### 1. Agrimony –mental torture behind a cheerful face.

The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humour and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness.' – Dr Edward Bach

### 2. Aspen - fear of unknown things.

'Vague unknown fears, for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others.' – Dr Edward Bach

#### 3. Beech- intolerance.

'For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection.' – Dr Edward Bach



### 4. Centaury- the inability to say 'no'.

Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavours. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life' – Dr Edward Bach

#### 5. Cerato- lack of trust in one's own decisions.

Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided' – Dr Edward Bach

### 6. Cherry Plum- fear of the mind giving way.

'Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.' – Dr Edward Bach

#### 7. Chestnut Bud- failure to learn from mistakes.

'For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault.' – Dr Edward Bach

### 11. Elm- overwhelmed by responsibility.

Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being.' – Dr Edward Bach

#### 12. Gentian – discouragement after a setback.

Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.'

– Dr Edward Bach

### 13. Gorse- hopelessness and despair.

Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.' – Dr Edward Bach

#### 14. Heather- self-centredness and self-concern.

Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time.' – Dr Edward Bach

### 15. Holly- hatred, envy and jealousy.

'For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.' – Dr Edward Bach

### 8. Chicory– selfish, possessive love.

Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them' – Dr Edward Bach

### 9. Clematis– dreaming of the future without working in the present.

Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true. In illness, some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost.' – Dr Edward Bach

### 10. Crab Apple – the cleansing remedy, also for self-hatred.

This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease, which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.' – Dr Edward Bach

16. Honeysuckle- living in the past.

Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.' – Dr Edward Bach

17. Hornbeam- tiredness at the thought of doing something.

'For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfil their work.' – Dr Edward Bach

18. Impatiens- impatience.

Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.' – Dr Edward Bach

19. Larch-lack of confidence.

'For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.' - Dr Edward Bach

# Agrimony:

Agrimony types of people hide their feelings from the world and may also hide their feelings from themselves.

The agrimony personality may be inwardly troubled by fear and anxiety

They may also worry excessively about illness, finances, etc but present a cheerful, careful face.

They are sensitive to and long for harmony

May go out of their way to be kind or sacrifice for others.

They may also spread cheerfulness and downplay any problems in their lives.

Traits to look for

This type of person may also avoid being alone because it causes them to think too much.

Thye may throw themselves into activities and volunteer for every charitable group there is and they may even bounce from one activity to another since they are easily distracted.

This type may also fear confronting their own feelings and turn to alcohol or drugs to frown their sorrows and avoid contemplative thought

The personality resists seeing itself in totality and as a result, they feel unbalanced. Bach flower remedies can bring this personality back into balance.

The tendency toward this type of personality often begins in childhood with children who may have been taught not to show their distress and taught always to observe proper social conventions. When these children go through normal childhood stages of loneliness and sadness, Agrimony will help them communicate much more easily.

Good for the release of inner tensions, anxieties and other hidden emotions. It can also provide relief to those who are suffering from exterme anxiety disorders and post-traumatic stress syndrome - in which unpleasant memories have been buried.

Agrimony can help restore a cheerful disposition and increase confidence. After treatment, an individual can finally feel safe in facing both sides of their personality as they learn to face and discuss their life's problems.

## Aspen

Those in need of Aspen Bach flower essence might feel as if they are caught in the emotional and astral plane that is the plane of dreams. They may also feel as if they are inordinaltely sensitive to the implused andpsychi currents all around them.

The Aspen personality may be sensitive to conflicts in the workplace or caught up in what-if scenarios

Overly sensitive to pyschic energy all around them.

Often aware of developing conflicts before they arise.

Traits to look for

This type of person might be overcome with fear without really knowing whyc. Their fear, unfortunately, remains nameless. This is similar to the feeling of dread and anxiety - as if something terrible is about to happen.

In extreme cases, this irrational fear may even turn into full-blown anxiety attacks, with trembling, bouts of sweating, and jumpy feelings in the stomach.

