



Dr. K. Poongavanam

PREFACE

Some thirty years ago I read a beginner's book on Flower Medicine. With much enthusiasm I started practising it. After a few months when I assessed the outcome, it was disappointing. However, the Rescue Remedy worked well in every case in which it was used.

Naturally, my enthusiasm vanished. Seven years later I came across a small book, 'Heal Thyself' - written by Dr. Edward Bach. It took ninety minutes to complete the first reading. And it was at one go, without a break.

'The Flower Medicine formulated by this same author, Dr. Bach, must be genuine' - I said to myself.

In a few days I could get a copy of the Twelve Healers. It was again a pleasant reading experience.

I also realised that;

1. Any new knowledge must be acquired from its original source, and,
2. Its philosophy must be well understood before applying it.

This happened to be my real initiation to Flower Medicine.

As the practice continued, the successes were gratifying, and each failure taught a new lesson.

I have been sharing my knowledge and experience on this subject with others, through one day seminars and weekend training classes. My Tamil Book on this subject was well received.

Now, in venturing to bring out the present work I have followed Dr.Bach, to put it as simple as possible and present it with utmost sincerity.

I hope the readers find it useful

Dr. K. Poongavanam

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I. The Real Stories

A grown up girl used to be terrified at the sight of a house lizard. She would scream aloud shivering with fear, as if an emergency situation had arisen. She was given a few doses of Rock Rose, a flower remedy for extreme fright. After a few days she herself killed a lizard, just to show that she is not afraid of it any more!

A boy in his teens, studying I PUC, was in a state of confusion. He was unable to decide on the course of study to pursue after his PUC. Everyday he would come out with an option, only to change it on the following day. This state of mind pervaded into his studies and other activities as well. He is the only son to his parents and obviously they were worried. He was given a few doses of Scleranthus. In about two weeks time, his uncle reported that now everything is fine with the boy.

A student of the Flower Medicine training class, a teacher by profession, enthusiastically reported an incident where one of her colleagues, after an unpleasant situation was in a state of excitement and rage without any control over himself. A dose of Rescue Remedy restored normalcy in him almost instantaneously.

One day, a house wife was brought in a car and the time was around midnight. She was in a comatose condition. That evening there was a tense situation after a quarrel with some relatives, after which she became unconscious. Her husband after returning from his work took sometime to ease out the prevailing tension and then she was brought to my place. Rescue Remedy and Clematis were given which were to be administered alternately every fifteen minutes. One dose from each medicine was given and a third dose was not required.

A middle aged lady had spells of fainting and vertigo. She was a known diabetic and hypertensive patient. She was given Crab Apple for the persistent feeling of uncleanness in herself and Clematis for fainting spells. After a month the readings of her Glucose level and Blood pressure were almost normal. No need to say that she was free from her vertigo and fainting fits.

A psoriasis patient was given white chestnut because of recurrent attacks. After three weeks she was much better.

A seventh standard girl, in spite of her best efforts, found it difficult to remember what she studied. She failed in two or three subjects in every class test. A month before her annual examinations, she was given Chestnut Bud. She was able to score first class marks in all the subjects.

- There are instances where the fear and apprehensions, overcome with Mimulus.
- A tendency to be infected by the prevailing diseases around, thwarted with walnut.
- A condition of self pity, changed for better with Willow.

Were all these people sick ?

What were those illnesses ?

How did these Flower Remedies help them ?

Let us proceed further to know more about.

II. The place of Flower Medicine among other Medical Systems

There are many medical therapeutic systems, each one differing from the other, having its own method, principle and philosophy.

Our 'SELF' consists of the material forms such as the Cells, Tissues, Organs and Systems of functions. There are also subtle and non-material organs such as the Mind and Psyche. Our brain is the central organ, controlling the entire material forms on one side, and interacting with the non-material organs on the other.

Most of the medical systems aim at rectifying the malfunctions of those material organs of our body and repairing their damages as and when needed.

Universally the most prevailing and popular system of medicine is Allopathy, which also claims a status of Scientific and most advanced system of medicine. It applies medicinal substances in material doses, which are mostly the opposite ones, to the conditions of disease. It ascertains the conditions which are brought about by diseases, known as pathology. Thus, it always follows diseases, a step behind. This way new diseases are noted now and then for which there is a need to invent new medicines. When the doses of medicines exceed a limit, there are new disease conditions known as side effects caused by medicines themselves.

The ancient medical systems of our country, the Siddha and Ayurveda, use a technique of measuring and differentiating the humoral vibrations in normal and diseased conditions of our body, known as pulse reading. They use the medicinal substances accordingly, following their traditional method of pharmacology.

