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difficulties and dangers. Aspen enables people to realize that everything is supported by love. As Dr. Bach wrote: 'Once we come to that realization, we are beyond pain and suffering, beyond care or worry or fear, beyond everything except the joy of life, the joy of death, and the joy of our immortality...we can walk that path through any danger, through any difficulty unafraid.'


Beech		
Now	Over-critical with others. Intolerant. Lacking compassion and understanding	
The Journey	“From being judgemental to being understanding”	
The aim	“Tolerance”	

Solgar Notes

Keyword: Intolerance

Beech is for people who are constantly making criticisms, intolerant of other people's shortcomings and unable to make allowances. They have a strong sense of their own superiority, can be judgmental and arrogant, and are easily irritated by other people's mannerisms or habits. They are convinced that they are always in the right and everyone else in the wrong. Consequently they may have few friends and suffer from loneliness. These rigid attitudes of mind may be reflected in physical stiffness, taking the form for example of arthritis, or stiff necks and shoulders.

The positive potential of Beech is the ability to hold strong convictions and high ideals without imposing them on others, and tolerance of other people's viewpoints. There is a sense of compassion for and unity with others; the positive Beech person can see the good in others despite their imperfections, supported by the knowledge that everyone is working towards perfection in their unique way. For Dr. Bach, the perfect example of tolerance was Christ forgiving His executioners on the cross.

Centaury		
Now	Doesn't know how to say no. Submissive	
The Journey	“From saying yes to everybody to being more discerning and true to oneself”	
The aim	“Willingness to help”	

Solgar Notes


Keywords: Weak-Willed and Subservient

Centaury is for people who let themselves be imposed upon and even bullied by others. They are usually timid, quiet, and rather passive, with little strength of will-'doormats'. Anxious to please, they cannot stand up for themselves. They are often tied to a domineering partner, parent or boss, to whom they find it hard to say no, though they give in to them out of subservience rather than willing co-operation. Although dissatisfied with this state of affairs, they will deny their own wishes or vocation rather than risk a confrontation. Anxious to 'do the right thing', they are easily influenced by what other people and society demand and dictate. Drained by others and out of touch with their own assertiveness, they tend to lack energy and tire easily. Physically, this may manifest as anaemia or low blood pressure.

Centaury is also a useful essence for weakness after prolonged illness.

The positive potential of Centaury is someone who serves willingly and unobtrusively but without denying their own needs. They can express and defend their own opinions, and mix


well in company. Above all, they are in touch with what they want and can now follow their own path with determination and energy, unhampered by the opinions of others.

Cerato		
Now	Doesn't have faith in one's abilities. Lacking confidence	
The Journey	"From a weak judgement to an inner knowing Intuition"	
The aim	"Intuition"	

Solgar Notes **Keywords: Seeks Advice and Confirmation From Others**

Cerato is for people who do not trust their own judgment in decision-making. They actually know what they want and need, but although they have plenty of inner wisdom and may be highly intuitive, they constantly seek advice and confirmation from others, and will misguidedly follow someone else's advice rather than trust themselves. They can therefore appear stupid and gullible, and with their constant questions and requests for advice, other people may find them draining and irritating. When ill, they are likely to try a succession of treatments and remedies recommended by other people.


The positive potential of Cerato is shown in the person who trusts his or her own inner wisdom and follows it. Quietly self-assured and decisive, they are able to find and follow their true vocation.

Cherry Plum		
Now	Finding difficult to let go. Uncontrollable violent outbursts	
The Journey	"From extreme tension to relaxation"	
The aim	"Inner calm"	

Solgar Notes **Keywords: Fear of Mind Giving Way**

Note: If symptoms are very severe, help from a good therapist is recommended. Cherry Plum is indicated for people on the verge of a nervous breakdown, possibly contemplating suicide. They may be deeply depressed, to the point of despair, and afraid of losing their sanity. Characteristically, these people are sensitive and highly strung. At times when Cherry Plum is needed they feel about to explode, and are afraid of giving way to violent impulses. Indeed they may be abnormally abusive and hysterical towards friends and family, exploding in sudden outbursts of rage. Symptoms may be a result of post-traumatic stress after experiencing a trauma such as participating in a terrifying incident. Cherry Plum is also indicated for screaming fits in children.


The positive potential of Cherry Plum is the person who is unafraid, possessed of calm, quiet courage and inner strength. Although sensitive, they can use their energies creatively. A classic example is the prisoner-of-war who comes through mental and even physical torture maintaining his or her sanity. The positive Cherry Plum person recognizes that the personality contains both light and shadow, and is able to come to terms with inner conflicts. They are spontaneous, aware of and open to inner guidance.

