

## For Those Who Fear

The fear states are so debilitating that they really create a lot of limitations.

Bach placed the remedies specifically with those for fear first, and not in the order that he found them → shows that he placed great importance on the fear states.

### Rock Rose – the remedy for emergency

- ☞ Acute remedy: works quickly
- ☞ Even for cases where there seems to be no hope
- ☞ Panic as a chronic condition, panic attacks
- ☞ Nightmares – can be applied to temples for those who are prone to nightmares
- ☞ Phobias that cause panic
- ☞ People who can't communicate because they fear confrontation
- ☞ In accidents, sudden illness, mental torture

We know it's working when:

- ☞ We can stay calm longer, panic button does not get pressed for longer
- ☞ Time taken to recover is shorter

### Mimulus

- ☞ Known fears e.g. pain – fear of going to the dentist
- ☞ The mimulus person is the blusher – don't ask them directly about their fears, don't confront them – can do a lot of damage psychologically
- ☞ If I know what I fear, the remedy is mimulus.
- ☞ The mimulus person will not freely speak of their fears → blusher/the shy person

### Cherry Plum

- ☞ Fear of losing your mind
- ☞ Desperation can drive people to do crazy things
- ☞ Habits that develop: - chewing the insides of our mouths }  
(ways to anchor self) - picking/biting nails } self-harm/  
- slashing self } self-mutilation  
- twisting hair }
- ☞ Some cherry plum people do not realize how desperate they are; to them it is simply how they have been living all their lives.

### Aspen

- ☞ Fear of unknown origins
- ☞ Anxiety: a sense that all is not right, but don't know what it is that's not right.
- ☞ Anticipating trouble, but don't know in what form it'll appear
- ☞ Really irrational
- ☞ Fears are vague, but does not mean that they are insignificant

### Red Chestnut

- ☞ Fear for others
- ☞ Nothing to do with me
- ☞ Project anxiety onto others
- ☞ The overanxious parent's remedy
- ☞ Not working on myself, project fears onto others
- ☞ The red chestnut parent inculcates fears in their children

## For Those Who Suffer Uncertainty

### Cerato

- ☞ Indecision between multiple options
- ☞ Seem to have everything wrong with them, so many seemingly unrelated symptoms
- ☞ Go off on tangents unrelated to their illnesses
- ☞ Lack of confidence in themselves; not enough faith in themselves to make the right decision
- ☞ Listen to everyone's opinion → they get confused → may confuse you as a practitioner
- ☞ “Silly Cerato”, chatty, bubbly, “all over the place”
- ☞ “I should have done that”
- ☞ Don't know what the major things are, don't know what is or isn't important
- ☞ Hypochondriacs
- ☞ Seen as really unreliable
- ☞ As clients, they want to know everything that you are thinking → can be quite draining → thus you must be firm in standing on your own grounds and not let the Cerato throw you off and undermine your own confidence
- ☞ Ceratos can easily affect you as a practitioner
- ☞ As a practitioner, help Ceratos to center, calm and stabilize
- ☞ They may keep coming to you for different reasons
- ☞ The “Gemini” remedy

### Scleranthus

- ☞ Indecision between two options, crippled by their indecision
- ☞ Can't decide about houses, jobs, marriages, etc – extends across the whole spectrum of their lives
- ☞ In the medical sense, Scleranthus persons might have a one-sided illness/accidents
- ☞ People who will swing between the two extremes of emotions in a short period of time for seeming no reason – sad/happy, tired/wide-awake
- ☞ Internal rhythms swing out of balance
- ☞ Change their minds a lot from one opposite to another; though they don't see it as being contradictory
- ☞ Seen as really unreliable, clumsy, lack of balance or poise
- ☞ The “Libran” remedy

### Gorse

- ☞ Deep hopelessness, “no more can be done for me”, don't want to live
- ☞ “what's the point”
- ☞ Cannot see the light at the end of the tunnel, given up hope of getting well
- ☞ Where there are genetic diseases, their view is “there is no way that I am not going to get it”
- ☞ Remedy can work really quickly; the more serious the state → the quicker the remedy works
- ☞ Used in terminal/life-threatening diseases (may not prolong life, but able to lift despairing gloom)
- ☞ Used when a person has just lost someone
- ☞ The Gorse person won't come for therapy, usually brought in by a friend/family member/relative because they don't personally believe the remedies will work
- ☞ Nonetheless, the Gorse person will try all sorts of treatments if someone else wants them to.

