

20. Mimulus -fear of known things.

"Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others."

21. Mustard

"Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful".

22. Oak - the plodder who keeps going past the point of exhaustion

"For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are disconnected with themselves if illness interferes with their duties or helping others. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort."

23. Olive - exhaustion following mental or physical effort

"Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure."

24. Pine -guilt

"For those who blame themselves. Even when successful they think they could have done better and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?"

25. Red Chestnut - over-concern for the welfare of loved ones.

"For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of ."

26. Rock Rose - terror and fright

"The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy."

27. Rock water - Self-denial, rigidity and self-repression

"Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active and will do anything, which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result."

28. Scleranthus -inability to choose between alternatives

"Those who suffer much from being unable to decide between two things, the first one seeming right and then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others."

29. Star of Bethlehem -shock

'For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort.'

30. Sweet Chestnut - extrem mental anguish, when everything has been tried and there is no light left

'For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.'

31. Vervain -over enthusiasm

'Those with fixed principles and ideas, which they are confident are right and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.'

32. Vine - dominance and inflexibility

'Very capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness, they will direct their attendants. They may be great value in an emergency.'

33. Walnut-protection from change and unwanted influences

For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences'

34. Water Violet -pride and aloofness

'For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.'

35 White Chestnut- unwanted thoughts and mental arguments

'For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day'

36. Wild Oat - uncertainty over one's direction in life

'Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling, which appeals to them above all others. This may cause delay and dissatisfaction.'

37. Wild Rose - Drifting, resignation, apathy

'Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.'

38. Willow - self pity and resentment

'For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.'

Mimulus

Mimulus is the Bach flower Essence for overcoming the fear of something. This could be something that is an actual threat, or something that has not materialised as such. The Mimulus personality fears real life.

This personality is often filled with anxiety.

This type may fear such things as a trip in an airplane, a shot from a doctor, a confrontation over some unpleasantness in the family, or even an illness.

The Mimulus baby may begin to cry upon awakening for no apparent reason.

Those with Mimulus traits tend to be delicate physically or with refined features. They may also blush easily, stammer, or suddenly become speechless while others may talk too much from sheer nervousness.

Traits to look for

Some of these personality types cover up their nervousness appearing very self-confident in public. This type of personality requires quite a bit of down time and space to recharge without guilt.

In a negative Mimulus state, one may be hypersensitive to many things in the environment like bright lights, noise, or an overabundance of activity or food.

This person may fall ill or expect to fall ill and their recovery may even be delayed. However, the Mimulus personality is naturally peaceable and is not at all threatening, not even in anger.

Once in the positive state, these individuals are more easily able to use their human understanding and sense of humour to help others who suffer from similar fears and anxieties.

Treatment with flower essence will help the Mimulus personality tackle their fears and overcome the confusion. As a result, their anxiety naturally resolves.

Mustard

The negative Mustard state occurs when one turns completely inward, with all energies directed toward living through an overpowering gloom.

This gloom and doom often descends without warning even in the middle of a seemingly joyful event.

It feels like a immobile dark weight, imprisoning one without warning, and lifting as suddenly as it occurred

While loved ones may try to reason or divert one's attention, these tactics rarely work. Those who suffer in this state of mind cannot often see a reason for the downturn of emotions.

Traits to look for

Many who work with flower essences believe that the Mustard state often occurs from a karmic debt arising from the depths of one's soul.

For example, the soul may have used its access to cosmic forces entirely for its own ends, even squandering them. The end result is a state of the soulful mourning or needing to go through that period of mourning in order to emerge into the light.

Each of us is subject to an occasional negative Mustard state, but some may have to endure this state more often.

However, every time one moves through this state, the soul develops more fully, taking in more and more light

When speaking of this Bach flower essence, Dr Bach said:

'This remedy dispels gloom and brings joy into life. Thus a person using the Mustard Bach Flower Remedy will have the feeling of waking from a dark, heavy dream - in which the darkness rolls away and allows them once again to experience the light.'

The positive Mustard state feels like a joyful serenity that helps one move through both dark and sunny days

Oak

One in need of Oak may often tell you that they don't have time to stop and take a Bach Flower Remedy.

The Oak personality carries all the qualities of a winner.