Chestnut Bud		
Now	Doesn't learn from past experiences	
The Journey	"From being absent minded to learning from experience"	
The aim	"Learning"	

Solgar Notes **Keywords: Failure To Learn From Past Mistakes**

Chestnut Bud is for failure to learn by experience, leading to an inability to make progress in life. The person keeps repeating the same mistakes, such as falling over and over again for the wrong partner, or continuing to work in an unsuitable job. Instead of learning from past difficulties they try to forget them, and therefore have no basis on which to make future decisions. They may suffer recurrent ailments (e.g. colds, migraines, indigestion), never questioning why they keep returning, in order to deal with the root cause. This is a useful essence for children who are slow learners at home or at school. (See also Clematis, for day-dreaming)


Positive potential: Dr. Bach wrote: 'This essence is to help us to take full advantage of daily experiences and to see ourselves and our mistakes as others do.' The positive Chestnut Bud personality observes his or her own mistakes with objectivity, and learns from every experience, gaining knowledge and wisdom so as to move forward in life. Mentally active, they also observe and learn from others.

Chicory		
Now	Being intrusive in other people's lives	
The Journey	"From possessive love to unconditional love"	
The aim	"Maternal love"	

Solgar Notes **Keywords: Selfishly Possessive**

Chicory is for people who control and manipulate their loved ones; their care for others is totally self-centered and manipulative. These strong-willed people expect other people to conform to their values; they are critical, interfering and nagging. They are often very talkative, opinionated and argumentative. They dislike being alone, and demand constant attention and service as a duty; typical is the domineering parent who keeps adult children under his or her thumb. Although strong, they are self-pitying and easily offended. When thwarted they are fretful, and will give way to tears. Some Chicory people will feign illness in order to gain attention - for example, the possessive parent who manifests 'heart pains' whenever a daughter tries to leave home. In these people the ability to give genuine love has been blocked, often because they have not received genuine love in childhood. This emotional blockage is sometimes reflected in congestive illnesses. Chicory is also good for children who make constant and unreasonable demands for attention.


The positive potential of Chicory is the person who is able to care for others unselfishly, offering genuine maternal love. They give without expecting anything back, and allow their loved ones to be themselves and live their own lives. Feeling fulfilled and self-assured, they no longer need other people's assurance that they are worthy of love. They are warm, kind, concerned for others and sensitive to other people's needs.

Elm		
Now	Doubts one's ability in achieving a task or being up to one's responsibilities	
The Journey	"From doubting one's abilities to confidence"	
The aim	"Responsibility"	

Solgar Notes **Keywords: Suddenly Overwhelmed By Responsibility**

The negative Elm state is usually temporary, when people of above average ability become exhausted. Elm types are often in positions of responsibility, concerned with the welfare of others, e.g. doctors, teachers, therapists, heads of industry - and are normally altruistic and reliable. Elm is indicated when these capable people suddenly feel overwhelmed by their responsibilities and feel inadequate to deal with them or keep up with events; this is often brought about by taking on too much work without taking care of oneself. As a result they feel depressed and exhausted, with a temporary loss of self-esteem. Even a momentary doubt of their own abilities causes them to feel weak and debilitated.


The positive potential is restoration of one's normal capable personality, and a return to efficiency and self-assurance. Problems are seen in perspective, and the person takes on only as much as he or she can cope with, taking time to look after their own needs.

Gentian		
Now	Sceptical. Pessimistic. Lost faith and courage	
The Journey	"From doubting spirituality towards trusting the profound meaning of life"	
The aim	"Faith"	

Solgar Notes **Keywords: Hopelessness, Despair**

Gentian is for pessimism and a negative outlook. Sufferers are easily discouraged and depressed when things go wrong or when faced with difficulties. Unlike Mustard, their depression is always from an identifiable cause. They may in fact be making good progress in illness or in life, but are easily disheartened by small setbacks. Gentian is also suitable for depression due to a long-term difficult situation - unemployment, over-long grief after bereavement (see also Sweet Chestnut), etc. Sufferers refuse to accept that lack of faith makes problems worse, or that a negative outlook actually attracts negative conditions.


Gentian may be indicated for people suffering from a long-term or recurrent illness; it is also a good tonic for convalescents. It is useful for children discouraged about their schoolwork. The positive potential of Gentian is the realization that there is no such thing as failure when one is doing one's best, no matter what the results. No obstacle seems too great, and no task too daunting to undertake. There is a conviction that any difficulties will be overcome in the end, and setbacks have no effect.

