorse*

## **Ponder/ preoccupation**

- On mental arguments *White Chestnut*
- On oneself *Willow, Chicory, Heather, RockWater*
- On the future *Clematis*
- On the past *Honeysuckle*
- With cleanliness and details / trivialities *Crab Apple*
- With jealousy and envy *Holly*
- With grievances *Holly, Willow, Vervain*

## **Poor**

- Self image *Crab Apple*

## **Postnatal illness**

- To help trauma from birth *Rescue Remedy*
- For feeling of hopelessness *Gorse*
- For a state depression with no apparent reason *Mustard*
- For exhaustion *Olive*
- To help deal with change of life *Walnut*
- For utter despair *Sweet Chestnut*

## **Pregnancy problems**

- General exhaustion *Olive*
- To help the release of nausea *Crab Apple*
- To help with vomiting symptoms *Rescue Remedy*

## **Prejudiced**

- *Vine, Vervain, Beech, Chicory, Impatiens*

## **Pre-menstrual syndrome**

- For feeling suddenly depressed with no apparent reason *Mustard*
- For mood swings *Scleranthus*
- For fatigue *Olive*
- For feeling repulsive and dirty *Crab Apple*

## **Pressure**

- Overwhelmed by responsibilities *Elm*
- Of work, thrives on *Vervain*
- To help and assist others *Centaury*
- To be influenced by *Walnut, Cerato, Centaury*
- Put pressure on others, want them to conform their own standards *Chicory*

## **Prickly heat**

- If rashes are associated with irritability, *Impatiens*
- To treat most skin troubles, *Rescue Remedy Cream*

## **Pride**

- Feeling of not being understood by others *Water Violet*

## **Procrastination**

- Uncertain of being capable to cope with the day *Hornbeam*

- Too apathetic and resigned to change things in life *Wild Rose*
- Discouragement *Gentian*
- Lack of confidence, sure to fail *Larch*
- Easily bored, lack of real commitment, don't know what to do in life *Wild Oat*
- Indecision between 2 things *Scleranthus*
- Grinding obsessive ideas like scratched record *White Chestnut*
- Dreaminess, no interest in present circumstances *Clematis*

### **Psoriasis**

- For a feeling of uncleanness, *Crab Apple*
- If associated with irritability or impatience, *Impatiens*
- To treat most skin troubles, *Rescue Remedy*

### **Purify**

- Needs to, one's self *Crab Apple*

### **Quick**

- Quick in thought and action *Impatiens*

### **Rage (see Anger)**

### **Rape**

- After shock *Rescue Remedy, Star of Bethlehem*
- Feeling of disgust, uncleanness *Crab Apple*

- Guilt *Pine*
- Nightmares/horror *Rock Rose*
- Horrible memory *Honeysuckle, Rock Rose, Star of Bethlehem*
- Repetitive thoughts of *White Chestnut*

### **Reaching**

- Limits of endurance *Sweet Chestnut*

### **Refuse**

- To be consoled (for a time) *Star of Bethlehem*

### **Recovery (see convalescence)**

### **Repeat**

- Same mistakes *Chestnut Bud*
- Verbally to oneself *Heather, Vervain, Impatiens*

### **Repressed emotions**

- Generally *Agrimony, Centaury, Water Violet*
- Repressed mental torture *Agrimony*
- Guilt *Pine*
- Of indecision *Scleranthus*
- Of resentment and bitterness *Willow*
- With mental arguments *White Chestnut*

## **Resentfulness**

- *Willow*

## **Reserve**

- Due to indecision *Scleranthus, Cerato*
- Due to doubt *Gentian, Cerato*
- Due to apprehension / fear *Mimulus, Aspen*
- Due to lack of trust in oneself *Larch*
- Due to suspicion *Holly*
- Reserved attitude in general *Water Violet*

## **Resignation**

- *Wild Rose*

## **Respect**

- Demands total respect *Vine*
- Wants strongly and sadly for oneself *Chicory*
- Appreciates *Vervain*

