



Getting to know the Bach Flower Remedies

Welcome to The Bach Flower School's Audio: Getting to know the Bach Flower Remedies

A long time ago when I first started to learn about the remedies, I was confused. And I'm sure you get confused too. To remember the different personalities of 38 remedies isn't easy.

As we know, the most effective way of learning is by repetition. Do you remember how you learnt your arithmetic tables? So, I made a recording on a tape recorder. (Don't laugh! Tape recorders were the leading edge of technology in those days!)

And the height of luxury was to have a tape player in your car! I love to listen when I'm on the move. So, I would play the tape whenever I was in the car. It didn't matter where it started or stopped, I would switch it on and listen.

Slowly I became familiar with the remedies. Of course, it was easier to remember the remedies which have an emotional hook for me. I found it easier to remember the ones I needed and the ones I thought would help my husband and my children.

So, this audio is to help you as my tape recording helped me all those years ago.

And I'd like begin by telling you a little about the Bach Flowers in case you're just starting on your Bach Flower journey.

The Bach Flower Remedies are a natural, simple and extremely effective method of healing. They soothe and heal negative emotions.

We all take our first remedy for one reason only and that because we want to feel better.

I know 'feeling better' doesn't sound very powerful – but whether you're in the depths of despair or flying about in a dizzy spin and not coping well, the only thing you want, is to feel better than you feel at that moment.

When you discover how powerful the remedies are, it's almost as if they draw you in, you have to know more! Not only do the remedies help us to feel better, but they heal our fears and anxieties: and our anger and blame. They heal the pain in our heart and heal our ability to trust and love again.

The first remedy I took was *Impatiens*! I was cross and irritable with my children. I didn't want to be grumpy with them, they were good children, and 2 drops of *Impatiens* on my tongue and all the tension drained from my body. And I was hooked....



But my lifelong love affair with the Bach Flowers really began when I read this ...

***“Walk the path of your soul, you’re happy and healthy.
Deviate from the path, you’re unhappy and you become ill”.***

Bach spoke of Soul remedies and soul qualities. At the time I was searching for that special ‘something’. Without realising it, I was looking for a connection with my soul – and here it was!

For me, not only did the Bach Flower Remedies help me to feel better, but they helped me to understand myself, and they were instrumental in me finding my soul connection, my purpose and my path in life.

This is a very powerful system of healing. In the early 1930s Dr Bach referred to it as ‘the Medicine of the Future’. Now 80 years into the future, Bach Flower Remedies are becoming more and more popular.

When you first start to learn about them, it’s confusing. There are 38 remedies that cover every human emotion. It doesn’t seem possible does it – but it is so?

I found the easiest way for me, was to learn them in alphabetical order.

I’ve mentioned the *Twelve Healers*. These are the first 12 remedies Bach discovered. He called them the Type or Soul remedies. And just as we’re born in one month of the year and belong to one sign of the zodiac, and that can’t be changed, you will belong to one of the Twelve Healers.

To me the remedies have personalities so I refer to the remedies as ‘they’ and sometimes I talk as if you or I need the remedy. I hope that works for you – to me it’s the easiest way – And listening over and over is one of the easiest ways of learning the remedies.

Paul Albertson, an enthusiastic Bach Flower user, is joining me to tell you about the remedies.

So let’s get started...

1. **Agrimony** is one of the original Twelve Healers. Agrimony people normally hide their worries, their fears and tears behind a happy smile. It’s often said that Agrimony wears a mask I’m sure you know people who don’t show their feelings. They are restless and need to have company: and may turn to alcohol or other drugs, to help them keep their smile in place. You know the sort of people, that even when life is hard for them, they’re cheerful, and say “Everything’s going to be fine”. Because they don’t share their anxieties and anguish with others, they suffer a lot from mental strain, and the longer they wear their mask, the harder it becomes to confide in their family and friends. Agrimony transforms their inner pain and suffering so they’re able to recognise and handle their problems and find peace.