Gorse		
Now	Lost hope. Feeling resigned. Feeling that nothing has a purpose	
The Journey	"From giving up to new beginnings & Hope"	
The aim	"Hope"	

Solgar Notes

Keywords: Discouragement, Despondency

Gorse is for extreme hopelessness and despair, for people who have given up the fight. They may be suffering from a chronic illness, and have been told that nothing more can be done to help them. Or they may believe that their illness is hereditary, and therefore incurable. They feel condemned to pain and suffering, and can see no way out. They may try different treatments to please their nearest and dearest, but have no faith that they will work. Dr. Bach wrote of Gorse people: 'They look as if they needed sunshine in their lives to drive the clouds away.' They are often sallow complexioned, with dark rings under the eyes. The positive aspect of Gorse is a sense of faith and hope, despite current physical or mental problems, or other people's prognoses. The patient feels brighter and happier, and able to use illness as a positive experience. In milder cases, he or she feels on the road to recovery. Gorse may be useful in the early stages of a chronic illness, giving the patient the will to recover.


Heather		
Now	Too self-centred. In need of an audience. The dependant child	
The Journey	“From the dependant child to the independent adult”	
The aim	“Identity”	

Solgar Notes

Keywords: Self-Centeredness, Self-Concern

Heather is indicated for total self-preoccupation, for the type of people who are obsessed by their own ailments and problems. Often hypochondriacs, they will exaggerate their symptoms, or make mountains out of molehills. They are compulsive talkers, needing an audience, and will buttonhole people in order to talk in lengthy detail about themselves. They tend to speak rapidly, close into the listener's face. They dislike being alone, but fail to realize that they are often avoided because they sap other people's vitality and show no interest in other people's problems. This self-obsession may stem from lack of love in childhood.

The positive potential of Heather is the good listener who is generous in helping others, selfless, and understanding of other people's problems. They are able to put their own suffering to good use by empathizing with others. They radiate strength and confidence, trusting that their own needs will be met.

Holly		
Now	Feeling intensely irritable with jealousy, mistrust, hate and envy	
The Journey	“From hardness of the heart to magnanimity”	
The aim	“Opening of the heart”	


Solgar Notes

Keywords: Hatred, Envy, Jealousy

Holly is an important essence for anyone interested in spiritual growth, since it opens up the capacity to give unconditional love. Dr. Bach wrote: 'If ever a case suggests that it needs many essences, or does not respond to treatment, give either Holly or Wild Oat, and it will then be obvious which other essences may be required. In all cases where the patient is of the active, intense type, give Holly.' The negative Holly personality is full of hatred, envy, and jealousy. Suffering perhaps unconsciously from insecurity, they are suspicious and

aggressive. He or she lacks the ability to love and feels a generalized anger towards his or her fellows. Holly people can be bad-tempered, hard-hearted, even cruel and on occasions violent. Inside, they are suffering - often for no good cause. Their constant state of anger may take physical effect in high blood pressure or arthritis. Holly people have often lacked love in childhood, and have closed up their hearts in consequence. Holly is a good essence for children who are jealous of their siblings.


The positive potential of Holly: Dr. Bach wrote: 'Holly protects us from everything that is not Universal love. Holly opens the heart and unites us with Divine Love.' The positive Holly person is generous-hearted, able to give without making demands for any return. They are compassionate, loving and lovable; willing to share, and un-possessive, even when having personal problems themselves. Upheld by a sense of inner harmony, they take genuine pleasure in other people's success.

Honeysuckle		
Now	Refuses, consciously, or unconsciously, to integrate the past	
The Journey	“From before to Now”	
The aim	“Accepting the past”	

Solgar Notes

Keywords: Lives In The Past

Honeysuckle is for over-attachment to past memories. It can be very helpful to the bereaved, the redundant, people who have failed in business, and especially to older people who have to live alone. The person in need of Honeysuckle tends to live in the past, in a state of homesickness or nostalgia. They have regrets, but are unable to change present circumstances since they are constantly looking back at the past, fearing to look ahead. He or she may be attached to lost loved ones, or to happier days when young, or unable to get over unhappy past experiences. They find it difficult to get over bereavement, and constantly refer to the past in conversation. This failure to live in the present can lead to loss of energy. The positive potential of Honeysuckle is the ability to live in the present, no longer experiencing the past as overpowering, but seeing it as valuable experience, providing lessons for today. The person can now move forward in life with no regrets. Aging is accepted as a natural process.