Children in need of this BAch flower remedy might even believe there are monsters under the bed. Some Aspen people may also have a fearful fascination for magic and the occult or they may fear the dark

Good for helping one overcome unknown fears and worries

After treatment with Aspen, these people are better able to recognise the divine power of love and to consciously use the positive side of the Aspen energy.

They can then explore those non-material planes of consciousness without fear, and use them for their own benefit and that of others.

As strange as it may seem, self-help efforts cna trigger the negative Aspen state. Those who become too opened-up by something like a group meditation, for example, can biome overly tuned in and become stuck on these planes of existence. Those who have been through 'bad trips' while on drugs often react similarly.

Treatment with the Aspen helps an individual gain access to higher spiritual spheres. After transformation, the person will be able to explore those higher spheres without the fear as shapeless, nameless, and groundless fears become a thing of the past.

## Beech

Each of us, at some time, experiences a negative Beech state or a state in which we become too critical of others. We may judge others by our own narrow standards or even become arrogant. Happily, most of us do not remain 'stuck' here

The Beech personality tends to remain in this state, focused outward from a critical position They may be unable to focus inward and digest experiences.

Beech people may be experience trouble with digestion. This phenomenon help us understand why Bach Flower Essences aid in curing physical ailments, although they were created to treat emotional imbalances.

Traits to look for

Those who belong to a suppressed minority group may develop the Beech personality. They may have been subjected to hatred, disappointment or humiliation.

This battered self-esteem causes them to withdrawal from the world as they build their own set of values. These bold values serve to insulate them from the slings and arrow coming from the outside world.

This type of thinking may help elevate them to a position of superiority over their detractors. Often, entire families exhibit the Beech personality.

The Beech person is unable to face criticism, scorn, or disapproval from others. This type of person may also suppress their own feeling to such an extent that they cannot possibly understand or empathise with the feelings of others.

In an extreme Beech state, the suffere's tolerance levels fall so low they become unduly upset over simple things like another person's speech patterns or small gestures.

Good for letting go of limited value judgements

Transforming criticism into understanding

Allows for greater sensitivity, genuine love, and tolerance for those who are different from hisel.

The Beech personality may feel cut off and this arrogance and criticism is merely a shield that has been erected in an effort to protect the individual from emotional pain.

Beech helps us return to a state of joy, cheerfulness, and tolerance for those around us.

# Centaury:

This type of person has a real problem saying no. This type may also serve on every committee, help out at every event, run errands for other people, and anticipates and jumps to serve every need before someone even asks.

In the negative Centaury state, one might turn into a doormate or be unable to say no. Estreme devotion to a cause

Often tired, overworked and slightly resentful that others take advantage of their good nature. Their desire for recognition and validation may also prevent them from developing their own individuality.

They may be so fearful of rejection they don't allos their own distinctive personalities to develop and they don't stand up for their own wants and needs.

### Traits to look for

Energy from the Bach flower essence Centaury will help restore contact with the powers of a person's own will. Some also believe those with this tendency may have a desire to avoid growing up. By remaining emotionally child-like, these people do not have to learn to discriminate and decide. The choices are all made for them.

People with emerging psychic abilities may experience this as well. This is the result of a lack of balance when the psychic faculties become stronger than the actual will. In this state, people are easily hurt and upset. They may also become physically ill for no apparent reason. Good for those who are enlightened teachers and are especially at risk of losing their own

Good for those who are enlightened teachers and are especially at risk of losing their own personalities and weakening their own chances of personal development.

After treatment with centaury, a person might begin to realise that rushing to assist is not always helpful to others. They will also learn to say no and to give service when and where it is appropriate.

Centaury may also be good after a prolonged illness when the person has been unable to do anything for himself. Centaury will give new vitality to the mind and body and allow the person to return to living.

### Cerato

This type of person may refuse to recognise the role of the higher self or lack confidence in their own inner voice or intuition constantly seeking answers from external sources.

### Traits to look for

This person knows what is right but still distrusts and doubts their own decisions

They may become annoying by constantly questioning.

Even minor issues must be examined and other's opinions sought.