2. **Aspen.** *Is the opposite of Mimulus. Those in need of Aspen are apprehensive and anxiety about vague fears, and they have the feeling of doom and glooms. It's the sort of fear that you can't identify and creates butterflies in the stomach. They are afraid that something will go wrong. Aspen is sensitive to psychic influences and is excellent for children who have nightmares. The key to Aspen, is there's no reason for the fears – just vague uncomfortable feelings.*

3. **Beech** is not a commonly bought remedy but most of us need it more often than we realise. Beech is critical and intolerant and they find it difficult to understand other people's failings and easily become irritated or angry by the habits and characteristics of others. They don't like what they see in life. Someone in need of Beech doesn't make allowances for fact that others like to do things in a different way. Beech lack humility and is often arrogant: they judge and want to be right. Beech helps people understand that others are here to follow their own path in life and although they do things differently, it doesn't necessarily make them inferior.

4. **Centaury.** *Another one of the original Twelve Healers. Bach referred to those needing Centaury as 'doormats' as they're overworked by others. Centaury are kind, willing and very giving. They are kind hearted and are always ready to help. Unfortunately, they find themselves at the beck and call of people with a strong personality. They're weak willed, very easily influenced and are the Carers in our communities. They are quiet, unassuming and sometimes timid people who lack individuality and are always willing to do anything for others. Even when they're so busy and exhausted, they still won't say No! They are unable to make and maintain boundaries. Centaury helps them to find the strength to create boundaries and to say NO.*

5. **Cerato** is one of the Twelve Healers. Cerato lives with doubt and uncertainty. They don't necessarily doubt their ability, but they doubt their own judgement and feel they cannot make a valid decision without asking for help from others. Cerato is unable to make decisions and so they ask everyone's opinion and are easily influenced by others and so make the wrong decision and regret it later. Cerato gives them faith in themselves and reassurance that the quite small voice within is guiding them.

6. **Cherry Plum** *is for loss of control and you can't think clearly. When your mind is running away with itself. Your mind is filled with wild thoughts: thoughts you wouldn't normally have- and they become fixed in your mind. These thoughts then become like a run-away train and you can't stop them. Cherry Plum will bring clarity and rational thoughts return.*
You fear of losing our mind: it's for the desperation and deep depression of those on the verge of a nervous breakdown. It's for those who, in their despair, their thoughts can turn to suicide as an escape. When something desperate has happened, they



don't feel that can go on – they can't see a way out of their situation. Cherry Plum also has obsessive, repeated thoughts and so is very helpful to those suffered from OCD.

7. **Chestnut Bud.** This is a frequently forgotten remedy but it's important in many cases. It's for people who fail to learn from their experiences in life and therefore tend to make the same mistake over and over again – and we all do that. It can also be that we're finding it hard to learn one of our personal life lessons. It seems that our observations powers are weak or switch off. Whatever the cause, if you need Chestnut Bud you'll tend to create the same difficult experiences over and over. People in need of Chestnut Bud try to forget the past instead of gathering its wisdom. Chestnut Bud can be extremely helpful for people with learning difficulties.

8. **Chicory** *is another of the Twelve Healers. Those in need of Chicory love to 'mother' and unfortunately smother too. They love intense and close relationships and they're filled with love for their family and they -over mother! A bit like a mother hen, they like to watch over and keep their 'chicks' close to them so they can fuss and organise their lives. They believe they know what's best for everyone and are critical and always correcting others. However, this over-care can quickly become possessiveness and they make themselves indispensable and force their good deeds on others, always calculating their rewards. They use emotional blackmail - "I'll love you if you do this..."*
The Chicory possessiveness stifle the freedom of others and it drives them away.
Chicory sounds a dreadful remedy, but it is the remedy of selfless love, that in the negative state, the love is turned inwards to themselves. The remedy helps them give their love in a more open way and brings out a selfless love.

9. **Clematis** is one of the Twelve Healers. Clematis people are dreamy and drowsy and love to sleep as they're not interested in life. Their imaginary fantasies fill their minds and they look forward to pleasant times in the future. You'll need Clematis when you feel dazed, ungrounded, absentminded, have poor concentration and are a bit scatter-brained. You'll have little interest in what is going on around you as you live in your own little fantasy world. If you're in need of Clematis you'll frequently loose things and even lose your way. Clematis will help bring you down to earth: back into the Now moment.

