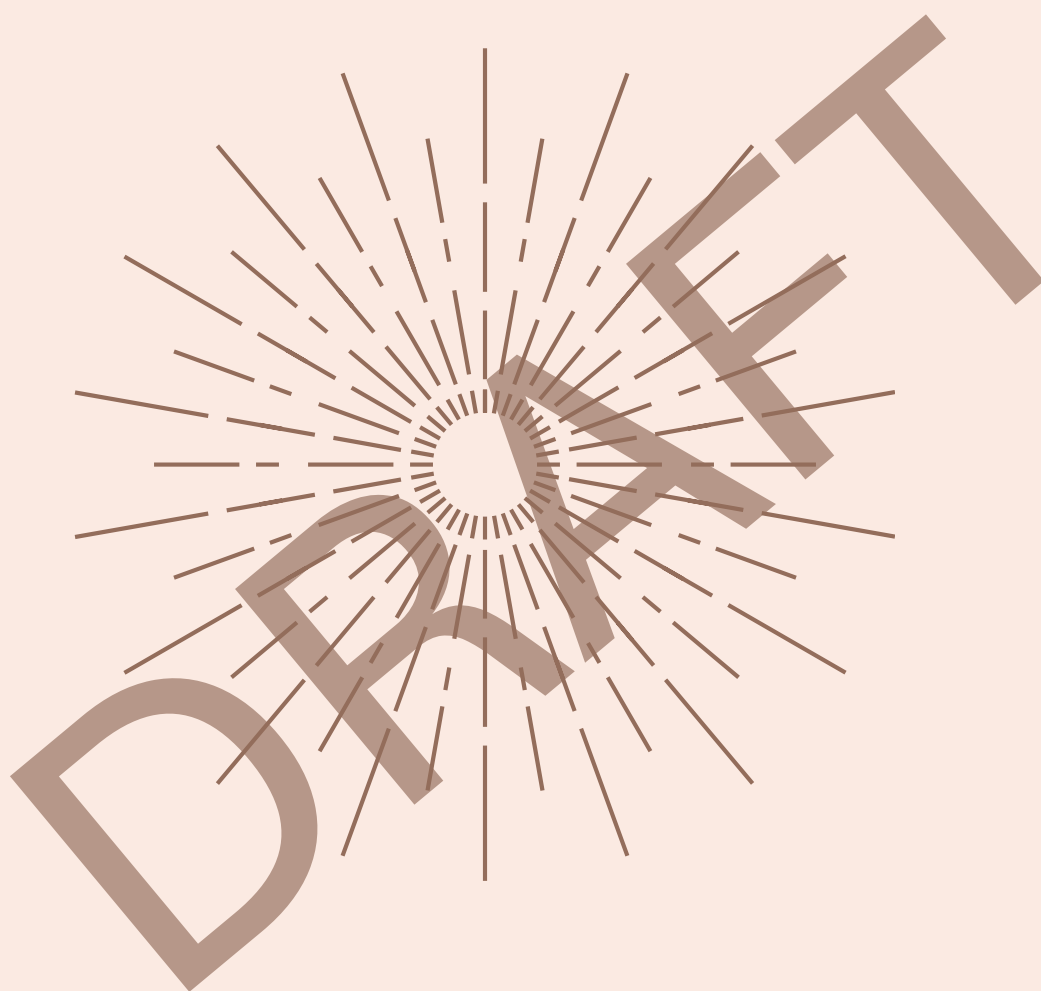


USING THE BACH FLOWER REMEDIES



The Wellness Alchemist

Using Bach Flower Remedies

Bach Flower Remedies are vibrational essences that can be used to support our emotional wellbeing. Their use can, in turn, help to promote changes in other aspects of our health and life situation.

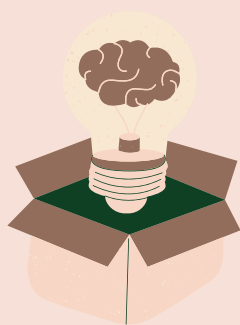
People going through a stressful time might benefit from White Chestnut to calm an overactive mind, Olive to help restore vitality, Walnut to help manage change or Cerato to help make decisions about the future. Perhaps there are specific worries affecting a person so Mimulus could help.



A carefully selected remedy or remedy mix can promote a real shift in mood and outlook. Have you been really positive generally but have a nagging suspicion that you are not in a fulfilling job or relationship, or have you been particularly worried about a loved one which is stopping you from feeling able to focus on your own life? Have you had a difficult time of things recently or has it felt like you've been in a difficult pattern for almost a lifetime?! There's a remedy to fit each of these situations.