Because these people ask so much, they tend to gather a great deal of information. However, they don't use it because they don't trust in their own abilities to make a decision. Back in a positive Cerato state, they will put this wealth of information to good use.

Trusting in the judgment of others rather than in oneself often causes the Cerato personality to take action that is damaging. They may also take action even though that action is against their better judgment - just because an outside 'authority' mandated that action.

After using Cerato, a person's individual's inner voice will once again be heard and will grow stronger.

As a result, this person will gain an attitude of quiet certainly so that no outside argument will deter him from a decision, which he knows to be the right one.

Once someone is returned to a balanced energy state, the individual will begin to trust his or her inner voice and feel secure in the knowledge he or she possesses.

# **Cherry Plum**

In a negative Cherry Plum state, individuals may feel as though they are about to lose their minds or explode. Some may also fear that they willcommit acts of extreme violence. Others still may harbour thoughts of suicide-either physically or at a mental level.

The processes of spiritual and mental growth tha occur when energies are balanced are almost frantically suppressed, as the person seeks to deny the dark forces that reside n everyone.

The person's own terror that dark thoughts could lead to dark actions causes them to try to drive down and suppress all such thoughts.

Before treatment the person in a negative cherry plum state finds it difficult to face his or her own inner feelings. This personality suffers from a fundamental fear of opening up to the process of development, literally unable to let go.

#### Traits to look for

Those who have fought in wars and endured days of continuous shelling may develop a negative cherry plum state.

Children in need of this remedy are often bed-wetters. These children keep themselves under tight control during the day and let their inner anxieties come free only when there is no conscious bodily control.

The negative Cherry plum personality exhibits extreme outward cntrol. They may also exhibit eyes that are wide open, staring and blinking less than normal.

Once treated, this personality will begin to submit themselves to the guidance of the Higher Self, where it can lead through the chaos to the light.

After re-connecting with the Higher Self and passing through this state, these individuals are often able to bear extrem adversities that would break a lesser personality.

In the positive cherry plum state, one is able to travel deeply into the unconscious and to use the insights gained there. He or she may also biome connected to a powerful reservoir of spiritual strength, as they gain spiritual insight and makes tremedous advance in personal development.

## Chestnut bud

This essence helps those who keep repeating their own mistakes

They are unable to focus and learn from ay experience but instead keep repeating them and making the same mistakes over and over

This personality is self willed and acts almost in childish defiance of the higher self Traits to look for A person with this energetic imbalance may date the same kind of person over and over with the same poor results each time. They may also wear the same bland shirt over and over even though they know it doesn't flatter them

Those needing chestnut bud seem almost determined no to recognize cause and effect in their lives

Since the physical body does react strongly to the spiritual state, these people may be ill quite often. If they stopped to recognise the patterns in their life, they would probably see that their illnesses are often triggered by the same life events- repeated over and over.

These could come from personal relationships, such as an argument with a loved one, or from job-related stresses.

Chestnut Bud appears to be a state of very young energy and is frequently seen in children or perhaps those with ADHD. These children may seem inattentive and absent-minded - always ready to fly off to a new adventure rather than carry through with present tasks.

They may be forgetful, easily distracted, and are often misdiagnosed as slow because their kacj if attention prevents them from absorbing their lessons.

When treated with this remedy, people achieve better coordination between their inner thought activity and the physical situation.

They begin to learn from their own experiences as well as the observations of other's experiences

They also become mentally flexibility as their activity increases. Chestnut bud can turn someone once considered slow and disinterested in life into a student eager to learn - especially with regard to learning from his or her own mistakes.

Every experience then becomes an inner gain.

# Chicory

Chicory is the bach flower for unconditional love. However in its negative state, the chicory personality can be domineering and demanding

The negative aspect of this personality involves a need to control, to be the focus of attention, and to be continuously assured of someone's love.

These are children who tend to cry incessantly if left to their own devices.

They may also use every tool from bribery to flattery, to extreme eagerness to help, to falling ill in order to get the attention they crave.

