

## Bach Flower Remedies – List of their meanings and uses

### **Agrimony** “Communicate Openly”

“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 humor 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**

**Keywords:** Addiction, unhappiness, anxiety, insomnia

Human Indication: Mental torment behind a brave face. Appear carefree and humorous in order to mask anxieties and unhappiness.

### **Aspen** “Feel Secure”

“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**

**Keywords:** Fear, worries, unknown fears

Human Indication: Fears and worries of unknown origin, night terrors.

Pet Indication: Vague or unaccountable fears. Appearing agitated for no apparent reason.

### **Beech** “Be More Tolerant”

“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**

**Keywords:** Intolerance, critical, lack of compassion

Human Indication: When you need more tolerance toward other people.

Animal/Pet indication: Intolerance toward animals, people, events, and situations.

### **Centaury** “Be Assertive”

“Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. 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**

**Keywords:** Weak-willed, bullied, unable to say no, imposed on, lack energy, tired, timid, passive, quiet.

Human indication: When you have a hard time saying NO and therefore easily get imposed on.

### **Cerato** “Trust Intuition”

“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**

**Keywords:** Confirmation, seeking advice, do not trust own wisdom or judgment

Human indication: When you do not trust your own judgment in decision-making.

### **Cherry Plum** “Be In Control”

“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**

**Keywords:**

**Keywords:** Fear of losing control, temper tantrum, breakdown, abuse, rage, explode

Human indication: When you are in deep despair and feel like you are going to “lose it.”

Animal/Pet indication: A loss of self-control, violent scratching.

### **Chestnut Bud** “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 learned. 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**

**Keywords:** Learning issues, repeating mistakes

Human indication: Keeps repeating the same mistake, doesn't learn from past mistakes.

Animal/Pet indication: Repeated unsuccessful behavior patterns, doesn't learn from past mistakes.

### **Chicory** “Love Unconditionally”

“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**

**Keywords:** Possessive, over-protective, self-centered, critical, nagging, self-pity, easily offended, manipulating, demanding

Human indication: When you find yourself manipulating and controlling your loved ones.

Animal/Pet indication: Possessive in nature, very territorial, manipulating and loving to be in control.

### **Clematis** “Have Focus”

“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**

**Keywords:** Daydreaming, dreaminess, withdrawing, lack of concentration

Human indication: When you have a tendency to live in your own dream world with little interest in the real world, accident prone, daydreaming.

Animal/Pet indication: No apparent interest in the world around them; animals that sleep all the time, have trouble paying attention or seem to live more in a dream than in the present.

### **Crab Apple** “Accept Imperfection”

“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**

**Keywords:** Cleansing, poor self-image, sense of not being clean, obsessive, poor self-image  
Human indication: When you feel unclean or have a hard time accepting your own self-image.  
Cleansing: Use externally on ringworm, rashes, and warts.  
Animal/Pet indication: Obsessive cleanliness, fastidiousness; excessive grooming. Pets with rashes.

### **Elm** “Be Efficient, for overwhELM”

“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**

**Keywords:** Depression, overwhELMed by responsibilities, despondent, exhausted  
Human indication: Feeling overwhelmed and depressed, there is too much to do and you don’t feel that you can do it all.  
Animal/Pet indication: Overwhelmed by a sense of responsibility from a temporary circumstance, abandoning their litter.

### **Gentian** “Accept Setbacks”

“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**

**Keywords:** Discouraged, depressed  
Human indication: When you easily get discouraged when faced with difficulties.  
Animal/Pet indication: Despondency due to a setback; e.g., not going for a walk as usual creates lethargy and sadness.

### **Gorse** “Have Hope”

“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**

**Keywords:** Hopelessness, despair, pessimism

Human indication: When you have the feeling of extreme hopelessness and despair.

Animal/Pet indication: Feeling a hopeless despair.