So let's think about how to choose the best remedies for a situation you may be facing.

Top Tips



Tip#1: Reflect honestly

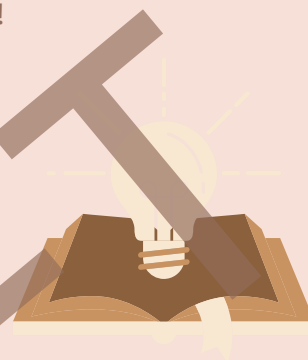
Ask yourself how you really feel at this moment, or have felt over the last week or so. How have recent events affected you?

- What barriers or problems come to mind?
- What was interesting about how you reacted to events?
- Are there any patterns to things you've been experiencing or the way you're feeling or reacting?

It's important to be honest with yourself to help you find the remedies that will provide most support. This sometimes means reflecting on things we'd prefer not to think about or admitting personal qualities which aren't all that flattering. This is all an important part of the process! But be kind to yourself and go gently – changing ingrained habits takes time!

Tip#2: Journal your feelings

People new to using the remedies often aren't used to reflecting on their deeper feelings so it can help to take a quiet few minutes to journal your thoughts and feelings – the things going well and the things that feel 'heavy' or challenging. Once you're clear on what you're feeling, you're ready to select your remedies!



Tip#3: Identify the cause

Look at the root cause – is the issue really a colleague's personality or is it that you feel unable to be assertive with this colleague. Often it helps to flip the situation. If you think of the situations that currently annoy you – what quality in you might help you resolve the situation?

Tip#4: Be selective

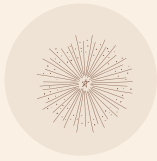
Select a maximum of 6 or 7 remedies by focusing on what feels most important. Particularly when someone first starts working with the remedies, there may be lots of issues and remedies which come to mind. But the more you practice trusting and listening to your inner guidance, the more you'll find you can select the remedies easily.



Tip#5: Don't worry about getting it wrong

If you make a selection which isn't quite right, it simply won't do anything so don't get anxious over your selection. Trust your intuition! Occasionally, people find that they have a realisation or notice new feelings after taking a remedy which may need further support to manage – but the remedies are intended to work gently. Most people feel much better within a few days.

Remedy List



Fear remedies

Fear of unknown origin **Aspen**
 Fear of losing control **Cherry Plum**
 Phobias, shyness, specific worry **Mimulus**
 Fear for loved ones **Red Chestnut**
 Terror, panic **Rock Rose**



Uncertainty remedies

Self-doubt **Cerato**
 Discouraged by setbacks **Gentian**
 Hopelessness **Gorse**
 Procrastination **Hornbeam**
 Internalised indecision **Scleranthus**
 Restlessness, needing direction **Wild Oat**



Over-care for welfare of others

Intolerant, critical **Beech**
 Possessive, needy **Chicory**
 Perfectionism **Rock Water**
 Opinionated, exuberant **Vervain**
 Controlling, forceful **Vine**



Insufficient interest in present circumstances

Unable to learn from mistakes **Chestnut Bud**
 Daydreaming, fantasising **Clematis**
 Homesick, living in the past **Honeysuckle**
 Gloom of unknown origin **Mustard**
 Exhaustion **Olive**
 Incessant unwanted thoughts **White Chestnut**
 Apathy, given up **Wild Rose**



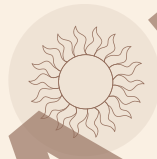
Loneliness

Seek an audience to listen to their troubles **Heather**
 Impatience **Impatiens**
 Isolation, aloofness **Water Violet**



Oversensitivity to influences & ideas

Humour masking turmoil **Agrimony**
 Yielding, unable to say 'no' **Centauray**
 Spite, anger, jealousy **Holly**
 Challenging changes, protection **Walnut**

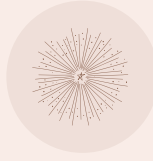


Despondency or despair

Obsessive, self-image issues **Crab Apple**
 Overwhelmed **Elm**
 Lacking confidence **Larch**
 Struggles on dutifully **Oak**
 Self-recrimination, guilt **Pine**
 Trauma, bereavement **Star of Bethlehem**
 Deep anguish, despair **Sweet Chestnut**
 Self-pity, bitterness **Willow**



Fear-based remedies



Aspen

This is a remedy for those suddenly seized by a sense of foreboding or anxiety for no specific reason.