## Gentian

- ☞ Total pessimist, permanently depressed, never allow themselves any joy
- ☞ Gloomy, negative, “nothing is ever going to work”
- ☞ No adrenalin or vitality, everything is down
- ☞ Spread the gloom around, drag other people down with them
- ☞ Easily discouraged by temporary setbacks

## Hornbeam

- ☞ Feel like you can't do it, but you do it → fear was unfounded
  - ☞ Feel tired all day but able to achieve tasks
  - ☞ More mundane sort of feeling; the “Monday Morning” feeling
  - ☞ After an accident → overprotective of body parts, feel like it's not quite right (need something else to happen before you feel fully fit again, but not sure what that “something else” is)
  - ☞ People coming to you for physical work associated with trauma
  - ☞ The Student's Remedy
  - ☞ Positive Hornbeam: certain of own strength to face daily tasks
- \*Difference with Elm: temporarily feel like you can't do it, but do not feel tired)

## Wild Oat

- ☞ Know that they want to do something, but have no idea about which life path to take
- ☞ Often a remedy for clever, talented, multi-skilled people
- ☞ Crippling uncertainty
- ☞ Do not know what they want to do with their lives, so often end up not doing anything → throw their lives away
- ☞ Some may have a job, but it is something which is not their life's calling (still waiting for that to happen)
- ☞ Get frustrated and depressed; nothing brings them fulfillment and happiness
- ☞ Unfulfilled ambitions
- ☞ E.g. like all subjects in school – do not know which specific area to specialize in

## Not Sufficient Interest in Present Circumstances

### Wild Rose

- ☞ Quiet, “nothing matters anyway”, just don't care, no opinions
- ☞ Give up any will to make things better or if unwell, to get better
- ☞ Don't feel for one minute that they can change anything about anything
- ☞ Generally not the type to go to a clinic, and if they do go, are a challenge to treat
- ☞ Could be just a “Wild Rose” phase, or could be just a “Wild Rose” part of their lives, and not the whole of it.
- ☞ Feels like it's just their bad luck to live with it; “it” could be a bad job, relationship, etc.
- ☞ Feel they are the type to definitely get hereditary diseases
- ☞ “surrendered to the forces of inertia”
- ☞ Remedy heals the inner will so that life becomes a bit of an adventure
- ☞ Remedy for procrastination without due cause—Wild Rose moment: “I'll do it tomorrow.”

## Clematis

- ☞ Always look as if they are “somewhere else”, like as if “no one’s home”
- ☞ Daydreaming can be dangerous, e.g. driving a car, operating machinery → potential disasters
- ☞ Remedy for unconsciousness, “out of body” places
- ☞ Prefers not to be in present moment for whatever reason
- ☞ Not afraid of dying, thinks that “it would be great, it would be better than now (here in their bodies)”
- ☞ People who do drugs and alcohol (purpose of which is to escape the everyday reality)
- ☞ “escape” remedy – escaping into a fantasy/unreal world
- ☞ Heavy sleepers
- ☞ Autism: people who are cut off from the world; Attention Deficit Disorders
- ☞ Avoid difficulties and confrontations
- ☞ When they come to you, they don’t really want to get well – “polite suicide”
- ☞ Like to be alone with their thoughts; dislike interruptions
- ☞ Often walk past you on streets without even seeing you, or start sentences which they don’t finish
- ☞ Poor memory – do not remember what you said cause they did not hear you in the first place
- ☞ May suffer from ear and eye conditions – withdrawal from the world
- ☞ Condition could be caused by a traumatic event or born with it
- ☞ Positive Clematis: wonderful imagination and ability to tap into their unconscious but they are grounded and in charge of the situation, they can do it at will
- ☞ Positive Clematis – mediums, psychics
- ☞ In rebirthing, some people realize that they have not made the conscious decision to be born here and live this life although they are physically here. They are not connected to this body and this life. They would be Clematis until they make the decision to do so.
- ☞ The “Aquarius” and “Pisces” remedy