Traits to look for

In adults, this energy may show up as a kind of possessive, exterme motherly love. The negative Chicory personality may also try to control and arrange every activity for her family and those in her circle of friends.

He or she may also be constantly trying to put things right when others don't meet their standards of performance. Their pleasure seems to come from commenting, criticising and demanding.

Their love may be conditional: I'll love you if you ..etc.

This could be the mother who insists that her children spend every holiday with her - or one who makes others' lives miserable if they don't comply. This person uses heavy doses of guilt to attain their objectives - making dealing with him or her an emotional drain.

The negative Chicory state may also be a result of a childhood devoid of love. Thus the need for affection stems from a lack of fulfilment and a feeling of being unwanted or unloved. The feeling of unworthiness prevents this type of personality from being able to give love, so they constantly seek love from others.

Overcoming a fear of loss

Helping people to learn to love themselves

Once brought into balance, the chicory personality has the potential for great inner strength and a very strong ability to love unconditionally

In the positive emotional state, the chicory personality becomes the eternal mother, spreading her wings of kindness, warmth, and security all around, providing shelter for others selflessly, with no expectation of reward.

## Clematis

Clematis is the Bach flower essence for those who are detached from real life. They may prefer living in the world created within their own minds and show little response to either good or bad news.

This type of person may exhibit a complete disinterest in others people's enthusiasms or problems

Much of their psychic energies are used up on the inner planes, so they may show little anxiety or aggression or even excitement

In this state of mind. Aperson appears to be a wanderer between the worlds, with reality holding little interest

Traits to look for

Clematis personalities are extremely creative and imaginative, so they do well in occupations like music, fashion design, journalism, and filmmaking. However when their creativity cannot be put to good use, their energies can take the form of exaggerated romanticism, delusions, and various kinds of eccentricity.

These people have little instinct for self-preservation, which can be scary if they become ill. Often, they give the impression that they'd be perfectly content to pass to the other side - even looking forward to being reunited with someone who has gone before. This lack of desire for wellness led Dr Bach to refer to the negative clematis state as a 'polite form of suicide' This type of person may have a dreamy look in their eyes and they may even appear dazed and confused. They are never fully focused on the present and they have poor memories and little sense of detail. They simply can't take the time necessary to listen well enough to absorb things.

The negative clematis individual can be very pale and have cold hands and feet Because their eyes and ears are more tuned in to their inner world than the physical world they may also develop problems with vision or hearing Following treatment with bach flower remedies, this type of person is better able to connect to the inner and outer worlds once again and become interested in the physical world and the people surrounding him.

# Crab apple

Crab apple is one of the most interesting of the bach flower essences as it can be used to treat both the inner and the outer self. Those with a negative Crabapple state may be too intently focused on purity, order and perfection within themselves and within their environment They are unable to see the big picture

Once something captures their attention for correction they can think of little else until they correct that detail

Their desire for cleanliness may seem bizarre or OCD like

This overwhelming desire for purity makes them very wary of anything that may be deemed dirty. They may also be first in line for preventative measures when a new virus is announced. Traits to look for

Those in an intense positive carb apple state may even be healers or those able to absorb, filter and transform dark forces and blocked energies.

People with this kind of energy can also share positive energies with those around them Carb apple is often combined with pine and used to treat skin disorders

It can be added to bath water or used as a compress. It can be combined with lotion and it is often used to treat wounds

Some Bach flower remedy practitioners recommend crab apple to help in recovery from a cold or to counteract the side effects of pharmaceuticals. It is also recommended to overcome the effects of a hangover.

Because practitioners are continuously subjected to the energies of their patients some take crab apple and walnut between session to lessen the effect on their own energies

### Elm

The Elm personality usually shows itself in the positive form in people who seem to take charge and get it all done. They may be of above average intelligence and ability and responsibility - and others depend upon them for leadership and guidance.

Elmpersonalities often put aside their own needs for those of the greater good, but this can lead to a state of breakdown.