10. **Crab Apple** *is the cleanser and acts on both the mental and emotional states and the body too. It's for those who feel, unclean and contaminated. This powerful remedy that can rid you of the sense of being poisoned. For example, if you have a virus or you've got a bout of food poisoning – or perhaps you've eaten too much chocolate cake and you feel 'disgusting' (a word often connection to Crab Apple).*
The Crab Apple feeling can often be associated with Pine, the remedy for guilt. Self-disgust and self-blame go hand in hand, especially if we feel we have been violated.



Crab Apple brings relief when we become obsession with small details, feeling they have to check something frequently, or wash their hands continuously.

Crab Apple also helps us when we don't like ourselves: because we feel unattractive, obsessed with weight or shoesize. The remedy will help clear away the obsessive thoughts.

Crab Apple is added to Rescue Remedy Cream for its cleansing properties.

11. **Elm** is the remedy of responsibility. Elm people are usually confident and very capable and they often hold responsible positions. However, when they're under a lot of strain and pressure of the responsibility and feel they can't cope, they tend to lose the faith in their own ability and become they become despondent and depressed.

Although Elm is generally needed in work situations, it can also be needed at home. If you're caring for someone, or you're the sole bread winner and parent, and you feel the weight of the responsibility you're carrying, Elm will restore your faith in your own abilities.

12. **Gentian.** *Gentian is one of the 12 Healers and will become a firm favourite once you discover it It's the remedy for despondency when you suffer a set-back! It's a great remedy for depression when you know what has caused your disappointment. If you need Gentian, you become easily discouraged and very disappointed when life doesn't turn out as you planned. Perhaps you don't get the job you were sure was yours or your relationship ends. You doubt whether your situation will improve. Gentian lifts the doubt and restores your faith in life.*

13. **Gorse.** The remedy made from this brilliant gold flower helps those who have given up all hope. They don't believe that anything can be do to help them: they don't believe they'll get better. They don't look for help as they don't believe anything can be done to help them. If you find yourself saying "Oh. What's the use of trying.

Nothing is going to make any difference." Gorse will. If you feel hopeless and accept your situations, you need Gorse. Gorse will help change your state of mind and you become more optimistic about life.

14. **Heather.** *This is a complete contrast to Water Violet in that they need someone to talk to and seek the company of others. Edward Bach described Heather as the "needy child" and fondly called them "buttonholers" as they tend to talk a lot and their companions find it hard to escape. Those in need of Heather are very anxious about being alone and so they're always looking for someone to keep them company. Heather is self-centred and preoccupied with their own troubles and woes. They need an someone to talk to – just like a needy child. Heather will help them move their mind away from themselves and become better listeners.*



15. **Holly.** The Holly state is as prickly as the leaves. This remedy is for strong, aggressive emotions such as anger, jealousy, revenge, envy, hatred and suspicion. If your anger explodes out of you and can become violent rage, then Holly is the remedy you need. If you're easily offended, easily annoyed and react with aggression, then Holly will help you think with your heart.

16. **Honeysuckle.** *If you are inclined to cling to the past, reliving and remember what was and can't seem to move on, then Honeysuckle will help you come back into the present. If you're constantly recall happier times, perhaps glorifying the past, or keep going back to dreams that didn't come true, you need Honeysuckle. The remedy helps them to leave the past where it should be and begin to live in the present moment. Honeysuckle is for a longing for a time gone by or regrets over the past which prevent you living in the present. Honeysuckle is the remedy for homesickness.*

17. **Hornbeam** is for mental exhaustion. When you have that Monday Morning Feeling – that lethargic feeling you have when you're weary, apathetic and unmotivated about the day ahead, Hornbeam will bring you vitality and enthusiasm. If you find that you're procrastinating when you think of what you have to do then Hornbeam will give you the strength to get you through the day, so that you actually enjoy your work instead of dreading it.

This remedy is for when you feel as if you don't have the emotional or physical strength to get you through the day. Hornbeam can also relieve the boredom you feel from the monotony of doing the same thing for years. Hornbeam revitalizes!

