

MINDFULNESS WORKBOOK

BACH FLOWER REMEDIES



W E L C O M E

Bach flower essences help to support emotional balance and bring about positive change in the body. The beauty of the Bach flower is that they bring about the positive aspect behind these emotions and help to strengthen on all levels.

Bach flowers are a system of 38 flower-based remedies developed in the 1930s by Dr. Edward Bach, a British physician and homeopath. The essence of each remedy is derived from the dew of wildflowers, trees, or other plants, and each one corresponds to a specific emotional state or personality trait. They are diluted and preserved in alcohol (usually brandy) and considered gentle, with no known side effects, making them suitable for people of all ages, including children and pets.

They offer a natural, gentle way to support emotional and mental well-being. The remedies are typically taken as drops, either directly on the tongue or diluted in water, and can also be applied topically or added to bathwater. They are used to address various emotional states, such as fear, uncertainty, loneliness, despondency, and over-sensitivity.

A combination of one or up to seven remedies can be taken at the same time and even combined into one remedy.



HOW TO USE BACH FLOWER REMEDIES:

01. DIRECTLY ON THE TONGUE:

Place 2 drops of the selected remedy directly on the tongue. This method is convenient and allows the remedy to be absorbed quickly.

02. IN WATER:

Add 2 drops of the remedy to a glass of water and sip it throughout the day. This method is often used for ongoing emotional states or when taking multiple remedies.

03. PERSONAL REMEDY BOTTLE:

Combine up to 7 different remedies into a single 30ml bottle. Add 2 drops of each remedy, then fill the bottle with mineral water. Take 4 drops from this bottle at least four times a day, or as needed.

04. TOPICAL APPLICATION:

Mix a few drops of the remedy into a cream or lotion and apply it to the skin. This is less common but can be useful for localised tension or discomfort.

05. IN BATH WATER:

Add about 10 drops of the remedy to bathwater and soak for at least 20 minutes. This method allows for a full-body experience of the remedy.





COMBINING BACH FLOWER REMEDIES:

01. SELECTING REMEDIES:

Combine up to 7 different remedies based on the emotional need. It's essential to carefully select remedies that align with the current emotional state rather than the general personality.

02. PERSONALISED BLENDS:

For chronic conditions, use a personalised blend over a longer period, while for acute situations, a single remedy or a short-term combination might be more appropriate.

03. RESCUE REMEDY:

One common combination is the Rescue Remedy, a pre-blended mix of five specific Bach flower remedies (Rock Rose, Impatiens, Clematis, Star of Bethlehem, and Cherry Plum), used in emergency situations or during times of high stress.

General Tips:

- Consistency: Take the remedies regularly, at least four times a day, for optimal effectiveness.
 - Adjusting Blends: As the emotional state changes, adjust the blend of remedies to better suit the emotional state.
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BACH FLOWER ESSENCES

AGRIMONY - CHEERFUL FACADE



The Bach flower remedy Agrimony is used for individuals who hide their inner turmoil behind a cheerful facade, often turning to distractions like humor or substances to avoid confronting their emotional pain. Their inner anxiety and turmoil is often not expressed, causing self-damage

How it works: Agrimony helps bring inner peace and encourages open expression of feelings, emotional honesty and alleviating inner distress.

ASPEN - VAGUE FEARS



Aspen is used for individuals who experience vague, unknown fears and anxiety about the future. It is indicated for those who feel apprehensive without knowing why, often sensing a threat or danger without a clear cause.

How it works: Aspen instills a sense of inner peace and security, alleviating fears of the unknown and promoting confidence in facing the future.

BEECH - INTOLERANCE



Beech is used for individuals who are overly critical, intolerant, or judgmental of others, often displaying a lack of empathy and understanding. Feeling intolerant to situations/ foods/ environment/ people.

How it works: Beech fosters tolerance and compassion, helping individuals to be more accepting and understanding of others' differences and imperfections.

CENTAURY - BOUNDARIES



Centaury is used for individuals who are overly submissive, eager to please, and have difficulty saying 'no' to others. It is indicated for those who are easily exploited, put others' needs before their own, and struggle to assert themselves.

How it works: Centaury empowers individuals to assert their own needs and boundaries, fostering inner strength and the ability to say no without guilt.



CERATO - UNCERTAINTY

The Bach flower remedy Cherry Plum is used for individuals who fear losing control over their thoughts or actions, experiencing intense inner tension, uncontrolled, irrational thoughts or a sense of desperation.

How it works: Cherry Plum helps restore calmness and control, allowing individuals to face their emotions with clarity and composure, preventing impulsive or irrational behaviour.