Hornbeam		
Now	Monday morning feeling. "Life is Hard" Feeling. Feeling too weak to achieve the tasks ahead, whilst achieving them	
The Journey	“From a low psychic state to a clear mind”	
The aim	“Energy, stamina”	

Solgar Notes

Keywords: 'Monday Morning' Feeling

Hornbeam is for weariness, mental rather than physical; for the person who wakes up doubting their ability to face the day's work. They find it difficult to face up to problems, or cope with the day's program, although in fact they usually get everything done. People in need of Hornbeam may be suffering from overwork, or a sense of staleness and lack of variety in life, for example when studying hard for exams (See also Olive.). They lack enthusiasm and tend to procrastinate. Physically, they may suffer from a heavy head and tired eyes; sleep is not refreshing. If convalescing from illness, they doubt their strength to recover.

The positive potential of Hornbeam is certainty of one's strength and ability to face the day's work. Positive Hornbeam personalities know they can overcome any problems, however serious. A lively mind, vitality, freshness and spontaneity are restored, and life is enjoyable again. The day's work can be faced with energy and a clear head, and is properly balanced with play.

Impatiens		
Now	Easily irritated. Lacking patience. Excessive reactions	


The Journey	“From impatience to patience”	
The aim	“New notion of time”	

Solgar Notes

Keyword: Impatience

May be applied to skin in lotion (5 drops in water or milk) Impatiens is indicated for irritability, impatience and nervousness. The negative Impatiens character wants everything done instantly. They act, think and speak quickly, and are energetic but tense. These people are capable and efficient, but irritated and frustrated by slow co-workers and therefore prefer to work alone. They are independent, hate wasting time, and will finish other people's sentences. They may have temper flare-ups, but these are soon over. When ill, they make bad patients. They are often fidgety, and their hastiness may lead to accident-proneness, indigestion (through hasty eating) and possibly muscular spasms, cramp, or irritating skin rashes.

The positive potential of Impatiens is someone who is decisive, clever and spontaneous, but less hasty in thought and action. They are relaxed and good-humoured with others, sympathetic to those less gifted. They cope calmly and diplomatically with irritating problems.


Larch		
Now	Feelings of inferiority. Expecting to fail	
The Journey	“Self confidence”	
The aim	“From feeling inferior to blossoming”	

Solgar Notes

Keywords: Lack of Confidence

Larch is for lack of self-confidence, for people who won't even try because they are sure in advance that they will fail. Although suffering from feelings of inferiority, they admire people who achieve things without envy. In fact they are secretly aware they have potential ability, but refuse to acknowledge it, thereby avoiding the risk of failure. Consequently they become discouraged and depressed. This limited view of self may have been imposed on them in childhood by over critical adults. This is also a useful essence for anyone suffering from nerves before examinations, interviews, driving tests, etc.

The positive potential of Larch is expressed in people who are determined, capable, with a realistic sense of self esteem, unworried about failure or success. They are aware of their own potential and work towards achieving it. They are able to take the initiative, to take risks, and refuse to accept the word 'can't'. They use their critical faculties sensibly.

Mimulus		
Now	Shy, fearful, subject to numerous nagging fears	
The Journey	“From fear to trust”	
The aim	“Courage”	


Solgar Notes

Keywords: Fear of Known Things

Mimulus is for fear from known causes, such as: illness, death, accidents, pain, the dark, damp, cold, poverty, other people, animals, spiders, public speaking, loss of friends or job, dentistry, etc. Sufferers may be artistic and talented, but shy and retiring, can be tongue-tied in company. If injured, they may be slow to convalesce for fear of damaging themselves further. Mimulus is good for shy, sensitive children, afraid of animals, the dark, etc.

Sometimes their fears give rise to bed-wetting. Mimulus types may be physically of delicate build and features; they may suffer from blushing, stammering, nervous laughter, etc. They may respond to pressure with stress symptoms such as nervous headaches.


The positive potential of Mimulus is the personality possessed of quiet courage to face trials and difficulties with humor and confidence. They can stand up for themselves, and with the emotions under complete control can enjoy life without fear. They learn to live with their sensitivity, knowing when and how to withdraw when necessary, but can stand up for themselves. Anxieties are overcome with realism and humour.

Mustard		
Now	Deep sadness. Feeling low with no apparent reason	
The Journey	“From dark melancholy to inner light”	
The aim	“Light”	

Solgar Notes **Keywords: Deep Gloom with No Origin (Black Depression)**

Mustard is for sudden depression which descends out of the blue and lifts just as suddenly for no apparent reason. This gloom can be very severe; it is like the descent of a cold, dark fog, overcasting everything and destroying normal cheerfulness. The sufferer is completely taken over by gloom and unable to shake it off at will.