18. **Impatiens.** *This is one of the 12 Healers. It's not difficult to work out what this remedy is for: impatience and irritability. It helps the mind to slow down when it becomes agitated and irritated by the slowness of others. Impatiens is for those who are quick in thought and action. Impatiens people walk and talk quickly and have quick minds. So, you can see how they're easily frustrated, snap at others and are irritated when things are not going as fast as they want them to go. Impatiens types are not team players, they do much better on their own, going at their own speed. Impatiens also has a short fuse and can suddenly become angry. But their anger disappears as quickly as it arrived. Impatiens will help you count to 10 before you speak! Impatiens turns irritability into patience.*

19. **Larch** is the self-confidence remedy. It's for those who lack confidence in their ability. They shy away from doing anything that involves going out of their comfort zone as they're afraid of failure and don't believe they're good enough to succeed. We can lose our confidence from just one experience – no matter how young we were when it happened. The lack of confidence can stay with us throughout our lives. It's debilitating to the point of you not even trying to do what you want to do,



because you expect to fail. This leads to missing the opportunities that life has to offer. The lack of confidence can lead to a deep and dark depression. If you need Larch, you'll strongly believe that you're not capable, when in fact, you really are. With Larch you come to believe in your own abilities, are optimistic and enthusiastic about life.

20. **Mimulus.** *Mimulus is one of the 12 Healers. This is for every day nervousness that creates anxiety about a particular subject. If you're afraid of the dark, spiders, flying, illness, accidents or of being alone, then Mimulus will heal these anxieties. Mimulus people can be mild and shy and so they live 'carefully'. If you need Mimulus you'll imagine things are more difficult than they really are. You're always slow to start new things.*
21. **Mustard.** There are several remedies for depression. All of them are described in this audio. The Mustard depression, characteristically descends for no apparent reason. If you need Mustard, you won't be able to work out why your depressed. It's for those times when you're in a deep gloom that weighs you down. Or perhaps you're even in despair. It's as if a dark cloud comes down over you and hides the light and the joy of life. If you're in need of Mustard, you'll cry easily and frequently and don't feel like doing anything. And then, it lifts as suddenly as it arrived. Mustard will help life that black cloud.
22. **Oak.** *This remedy is about strength and endurance. It's for 'solid' people – who, like an oak tree are reliant and resilient. They're the pillars in society. When ill, they don't 'give-in' but keep on working without even acknowledging that they're unwell. If you're struggling and fighting to get well or having difficulty dealing with daily life, then Oak will help you. If you always keep going, fight on even when you're ill or when things seem hopeless, you need Oak. In an Oak state, you'll be discontented with yourself when illness or fatigue interfere with your duties and responsibilities.*
23. **Olive.** Unlike Hornbeam, the Olive state is one of genuine tiredness. We all need Olive at some time. This is the remedy for people who have had debilitating illnesses or have worked hard and are now mentally and physically exhausted. When you feel drained as if you have no energy and completely exhausted, Olive will help. If you've had a lot of mental work, like studying hard for exams, or working long hours to complete a project at work, or if you're weary and have become exhausted from a prolong illness that leaves you with no interest in the day: when you feel too tired to deal with anything, Olive will help replenish your energy levels.

It's important to treat the **cause** of the tiredness as well, but nevertheless, Olive will help enormously with the fatigue and will help you get through the day.