They have tremendous willpower, amazing courage, devotion to duty, and strong powers of resistance.

This may seem like superhuman endurance, unbroken hope, and high ideals.

If life is a struggle, the Oak personality can meet it head on.

Traits to Look for

Unfortunately, when this personality trait takes over, this personality may forget to explore the playful, joyful, or tender-hearted moments of life.

Those in need of this Bach Flower Essence often appear strong and gnarled just like an oak tree.

People depend on this type for strength and guidance. This type will sacrifice for their family without complaint. This may also be represented by someone who never asks for help.

As the negative Oak state becomes more pronounced, one acts like a super-performer, not giving up. However, this tendency may cause extreme exhaustion and as a result, a physical breakdown like an illness. This may also result in an extreme state of deep depression or despondency.

Through it all, the Oak personality never gives up.

Oak Flower Essence helps one overcome these tendencies, freeing up their emotional energy, allowing them to feel rejuvenated.

This person is strong as an oak but is better able to meet obligations in a positive state, achieving a more balanced life.

This is one of the Bach Flower Remedies that is perfect to use during recovery of long-term illness because Oak provides the power to preserve.

Olive

This Bach Flower Essence is designed for those who may have solely relied upon physical strength as opposed to drawing from higher sources. As a result, they have become severely out of balance energetically.

These people may feel completely done in or mentally exhausted.

The exhaustion occurs at all levels, including physical, emotional and psychological levels.

Traits to look for

This response may come as a result of a long period of strain like an illness or taking on more than one can stand. This can also apply when providing long-term nursing and care to a family member.

When in this negative state, one simply wants to be left alone to sleep or sit. One may become so exhausted that they eventually become physically ill.

The olive Flower Remedy restores balance and offers peace and rejuvenation. Using this Bach Flower Essence allows one to raise their energy as they receive higher levels of energy from the universe.

The Olive personality may not be able to heed the body's early warning signals and they feel as they have inexhaustible resources.

In the positive Olive state, these types of people are much more able to cope with extreme levels of stress and they are able to remain balanced and joyful.

Because the negative Olive state involves blocked energy, it may result in physical ailments.

This blocked energy flow can result in reduced kidney function, toxicity or a reduced flow of oxygen.

This Flower Remedy strengthens both body and soul, it is a wonderful choice for those recovering from debilitating physical ailments, such as recovery from alcoholism.

After treatment, one will once again recognise and honour the needs of his or her body.

Pine

This remedy helps release guilt and shame. A person in a negative pine state may feel guilty or constantly apologise for trivial things. They may even accept guilt for events that seemingly happened long before their birth.

This person may also accept the guilt for other's actions.

A pine child tends to become a scapegoat in school, even to the point of accepting responsibility and guilt for other children's actions.

In a severe Pine state, one may apologise for his or her very existence, perhaps not recognising that they deserve life.

They may also not recognise that they deserve to enjoy life. This person tends to ask more from himself than from others, setting very high standards that often cannot be met, which intensifies the guilt.

Traits to look for

The Pine personality cannot stand up for themselves, and they may even lack joy in their life.

They feel bad asking others for things and are usually physically tired and worn out. Even when they become ill, they tend to apologise for it.

Once cut off from love, the divine energies are not able to flow.

Once treatment has been successful, this personality is better able to see and accept their own flaws and faults, helping them view them as stepping-stones.

Once they are transformed, the tired and worn out person is filled with energy and better able to help others.

Red Chestnut

The Red Chestnut personality is constantly afraid something will happen to their loved ones.

These personalities appear to be caring and concerned, but it can become smothering especially for those who need to experience new events and situations in order to grow.

This may be demonstrated by the mother who won't take her infant out of the house because of the irrational fear of disease.

This irrational fear of disease known as Pathophobia can be successfully treated with the Red Chestnut Bach Flower Remedy.

Traits to look for

Those suffering from this state of mind state feel pain and suffering because of their worries.

However, they don't often realise that his concern is bothersome to others.

They also don't often realise that this extreme focus on the possibility of negative events can, in turn, energetically attract those events.

The Red Chestnut state can occur when a bond is not severed at the right time, such as the bond between mother and child which is not loosened enough to allow each personality to grow. This flower essence is very helpful for both mother and child when weaning. This tendency can occur anytime one person becomes too dependent upon another.

