

## Sasha MacDonald ~ Bach Flower Remedies

### Emotional signposts to help you choose the remedies you need:

**Agrimony**: Hiding inner torment behind a **cheerful mask**, using food or substances to **suppress your feelings**, teeth grinding, sensitive, avoiding silence, fear of your **feelings overwhelming** you.

**Aspen**: A sense of **foreboding**, fear, **unnamed fears**, sudden **anxiety**, **trembling**, super-sensitive, nightmares, too psychically open, environments can bombard you with energies, feeling of doom, **Highly Sensitive People**.

**Beech**: Finding others **intolerable**, deep-seated anger against being bullied/abused, feelings are blocked, **criticising** others, **intolerance is your shield** against being hurt.

**Centaury**: **Can't say no**, giving too much of yourself, getting **taken advantage of**, **submissive**, exhausted, won't do things for yourself, neglect your own needs.

**Cerato**: Always **asking for reassurance** or advice, gathering knowledge but won't share it, **don't trust** your intuition, **questioning** everything you think.

**\*Cherry Plum**: Scared of **losing control**, fear of panicking, fear of losing your mind, **Post Traumatic Stress Disorder**, obsessions, bed wetting, **suicidal** feelings, tantrums, **hysteria**, violent outbursts.

**Chestnut Bud**: Keep making the **same mistakes** or repeating unhealthy **patterns**, not learning from experience, can't focus, **stuck** in a repeating loop in life.

**Chicory**: Terrified of losing family's love, **scared** of being **abandoned**, 'the **needy child**' behaviour, was taught that love is only gained by **demanding** it, felt very unloved as a child, can need to be **controlling**.

**\*Clematis**: **Dreamy**, extra-creative, **ungrounded**, living in the future to avoid the present, feeling **dizzy**, retreating to an inner **fantasy world**, forgetfulness, **disconnecting** from the world more and more as time goes on.

**Crab Apple**: Feeling **unclean**, feeling **contaminated**, feeling unattractive, **perfectionism**, drained by demands of healing, **obsessive compulsive** behaviours, the need to scrub 'the self' clean inside and out.

**Elm**: Taking on too much **responsibility**, self-esteem and identity rooted solely in 'taking responsibility', sudden **loss of ability to cope**, loss of perspective, forgetting responsibility to The Self, **overwhelmed**.

**Gentian**: **Doubt** about everything, discouraged, **disappointed** by setbacks, pessimistic, doubting potential for success, needing something to worry about, **recurring** health issues.

**Gorse**: Lost hope, depressed, **despairing**, needs "sunshine in a bottle", facing long term illnesses, pale face with dark under eye shadows, feeling **defeated**, feel as though you have **lost hope**.

**Heather**: **Desperate** for love and security, **hates being alone**, strong need to talk about your problems and ailments, your inner child is desperately **lonely**, finding it hard to listen because you feel so desperate to talk.

**Holly**: A **wounded** heart, **fearful** that loving will lead to being hurt, fiery anger/ **rage**, hatred, **jealousy**, envy, the need for **revenge**, suspicion and mistrust of people, inflamed reactions, feeling **eaten up** inside.

**Honeysuckle**: **Yearning** for the past, disliking growing older, **bereaved**, avoiding the present by living in the past, yearning for the old days, re-living good and bad **memories**, **homesickness**, disliking change, can't let go.

**Hornbeam**: Facing the same tasks every day, feeling **stuck** in a rut, **avoiding** the to-do list, **procrastinating**, tired at the mere thought of work, the "**Monday Morning**" feeling, needing to 'galvanise' with caffeine or sugar to get going.

**\*Impatiens**: **Impatient**, accident-prone, tense, **agitated**, finding others too slow, tantrums, **restless**, mind is thinking **too fast**, fidgety, **demanding**, feeling it's quicker to do a task yourself than wait for others.

**Larch**: Low self-confidence, living with the **brakes on**, expecting to fail, seeing only **limitations**, not feeling bold enough to plunge in, missing opportunities through **lack of confidence**, being half-hearted.

**Mimulus**: **Fear** from an **identifiable** source, **phobias**, **shyness**, introversion, stammering, **blushing**, anxiety about life, disliking bright lights and loud noises, social anxiety, **Highly Sensitive Person**.