CHESTNUT BUD - REPEATING MISTAKES

The Bach flower remedy Chestnut Bud is used for individuals who struggle to learn from past experiences, repeatedly making the same mistakes, repeating negative patterns and habits without recognising patterns or gaining insight.

How it works: Chestnut Bud enhances awareness and learning, enabling individuals to break repetitive cycles by helping them to absorb life lessons and apply them to future situations to start on a new path.



CHICORY - SUFFOCATING LOVE

For those who have become overly concerned with their loved ones, to the point of being overly demanding, critical, or needing them close at all times. These feelings can stem from an inner emptiness and a feeling of being unloved or unappreciated, leading to attempts to hold onto others tightly.

How it works: The remedy encourages a more genuinely selfless love, the ability to care for others with respect for their freedom, and an inner fulfillment that doesn't depend on external validation.



CLEMATIS - DAY-DREAMING

Living in the mind and dreaming of a different future, without being fully present in the moment. Clematis is typically for individuals who find themselves lost in daydreams, fantasies, and thoughts of the future rather than concentrating on the present. Often focussed on internal thoughts, and therefore appearing indifferent or uninterested in what is happening around them.

Beneficial for those who exhibit absentminded behaviour or forgetfulness due to their preoccupation with inner ideas and fantasies.

How it works: It can be helpful in bringing more attention to the present moment, especially after recovering from illness. It can allow for connection to the physical world and helps individuals feel more grounded in the present moment and more engaged with life.



CRAB APPLE - SELF-CLEANSING

A cleansing remedy for those who need to detox, or feel something is out of balance in themselves. The Bach Flower Remedy 'Crab Apple' acts as a mental and emotional detoxifier, helping to cleanse the mind of obsessiveness and self-condemning thoughts, promoting a healthier self-image and acceptance of imperfections.

The Bach Flower Remedy "Crab Apple" is often referred to as the "cleansing remedy" for its association with mental and physical cleanliness. Helps those who feel as though they have something out of balance within themselves that needs to be cleansed. Can be useful when focussing on small imperfections or details which may be producing obsessive or compulsive behaviours.

How it works: Taken by those dealing with skin problems like acne or rashes and during times of detoxification, diet changes, or cleansing routines. Helps when someone is overly concerned with minor blemishes or flaws, either physically or in terms of their character.



ELM - OVERWHELM

The Bach flower remedy Elm is used for individuals who feel overwhelmed by their responsibilities, experiencing a temporary loss of confidence and feeling unable to cope despite usually being capable and strong.

How it works: Elm restores a sense of capability and balance, helping individuals regain confidence in their abilities and manage their responsibilities with renewed strength and clarity.



GENTIAN - DISCOURAGED

Feeling discouraged with life. The Bach flower remedy Gentian is used for individuals who are easily discouraged by setbacks or challenges, often feeling doubtful and pessimistic when things don't go as planned.

How it works: Gentian fosters resilience and optimism, helping individuals to maintain a positive outlook and persevere through difficulties without losing faith in their efforts. It helps to restore trust and faith and is useful after experiencing a set-back.



GORSE - HOPELESSNESS

The Bach flower remedy Gorse is used for individuals who feel a deep sense of hopelessness and despair, having given up on the possibility of improvement or recovery in difficult situations. They feel down-hearted as though things may never be right again

How it works: Gorse instills hope and renewed belief, helping individuals to see light in dark situations, restoring faith and encouraging them to continue seeking solutions and healing.



HEATHER - DEMANDING ATTENTION

Heather is used for individuals who are overly talkative, self-centered, and feel a strong need for attention and sympathy from others. It is indicated for those who often dominate conversations, find it difficult to be alone, and constantly seek companionship to avoid loneliness.

How it works: Heather helps individuals develop empathy and self-sufficiency, allowing them to listen and connect with others without overwhelming them with their own needs.



HOLLY - JEALOUSY

The Bach flower remedy Holly is used for individuals who struggle with feelings of anger, jealousy, envy, or suspicion, often experiencing a lack of love and trust in their interactions with others.

How it works: Holly opens the heart to unconditional love and compassion, helping individuals to release negative emotions and embrace a more generous, trusting, and harmonious approach to relationships.



HONEYSUCKLE - NOSTALGIA

Helps to let go of the past. Useful in times of bereavement, divorce or homesickness. Helps to bring about acceptance of the past and hope for the future.

How it works: The remedy Honeysuckle helps individuals let go of past regrets and nostalgia, allowing them to embrace the present and move forward with a sense of purpose.