The positive potential of Mustard is cheerful serenity, supported by an inner stability and peace which cannot be shaken or destroyed under good circumstances or bad.

Oak		
Now	A constant feeling of having to fight resulting in exhaustion. Never gives up	
The Journey	“From the constant fighter towards the quiet warrior”	
The aim	“Stamina”	

Solgar Notes **Keywords: Exhausted but Struggles On**

Oak people are normally brave and strong; they need Oak when their inner strength wanes and fatigue takes over. They are over-achievers, who will overwork but hide their tiredness, unwilling to appear weak in front of others. Driven by a strong sense of duty, they are helpful to others, conscientious and reliable. They are patient, sometimes plodding, and will not allow themselves to relax if there is work to be done; instead they struggle on obstinately when over-tired. The resultant fatigue may lead to depression, and other stress symptoms, including loss of the usual pleasure in work and service to others. Symptoms could result in a breakdown if allowed to go on too long. These people have a sense of failure when ill, but are ceaseless in their efforts to recover.

Positive potential Oak people are normally strong, often the mainstay of their family or working group. Normally they possess enormous endurance, persistence, patience and reserves of energy, and can stand up to a good deal of stress. Oak restores their energy, and helps them to recognize the need to take time off to relax and look after themselves as well as their duties.


Olive		
Now	Cannot cope with anything anymore. Physically and spiritually exhausted	
The Journey	“From Exhaustion to vitality”	
The aim	“Restoration”	

Solgar Notes

Complete Exhaustion

A good essence for convalescence Olive is for those who are exhausted in body and mind after a long period of strain through personal difficulties, an intense period of study or work, a long illness, or nursing someone else for a long time. Olive is characterized by exhaustion to the point of tears, when all reserves of strength and energy have run out. Everything is an effort; one tires easily, and life lacks zest. Sufferers no longer enjoy their work or the leisure activities in which they formerly took pleasure. Sufferers find they need a lot of sleep. As a result of fatigue the body may be functioning below par, and a medical check-up may be advisable.

The positive potential of Olive is restoration of strength, vitality and interest in life. The person no longer exhausts their own reserves of strength, but listens to his or her inner guidance and recognizes the needs of their body. They are able to maintain their peace of mind even when forced to remain inactive.

Pine		
Now	Self-critical. Feelings of guilt	
The Journey	“Accepting oneself from guilt to self-respect”	
The aim	“Self worth”	

Solgar Notes


Keywords: Self Reproach, Guilt

(Not to be confused with self-disgust / Crab Apple)

Pine is indicated for people who feel full of guilt and self-reproach; they blame themselves for other people's mistakes and, indeed, for anything that goes wrong. They feel undeserving and unworthy. Their guilt complex and sense of shame is not necessarily based on any actual wrong- doing, but destroys the possibility of joy in living. These people are over-conscientious, setting high standards for themselves, though not for others. They often overwork, but are never satisfied with their own achievements and may become depressed through not meeting their own high ideals. They are self-sacrificing, self-denying, and come over as humble and apologetic; they will apologize for being ill, and may feel they deserve their illness or pain.

The positive potential of Pine is renewed energy, vitality, and pleasure in living.

Responsibility is accepted realistically, and judgment is sound. Positive Pine people accept and respect themselves as they would others, without exaggeratedly negative judgments. In relation to Pine, Dr. Bach wrote: '...One trace of condemnation against ourselves, or others, is a trace of condemnation against the Universal Creation of Love, and restricts us, limits our power to allow the Universal Love to flow through us to others.'

Red Chestnut		
Now	More concerned by others well-being than by own.	


	Feeling dependent of another person	
The Journey	“From symbiosis to independent thinking”	
The aim	“Independence, autonomy”	

Solgar Notes

Keywords: Anxiety For Others Red

Chestnut is for over-concern and anxiety for others, especially of family and close friends. It is often a temporary state among careers, nurses, counsellors, etc. They fear the worst for their loved ones; that a minor complaint will turn into something serious, that a child at play will fall, or a holiday plane crash. They worry about other people's problems, unaware of the creative power of thought, and that such thoughts can actually attract the sort of events they fear.

The positive potential of Red Chestnut is the ability to care for others with compassion but without anxiety. Positive Red Chestnut people radiate thoughts of health and courage to those who need them, and remain mentally and physically calm in emergencies. They are happy to give help when asked, but hold back from forcing help on others.