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The Red Chestnut personality projects this fear not only family members but to friends as well.

Few experience the Red Chestnut state of mind as a life-long state, but those who do experience this state of mind suffer greatly.

After treatment, this personality is better able to project thoughts of security and well-being as opposed to worry. They are also better able to provide guidance and a positive influence without being intrusive, handling events and situation with a cool, calm head.

Rock Rose

Rock rose is a wonderful essence for extreme fear and panic. It can also be found in the Bach flower essence Rescue remedy, which is a pre-mixed remedy that can help when we're faced with stressful, fearful situations. This essence helps build courage and alleviate terror.

Those in the negative Rock rose state include children who wake up in the middle of the night in fear or those who have just been given the news of a life-threatening accident or illness.

This also can include those who have narrowly escaped a serious accident and are still shaking with fear.

Traits to look for

This is a state of complete terror or frozen in fear. This state can also feel like a punch in the gut because the solar plexus, at the centre of the nervous system, has suddenly been rendered unable to cope.

Treatment with Rock Rose brings about a state of calm while lessening fear. Parents of a child who often suffers from nightmares could treat their child with this remedy.

The positive Rock Rose state of mind allows a person to tap into that force within that helps them grow beyond themselves.

The negative Rock Rose state is usually only temporary. However, some true Rock Rose types can be found even amongst adults. They may not appear agitated or nervous on the outside, but their energy levels may be extremely low and they are delicate in their nervous constitution. This Bach Flower Remedy is a wonderful treatment for sunstroke, heat stroke, and drug addiction.

Rock water

Rock water is not really a flower essence as it comes from the water of natural springs found in areas far removed from civilisation. Here the waters are not exposed to toxic environmental conditions caused by man. The water is only influenced by the Sun, The wind, and the pollens from natural trees and grasses.

Traits to look for

The person in a negative Rock water state is probably not much fun to be around. He has very high expectations and may appear stubborn and unmoving. He may be rigid and unmoving like a rock.

This person only adheres to his own stringent view, whether the subject is politics, philosophy, or some aspect of living. There is essentially no exchange of ideas with the person in need of this particular remedy.

He may subconsciously try to be a saint, which makes it impossible to live in today's world.

While he doesn't have a great deal of interest in imposing this view on others, he may be quite conceited, bordering on self-righteousness.

This kind of self-absorption often causes the Rock Water person to completely miss the fact that one can grow through service to others.

After treatment with Rock Water, one is better able to examine and consider new insights and theories. However, this type will still not be easily swayed by others.

After treatment with Rock Water state, this person is an absolute joy to be with, as his own and inner peace will radiate out to others.

Scleranthus

This essence is perfect for those who simply can't make up their mind. If you feel as if you continually miss opportunities in life because you cannot decide, you might be in a negative Scleranthus state.

The Scleranthus personality is like a grasshopper constantly jumping from one thought to another.

This personality does not seek advice from others, but they are often influenced by those around them. They will listen to the arguments for or against an action and be completely on one side of the question - that is until they talk to someone else and hear the opposite view.

This indecision may then cause them to miss opportunities

While this indecisive personality is most often seen in women, men can also suffer from it. These may be people with whom you cannot have an intelligent conversation because they switch from subject to subject quite often.

The Scleranthus personality is severely out of balance yet constantly seeking balance. Once cleared of this tendency, they are able to make decisions quickly with intuitive confidence.

The imbalance may show up as inner ear issues or motion sickness, Since their body can't make its mind, their symptoms change from day to day.

This person may appear fidgety or unable to sit still and concentrate.

After treatment with Bach flower Remedies, this person will show great powers of concentration and determination. As a result, they will also be versatile and flexible and better able to consider both sides of an issue and come to a correct decision.

Star of Bethlehem

This Bach flower is one of the essential ingredients in Rescue Remedy. It helps to neutralise any form of energetic trauma, integrating with the actions of the other four Flower Remedies, quickly restoring the body's self-healing abilities.

Star of Bethlehem helps with trauma and shock

Energetic trauma occurs any time we experience a shocking event that our energy system is unable to cope with.

If left untreated, trauma and shock remain in the body's energetic system, causing imbalance and blockages in the area it influences.