## **Restlessness**

- From trying many things out and not knowing the right path to take *Wild Oat*
- Nervousness and impatience *Impatiens*
- From ignoring and hiding one's needs *Agrimony*
- Sudden fears bringing tension and nervousness *Aspen*
- Through over enthusiasm *Vervain*

## **Revenge**

- Desire of *Holly*

## **Sadness**

- *Star of Bethlehem, Pine, Sweet Chestnut, Mustard, Willow*
- From oversensitivity *Agrimony*

## **Sapped vitality**

- And exhaustion *Olive*

## **Scattered thoughts**

- *Clematis, Scleranthus, Cherry Plum*

## **Sceptical**

- *Beech, Vine, Gorse, Holly*

## **Secretive**

- Suspects others motivation *Holly*
- For power *Vine*
- Uses secrets as a way of manipulating *Chicory*
- Desires privacy *Water Violet*
- Due to fear *Mimulus, Aspen, Rock Rose*
- Keep troubles hidden *Agrimony*
- Due to indecision *Scleranthus*
- Keeps secrets due to shame *Crab Apple, Pine*

- With wearing thoughts *White Chestnut*

### **Self absorption**

- *Heather, Willow, Chicory, Rock Water, Beech, Crab Apple*

### **Self condemnation**

- Lack of confidence, certainty of failure *Larch*
- Feeling of responsibility for other people's mistake *Pine*
- Disgusted by oneself *Crab Apple*
- Extremely conscientious but not pleased with oneself *Rock Water*
- Reproach *Pine*

### **Self disgust**

- Feeling of uncleanness *Crab Apple*

### **Self effacing child**

- Easily dominated by others *Centaury*

### **Self esteem**

- Poor self esteem due to self hatred *Crab Apple*
- Poor self esteem due to guilt and self reproach *Pine*
- Fair self esteem but wants to be better *Rock Water*

### **Selflessness**

- Capable and efficient, quick to act *Impatiens*

- Volunteer, sensitive to injustice and devoted to good causes *Vervain*
- Sociable, hide their own preoccupations *Agrimony*
- Excessive worry for others *Red Chestnut*
- Always ready to help others, someone to count on *Oak*

### **Sensitivity**

- To noise *Clematis, Mimulus, Water Violet, Impatiens*
- To arguments, controversy, conflict *Agrimony, Mimulus, Centaury*
- Sensitive by nature *Agrimony, Walnut, Centaury, Clematis*
- To criticism *Willow, Chicory, Vervain*

### **Servile**

- *Centaury*

### **Shame**

- *Crab Apple*

### **Shyness**

- *Mimulus*

### **Sleep (see also insomnia)**

- Easily *Clematis*
- Exhausted but can't find it *Olive*
- Not gaining rest from sleep *Hornbeam, Wild Rose*
- For a child with overactive mind, who tends to worry *White Chestnut*

- To calm a distressed child or baby *Rescue Remedy*
- For a new environment, or any change *Walnut*
- When afraid of the dark *Mimulus*
- For night terrors *Rock Rose*
- For anxiety with unidentified cause *Aspen*
- For a child who seems to sleep too much *Clematis*

### **Slow**

- In learning from past mistakes *Chestnut Bud*
- Due to a lack of interest *Clematis*
- Due to indecision *Scleranthus*
- To get started in the morning *Hornbeam*

### **Sociable child**

- But never expresses feelings *Agrimony*
- But broods over secret difficulties *White Chestnut*

### **Solitary**

- Prefers privacy *Water Violet*
- To work at own pace *Impatiens*
- Aversion to being solitary *Heather*
- For escapism, by choice *Clematis*

### **Stage fright**

- Panic *Rock Rose, Cherry Plum, Rescue Remedy*

- Worries prior to *White Chestnut, Aspen, Mimulus*
- Lack of confidence *Larch*
- Hides it behind good face *Agrimony*

### **Strict**

- With others *Vine,*
- With one self *Rock Water*

### **Struggling**

- And fighting to get well *Oak*

### **Stubbornness**

- By nature *Vervain, Vine, Chicory, Beech*
- About self discipline *Rock Water*
- Feeling that one needs to be courageous *Oak*