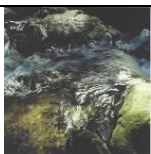
Rock Rose		
Now	Feeling panicked, feeling overwhelmed by terror	
The Journey	“From acute fear to courage”	
The aim	“Acute fear”	

Solgar Notes

Keywords: Terror

Rock Rose is for terror after being in an accident or having a near escape, or from witnessing an accident. When under acute threat - such as a natural disaster, sudden illness, a mugging, etc. there is a sense of frozen fear and helplessness. It is good for panic after a nightmare, and for nightmares and night terrors in children. It is also useful for friends/family when a patient's state is so grave that those around are affected. The Rock Rose state is usually brief, related to a particular crisis; but people with long-term Rock Rose characteristics may suffer from adrenal exhaustion.

The positive potential Rock Rose is great courage and presence of mind; the willingness to risk one's own life for others. These are the heroes and heroines possessed of strong will and character, who are calm and self-forgetful in emergencies.


Rock Water		
Now	Too demanding on oneself. Rigidity. Also not looking after oneself (food, sleep, exercise)	
The Journey	“From being rigid to being fluid”	
The aim	“Flexibility”	

Solgar Notes

Keywords: Self Repression, Self Denial

A few drops added to baths can be helpful Rock Water is for inflexibility: it is indicated for people who may be self-denying, but at the same time over-concentrated on themselves. They are self-dominating to the point of self- martyrdom. They will stick rigidly to diet and exercise programs, work routines and spiritual disciplines. They are opinionated; their thinking is ruled by fixed ideas and dogma regarding subjects like religion, diet, morality, politics, etc. They like to set an example to others but unlike Vine types (see Vine) they are too self-concerned to interfere in other people's lives. Their rigidity of outlook may be reflected in physical rigidity.

The positive potential of Rock Water is expressed in the ability to hold high ideals with a flexible mind. Positive Rock Water people are willing to change their minds and give up their pet theories if convinced of a greater truth. They understand that inner harmony is more powerful than externally enforced behaviour, and allow themselves more flow in life. Open to inner truth rather than other people's dogmas, they are an inspiration to others by their joy in living and inner peace.


Scleranthus		
Now	Feeling uncertain with mood swings. Internal turmoil	
The Journey	“From being indecisive to inner balance”	
The aim	“Balance”	

Solgar Notes

Keywords: Uncertainty, Indecision

Scleranthus is for people with indecision between two possibilities: people in need of it find it difficult to make decisions, particularly when faced with a choice of two possibilities. These people lack balance and poise; they may be fidgety, with nervy, dithery gestures; their grasshopper minds make them jump about in conversation. They are up and down in mood, experiencing extremes of joy/sadness, energy/apathy, optimism/pessimism laughing/crying. The changeable outlook can make them unreliable, and they can waste time and lose opportunities due to indecision. Their un-centeredness can make them subject to travel-sickness and complaints affecting the balance. Scleranthus is recommended for children who suffer from travel-sickness.

The positive potential of Scleranthus is calm determination, poise and balance in all circumstances. Positive Scleranthus people are calm and soothing presences to others. They are able to make quick decisions and act promptly when necessary.


Star of Bethlehem		
Now	The soul support. After effects of any types of trauma	
The Journey	“From shock to back to centre”	
The aim	“Comfort”	

Solgar Notes

Keywords: After Effects of Shock

'The comforter and soother of pains and sorrows' (Dr. Bach) Star of Bethlehem is for the after-effects of shock, mental or physical as a result of accidents, bad news, deaths, sudden disappointments, frights etc. It is an important ingredient of the Rescue Remedy. It is useful for both mother and child immediately after a birth. Ideally taken immediately after experiencing the shock, it is also excellent for the delayed-action effects of shock, birth trauma, bereavement etc., which may manifest years after the event in the form of physical symptoms, nervous breakdown, anxiety attacks, depression, a sense of loss or grief, etc. People suffering in this way may have nervous symptoms, or may seem numbed and withdrawn.


The positive effect of Star of Bethlehem is to neutralize the effects of shock, whether immediate or delayed. It revitalizes the nervous system, helping the sufferer to recuperate from physical and mental symptoms and return to active life in the present.