They may have forgotten that each of us has a responsibility to take care of ourselves first and that we must take care nt to exceed our physical or emotional limits.

Traits to look for

Those in need of ELm will suddenly feel like they are unable to cope. Something which would have been easy just a few days ago now may seem overwhelming and beyond their capabilities.

Often, this downward state is the result of increasing professional or personal pressure coinciding with a temporary physical weakness. The breakdown is the body attempting to tell the person to take a break

This person's self-esteem is so firmly rooted in fulfilling his or her responsibilities that th ego takes a major blow when he or she cannot carry on.

This Bach remedy is sometimes looked at as a psychological smellin salts, as it lends strength to the strong in times of weakness.

Can help them once again put problems and situations in their proper perspective and helps the ability to cope

It can also help recreate the knowledge and belief that if help is needed, it will come at the proper time and in the proper manner.

Once back in balance, those with the Elm personality need to be careful that they don't repeat the same activities that put him or her in the negative Elm state to begin with. They should try to see themselves first as individual who has responsibilities toward themselves as well as to others. They should also schedule holiday time and a treat now and then.

### Gentian

This Bach flower essence can return one to a state of faith-faith in god and the higher self, but also faith in the meaning of life and in one's own future.

Those who live in the negative Gentia state are eternal pessimists and always depressed.

They continually focus on what could go wrong for themselves, for their families, and for society as a whole.

They doubt the messages from their higher selves and doubt everything and everyone else around them.

Traits to look for

Those who live with this type o person often feel that they are taking enjoyment from their own depression and pessimism

This type of personality, at its extreme, doesn't feel comfortable unless it is engaged in worry over something

The Gentian personality may also harbour a seed of doubt about the effectiveness of a remedy despite seeing positive results.

The true Gentian personality is always a sceptic and after treatment a positive sceptic. After treatment, they are able to see difficulties without falling into despair and are able to live with conflict because they can once again see a positive outcome at the end.

A temporary Gentian state can also come about as a result of extreme circumstances like a prolonged illness, lingering unemployment or the death of a loved one.

Children caught between warring parents in a divorce may fall into the Gentian state, as do the elderly who are forced to leave their homes for life in a facility.

Gentian is the Bach flower to choose when psychotherapy is having no effect.

### Gorse

This Bach Flower Remedy embodies hope. In the extreme negative Gorse tate, one loses all hope.

Such people possess a difficult karma, which need to be addressed in this lifetime

This type may be saddled with long-term chronic illnesses. They go through many unsuccessful treatments, but without real hope that any will succeed.

Even those who begin treatment with Bach flower remedies may only do so only to please their families, without any hope of relief.

They can be persuaded to try new treatments because deep within the lack of hope is a seed of belief that some outside miracle could save them.

### Traits to look for

These type of people may have no understanding that real healing comes from within and from the connection with the Higher Self that they are now rejecting

These negative expectations help firmly root the disease within the body, making the situation even worse. By withdrawing more from the Higher Self, these people become even less able to work through the processes often demanded in life.

More often than not, the extreme Gorse personality shows in one's physical appearance. One may have pale waxy skin or dark shadow under their eyes, looking like a living corpse.

After treatment, a whole new attitude emerges when one is more able to accept the lessons, knowing that all will come out right in the end.

Gorse helps bring a return to hope, and in illness, hope is exactly what's needed in order for healing to occur.

Gorse will aid those suffering from terminal illness by helping them get through the final stages in a state of peace.

A lesser state of Gorse state might show up in an attitude of "I have tried everything, but" You might witness this milder state in people who have been trying unsuccessfully to find a new job after a layoff. All the BAch flower Remedies can bring about quick change, allowing one to get back on track with a more positive search.

As an aid to gardeners, Gorse is used to encourage limp plant cuttings to take root.

### Heather

This type of person is often very talkative and they seek companionship from anyone who is available. These are the people who are only concerned with themselves and their problems. They take no notice of yours, even when you are in a state of unhappiness over a recent event. We all experience the Heather state on occasion but for some it becomes chronic These individuals display a lack of empathy or concern for others.