HORNBEAM - CAN'T BE BOTHERED

The Bach flower remedy Hornbeam is used for individuals who feel mentally or physically weary at the thought of their daily tasks, often experiencing a sense of Monday morning blues or procrastination despite being capable of completing their responsibilities.

How it works: Hornbeam revitalises mental and physical energy, helping individuals overcome fatigue and find the motivation to face their daily challenges with renewed vitality for daily tasks and challenges.



IMPATIENS - IMPATIENCE

The Bach flower remedy Impatiens is used for individuals who are quick-tempered, easily irritated, and impatient, often feeling frustrated by the slower pace of others.

How it works: Impatiens promotes patience and calm, helping individuals to slow down, reduce frustration, and develop a more tolerant and understanding approach to others.



LARCH - INNER CONFIDENCE

Larch helps to restore confidence in one's own abilities. Those in need of Larch may automatically feel inferior to others and will stand back, allowing those that they feel are better able than themselves to take up life's opportunities.

How it works: The Bach flower remedy Larch helps to remind those with these traits, that deep down they do have the ability and restores their confidence to live life to the full.



MIMULUS - KNOWN FEARS

Useful when experiencing fear and worry about everyday situations, such as visiting the dentist, flying, swimming, spiders or perhaps an exam. May feel nervous, shy, or vulnerable. Overly sensitive to crowds, loud noises, or bright lights.

How it works: The remedy helps to dissolve fears and worries and create greater courage to face up to everyday events of life.



MUSTARD - DEPRESSION

The Bach flower remedy Mustard is used for individuals who experience sudden, unexplained bouts of deep sadness or gloom that seem to come out of nowhere and disappear just as suddenly. It is as though a black cloud has descending for no particular reason

How it works: Mustard helps to lift the cloud of sadness, restoring inner peace and stability, allowing individuals to experience joy and lightness once more.



OAK - EXHAUSTED BUT CARRY ON

The Bach flower remedy Oak is used for individuals who are strong, reliable, and hardworking but may push themselves to the point of exhaustion, feeling a sense of duty that drives them to keep going despite fatigue.

How it works: Oak restores balance and resilience, helping individuals recognise the need for rest and self-care, allowing them to continue their efforts without depleting their inner strength.



OLIVE - EXHAUSTED AND DEPLETED

The Bach flower remedy Olive is used for individuals who feel utterly exhausted, both physically and mentally, after a prolonged period of stress, illness, or overwork, leaving them drained and without energy. The feeling is often described as 'so tired I could cry'.

How it works: The Bach flower remedy Olive gives mental and physical rejuvenation in times of exhaustion and fatigue, promoting a sense of vitality and renewal.



PINE - GUILT

For those who, even when successful, feel they could have done better. The feelings are not based on any wrongdoing but destroy the possibility of joy in living.

How it works: The Bach flower remedy Pine helps to alleviate feelings of guilt and self-blame, fostering self-acceptance and inner peace and helps to clear feelings of guilt or unworthiness.



RED CHESTNUT - OVER CONCERN FOR OTHER PEOPLE

For those who feel they are always taking care of loved ones and worry about them, fearing that something may happen to them.

How it works: The Bach flower remedy Red chestnut helps to restore optimism that all will be well and reduces any repetitive thoughts, easing excessive worry and fear for the well-being of others, allowing for more balanced and supportive concern.



ROCK ROSE - TERROR

Rock Rose is used for individuals experiencing extreme fear, panic, or terror, often in situations of emergency or acute stress. It is indicated for those who feel overwhelmed by intense fear or helplessness, such as during a crisis or after a traumatic event.

How it works: Rock Rose instills courage and calmness, helping individuals face and manage intense fear and panic with a sense of inner peace and bravery.



ROCK WATER - HIGH SELF-EXPECTATIONS

For those who set themselves many targets and have high ideals, often overly rigid and self-disciplined and then feel frustrated or disappointed if the targets are not met.

It is indicated for those who impose strict rules on themselves, deny themselves joy, and are hard on themselves in their pursuit of perfection and self-improvement.

How it works: Rock Water encourages flexibility and self-compassion, allowing individuals to be more adaptable and enjoy life without self-imposed rigidity.



SCLERANTHUS - 2 CHOICES

For those who are struggling with indecision, uncertainty, or inner conflict between different choices or options. Its indications include difficulty making decisions, mood swings, and a sense of inner imbalance.

How it works: The Bach flower remedy Scleranthus aims to bring about mental clarity, emotional stability, and the ability to make choices with greater confidence and conviction, such as making a decision between two choices (should I stay, should I move house. Feeling hot, feeling cold, such as the menopausal transition).