24. **Pine** is the remedy for guilt. *It's for those who carry the burden of some awful thing they believe they've done. They frequently apologise and sometimes take the blame for others. It is needed when we feel we have done something wrong, said the wrong thing at the wrong time. It helps with the feelings from early childhood if you were scolded and corrected so often you came to believe you could do nothing right. Pine is for remorse and guilt – and also for the feeling that 'I could have done better'. Pine will keep their guilty secret deep inside where it festers and grows out of all proportion. Pine will help you realise that you're not always to blame and it helps them release the heavy burden of guilt and shame.*
25. **Red Chestnut.** If you're in need of Red Chestnut you'll worry about the safety and wellbeing of your family and loved ones. It's natural for us to be concerned about our loved ones, but the Red Chestnut fear is out of all proportions. You'll suffer from fear and excessive concern for them; that they'll be hurt, lost or become ill. You're too emotionally connected to loved ones. You don't worry about yourself as you're drawn too strongly into the life of another. Red Chestnut brings reasoning and clarity to the frightened mind and will soothe your fears.
26. **Rock Rose** is for terror and panic. *There is a reason for this terror and the intensity of the feelings can lead to panic. It can be that you're been in a serious accident, or witnessed a crime. It can cause nightmares.*
27. **Rock Water** is for those who are highly disciplined. They are idealistic and may be following some strict religious doctrine or just some high goals they've set for themselves. As a result, Rock Water is likely to become a martyr doing without some of life's simple pleasures because they believe that its right to do so. Rock Water people can adopt a self-righteous way of living because they belief it is good for them and they must not weaken. However, their 'perfectionist' attitude can lead them to become over-rigid and strict in their approach to life, often becoming so hard on themselves, and sometimes others too, that they do not experience even the slightest pleasures in life and ignore their inner needs. This results in rigidity of mind, muscles and body. The remedy helps them to soften and become less demanding so they can maintain their high standards and enjoy some of life's comforts.
28. **Scleranthus** is one of the 12 Healers. *It's for those who just cannot make up their mind between two choices. Every choice creates a dilemma and puts them on a mental see-saw. They first decide one way and then the other and are constantly in a state of confusion. They really do not know what they want and they're constantly changing from one decision to the other. Even their moods can quickly change from happy to sad. Scleranthus people don't talk about their uncertainty, they keep it to themselves.*



- 29. Star of Bethlehem.** This is the remedy for shock, trauma and crisis - for example an accident, an attack or sad news. Edward Bach called this remedy 'the great soother'. It relieves the shock of trauma and soothes sadness and sorrows. If you've suffered a bereavement and are 'beside yourself' from the shock, Star of Bethlehem will help to ease the pain of grief and sorrow. When you're in great distress and don't want to be comforted, Star of Bethlehem will bring you comfort. Even if you have an old emotional wounds, Star of Bethlehem will work to heal them too.
- 30. Sweet Chestnut.** *Is this the remedy for the deepest of despair and anguish: a heart-broken desperation and you're in the dark night of the soul: when the mind and body feel as if they're at their limit of endurance and are filled with utter despair and feel they cannot take any more. They are filled with utter despair and feel something must give way. You're so distressed that you feel you can't make it on your own. It's a heart-wrenching feeling and no matter what you do, nothing will relieve the anguish that you feel. Sweet Chestnut replaces the despair with hope and brings light to their future*
- 31. Vervain** is one of the 12 Healers. They have very strong views about certain issues. They believe in human rights. Animal rights and the difference between good and evil. It's for those who are enthusiastic about life: they're workaholics and perfectionists and over stretch in everything they do. If you need Vervain, you probably have a 'Cause' – something you work on intently to 'put right'. And as Vervain enjoys a good debate, they'll try to convince others about their beliefs. They're ambitious and their need to set the outer world to right stops them from relaxing or even slowing down enough to appreciate their achievements. If they have no outlet for these feelings, it causes tension and irritability. Vervain will help to release the stress and strain and allows the mind to relax. Vervain is very good for insomnia as a result of an over active mind.
- 32. Vine.** *Vine people are strong and forceful characters who take on the leadership role taking charge of chaotic situations knowing what needs to be done. They don't try to convince others, as Vervain would, but tell people what to do! In the negative state this remedy is all about authority and power. Vine people tend to dominate the situation and demand obedience. Unfortunately, being so self-assured, they think that their way is the only way and it would benefit others if they just did as they were told. Someone in a Vine state loves "power over" others. Vine will help you soften a little and realise that everyone has something to offer in their own way. And they recognise that their strength is a great asset and can be used to benefit others, not only themselves.*