## Honeysuckle

- ☞ Goes back into the past, lives in the past, not in the present moment
- ☞ E.g. people who were once famous but no longer so
- ☞ E.g. people who once had a happy relationship – can’t let go of their previous relationship → can’t move on to a new relationship
- ☞ E.g. people who have lost loved ones → can’t move on
- ☞ E.g. people who once lived very insecure lives → become hoarders
- ☞ E.g. people who hang on to unhappy relationships because they are still clinging on to the past when times were happier
- ☞ Stuck in the past, not moving forward, past interfering with the present
- ☞ Condition might affect part or the whole of their lives
- ☞ People who talk about “the good old days”, believe they can’t be happy ever again
- ☞ Things maybe fabulous now, but because their vision is clouded by the past, they fail to see it
- ☞ Useful for Jetlag: help move into whatever place and time
- ☞ Positive Honeysuckle: learn lessons from the past, good memory

## Olive

- ☞ Total mental, emotional, physical exhaustion
- ☞ Crying for no reason
- ☞ Just can't function → can't do normal everyday things, thus dangerous if driving
- ☞ Sleep does not fix the problem
- ☞ Olive given to a person in this state will work very quickly; helps them take stock of how they got to this point of exhaustion.
- ☞ For the long term effort of taking care of someone else
- ☞ For long-term adverse conditions/long-term illnesses
- ☞ A MUST for someone who has come to you for chronic fatigue or burnout
- ☞ Positive Olive: rely on own strength to get vitality

## White Chestnut

- ☞ Cannot turn mind off until driven mad; can't be peaceful no matter what they do
- ☞ Going over and over a scene either from the past or from the future
- ☞ For flashbacks that drive out peace, take remedy with Honeysuckle
- ☞ Worrying, obsessive thoughts, obsessive-compulsive disorders
- ☞ No resolution → headaches, tiredness and depression → end up an insomniac
- ☞ Remedy for insomnia
- ☞ Positive White Chestnut: calm thoughts, peaceful, connected to inner guide, quiet mind

## Mustard

- ☞ Mustard people are not likely to talk about their situations, so we don't usually get to see a lot of them
- ☞ Strange to experience Mustard: might be feeling perfectly happy one moment and totally depressed the next
- ☞ Inexplicable descent of a big depression without anything triggering it
- ☞ No matter what they do, can't make themselves happy
- ☞ As suddenly as it comes, the depression leaves
- ☞ Depression could also stem from some deep unconscious cause of which the person is unaware.
- ☞ Remedy can work quite quickly
- ☞ Positive Mustard: inner serenity that nothing can change or destroy
- ☞ Not so much a "type" remedy as it is a "helper" remedy

## Chestnut Bud

- ☞ Do not learn from their mistakes, slow to learn, do not take advantage of opportunities to learn from their mistakes
- ☞ Do not stop long enough to think through their mistakes from the past
- ☞ People who keep remarrying, people who keep going bankrupt
- ☞ People who go too fast and keep causing accidents
- ☞ Not taking notice of what's happening in the present, can't remember from the past
- ☞ Get the same illness over and over again, refusing to learn the cause
- ☞ Slow learners academically, can't retain information
- ☞ Positive Chestnut Bud: wisdom learnt from mistakes/ lessons from the past; watch and learn from others as well

## Loneliness

### Water Violet

- ☞ Completely self-contained people, they do not dictate to you what you should be doing, and they expect you not to do it to them.
- ☞ Serene, calm, like being the way that they are
- ☞ Unnecessarily distant, aloof, no one can get to them
- ☞ Can't reach out to people, do not accept others' opinions, advice, interference.
- ☞ Hard to approach a Water Violet, so in the end, everyone just stays away from them
- ☞ Remedy for pride that is negative
- ☞ Too proud and do not seek nor accept help. Avoid help especially when they are sick
- ☞ They bear their grief and sorrows in silence → may lead to future problems
- ☞ Positive Water Violet: humility, calm and joyous; great capability of service to others, soul's purpose to become involved in life