This could mean an adult might still be suffering from an energetic trauma at birth.

Shocks do not have to be major life events because they can stem from something as simple as closing a door on your finger, or any other emotional, physical or intellectual event.

Traits to look for

Shock can occur within anyone, even someone experiencing a legal or financial setback. This causes one to withdraw emotionally and can even manifest as physical symptoms like the inability to hear or blurry vision.

Energetic trauma can happen years after an event, so it may appear to be psychosomatic in nature with no apparent cause.

While in a negative Star of Bethlehem state, as can happen as a result of a chronic condition, a person might withdraw from anything he or she doesn't want to have feelings about.

One example of this would be a soldier who has experienced the traumatic events of war and not wanting to constantly replay those events in his or her mind.

Those experiencing PTSD or Post Traumatic Stress Disorder are continually stuck in the negative Star of Bethlehem state.

Dr Bach categorised the Bach Flower Essence Star of Bethlehem as the ' Comforter and soother of pains and sorrows.'

Star of Bethlehem helps awaken the personality leading one back to their Higher Self. It helps re-establish energetic links so that traumas can dissolve helping one regain mental clarity, energy and inner strength.

None of us is immune from experiencing traumatic events, so this remedy is a wonderful one to take on a regular basis

Sweet chestnut

Dr Bach, when describing the Bach Flower Essences, said that Sweet Chestnut 'Is the remedy for that terrible, that appalling mental despair when it seems the very soul itself is suffering destruction. It is the hopeless despair of those who feel they have reached the limit of their endurance'.

In the negative Sweet Chestnut state, a person often feels completely alone, helpless, hopeless, and unprotected.

Even though he feels emptiness and despair, he harbours no thoughts of suicide.

This person often fears breaking down under stress. They most likely work hard to keep this anguish from other people

You may recognise this individual by the fact that no words of hope enter the conversation.

Traits to look for

Although Sweet Chestnut is one of the most strongly negative soul states, it does not always show up in its most extreme form.

The extreme negative Sweet Chestnut state could even be viewed as a transformation into a better life. This is a time when old patterns and beliefs break apart, making room for new levels of consciousness.

The negative state may resist change, but this personality will begin to realise that he or she must hit rock bottom in order to rise again

After treatment with this remedy, this personality will recognise that a new inner journey has started. They will start to believe in themselves again. They will feel like they have been found once again.

Vervain

The remedy is for those who are so passionate about an idea that they will exhaust their own resources in its pursuit.

At the extreme level, this personality may be unable to listen to alternative points of view.

They are in danger of becoming a fanatic

They cannot rest until all those around them are in agreement.

Vervain types are often revolutionaries at heart and they radiate their energy- they may even if they want to. They 'get by' on a minimum of sleep, believing that their cause is more important than caring for their own bodies. Their movements are quick and their speech rapid.

Traits to look for

This type of person pushes so hard that they often create the opposite of what they desire. They may even turn people who are willing to suffer great inconveniences, be arrested, or even destroy themselves to get their point across. These are the protesters who don't care if they get arrested.

In the negative state, this is the type of person who often ignores their own body's warning signals, pushing on in exhaustion until illness takes over.

Once restored to a positive state, this personality will still be involved and dedicated to their task, but they will be able to use their energy wisely. They will be able to consider other's ideas and viewpoints and will alter their own if the argument is convincing.

As a result, they will then be able to do what they could not do in the negative state - to inspire others and gain their support for their mission.

Vine

The vine personality is often strong-willed and has a strong presence of mind. They will take charge in a crisis and get things done.

They're capable and ambitious

Because they are so capable, this can eventually lead to a self belief so great that they actually feel they are doing others a favour by interfering in their lives or their work

A vine personality can lose all regard for others and their feelings. They can believe that their way is the only way and look to impose their will upon others indiscriminately

Trait to look out for

In the negative vine state, a person is entirely egotistical, using their willpower and energy to strengthen their own power and standing. This is the father who is willing to give up the love of his children in exchange for their fear and subservience or the teacher who does not allow a student to voice a differing opinion.

In some instances, women who experience the negative vine state do so in a more subtle manner. Rather than express themselves verbally, these women command obedience through gestures and glances.