STAR OF BETHLEHEM - TRAUMA

For those experiencing shock, grief, or emotional trauma, whether recent or from the past. Its indications include moments of extreme distress, emotional numbness, or inner turmoil caused by sudden events, accidents, losses, or any situation that has left a deep emotional impact.

How it works: Star of Bethlehem aims to provide comfort, alleviate the effects of trauma, and support emotional healing and recovery and helps to clear shock and trauma. The Bach flower remedy works by soothing the emotional impact of past traumas and shocks, promoting comfort, healing, and emotional integration.



SWEET CHESTNUT - DESPAIR

For a feeling of despair, like everything else has been tried and one can no longer imagine a situation being any other way. Helps to move through to a place of healing and hope.

How it works: The Bach flower remedy Sweet Chestnut works by offering solace and hope in moments of extreme despair, guiding individuals towards spiritual transformation and inner renewal.



VERVAIN - PERFECTIONISM / OVER-ACHIEVER

Perfectionists with high ideals who tend to overwork, driving themselves hard and often becoming wound up & highly strung as a result. Allows for the freedom to follow one's own path in life.

How it works: The Bach flower remedy Vervain works by helping individuals find balance between their passionate convictions and a more relaxed perspective, fostering a sense of inner calm and tolerance.



VINE - BALANCING WHAT THE HEART AND MIND WANT.

Vine is used for individuals who are domineering, inflexible, and overly assertive, often trying to control others and impose their will. It is indicated for those who are bossy, aggressive, and find it difficult to accept others' viewpoints, believing they always know what is best.

How it works: The Bach flower remedy Vine works by helping individuals with strong personalities to become more considerate and supportive leaders, balancing strength with empathy, humility and respect, helping individuals to lead with compassion and understanding rather than dominance and control.



WALNUT - PROTECTION FROM CHANGE

The Bach flower remedy Walnut is used for individuals who are experiencing major life changes or transitions, such as moving, starting a new job, or ending a relationship, and feel vulnerable to outside influences or unable to break free from old patterns.

How it works: Walnut provides protection and stability, helping individuals to adapt to change with confidence and ease, while shielding them from external pressures and influences



WATER VIOLET- ARMS LENGTH

Helps when there is a sense of loneliness. It's useful for individuals who often prefer their own company over that of others, not out of any ill will, but out of a general preference for solitude.

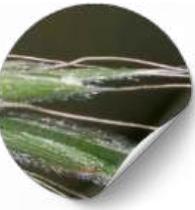
How it works: Helpful for those who are naturally quiet and reserved, self-reliant and can be or feel distant or detached. The positive potential of Water Violet is a person who maintains their wisdom and dignity but opens themselves to attract others. They are able to balance their need for independence with a healthy engagement with others, leading to more fulfilling relationships.



WHITE CHESTNUT - CIRCLING THOUGHTS

The Bach flower remedy White Chestnut is used for individuals who suffer from persistent, unwanted thoughts or mental chatter, often replaying worries or concerns in their minds, which disrupts their focus and inner peace.

How it works: The Bach flower remedy White Chestnut works by easing repetitive and unwanted thoughts, facilitating mental clarity and a tranquil inner state. It helps to calm "mind-chatter" which can allow the mind to switch off, enabling a more restful sleep.



WILD OAT- UNCERTAINTY

The Bach flower remedy Wild Oat is used for individuals who feel uncertain about their life direction or purpose, often struggling with indecision and a sense of dissatisfaction despite having many talents and opportunities.

How it works: Wild Oat provides clarity and guidance, helping individuals to discover their true path and make decisions that align with their life purpose, leading to a more fulfilling and focused life.



WILD ROSE - JOY / MOTIVATION

The Bach flower remedy Wild Rose is used for individuals who feel apathetic, resigned, and indifferent, having accepted an undesirable situation without any effort to change it, often resulting in a lack of motivation and energy.

How it works: Wild Rose rekindles enthusiasm and vitality, helping individuals to re engage with life and take proactive steps towards positive change and personal fulfillment. It can reignite enthusiasm, motivation, and a zest for life.



WILLOW - RESENTMENT

The Bach flower remedy Willow is used for individuals who feel bitter, resentful, or victimized by life's circumstances, often blaming others and feeling that life has treated them unfairly.

How it works: Willow helps to release bitterness and resentment, and promotes the need for self-responsibility and forgiveness. It allows individuals to restore optimism in their ability to create one's own life and regain control of their own happiness and well-being.



Thank you!