Sweet Chestnut		
Now	Cannot see a way out	
The Journey	“From the darkness to the light”	
The aim	“Being set free”	

Solgar Notes **Keywords: Extreme Mental Anguish**


Sweet Chestnut is for agonizing mental anguish, described by Dr. Bach as 'the hopeless despair of those who feel they have reached the limit of their endurance.' It may take the form of intense sorrow; sufferers can feel almost destroyed by it. Total exhaustion is accompanied by a sense of loneliness, and the feeling that the future is totally dark and hopeless. They may feel on the point of nervous breakdown, though not suicidal. There may be the feeling that God has forsaken them. This state may follow bereavement, or years of stress, suffered bravely and uncomplainingly.

The positive potential of Sweet Chestnut is liberation from despair and depression, with peace of mind restored. Though external circumstances may not have changed, they can now be faced with calmness and peace of mind. This may be aided by the discovery or recovery of faith in a higher power, with a sense of inner support.

Vervain		
Now	Feeling very passionate about certain causes and fighting for them. Can become fanatical	
The Journey	“From the zealous missionary to the flag holder”	
The aim	“Enthusiasm”	

Solgar Notes **Keywords: Tension, over-Enthusiasm**


Vervain is for tension and hyperactivity: subjects are determined but highly strung, over-achieving and keyed-up. They put unnecessary effort into everything they undertake, pushing themselves beyond their physical limits. Their minds race ahead of events; they take on too much work and try to tackle too many jobs at once. These people are strong-willed, and hold strong views. Sensitive to injustice and dedicated to causes, often self-sacrificially, their over-enthusiasm can be fanatical, so that they alienate potential allies and converts. They may suffer from insomnia due to their active minds and inability or unwillingness to relax. Prolonged nervous tension could lead to nervous breakdown or physical exhaustion. Quick in speech and movement, they can be irritable, and may suffer extreme muscle tension. The positive potential of Vervain is the person who is calm, wise, tolerant and able to relax. Although they hold strong views, they can change them when appropriate and do not need to impose them on others. They take a broad view of life and events. Positive Vervain people understand, as Dr. Bach wrote: 'It is by being rather than doing that great things are accomplished.'

Vine		
Now	Authority and control issues. Wants to impose own views on others	
The Journey	“From controlling to being a guide”	
The aim	“Authority”	

Solgar Notes

Keywords: Domineering, Inflexible

Vine is for people who dominate others. They are very capable, even highly gifted and ambitious, but they use their undoubted gifts to dominate and bully. They know better than everyone else, and put other people down. Although they do not try to convert other people they override their wishes and opinions and demand and expect absolute obedience. They are aggressive and proud, and can be ruthlessly greedy for power, the extremes are hard, cruel and uncompassionate. Examples are the parent or boss who rules with an iron rod, or the political dictator who uses any means to gain his ends. This rigidity of attitude may be reflected in physical tension and rigidity, high blood pressure, or hardening of arteries. The positive potential of Vine is determination without domination. Positive Vine people see the good in others, and encourage and guide without controlling them. They make wise, loving leaders, teachers, bosses or parents. They use their gifts to help others to know themselves and find their own path in life. They inspire others with their unshakable confidence and certainty.

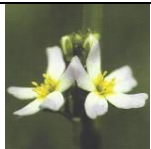
Walnut		
Now	During a phase of deep transformation, feeling drawn to listen to others rather than following one's own decisions	
The Journey	"From being influenced by others to taking decisions true to oneself"	
The aim	"Rebirth"	

Solgar Notes

Keywords: Protection from Change and outside Influences

Walnut protects against the effects of over-sensitivity to certain ideas, atmospheres and influences. It is the essence for times of major life changes - teething, puberty, pregnancy, divorce, menopause; changes of religion; moving a job or home; giving up an addiction or breaking away from old ties and restrictions; also for the regrets caused by change - loss of friends and familiar circumstances, ageing, bereavement, approaching death, etc. (See also Honeysuckle). Those in need of Walnut have definite ideals and ambitions and are keen to move forward in life, but are held back by the influence of a stronger personality, by restrictive circumstances, by family ties or links with the past. They may be temporarily affected by another's personality or problems; it is useful for therapists, healers and counsellors dealing with emotionally troubled or draining clients. Walnut is also good for those giving up an addiction such as smoking.

The positive potential of Walnut is the ability to move forward, free of the past, and make necessary changes in life, carrying plans through despite discouragement, objections or ridicule from others.


Water Violet		
Now	Going inwards. Feeling superior by choosing isolation.	
The Journey	"From isolation to communication"	
The aim	"Communication"	

Solgar Notes

Keywords: Proud, Aloof

The Water Violet type is knowledgeable, calm, and capable. They are often asked for advice, but will not impose their opinions or wishes on others. Gentle, and self-reliant, they have a


talented people may find ways of pursuing more than one career at once. They no longer give up when bored.