The vine personality is strong and in the positive can do much good, but the tendency to go 'over the line' into the negative state is strong. Those who see this in themselves would do well to keep this Bach Flower Remedy at hand, so that they can stay in the positive state and continue to enjoy the companionship, friendship and love of those around them

In the positive state, the Vine personality will exhibit strong leadership qualities when needed, then back off when the crisis is over. He will no longer feel the need to control everything and everyone around him.

Children who bully their playmates are often in need of this Bach flower. When treated, they'll find school much more enjoyable because they'll be able to enjoy friendships not extended to bullies.

Walnut

Walnut is the flower essence to use at times of voluntary major life changes, such as moving home, jobs, starting a family etc

The walnut type also occurs during the natural changes of life over which one has no power.

These include teething, puberty, menopause, or the terminal stages of a disease.

These major life changes increase stress, which leads to an increase in inner instability and in a walnut state, people can become unsure of taking the next step

For some who want to change a part of their lives that is not satisfying, 'The devil they know' may suddenly seem safer than reaching into the unknown

Traits to look out for

Dr Bach himself was the positive walnut type. He made a major change in life in the face of adversity and followed his goal while ignoring the disapproval of friends and former colleagues.

In a negative walnut state, the person may feel held back and not understand why. There are many reasons this could be - a karmic bond, uncleared energy from a previous memory or even insecurities.

Dr Bach called this Bach flower Remedy the 'Breaker of spells' for its ability to unite the bonds that hold one to the past.

After treatment, and back in a positive walnut state, this personality will, at last, be free from shadows of the past. They will be open to inner inspiration and free from outside influence. Like

Dr Bach, they could be a pioneer - going forward while always remaining true to themselves.

Walnut, because of its ability to break ties with the past and allow a person to go forward with confidence, is often used in treating nicotine addiction. It has also been shown to have a stabilising effect upon chiropractic adjustment - where chronic sufferers often must repeat the same manipulations and treatments over and over.

Water Violet

The water violet personality is often reserved and quiet, not allowing others to get too close.

Water Violet personalities may come across with an air of superiority, capability, and calm control.

They never fall apart and are good at taking charge

As a result, they are greatly admired and their advice is often sought.

This person is always independent in nature and comfortable with their own company and as a result, they often withdraw further into their shells- where they will not be disturbed.

Traits to look for

The Water Violet personality will almost never give advice when asked. They are also reluctant to interfere in other's concerns and they reject most, if not all, interference in their own. Even when they are sick or ill, they prefer to be left to their own devices.

Water violet is excellent to use for those who desire warmer relationships with others. This person may like being alone, but find themselves lonely because they resist reaching out to others.

This personality keeps a stiff upper lip and they prefer dealing with their own issues and problems. Because this personality blocks much of their energy, this can lead to tension and stiffness in the entire body.

Water violet people are almost always able to see others' points of view and they recognise others' problems. They make wonderful bosses because of their calm leadership style but they often find it very difficult to make tough decisions regarding employees.

They expect fellow employees to follow their lead, and when they don't, they will often withdraw from them rather than bring down harsh criticism.

After treatment with Water Violet, this personality is better able to use their self-confidence and independent attitude for the good of others as well as themselves.

After treatment with Water violet, a person will go through life with a quiet elegance and inner dignity that draws people toward them - and they will once again be able to respond. This is a great remedy to use for those who are having trouble connecting to others in a positive way either at home or in the workplace.

White Chestnut

Most of us have a need for this remedy at some point because it is all about unwanted thoughts and mental arguments that intrude into the mind, stopping us from concentrating.

A negative white chestnut state can occur after a particularly unpleasant exchange or argument. This could happen at work or at home. This state may feel as if adversaries are attacking someone.

Even after the situation is seemingly resolved on the surface, the inner turmoil and brain chatter remain.

Traits to look for

This personality can occur in adults or children with overbearing parents.

After a heated exchange, this type may spend the rest of the day and night replaying the conversation over and over, continually thinking about what they could have or should have said.

In a negative state, a person may try to escape from their own mind. A child may describe this feeling as being stuck on a hamster wheel but getting nowhere.

Many who suffer from this state have chronic headaches or feel a great amount of mental tension. They may also grind their teeth.