The Homoeopathic system of medicine is unique, both in its philosophy and also the use of medicinal substances.

According to Homoeopathy:

- 1) - A disease is an immaterial and spirit like force
- Therefore, the medicines used should also be immaterial with spirit like force.
- 2) - The Remedy used should be most similar to that of a condition it can produce on a healthy person.

This way, the homoeopathic system of medicine is capable of encompassing the whole and entire state of both the material and non-material forms of a being. Thus it is considered to be a Holistic Medicine.

The Flower medicine is a philosophy oriented system. It does not attach any importance to those material forms of our body. Therefore the normal functioning of our body known as physiology, and its diseased conditions, the pathology are not considered for application of this system of medicine. It only considers the prior state of our subtle organs for a diagnosis and also for healing, with a flower medicinal substance.

We shall learn more about its philosophy and application of medicines in the following chapters.

III. Philosophical background of Flower Medicine

As stated earlier, the method of treatment in Flower Medicine is totally different from all other systems of Medicine. It is plain and simple and it is capable of bringing about a total change in oneself. Yet, if it is applied without proper understanding of the philosophy of its founder, Dr. Edward Bach, failure and disappointment may be the result. Therefore, an attempt is made here to explain briefly the philosophy behind this system.

In all other Systems of Medicine, the ultimate aim is to **CURE**, whereas to **HEAL** is the purpose of Flower Medicine.

Let us know the difference.

Relief	- is to lessen the pain and suffering
Palliation	- is to alleviate the suffering temporarily
Cure	- is to eradicate the disease; and
Heal	- is to make the illness disappear and replace health in its place

Dr. Bach, when he initially discovered the healing properties of the twelve flowers, he called them The Twelve Healers. Even when their number rose gradually to thirty eight, he retained the same title.

He also wrote a pure philosophical work on healing, 'Heal Thyself'.

Thus, when we understand his philosophy of healing, it becomes easier for us to use those remedies with much more benefit than they are now being understood and applied.

The Higher Self or the Soul

The entire universe is interconnected. Any change that takes place in one part of the universe, affects all the other parts as well.

The Higher Self is the superior or most perfect form of One Self, which connects oneself to the Cosmic Energy. It raises Oneself to a maximum possible height, by showing the right path, and One's purpose of life, only when One follows the guidance of Higher Self. Without the help of Higher Self, no evolvement is possible; and no protection is available.

The Personality

Personality is the one which projects Oneself. When combined with falsehood, it can lead Oneself away from One's Higher Self, paving the way to be caught within the web of Self - Love, which is the root - cause of all miseries, sufferings and illnesses. Self - Love is to be understood as being separated from the Universe itself.

The Body and Mind

Our physical body is the constituent of the three types of matter, solid, liquid and gas. Bones and muscles are of solids. Blood and other watery contents are the liquids. Oxygen and Carbon dioxide, for example, are the gases.

Mind is a subtle organ. Its main function is creativity. With a right kind of combination of emotions and intelligence, it can reach its own height.

Mind is a non - material organ and that makes it the only source for establishing a 'contact', or connecting one, with one's Higher Self.

This 'contact' becomes a reality, only when the mind goes through the process of developing conscientiousness. If one chooses not to be conscientious, one is losing a possible contact with the Higher Self.

It becomes a possible phenomena to establish a contact with the Higher Self, whenever one desires. This contact helps one to be guided and protected by one's own Higher self, which results in an overall development of self.

If one's Higher Self, the mind, personality and the physical body are harmoniously connected, the Unity with Universe is naturally established.

When One evolves to such a philosophical height, One is able to lead a life of purity and is automatically able to correct oneself whenever one happens to falter.

The Real Illness

There are innumerable diseases the human beings are prone to be afflicted with. Now and then there are more diseases added to this long list.

According to Dr.Bach, the root cause of all diseases is Self-love. Having this as the centre point, other diseases - Pride, Cruelty, Hate, Ignorance, Instability and Greed develop. Dr.Bach named them as the seven Primary diseases.

Ability to attain freedom from sufferings, and also from diseases, is within the reach of one self. All that, one has to undertake is to identify the primary disease one is prone to, and then develop its opposite virtue, of course with the help of Higher self. The opposite virtues are:

Pride	x	Humbleness
Cruelty	x	Kindness
Hate	x	Love
Self love	x	Selflessness
Ignorance	x	Awareness
Instability	x	Stability
Greed	x	Munificence

One's real nature is always the positive quality one is endowed with. One is forced to take a journey towards the negative state of that quality, due to the misguidance one receives from his Personality, which is possessed by Self-Love.