### **Submission**

- Asks for *Vine*
- Demands of self *Rock Water*
- Through fear *Mimulus*
- General *Centaury, Cerato, Agrimony*

### **Success**

- Apprehension about *Larch*
- Pessimistic about it *Gentian, Larch, Gorse*

## **Sudden**

- Illness (shock of) *Rock Rose*

## **Superiority**

- Feels superior and not understood *Water Violet*

## **Surrender**

- To the struggle of life without complaint *Wild Rose*

## **Strangled**

- By possessive love *Chicory*

## **Strength**

- Insufficient mental and physical strength *Hornbeam*

## **Strung out**

- *Vervain, Rock Water, Impatiens*

## **Stuck in a rut**

- Due to disinterest *Honeysuckle, Gorse, Mustard, Willow*
- Due to despondency *Gentian*
- Help to move on *Walnut*
- For resignation *Wild Rose*

## **Suicide**

- As a means to escape deep depression *Sweet Chestnut, Gorse, Mustard*
- As an exit from boredom *Clematis*
- As an exit from fear *Aspen, Agrimony, Rock Rose, Mimulus*
- Aspiration to commit, irrational *Cherry Plum*
- Fear of committing suicide *Cherry Plum*
- Ponders about, for self reproach *Pine*
- Thinks about, over burdened by responsibilities/pressure *Elm, Larch, Centaury*
- To join loved ones *Clematis, Honeysuckle*

## **Talkativeness**

- About one's self *Heather*

## **Tantrums**

- *Cherry Plum, Holly, Impatiens, Vervain*
- To ease transition in childhood *Walnut*

## **Tearfulness**

- Because of self pity *Chicory, Willow*
- Due to instability *Scleranthus*
- Due to despair *Sweet Chestnut*
- Due to total exhaustion *Olive*
- Due to sensitivity *Centaury, Mimulus, Red Chestnut, Walnut*
- Easily moved and sensitive to influence *Walnut*
- Sentimental *Honeysuckle, Walnut*

- Hides to cry *Agrimony, Water Violet*

### **Teething problems (Babies)**

- To keep baby calm *Rescue Remedy*
- To help going through transition period *Walnut*

### **Temperament**

- Violent and uncontrolled *Cherry Plum*
- Quick and passionate *Impatiens, Vervain, Vine, Holly*
- Unstable *Scleranthus, Cherry Plum*
- Controlled but frustrated by restriction *Oak*

### **Tension**

- By nature *Beech, Impatiens, Rock Water, Vervain, Vine*
- Due to shock *Star of Bethlehem*
- Due to fear *Mimulus, Aspen, Rock Rose, Cherry Plum*
- Fearful for others *Red Chestnut*
- Constantly worried for others *Chicory, Red Chestnut*

### **Terror**

- Of unknown terrible things *Aspen*

### **Timidity**

- Afraid of worldly things *Mimulus*

## **Tiredness and Fatigue**

- For those who feel physically and mentally exhausted *Olive*
- When feeling unable to cope with the day *Hornbeam*
- From being so anxious to do well and please others *Centaury*
- From a lack of interest in life, dreamy type *Clematis*
- From resignation to an unsatisfactory life *Wild Rose*
- Generally strong, but momentarily stressed and despondent *Oak*
- When feeling overwhelmed by responsibilities *Elm*
- When constantly bothered by inner arguments *White Chestnut*
- Through a lack of flexibility for oneself (high expectations) *Rock Water*

## **Transition**

- Periods *Walnut*

## **Trauma**

- Of any kind *Star of Bethlehem*

## **Travel sickness**

- *Scleranthus, Rescue Remedy*

## **Trip (hallucinatory)**

- Frightened by *Rock Rose, Aspen, Mimulus, Rescue Remedy*
- Disturbed by *Honeysuckle, Walnut*
- Shocked by *Star of Bethlehem*
- Bemused by *Clematis*