Promotes security and inner calm

Cherry Plum

People in a Cherry Plum state may be on the verge of a breakdown and fear they are about to lose control.

Promotes a calm mind and the ability to act rationally



Mimulus

This is a remedy for those with fears about specific causes e.g. illness, poverty, public speaking. It suits those who may be feeling shy or anxious.

Promotes a sense of quiet courage

Red Chestnut

This remedy is suited to those whose over-concern for others means they are constantly fretful and overcome by fear for loved ones.

Promotes compassion without anxiety

Rock Rose

For those experiencing terror as a result of an acute threat or perceived threat e.g. accident, near escape, or an attack.

Promotes safety and grounding

Uncertainty remedies



Cerato

This is a remedy for those who doubt their inner voice and often rely on others to help make decisions - often ignoring what they know to be the right action as a result.

Promotes a sense of inner certainty and trust

Gentian

Gentian is a remedy for those feeling discouraged when faced with difficulties or a disappointment - perhaps they have failed a driving test or have been passed over for promotion. This can leave them feeling down and like things might not work out in future.

Promotes an ability to move on from the disappointment and see it as part of life's journey towards a better outcome in future

Gorse

People needing Gorse have often endured long periods of ill-health or challenging life circumstances and have given up hope that these will ever be resolved.

Promotes a renewed sense of faith and hope

Hornbeam

This remedy is suited to those feeling mentally weary leading to procrastination. They doubt their ability to face the day ahead so experience a recurrent 'Monday morning' feeling.

Promotes certainty in their strength and ability to face any challenges presented by the day ahead.

Scleranthus

People needing Scleranthus are undecided between two choices leading to a state of inertia or false starts. This is often mirrored in their moods with extremes of joy/sadness and energy/apathy. Their indecisive nature can lead to a sense of unreliability.

Promotes certainty, poise and prompt action

Wild Oat

Wild Oat is for people facing a cross-roads in life who are uncertain about their direction.

Promotes clarity around our true path and vocation



Remedies for over-concern for others

Beech

This is a remedy for those hypercritical of others. They often come across as judgmental and arrogant and are easily irritated by other people's habits.

Promotes tolerance and compassion

Chicory

Chicory is for those whose behaviour tends towards manipulation to get their own way. They may be passive aggressive, critical, interfering and nagging.

Promotes unselfish affection and assurance that they do not need to dominate others to receive attention

Rock Water

This is a remedy for those who might be considered perfectionists. They are often inflexible and deny themselves luxuries or enjoyment. They like to set an example for others and tend to promote fixed ideas and routines e.g. following a rigid diet programme, self-sacrificing at work to meet their own high ideals.

Promotes a greater sense of flow and acceptance of imperfections

Vervain

This remedy is for those with strong principles and values which they try to promote in a passionate, almost zealous way. They are often high-achievers who can benefit from this remedy to relax.

Promotes wisdom and tolerance

Vine

Vine is for those who override others' wishes and opinions as they believe they know best. In extremes, those needing Vine can be domineering and controlling.

Promotes a strong sense of self without domination of others





Remedies for insufficient interest in present circumstances

Chestnut Bud

This is a remedy for those who keep repeating the same mistakes e.g. repeatedly falling for the wrong type of partner, persistently applying for jobs in an unsuitable career field.

Promotes self-awareness to allow a person to move forward in life

Clematis

Clematis is for those needing grounding. They often live life through fantasy, without efforts to make their dreams a reality. They may appear absent-minded and tend to be accident-prone.

Promotes an active interest in the world around us

Honeysuckle

This is a remedy for those who dwell on the past so much they forget to live in the present - either by looking back with nostalgia or with hurt. A helpful homesickness remedy.

Promotes an ability to move on and live in the present

Mustard

This remedy helps those experiencing a sudden depression without apparent cause. This leaves as swiftly as it comes but returns without notice.

Promotes a more balanced mood

Olive

Those needing Olive are in a state of exhaustion after a period of strain, so are lacking a zest for life.

Promotes restoration of strength

White Chestnut

Those needing White Chestnut are plagued by unwanted thoughts - often of worries or past unhappy events.

Promotes peace of mind

Wild Rose

Wild Rose is for those in a state of apathy. They are resigned to an unpleasant situation, making no effort to bring about change as they are not particularly unhappy.