Wild Rose		
Now	Feeling resigned. Total apathy. No interest in anything	
The Journey	“From giving up to feeling motivated”	
The aim	“Joy of life”	

Solgar Notes **Keywords: Resignation, Apathy**

Wild Rose is indicated for anyone who is resigned to an unpleasant situation, whether illness, a monotonous life or uncongenial work. They do not complain, but are too apathetic to get well, change their occupation or enjoy simple pleasures. Although their situations are unsatisfactory, they are not actually unhappy, and make no effort to change their circumstances. This makes them rather dull as companions, and unable to fulfil their potential. When ill, they are over-accepting of medical prognoses such as 'you must learn to live with it'; they may believe that their condition is hereditary and that therefore nothing further can be done. They are resigned rather than depressed at the prospect. They may also suffer from chronic or recurrent illnesses. They lack energy, and may speak in a monotonous voice. They may also suffer from chronic or recurrent illnesses. They fail to realize that one's attitude creates one's life conditions and contributes to health and success.

The positive potential of Wild Rose is a lively interest in life, work and the world in general. Resignation gives way to ambition and a sense of purpose, good health and enjoyable friendships. Positive Wild Rose people accept responsibility for their own lives and circumstances and use their initiative to make changes.

Willow		
Now	Feeling like a victim. As if having no control over one's life. Bitterness	
The Journey	“From bitterness to taking charge of one's destiny”	
The aim	“Destiny”	

Solgar Notes **Keywords: Resentment**

Willow is for resentment, self-pity and bitterness. Most people feel more or less put upon at times; this essence helps to neutralize resentment, and regain a sense of humour and proportion. Willow is for feelings of being short-changed by life - 'I don't deserve this. Why should it happen to me?' The person in the negative Willow state begrudges other people's good luck, health, happiness or success. They are grumbling, sulky and irritable, and enjoy spreading gloom. They are only interested in other people in order to decry and criticize. They take without giving, and without gratitude, alienating their friends and family. These people make difficult patients when ill, since they are never pleased or satisfied, preferring to see themselves as victims, and reluctant to admit to any improvement. Constantly maintaining resentment can affect one's overall vitality and lead to poor general health. The positive potential of Willow is a state of optimism and faith.

The positive Willow person recognizes that the power of thought creates one's own circumstances. They are able to forgive and forget past injustices and enjoy life, thereby attracting positive conditions and friends. No longer victims, they are in control of their own destiny.

Rescue Remedy

“Emergencies and Associated Stress”

Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis



Solgar Notes

Keywords: The First Aid Remedy

The Rescue Remedy is a composite of five Flower Essences: **Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis**. It is worthwhile carrying a small bottle with you in case of emergencies.

Rescue Remedy Cream is available for burns, bruises and other physical results of accident. Note: Like all the Flower Essences, the Rescue Remedy is not intended to replace medical treatment, but is an invaluable support while waiting for medical help in an emergency. It is natural, entirely safe, has no side effects, is not habit forming, and will not interfere with any other medical treatment.

For Stress and Shock in Emergencies

If you have received a shock of any kind, such as sudden bad news, a family upset or a bereavement; if you are fearful, confused, even in terror or panic, Rescue Remedy will help you face up to the stress. It can be taken before the stress-inducing event: for example, while waiting for important news, about to sit an exam or take a driving test, or attend a difficult meeting or interview; before going on stage or giving a speech; before going to the dentist or into hospital. Rescue Remedy will help to reduce your fear and nerves. It is also an excellent emergency remedy whenever you feel uptight, tense or unduly bothered, and can usually restore balance. On occasions when your mind is over-active or unpeaceful, take a dose or two in the evening and before going to sleep. After an accident, shock or trauma, an immediate dose of Rescue Remedy can contribute greatly to counteracting its effects and helping the natural healing process to take its course. If there has been a bad accident at home, out of doors or on the road, those involved may be experiencing shock and confusion. While waiting for medical help the Remedy can be used to relieve the fear and shock of both victim and onlookers, and restore calm. Dosage For Rescue Remedy Stock: For immediate or emergency use, dilute 4 drops in a small glass of water or other liquid. Sip frequently, replenishing the glass if necessary. If the sufferer is unable to swallow or is in a comatose state, use the Remedy to moisten the lips, behind the ears and the wrists. If there is no liquid to hand, the victim/patient can be given drops direct from the stock bottle. (N.B. This should be done with caution: since all the essences are preserved in brandy, this entails a direct intake of alcohol, which may not be acceptable for everyone for religious or other reasons.)