

Flower Remedies

Agrimony: This Essence helps those who appear carefree and humorous, but actually they hide behind a mask to hide their anxieties, worries and inner pain and fears. They dislike being alone and are very sociable, seeking company as a distraction. **Agrimony** helps them express their pain, fears and worries; moreover their cheerfulness will come from within, instead of covering up pain and worries.

Aspen: This Essence helps those who feel fears and worries of unknown origin. The fears or worries come suddenly without any specific reason. A typical need for Aspen is on waking in fear from a bad dream, even if the dream itself is forgotten. **Aspen** helps us to an inner peace, security and fearlessness.

Beech: This Essence is for those who are constantly being critical toward other people. Beech will help you accept them as they are.

Centauray: This Essence is for those who can't say "no." They let themselves be imposed on and even bullied by others. For example, if your boss knows that you have to leave early on Wednesdays, to pick up your daughter from soccer, but every Wednesday you boss has something you need to have done before you leave and you always end up staying longer and therefore always shows up late after your daughter's soccer is over. **Centauray** helps you say "not today, I need to pick up my daughter. Any other day is okay but not on Wednesdays." **Centauray** will help you stay in touch with your own wishes and you will be able to express and defend your own opinions.

Cerato: This Essence helps you when you have a hard time making decisions. You tend to seek advice and confirmations from others, not listening to your own intuition. You might often follow others advise and later regret is, since you actually knew that it wouldn't be what you wanted.

Cherry Plum: This helps you when you are on the verge of breakdown, possible suicide. You feel in such despair that you feel that you are loosing your sanity. You have a feeling that you are going to explode and are afraid to give way to violent impulses. **Cherry Plum** helps you to find an inner balance so that you can think and act rationally.

Chestnut Bud: This Essence helps you when you keep doing the same mistake over and over again, you just don't seem to learn. You keep repeating the same mistakes, such as falling over and over again for the same partner, or continuing to work in an unsuitable job. Instead of learning from past mistakes you tend to forget them. **Chestnut Bud** helps you to take full advantage of daily experiences and learn from them so that you can move forward in life.

Chicory: This Essence helps you at times where you get too selfishly possessive, you tend to manipulate your loved ones and expect others to conform to your values. You may be too critical, interfering and nagging. **Chicory** helps you to be less selfish and be able to offer genuine love. You will feel fulfilled and self-assured.

Clematis: This Essence helps you when you loose interest in the present. You have difficulty in concentrating, due to a tendency to daydream rather than lack of innate ability. **Clematis** helps you get a lively interest in the world around you and in life.

Crab Apple: This Essence helps you when you feel self-disgust or believe that something about yourself or partner is unclean. **Crab Apple** it the cleansing essence for mind and body. This Essence is needed when you can not look in the mirror and appreciate how you look. **Crab Apple** helps you look at yourself without unrealistic critique.

Elm: This Essence helps you when you feel overwhelmed by responsibilities. It can be at work, at home, or at life in general. You just feel that your responsibilities are more than you can handle. Elm helps you calm down and think rationally. **Elm** will help you take one step at the time and before you know it you will feel that you have everything under control again.

Gentian: This Essence helps you when you feel discouraged and despondent. You get easily discouraged and depressed when things go wrong or faced with difficulties. **Gentian** helps you realize that there is no such thing as failure when one is doing one's best, no matter what the result. No obstacle seems too great, and no task too daunting to undertake.

Gorse: This Essence helps you when you feel hopelessness and despair, you may suffer from a chronic illness and been told that nothing can be done. **Gorse** helps you get a sense of faith and hope, despite current physical or mental problems.

Heather: This Essence helps you at times where you are too self-preoccupied, you may talk to others about your problem without realizing that you have buttonholed anyone of them. **Heather** helps you put your own suffering to good use by empathizing with others.

Holly: This Essence helps you when you feel jealousy, envy, suspicion and hatred. These feelings often come from insecurity and mental suffering and lack of ability to love. **Holly** helps you feel compassion, love and inner harmony.

Honeysuckle: This Essence helps you move forward when over-attached to past memories, you may feel regrets over things that happened in the past. **Honeysuckle** helps you move forward and to live in the present. Aging is accepted as a natural process.

Hornbeam: This Essence helps you when you have the "Monday morning feeling" all week. The weariness is rather mental than physical and it is difficult to face the day's work. Procrastinating is often as result of the mental imbalance.

Impatiens: This Essence helps you when you get impatient and irritated. Other people appear slow and inefficient and you get nervy, frustrated and impatient. **Impatiens** helps you relax and feel sympathetic to those who are slow. You will cope calmly and diplomatically with irritating problems.