### Impatiens

- ☞ Finish sentences for you, or walk away when you're halfway through talking
- ☞ They get lonely because other people get annoyed from being hurried all the time and thus stay away from them.
- ☞ Intolerant, cranky and irritable with slowness
- ☞ Prefer to work/think alone, able to make instant decisions
- ☞ Eat quickly, get angry quickly, but anger also subsides quickly, lots of accidents from going too fast
- ☞ When they're sick, they feel like they can't get well quickly enough
- ☞ Impossible to nurse an Impatiens: just can't do things right by them, can't do anything fast enough for them
- ☞ Tend to suffer from muscular tension, indigestion
- ☞ One of the remedies used in the Rescue Remedy: the speed of which something happens can be very unsettling, e.g. a car accident
- ☞ Useful for impatient kids
- ☞ Can pick up ideas very quickly, fiercely intelligent, "I've got it, why haven't you?"
- ☞ Positive Impatiens: gentle, sympathy for others, completely accepting of slowness in others, above average intelligence
- ☞ The "Aries" remedy

### Heather

- ☞ No letting up with a Heather, they are incessant "talkative bores"
- ☞ Make mountains out of molehills
- ☞ Tell you every single personal detail about themselves (I, Me and Mine) that you don't want to know; always bringing conversations back to themselves, self-centred, self-concerned, completely incapable of thinking outside of themselves
- ☞ No boundaries with a Heather, invade others' personal space
- ☞ Psychic vampires who sap energy and vitality of everyone else's, leaving everyone exhausted and hence are shunned and lonely
- ☞ Can't bear to be alone (mostly because there's no one in their lives)
- ☞ Positive Heather: will calm down and start to listen to others, have a dialogue instead of a monologue, more willing to listen = normal

## Over-sensitive to Influences and Ideas

### Agrimony

- ☞ Good company: always happy and jovial, do not go on about themselves ever
- ☞ Masking absolute torture → prone to alcoholic/drug/food addictions: keep themselves from thinking about their inner turmoil, hide what's really going on
- ☞ Do not like to be alone because when they're alone, they can feel the pain
- ☞ One way to detect an Agrimony who's not too well is when they laugh inappropriately
- ☞ Not at one with inner feelings, not addressing real issue → Get terribly sick
- ☞ Worst thing to do to an Agrimony: have a fight or quarrel when they are present (even if it does not involve them, can't stand disharmony)
- ☞ Insomniacs
- ☞ During illness, always making light of their situation, trying to cheer those around them
- ☞ Tend to suffer from liver problems due to their addictions
- ☞ Remedy for dishonesty, have to get real
- ☞ Not giving themselves by not sharing their pain with others
- ☞ Positive Agrimony: peace-makers, doing it in a very real sense

### Centaur

- ☞ Willing doormats, kind, gentle, lovely, timid, no individuality, docile, submissive, lack of will
- ☞ Exhausted from doing everything for everybody (much more than their fair share), over and above their own reserves
- ☞ Neglect themselves totally, they come last on their own list
- ☞ Used to getting abused, do not argue, do not stand up for themselves
- ☞ Victim in the persecutor-victim relationship
- ☞ Take on the flavour of the person they are with
- ☞ Often miss out on life; bound to parents, job, etc, that take precedence over their own lives
- ☞ The type to take over family businesses though it might not be what they want for themselves
- ☞ Follow in someone else's footsteps that is not their path
- ☞ So devote themselves to their parents and end up being unmarried
- ☞ When they're ill, lack the will to get well
- ☞ Positive Centaur: active, strong, serve wisely, not servants
- ☞ The "Virgo" remedy

### Holly

- ☞ Jealous nature wrecks relationships
- ☞ "Anyone can become angry, that is easy.  
But to be angry with the right person and to the right degree and at the right time, and for the right purpose, and in the right way, that is not within everybody's power and it is not easy."  
~ Aristotle
- ☞ If you're angry, be angry, and then be done with it. It's over. Do not store anger, it can't be good.
- ☞ Giving holly: uncover anger, which is not necessarily a bad thing. If the anger seems uncontrollable, combine it with Cherry Plum.
- ☞ Positive anger can be a source of creative energy.
- ☞ Holly: for all states opposite to the feeling of loving
- ☞ Hate
- ☞ Remember: the Holly patient is not having a good time either, they are suffering for their anger, jealousy, hatred, etc.