### **Heather** “Empathize & Listen”

“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**

**Keywords:** Talkative, demand attention, dislike being alone, lonely

Human indication: Helps when you are preoccupied with your own ailments and problems.

Animal/pet indication: Overly concerned with companionship, very demanding of attention, constant barking.

### **Holly** “Goodwill Toward Others”

“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**

**Keywords:** Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion

Human indication: When you need to overcome the feeling of hate, envy and jealousy.

Animal/pet indication: Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked attacks.

### **Honeysuckle** “Embrace The Now”

“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**

**Keywords:** Homesickness, nostalgia, bereavement

Human indication: For over-attachment to past memories good or bad, can't let go of the past, homesickness.

Animal/pet indication: Homesickness or over-attachment to the past. Loss of owner or home.

### **Hornbeam** “Procrastinate Less”

“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 fulfill their work.” – **Dr. Edward Bach**

**Keywords:** Weariness, bored, tired, needs strength, overworked, procrastination, doubting own abilities

Human indication: For weariness, mental rather than physical, the “Monday morning” feeling with a sense of staleness and lack of variety in life.

Animal/pet indication: Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved.

### **Impatiens** “Have Patience”

“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**

**Keywords:** Impatience, irritated, nervy, frustration, fidgety, accident-prone, hasty

Human indication: Suitable for people who are easily irritated and impatient. They speak and think quickly, and are energetic, but tense.

Animal/pet indication: Impatient and seeming to have boundless energy, can’t wait to go for a walk or rushes ahead.

### **Larch** “Have 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**

**Keywords:** Lack of confidence, depressed, discouraged, feeling of inferiority

Human indication: When you need more self-confidence.

Animal/pet indication: Lack of self-confidence or avoiding situations where they have to perform.



### **Mimulus** “Face Your Fears”

“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.” – **Dr. Edward Bach**

**Keywords:** Fear, blushing, stammering, shyness, timid, sensitive, lack of courage

Human indication: Fear of known things such as fear of being alone, fear of spiders, fear of flying, or fear of the dark. Shyness is also a known fear.

Animal/pet indication: For fears: afraid of lightning, visits to the vet. May shake or shiver when confronted. Shy and timid animals.

### **Mustard** “Be Joyful”

“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.” – **Dr. Edward Bach**

**Keywords:** Depression, deep gloom for no reason

Human indication: When you feel depressed for no reason. Like a dark cloud that destroys normal cheerfulness.

Animal/pet indication: If your pet seems depressed for no reason.

### **Oak** “Restore Endurance”

“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 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.” – **Dr. Edward Bach**

**Keywords:** Exhaustion, overwork, workaholic, fatigued, over-achiever

Human Indication: When you are exhausted, but keep struggling on.

Animal/Pet Indication: If your pet keeps struggling although it is exhausted, never seems to quit.

### **Olive** “Restore Energy”

“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.” – **Dr. Edward Bach**

**Keywords:** Lack of energy, fatigue, convalescence

Human indication: When you are exhausted with no reserves of strength or energy.

Animal/pet indication: Exhaustion, fatigue due to overwork; for working animals or those involved in racing, competitive events, or shows.

### **Pine** “Have Self-Respect”

“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?” – **Dr. Edward Bach**

**Keywords:** Guilt, self-reproach, humble, apologetic, shame, unworthy, undeserving

Human indication: When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living.

Animal/pet indication: If an animal feels shame or guilt for something it cannot control.

### **Red Chestnut** “Peace Of Mind”

“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.” – **Dr. Edward Bach**

**Keywords:** Worried, over-concern, fear for loved ones

Human indication: When you feel over-concerned and worried for others.

### **Rock Rose** “Have Courage”

“The remedy of emergency for cases where there even appears no hope. In an 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.” – **Dr. Edward Bach**

**Keywords:** Frozen fear, terror

Human indication: When you feel terror, or after a nightmare. The feeling that you cannot react or move.