## Sasha MacDonald ~ Bach Flower Remedies

### Emotional signposts to help you choose the remedies you need:

**Mustard:** Sudden visible depression or gloom that **comes and goes** for **no obvious reason**, depression turning inward, unable to hide your severe mood changes.

**Oak:** Totally **exhausted** but keeping going regardless, feeling as though there is **no time** to attend to the self, scared of being dependent on anyone, never asking for help, **ignoring your body's signals** of impending burnout.

**Olive:** **Exhausted**, relying solely on physical energy but ignoring your **need to recharge**, wanting to be left alone to rest, not honouring your body's needs, **trying to recover** after a long illness, **drained** from over-working, wiped out.

**Pine:** **Guilt**, taking **blame** for everything, **apologising** for existing, finding fault in yourself, setting yourself impossibly high standards, 'survivor's guilt', never feeling good enough.

**Red Chestnut:** **Over-concern** for safety of loved ones, irrational **fear** of disease, issues with weaning, 'empty nest syndrome', immediately **assuming the worst** has happened, often **passing your fear onto family** members.

**\*Rock Rose:** **Terror**, dealing with a sudden shock, nightmares, feeling **scared to death**, panic, having **panic attacks**, feeling like bad news was a blow to the stomach, depleted energy resources.

**Rock Water:** **Can't connect** to others, have learned to be 100% self-sufficient, feeling **inflexible**, severe with yourself, **rigid** views, high **standards**, internal harsh criticism, severe **perfectionism**, can't accept yourself.

**Scleranthus:** **Can't decide** between two options, mood **swings**, mind / conversations bouncing everywhere, **all or nothing** behaviour, **travel sickness**, won't discuss indecision, **indecision** becoming distressing.

**\*Star of Bethlehem:** **Grief** (old and new), the effects of **shock** and **trauma**, unable to self-heal, **Post Traumatic Stress Disorder**, bereavement, flashbacks, long terms effects of shock or grief are still manifesting.

**Sweet Chestnut:** Deepest **despair**, all hope seems lost, feeling utterly depressed but not always suicidal, the **dark** night of the soul, hitting **rock bottom**, feeling bereft and **desolate**, depression that physically hurts.

**Vervain:** Zealous, extra-**enthusiastic**, sometimes **fanatical**, living on your **nerves**, revolutionist tendencies, can reach **burnout**, expressing extremely strong **values** and **opinions**, needing to convince and **galvanise** others.

**Vine:** Appearing very self-assured, thriving in a crisis, displaying **authority** over others, having very **fixed** opinions, **commanding** others just by a glance, finding it easy to **intimidate** others, being a **dominant** leader, seeming **severe**.

**Walnut:** Heavily **affected** by others, struggling with **change**, drained by **energetic links** to others, feeling under the spell of something, feeling **lost**, needing support with a **transition**, needing **protection** from unwanted influences.

**Water Violet:** Finding it difficult to **connect** to people, seeming **aloof**, struggling with **socialising**, spending time alone, feeling **isolated**, preferring to withdraw and **disconnect from others** rather than criticising them, seeming **distant**, living behind a veil.

**White Chestnut:** Constant or regular **unwanted thoughts**, obsessive thinking, thoughts are on a loop, critical inner voice issues, teeth grinding, **replaying** arguments over and over, can't think straight, **exhausted**.

**Wild Oat:** Struggling to **choose** between many options, **unsure** of life path, midlife crisis, life seems unsatisfying, feeling **lost**, a lost soul, **drifting** from job to job or friend to friend, needing to find their **passion**.

**Wild Rose:** **Apathy**, disconnecting from life, can't be bothered, **resigned** to your fate, feels like life has no purpose, feeling **flat**, disliking change, have **no purpose** or motivation, life feels **grey**.

**Willow:** Feeling as though life is **not being fair**, feeling victimised, inner **bitterness** and **resentment smouldering** away, dwelling on problems that eat away at the self, feeling neglected, craving love and attention.

\* *These five remedies make up Rescue Remedy™ which can be used when someone is experiencing shock, panic attacks, anxiety, nerves or trauma. (Other brands are known as Crisis Blend or Five Flower Remedy)*