Larch: This Essence helps you when you lack self-confidence and self esteem. You doubt your abilities and therefore do not even try. Although, you are aware, secretly, that you have potential abilities you refuse to acknowledge it and thereby avoid the risk of failure. Therefore, you tend to become discouraged and depressed. **Larch** helps you regain a realistic sense of self esteem and confidence, unworried about failure or success.



Mimulus: This Essence helps you when you have fear of known things, such as, fear of spiders, fear of not being good enough, fear of being old, fear of not succeeding, fear of heights, fear of public speaking etc. You might also be shy, tongue-tied in company; you might even be blushing and stammering. **Mimulus** helps you regain courage to face trials and difficulties with humor and confidence. You will be able to stand up for yourself, and with the emotions under control can enjoy life without fear.

Mustard: This Essence helps you when you get depressed without any reason. You feel like a black cloud suddenly appears and disappears without reason. It destroys your normal cheerfulness and everything suddenly feels utterly hopeless. Suddenly for no reason the cloud disappears and you feel cheerful again and life suddenly feels full of hope again. **Mustard** helps you lift the cloud so that you can enjoy life in all aspects.

Oak: This Essence helps you when you are exhausted, but you keep to struggling on. You are normally strong and brave, but because of your sense of duty you ignore your tiredness and do not allow yourself rest. You feel tired, frustrated, stressed and depressed. **Oak** helps you restore your energy and make you recognize the need to take time off to relax and look after yourself.

Olive: This Essence helps you when you feel utterly tired both mentally and physically. **Olive** restores strength, vitality and interest in life.

Pine: This Essence helps you when you feel guilt and self-reproach. You may blame yourself for other people's mistakes and everything that goes wrong. **Pine** helps you regain energy, vitality and pleasure in life. Responsibility is accepted realistically.

Red Chestnut: This Essence helps you when you worry about the health or well-being of your loved ones. Usually the worries are un-necessary and un-welcome.

Rock Rose: This Essence helps you when you feel terror, such as after being in an accident or having a near escape, or from witnessing an accident. The fear gives you a sense of frozen fear and helplessness. **Rock Rose** helps you to be present in mind and act calm in emergencies.

Rock Water: This Essence helps you when you are over-conscientious and set too high standards for yourself. **Rock Water** helps us hold high ideals with a flexible mind.

Scleranthus: This Essence helps you when you feel uncertain and can not decide between two possibilities, such as, choosing between pizza and chicken salad. **Scleranthus** help you make the choice without a second thought.

Star of Bethlehem: This Essence helps you when you have been through an traumatic experience both during and after, even an experience that have happened when you were a child. **Star of Bethlehem** neutralizes the effect of trauma.

Sweet Chestnut: This Essence helps you when you feel hopeless despair. You feel a intense sorrow and feel almost destroyed by it. You may feel on the point of nervous breakdown. **Sweet Chestnut** helps us to feel a sense of optimism and peace of mind.

Vervain: This Essence helps you at times that you get over-enthusiastic; you put too much effort into everything and push yourself beyond your physical limit. You may feel that you are burning the candle in both ends. **Vervain** helps you to relax both mentally and physically.

Vine: This Essence helps you when you get too dominating and inflexible. You are most likely in a position where you are the boss, but you use your power to put others down. **Vine** helps you see the good in others and encourage and guide without controlling them.

Walnut: This Essence helps you go through changes, such as, moving, change job, menopause or through a separation. **Walnut** helps you go through transitions calmly and remain steadfast in your own path. *It's a great protection against negative energy from other people.*

Water Violet people are proud, aloof, independent who go through life doing their work quietly, preferring to be left alone. Unfortunately in a negative stage they feel lonely. **Water Violet** helps them connect with others.

White Chestnut: This Essence helps you when your mind is full of unwanted thoughts and mental arguments. These mental arguments can often keep you from sleeping at night. **White Chestnut** helps you clear your mind and get the thinking under control and can be put to positive use in problem-solving. Worry is replaced by trust in a positive outcome.

Wild Oat: This Essence helps you when you feel uncertain as to which direction to take in life, such as, choosing a career, you have reached a cross-road in life and are completely undecided as to what way to go. **Wild Oat** helps you get a clear picture of what to do in life, with positive idea and ambitions, and the ability to decide upon one's true path.

Wild Rose: This Essence helps you when you are resigned to an unpleasant situation, but feel to apathetic to do anything. **Wild Rose** helps you to regain a lively interest in life and therefore helps you find your purpose in life.

Willow: This Essence helps you at times where you feel bitterness and self-pity. You ask yourself "Why does this happen to me?" "I don't deserve this." You feel grumble and critical. **Willow** helps you regain faith and optimism. You will be able to forgive and forget past injustices and enjoy life. You are in control of your own destiny.