33. **Walnut** is known as the link breaker and helps with any period of change. It helps to break link with past. It is also helpful at the time of major changes of life: puberty, teenage years, child birth, menopause and age milestones. Whenever we have to adapt and leave the past behind, Walnut will bridge the gap. Also, very importantly, it helps break the influence that others may have over you, so you don't become diverted or side tracked. Walnut is useful when you have definite ideas and ambitions in life, and are fulfilling them, but, on rare occasions, are tempted and lead astray from your aims by the enthusiasm of others. Walnut will break the influence: break the link allowing you to move forward on your own path.
34. **Water Violet** is one of the 12 Healers and is a complete contrast to Heather. These people want to live a quiet and solitary life. They are unsociable and generally prefer the company of a few close friends. They're very private people and like to keep to themselves. They don't want to impose upon anyone – and don't want to be imposed upon. If you need Water Violet you like your own space: you enjoy being alone. You'll withdraw from certain situations and relationships and can appear aloof, condescending and proud. They withdraw and keep to themselves and this leads to loneliness. The remedy will help them enjoy the company of their friends without losing their quite dignified pride.
35. **White Chestnut** is for those times when your mind is like a merry go round and you can't switch it off. Worrying thoughts that relentlessly repeat themselves: you go over anxieties and arguments again and again, but there is no resolution. This state of mind inevitably results in sleeplessness. This leaves you physically and mentally exhausted and unable to focus on important matters. White Chestnut stops the merry-go-round and brings peace of mind. The focus of White Chestnut is not the anxieties, but the 'treadmill of emotions' that gives you no rest.
36. **Wild Oat** state is like being in an unknown town without any street signs, that all look the same and apparently don't lead anywhere. It's for those who are not so much 'lost' as who can't find their way. It's for those who feel they've not living a fulfilling life. Perhaps you're looking for your path in life: a vocation, as you feel you want to contribute to the world but are not sure how to do that. It is for those who are often dissatisfied with life as they feel they're not on their 'right' path. Wild Oat is like a signpost that points you in the right direction.

There's a fine line between Cerato, Scleranthus and Wild Oat – all are unable to make a decision. But when you look into the thoughts behind the decision, and look at how they respond to life (talking or keeping feelings to themselves) then you'll be able to give the correct remedy.



37. **Wild Rose.** Those in the Wild Rose state tend to jog along and nothing upsets them. They're resigned to things as they are and have no ambition to change their lives. When things are not going well, Wild Rose people tend to shrug their shoulders and say "Oh well, that's life". They don't have the motivation to do anything about it. They'll be resigned to their situation – they can't be bothered. It's as if there is no meaning to life. The Wild Rose state is a state of apathy. The remedy will shake you out apathy and you will begin to see how you can make changes in your life.

38. **Willow** *for those who have been treated unkindly and unfairly and as a result can't forgive or forget. They become resentful and bitter and they brood of the incident in their mind so it gets bigger and bigger. They are negative, complain a lot and blame everyone, except themselves for what has happen. They feel sorry for themselves. They can't find anything to be positive or optimistic about. Willow helps those in this frame of mind to look at life from a different perspective. People often feel ashamed of having Willow feelings and are hurt and resentful to think they might need this remedy.*

Remember that we all feel like that at times. It's a natural human emotion and is no different from fear or anxiety or irritation. There is nothing to be ashamed of and the remedy will help when we need it.

This is different from Holly, which has much stronger and hotter emotions.



39. Recue Remedy. Lastly, and by no means least is Rescue Remedy. It is the most renowned remedy of all the Bach remedies and may well have led you to want to know more.

Rescue Remedy is the only combination that Bach made. He combined 5 remedies.

Star of Bethlehem – for shock, trauma and sorrow

Rock Rose for fear and panic

Impatiens for irritability

Clematis for feeling faint and spaced out

Cherry Plum for the fear your losing control.

Bach made this remedy to use in emergencies, but it has now become a normal anti-stress remedy that millions take just to get through the day. If you find you need Rescue Remedy every day, perhaps you should look at why you're taking it regularly, and take the appropriate remedy or remedies you need to bring about a healing.

I do hope you've enjoyed this recording and found it helpful. real benefit, of course it will come with repetition.

To learn more about the remedies, please go to www.TheBachFlowerSchool.com

.... Until we meet again, its goodbye from me
Andgoodbye from me. (Paul)

Good bye ...



Warmest Wishes

Rose

The Bach Flower School

www.TheBachFlowerSchool.com