Often they are the butt of jokes among those who seek to avoid their company

Traits to look for

Those who are extreme extroverts may be in a Heather state, invading your space. They may come at you oppressively or find ways to bring the conversation back to themselves.

They don't care to whom they talk, as long as they can keep talking and someone will listen.

These are the people you meet who talk incessantly, even though you don't really know them.

They may even tell you their entire life history, in every detail. If left alone, they will get on the phone and talk for hours.

Introverts can also suffer from this, turning inward, perhaps not saying much, but instead focusing entirely upon their own problems and concerns.

Children are in the Heather state when they are in the ego development phase of childhood. They may talk exuberantly and tell you a lot about themselves.

In a negative heather state, that childhood need then carries into adulthood. The adult essentially remains the 'needy child' who needs an audience from which to draw energy Those who have the extreme Heathe personality would not recognise the needy child within , as they exhibit a strong and decisive front to the world.

With Bach flower remedies, this personality can begin to recognise that the love and attention they seek can only come from their own attention and care.

In a positive Heather state, a talker becomes a good listener, developing great empathy and creating a n atmosphere of trust and strength.

## Holly:

Holly embodies love - the highest energy quality through which we all live, and which is our greatest healing power. This desire for love is programmed into every cell of our being. However, when the desire to give or receive love is denied, we enter a negative holly state. The personality emerges when love is expressed on occasion; however, in the negative holly state, one can actually form the emotional basis for serious physical illness.

The negative holly personality longs for love but is unable to let it flow forth, thus often repelling that which it seeks through jealousy.

Even when finding someone with whom to share that love, uncertainty and fears predominate, and this person lives in fear of losing that love.

Traits for look for

This personality is revealed when one's jealousy becomes 'morbid', often leading to the destruction of the relationship. In an extreme negative holly state, one can become suspicious, super sensitive to real or imagined slights, feel rage and anger, or experience violent bouts of ill humour, and as a result, fell unloved and unworthy of love. This jealousy might arise from a first born child when a sibling comes into the family or even by animals that become jealous when a newborn comes into the family. Holly will help both the child and the animal overcome tis jealousy and extend their own love to the newborn. When describing this Bach flower Essence, Edward Bach said: 'Holly protects us from everything that is not Universal Love. Holly opens the heart and unites us with Divine Love'. The quality of Holly signifies that which we all desire - the ideal human state. In the positive state, one is able to live in inner harmony, taking pleasure in

the achievements and successes of others, freely accepting and feeling love that flows toward them, and having a sense for the Divine scheme of things.

## Honeysuckle

Honeysuckle is a remedy that allows you to live in the present rather than the past. If you are in a negative Honeysuckle state, you may be stuck in the past or unwilling to accept the changes in your present life. In this state, you expect nothing good to come from the future.

This state generally takes one or two forms:

One who resists change and refuses to accept changes that come about through the continual flux of life.

When contemplating change, this person wants to determine how and when the at change will come about. And even then, he may not be happy with the results.

One example would be someone who moves to a new city but continuously talks of the old neighbourhood, refusing to embrace the new. Thus, it becomes impossible tomake new friends or become accepted into the community.

Traits to look for

This might be demonstrated with someone who dresses much younger than they really are or someone who refuses to move past an old hurtful relationship. For these people, the past was much better than the present, and they desperately try to hang onto it. They cannot learn from the experiences of the past but cannot let them go might also display this personality. These individuals replay ther missed opportunities and mistakes over and over again in their minds. The Honeysuckle state is common and understandable in the elderly.

One might believe that no new experiences are coming, so they relive better days of the past. Honeysuckle can be used to overcome the regret of growing old and result in a more youthful look - particularly in the skin and in one's bearing

The Honeysuckle state is usually temporary, such as homesickness in children going off to camp or school. This remedy can relieve that anxiety and allow one to gain full pleasure from his or her new experiences. In a positive Honeysuckle state, one is able to more easily connect with the past and learn from it - holding on to good memories and letting go of regret over poor ones.