- Flashbacks after *Honeysuckle, Walnut*

## **Trust**

- Lack of trust in others *Holly*
- Lack of trust in self *Cerato*

## **Uncleanliness**

- Feeling of *Crab Apple*

## **Twitching eyelids**

- If stress comes from over enthusiasm *Vervain*
- If it comes from being exhausted and feeling of being a rut *Hornbeam*
- If it comes from a speedy lifestyle *Impatiens*

## **Unbearable**

- Anguish *Sweet Chestnut*

## **Undependable**

- Due to distrust and hesitation *Scleranthus*
- Due to self distrust *Cerato*
- Easily influenced *Agrimony, Mimulus, Centaury, Cerato*

## **Uptight**

- *Vervain, Impatiens, Rock Water, Beech, Vine*

## **Unconsciousness**

- After shock *Rock Rose*

## **Unsatisfied**

- With one self if ill *Oak*
- Unsatisfied with own actions *Pine*

## **Unstable**

- Generally *Walnut*
- Overwhelming thoughts *White Chestnut*
- Because of indecision *Scleranthus*
- Because of guilt *Pine*

## **Uncontrollable**

- Rages *Cherry Plum*
- Worrying thoughts *White Chestnut*

## **Unwanted**

- Thoughts *White Chestnut*

## **Unworthiness**

- *Crab Apple*

## **Urticaria**

- If rashes are associated with irritability, *Impatiens*

## **Victim**

- To a cause *Vervain*
- For attention or affection *Chicory, Heather*
- To resentment *Willow*
- To one's own ideals *Rock Water*
- To the need to set example for others *Rock Water*

## **Violent**

- Rage *Cherry Plum*
- Fear of being *Cherry Plum*
- Satisfaction from being *Holly*
- To show superiority *Vine*

## **Vomiting and diarrhoea**

if caused by emotional problem select remedy that addresses the problem

- to help recover *Olive*

## **Without purpose**

- Feels unconcerned *Wild Rose*
- Unfulfilled ambitions *Wild Oat*
- Lack of interest *Clematis*
- Due to discouragement and desperation *Gentian, Gorse*

## **Weakness**

- Disbelief in mental strength *Hornbeam*
- Weak-willed *Centaury*
- Depleted *Olive*

## **Weariness** *Olive*

## **Weep**

- Weeps easily *Chicory, Heather, Willow*
- Unable to, numbness (following shock) *Star of Bethlehem, Agrimony, Walnut*
- Unable to, due to self denial *Rock Water*
- With sentimentality *Walnut, Honeysuckle*
- With great despondency *Sweet Chestnut*
- With remorse *Pine*
- Hides from others to cry *Water Violet, Agrimony*
- With relief *Agrimony*

## **Withdrawal from drugs (see also Addiction)**

- Helps getting adjusted during *Walnut*
- To learn from past experiences *Chestnut Bud*
- To cleanse mind and body *Crab Apple*
- To help resoluteness *Hornbeam, Centaury*

## **Worry**

- As a habit, generally *White Chestnut*

- Over other's troubles *Red Chestnut*
- Over one's own troubles *Heather*
- Hides worries *Agrimony*
- Fusses with *Chicory, Vervain*
- For the welfare of others *Red Chestnut, Vervain, Chicory*

## **Youthfulness**

- Obsessive preservation of *Rock Water, Crab Apple, Heather, Honeysuckle*
- Obsessed with, due to fear of ageing *Rock Rose, Mimulus, Agrimony*
- Obsessed with, physical state, to keep fit *Rock Water*

# *Bach Flower Remedies Repertory*

## **Notes for PC and Macintosh users**

Once the items are installed on your computer, open the Reper.pdf file. While the Repertory works as a stand-alone product for PC's , Macintosh owners will be pleased to know that the Repertory is hot-linked to other pdf files on the CD-Rom 'The Original Flower Remedies of Dr Bach'. With the CD-Rom loaded into your CD drive, clicking on a Repertory entry for a particular Remedy will access all of the information related to that Remedy on the CD-Rom. The information on the CD-Rom provides a detailed description of all the positive and negative aspects plus a wealth of additional information to aid you in your choice. Reper.pdf will work on your PC as a stand-alone document only. We are currently working on the hot-linked PC version.