## Overcare for the Welfare of Others

### Chicory

- ☞ Possessive of others, smothering, very manipulative
- ☞ Self-pity, poor me, feel sorry for themselves
- ☞ Want people around them to take care of them
- ☞ Big on a child's duty to parent, don't let their children grow up
- ☞ Chicory uses blackmail to make others stay around them
- ☞ Usually do it to their own family, but not other people
- ☞ Critical, fussy
- ☞ Does not matter what others do, constantly diminishing others, always finding fault in others
- ☞ Need to learn to love and let go

### Vervain

- ☞ Over-enthusiasm: strain
- ☞ Tension through inability to relax, exhaust themselves through over-effort
- ☞ Rigid ideas
- ☞ Hates injustice, wants to think that the world is a just place
- ☞ Vervains do not think they are right, they KNOW they are right
- ☞ Try to convert you from your way of thinking to theirs e.g. Mormons, Evangelists
- ☞ Rarely change their opinions

### Vine

- ☞ Ambitious to the point of craving power, winning at any price
- ☞ Remedy for cruelty
- ☞ Positive Vine examples: Gandhi, Nelson Mandela
- ☞ "I'm the boss. You're not important."
- ☞ Vine parent: "Live by my rules or get out of my house!"
- ☞ "Power corrupts, and absolute power corrupts absolutely."
- ☞ Manipulate to make sure they get what they want.

### Beech

- ☞ Critical, intolerant, judgemental, usually about small things
- ☞ Very good at seeing the "small" picture, can't see the bigger picture, focus is very narrow.
- ☞ Neatness and order, exactness, "pin-point", "just so" → if not, it upsets them, makes them anxious
- ☞ Troubled by untidiness, wants everyone to be as tidy as them, criticize those who aren't
- ☞ Find faults easily
- ☞ Sound in judgement but Sour
- ☞ Positive Beech: fantastic eye for detail, make good proofreaders. Neat and tidy themselves without expecting it of others

### Rock Water

- ☞ Self-denial, self-repression
- ☞ Obsessive idealism, usually about spirituality/religion
- ☞ E.g. "I can't be spiritual if I eat meat."
- ☞ Strive to be a shining example for others

## For Despondency and Despair

### Larch

- ☞ “I can’t do it”, anticipates failure, thus do not make a strong enough attempt to succeed
- ☞ May be generally despondent – withdrawn, down

### Pine

- ☞ The Guilt Remedy
- ☞ Sense of guilt, people who blame themselves even at times when it is not their fault
- ☞ Says “I’m so sorry” inappropriately, “I’ll never forgive myself for this”
- ☞ Apologises profusely
- ☞ Feeling guilty does not change anything, does not improve the situation
- ☞ Probably started because shamed when they were little, get the message that things are their fault and grow up feeling guilty

### Elm

- ☞ Short-term feelings of total inadequacy which causes despondency
- ☞ Overwhelmed by responsibility
- ☞ More likely “elm moment” rather than a born-elm
- ☞ Quick-acting remedy
- ☞ Lose connection – feel adrift and despondent

### Sweet Chestnut

- ☞ Absolute anguish, hurting so badly, desolate: inconsolable
- ☞ Feel empty, the pain is so encompassing that both life and psyche feel empty
- ☞ Look alright externally but it’s just a façade, suffering deep unbearable pain within
- ☞ Solitary confinement deemed to be the worst possible punishment, that’s how a Sweet Chestnut feels
- ☞ To be alone and feel alone

### Star of Bethlehem (in Rescue Remedy)

- ☞ The remedy for shock, fright and accidents
- ☞ Even helpful for those who have not gotten over a shock from an event that happened a long time ago  
e.g. war veterans, post-traumatic shock disorders
- ☞ For those who suffer from flashbacks