## Hornbeam

This remedy is a wonderful treatment for those stuck in the kind of dull, one-sided routine that results in intellectual weariness and exhaustion

One might imagine a factory worker, dreading the day-to-day routine of the job, but it can also come into play with office workers.

This type of person is often out of touch with the impulses of the Higher Self - turning a deaf ear to its messages and preferring to stay in a familiar, routine pattern, even though it is unsatisfactory.

He or she may even ignore opportunities for development, thus miss our on many of the things that make life worth living.

Traits to look for

The Hornbeam personality can be jolted out of its weariness when something unusual happens or something that challenges that person at a different level. Mental challenge can be the way out of the mental rut.

Those who take Hornbeam describe its essence as refreshing - like taking a cool shower that revives mind, body and spirit.

After treatment with Hornbeam, one can rediscover the correct way to alternate between activity and passivity. Life and work once again become pleasurable and one knows that he has the strength to achieve his desires.

One can fall into the negative Hornbeam state when they dread the routine of work and daily life, or even though confinement because of a long illness.

Hornbeam is one Bach Flower essence that can be combined with others, such as Olivem Gentian or White Chestnut.

As a compress, it can be used to soothe tired, irritated eyes, and to strengthen varicose veins. Hornbeam's tonic effect is like a cool, refreshing shower and it is often helpful in getting one through drug rehabilitation.

Gardeners often choose this Bach flower essence, alon with others, to give new vigour to limp plants.

## **Impatiens**

Impatiens is the perfect Bach Flower Essence for developing the qualities of patience and gentleness.

In a negative impatiens state, one displays inner tension and a general air of irritation. The impatiens type of personality is often quick thinking, wanting to work at a fast pace.

When supervising others, this personality wants to just do it themselves rather than suffer the frustration of watching someone else work slowly or not up to their standards.

When forced to work at a slower pace, the adaptation to a lower energy level takes a toll -creating a constant, energy-draining mental tension.

Traits to look for

These types of personalities tend to push others and might be deemed salve drivers. This type prefers working alone at their own pace with no interference from others. They treasure their independence.

These types of people also tend to move quickly - both mentally and physically. However, as a result of this, they also wear out quickly.

They may also be accident prone, but less likely than others to be seriously injured because of their quickness

When in an extreme negative impatiens state, one might talk quickly or display nervous gestures causing skin rashes and other irritations.

However, in the positive mental state, Impatiens people have a great capacity for empathy and patience. They possess quickness of mind, intelligence, and rapid decision-making, but they our them all to good use in the service of others as well as themselves.

This is a good remedy to have on hand for temper tantrums or for those who lose patience A child who shows strong impatiens trais should be gently guided into a profession where he or she can be independent and self-reliant.

### Larch

This Bach flower essence is related to the soul quality of self-confidence. The negative state usually stems from birth or even before birth, when the child takes on its parent's negative attitude.

This may be displayed in a child that grows up with a belief and a certainty of failure. Since like attracts like, a vicious circle is then created, with failure heaping upon failure This person doesn't doubt his own abilities but may feel as if he is inferior

As a result, he fails to learn and grown and change through new experiences. This type of personality becomes impoverished and life becomes mired in feelings of discouragement and an unconscious melancholy.

Traits to look for

While some personalities refuse to recognise their own limits, the larch personality sees only limits. They are expected and accepted as a condition of life.

The Larch types feel as if they are acting sensibly and realistically, but amy be reluctant to take on new projects.

After treatment with this remedy, they are then able to assess things much more objectively and from a more positive point of view. They usually find that they can handle almost any situation that is handed to them

The negative Larch state is not always a condition that stems from childhood. A person can also be temporarily thrown into this state by a setback that shakes their confidence.

This essence is wonderful for giving someone an extra dose of self-confidence or when facing examinations or enduring divorce proceedings.

Larch is also used in the treatment of alcoholics who drink to forget their failures or in problems with sexual potency, which stem from the belief in an expectation of the re-ocurrence of the problem.