Because the brain refuses to relax, they may also have trouble sleeping and as a result, may feel chronically fatigued.

This remedy allows the mind to discriminate between thoughts that should be accepted and thoughts that are better rejected.

After treatment, one becomes much more clear and mentally balanced.

Wild Oat

Wild Oat is the perfect remedy for those who want to do something worthwhile with their life, but they don't know which direction to go.

This remedy is also good for those who are unable to make a career choice.

A temporary Wild Oat state may be thought of as a midlife crisis or any time a career decision must be made.

Wild Oat will help clarify his or her true goals and come to a right decision.

Traits to Look for

A negative Wild Oat state can be likened to a person who is said to be sowing his wild oats, as the name of the remedy suggests. These types of people may be stuck in a stage of delayed mental puberty.

The Wild Oat personality attracts many opportunities, which can obviously make decision-making much more difficult.

A Chronic negative state can even be traced back to childhood, with someone who had domineering parents. While Wild Oat children are not typically gang members, they may bounce from one activity to another, never making a decision or finding their true place.

True Wild Oat personalities are typically very intelligent and even gifted. They have no trouble learning new skills or achieving success and they are often ambitious.

However, they feel as if they are adrift or constantly seeking the next best thing. They quickly become bored, even in the midst of success, due to their grasshopper-like behaviour.

As a result, they may find themselves associating with people who are not satisfying companions. If these people are not at their level of intellect or spirituality, they may feel frustrated and dissatisfied.

When taking this remedy, this type will begin to feel calmer and more confident in their own decisions. They will begin to see a clearer vision for their future and will once again rely upon their Higher Self to guide their actions.

Wild Rose

Wild Rose is a wonderful remedy for those who may have lost interest in life.

It is helpful for those who have surrendered to the struggle of life

This condition, left untreated, can become the chronic or even dominant feature of one's personality

In an extreme negative Wild rose state, a person feels hopelessness, accepting things that seem inevitable.

Traits to Look for

These types of people may feel despondent or feel as if nothing is ever going to get any better.

They feel no joy in life and make no effort to bring about positive changes.

Their sadness is palpable

Sufferers may feel like or appear as the walking dead, exhibiting no interest or enthusiasm for life. In other words, they accept their fate. They may even speak in a dull, lifeless tone.

These people come across as uninterested and uninteresting, and even boring. Their deep-seated depression creates an apathy that casts a dull glow over everything.

While it is generally a chronic state, the negative Wild Rose state can sometimes occur as a temporary condition after something like a miscarriage, psychotherapy, or during a phase of intense personal improvement work.

During these traumatic times, this essence will help the person return to their normal state of energy and enthusiasm.

Treatment with this essence can help regain a new interest in life and the joyful expectation of better things to come.

Willow

This remedy is for those who feel resentful or bitter about the direction in which their life has gone

This state of mind might occur if another's good fortune contrasts too sharply with their own situation and as a result, jealousy and resentment take over.

During those times, they may try to blame everything and everyone but themselves.

Self-pity is the over-riding emotion

These people aren't happy and comfortable with themselves

Traits to look for

This state of mind can become chronic, having a destructive effect on the sufferer.

In this state, people may be good at making demands, but they never see a need to reciprocate.

They may also be criticized to an extent that they finally alienate those who once tried to help them.

Eventually, people grow weary and even tired of trying so they withdraw.

The chronic willow type feels great amount of bitterness and as a result, they isolate themselves.

They often hold grudges for years, even for reasons that are no longer clear. They often hold these feelings in clouds of toxic energy.

Because they feel like the victim, they will never take responsibility or look within to see the reasons for failure.

Those who have not experienced the success they wish for may fall into the negative Willow state. This could occur when a person loses their looks or when they fail to get that promotion.

When treated with this remedy, they will begin working to change those bitter thoughts. They will learn to deliberately focus on the positive as opposed to the negative willow state. This could occur when a person loses their looks or when they fail to get that promotion.

When treated with this remedy, they will begin working to change those bitter thoughts. They will learn to deliberately focus on the positive as opposed to the negative, and thus begin to bring about positive changes.

Once transformed this person will begin to take responsibility for his or her own fate. They will no longer be a victim and will become the master of their own fate. As a result, they will once again begin to enjoy life.