Animal/pet indication: Terror, panic-stricken; body trembling, cowers or runs away. Deer in the headlights.

### **Rock Water**      “Have Courage”

“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.” – **Dr. Edward Bach**

**Keywords:** Self-repression, self-denial, self-perfection, overwork, self-sacrificing, opinionated  
Human indication: Is indicated when you are too strict and set too-high standards for yourself, to the point of self-domination and self-martyrdom.

### **Scleranthus**      “Be Decisive”

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

**Keywords:** Indecision, imbalance, uncertainty, dizziness  
Human indication: When you suffer from indecision, particularly when faced with two choices.  
Animal/pet indication: Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep).

### **Star of Bethlehem**      “Neutralize Grief”

“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.” – **Dr. Edward Bach**

**Keywords:** Trauma, after effect of shock, post-traumatic stress  
Human indication: For after effects of trauma or traumatic experience.  
Animal/pet indication: Abused, mistreated in the past. Trauma or shock.

### **Sweet Chestnut**      “Be Optimistic”

“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.” – **Dr. Edward Bach**

**Keywords:** Extreme mental anguish, hopeless despair, intense sorrow

Human indication: When you feel hopeless despair, and you feel a feeling of intense sorrow and feel destroyed by it.

### **Vervain**      “Relax & Calm”

“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.” – **Dr. Edward Bach**

**Keywords:** Over-enthusiasm, hyper-active, fanatical, highly strung

Human indication: For people who are strong-willed and highly strung with minds that race ahead of events.

Animal/pet indication: Enthusiastic, always want to be involved, high-strung.

### **Vine**      “Motivate Not Dominate”

“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 of great value in emergency.” – **Dr. Edward Bach**

**Keywords:** Domineering, inflexible, very capable, gifted, bullying, aggressive

Human indication: For those who dominate others. They know better than everyone else and put others down.

Animal/pet indication: Authoritative, dominant even over their owners.

### **Walnut** “Adapt To Change”

“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.” – **Dr. Edward Bach**

**Keywords:** Change, link breaker, menopause, puberty, moving, let go of the past, protection  
Human indication: Protection from outside influences and energies. Helps you adjust to major changes.

Animal/pet indication: For any period of change.

### **Water Violet** “Connect To Others”

“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.” – **Dr. Edward Bach**

**Keywords:** Proud, aloof, lonely, anti-social, disdainful, condescending, self-reliant, private  
Human indication: People who feel lonely because they have a tendency to appear proud and anti-social.

Animal/pet indication: Unfriendly, stand-offish, they do not invite or welcome cuddles, petting, or obvious affection.

### **White Chestnut** “Calm Your Mind”

“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.” – **Dr. Edward Bach**

**Keywords:** Repeated unwanted thoughts, mental arguments, concentration, sleeplessness, insomnia.

Human Indication: When your mind is cluttered with thoughts or mental arguments. You may be unable to sleep because of the thoughts.

### **Wild Oat** “Decide Your Path”

“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.” – **Dr. Edward Bach**

**Keywords:** Cross-road in life, decision-making, lack of clarity, drifting in life

Human indication: When you are uncertain of the correct path in life. Helpful when you need to make important decisions.

Animal/pet indication: Loss of sense of direction or purpose; especially good for working or show animals who are being retired.

### **Wild Rose** “Show Enthusiasm“

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

**Keywords:** Apathy, resignation, lost motivation, lack of ambition

Human indication: For anyone who is resigned to an unpleasant situation whether illness, a monotonous life, or uncongenial work.

Animal/pet indication: Lack of energy, enthusiasm, submissive and disinterested.

### **Willow** “Forgive & Forget”

“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.” – **Dr. Edward Bach**

**Keywords:** Self-pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

Human indication: When you feel resentment, self-pity, and bitterness. You would like to regain a sense of humor and proportion.

Animal/pet indication: Sulky, self-pity.