Promotes a lively interest in life, a sense of curiosity that encourages them to take the initiative

Remedies for loneliness



Heather

This is a remedy for those so gripped by their own need to talk about their troubles that they can put people off them. They tend to corner people into conversation, and leave little opportunity for others to join in, so they may notice people avoiding them. They often recount thorough details of their medical complaints.

Promotes empathy for others and a capacity to listen selflessly to promote more balanced conversation

Impatiens

This remedy helps those who are impatient and struggle to take the time to enjoy life as they have a strong need to 'get things done'. This gives them an irritable temperament so people often have the impression they are not open to connection. They often prefer to work alone as they are irritated by slower co-workers.

Promotes a more relaxed, diplomatic approach

Water Violet

This is a remedy for those who have a self-contained approach that others may see as aloof or stand-off-ish. People in a Water Violet state often seem so capable and independent that it doesn't occur to others that they might need help; Water Violet types are rarely willing to ask for help themselves. This can leave a person feeling unsupported which reinforces their emotional reserve. They may have a sense of pride or superiority that means they are hard to connect with.

Promotes a warmer relationship with others



Remedies for over-sensitivity to ideas and external influences



Agrimony

People needing Agrimony often appear lively and happy but this masks inner pain. They try to avoid difficult feelings by avoiding confrontation or challenging discussions. They prefer to be busy and sociable and are prone to using substances to suppress their discomfort.

Promotes open communication with self and others

Centaury

This remedy helps those who find it difficult to say 'no' and who can be passive with others. Anxious to please others, they often ignore their own needs and become easily drained.

Promotes a better connection to their own needs and desires, and the ability to assert them



Holly

This is a remedy for those who can be prickly, jealous and suspicious. They have forgotten their ability to see with compassion and instead feel a deep sense of anger and resentment, often without an obvious immediate cause.

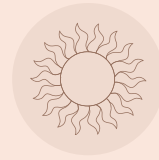
Promotes compassion and an open-hearted nature

Walnut

This remedy supports those finding it difficult to adapt to changed circumstances (such as menopause, job change or divorce), or for those finding they are over-sensitive to external ideas, atmospheres and influences (such as therapists feeling drained by clients' troubles or people doubting their path due to overbearing parents or friends).

Promotes the ability to remain steadfast in pursuit of one's path, despite setbacks, others' objections, or memories of the past

Remedies for despondency or despair



Crab Apple

This remedy helps those experiencing poor self image and/or a sense that they or their environment are 'unclean'. They may be obsessed with trivialities and imperfections.

Promotes acceptance of self and their surroundings

Elm

Helps those overwhelmed by responsibilities, even though they usually manage them well. It can remedy a temporary lack of confidence, or help where a person over-commits.

Promotes a sense of capability and restores the ability to manage workload

Larch

This remedy supports those lacking in self-confidence. They avoid attempting things as they feel certain of failure.

Promotes self-confidence and courage

Oak

This remedy suits those people who dutifully carry on when they are overburdened, tired and need rest.

Promotes self-care and a balanced approach to life commitments

Pine

This remedy is indicated if a person feels guilty or to blame, often without cause. This can manifest as a sense of unworthiness.

Promotes forgiveness and proportionality

Star of Bethlehem

This remedy is indicated if a person has experienced a shock, trauma or bereavement.

Promotes comfort to soothe pains and sorrows

Sweet Chestnut

This remedy is for extreme mental anguish, where a person has reached the limits of endurance and are in a state of despair.

Promotes recovery of hope and faith

Willow

Willow is used where a person feels bitter and resentful. They may feel self-pity and a deep sense of injustice about being short-changed by life which stops them letting go and celebrating others' good fortune.

Promotes acceptance and release of past injustices

Taking the remedies



Using a single essence

Add 2 drops of your chosen remedy into any drink and sip or place 2 drops onto the tongue. Repeat at least 4 times a day.



Using multiple essences

Add 2 drops of each essence (up to a maximum of 7) into a mixing bottle with some water and a teaspoon of cider vinegar or brandy. Take 4 drops at least 4 times a day.

Empty mixing bottles can be ordered from a range of stockists and can be sterilised for re-use.

All Bach Original Flower Remedies contain alcohol as a preservative so may be unsuitable for some but glycerine-based remedies are available and people can apply remedies to the skin on pulse points to avoid ingesting alcohol.

If you'd like help selecting your remedies, contact the Wellness Alchemist to book a session at: www.wellness-chemist.com

For more information on taking the remedies visit: www.bachremedies.com