Deviation from one's real nature is a journey undertaken towards the destination of being diseased.

Dr.Bach's ultimate goal was to use no system of medicine, except to make use of this philosophical method to heal oneself; ie to cast away the Primary diseases by developing their opposite virtues.

"It is not possible for us to be ill unless we are not in harmony with our true Nature"

- is the epitaph, in which his entire philosophy is engraved.

Dr.Bach was equally aware that it is a self-evolving process, which takes place in its own way and pace. And such reformation has to take place individually in every one of us. Till then, one is in need of a healing system which is also akin to this philosophical way of self evolvment.

'**Flower Medicine**' is the one that he discovered, and which is to be used as a first step and until such time one is able to grow to that state of philosophical entity.

He preferred to call them 'Healers', instead of drugs or remedies.

Understanding Dr.Bach's philosophy will make us better healers, and enable us to apply those remedies with much more benefit to the suffering humanity.

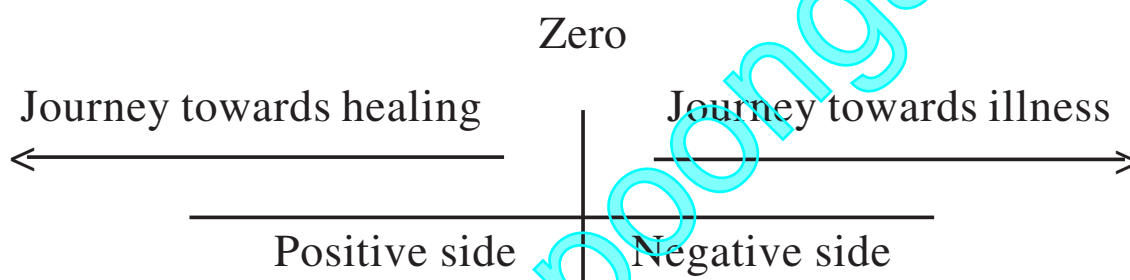
"Disease is in essence the result of conflict between Soul and Mind"

Dr. Edward Bach

IV. More about the use of Flower Remedies

1. One's true nature and its relevance to Illness and Wellness

We may understand this with the help of the following chart



Being in zero position, is like a cat on the wall, which can jump off either side.

Proceeding towards left is the way to develop the positive attitude or True Nature of Oneself. In other words, every step we take in that direction is a step taken towards our Higher Self.

Instead, if the journey happens to be in the opposite direction, we are lead away from our True Nature and also from our Higher Self. Thus we are deprived of the protection that we need and so we become an easy prey for the illnesses.

With the help of a suitable Flower remedy at this juncture, one is able to change the course of one's journey, a reversal, towards one's True Nature. The change thus effected results in Healing.

2. Scientificity and Healing

When a scientific study is carried out on a material form, the findings reveal those facts which are unknown hitherto. Whereas, such a study on nonmaterial and subtle forms is beyond the scope of science. Therefore, no scientific explanation can be provided for the healing process of Flower Remedies. Keeping this in mind, Dr. Bach said, " No science, no knowledge is necessary, apart from the simple methods described herein and they who will obtain the greatest benefit from this....."

We must know that this transformation of one getting closer to One's True Nature, can be experienced by oneself and this experience is possible for every one of us.

3. Physical ailments and Flower Remedies

Our physical body, on its own, is capable of doing nothing. It has to be guided. When it succumbs to the dictates of our misguided personality, our body loses the guidance from our Higher Self. And on its own, it can never seek nor get the help of our Higher Self. The intermediary link is our mind, if it is kept conscientious. If our body itself is considered as a single and Independent unit, no therapeutic system can cure its ailments, except to provide some relief by way of palliation. In the same way if those Flower remedies are applied, they cannot heal, cure or provide even palliatory relief to a physical ailment. Only exception to this, is the use of Rescue Remedy and after the use of which the pain is soothed, relief is imminent, though its action is also like that of any other flower remedy.

Where as, when flower remedies are applied in accordance with their philosophy the physical ailments are also cured during their healing process. To prove this, evidences are reported by Flower Medicine practitioners through out the world.

One such experience, is as follows:

An obese lady tried her best to reduce her weight. Diet, exercise and medication of many kind yielded no result. Once she was given Mimulus for her fears, after which she was not only free from fears, but also she started losing her weight. We must note here that Mimulus is a remedy for known fears and it will not help all cases of obesities, as it has done in this one.

The physical symptoms do not provide any clue to select the right Flower remedy.

Generally, almost all the patients approach a practitioner, projecting their physical complaints.

To identify the type of person behind those physical symptoms in each case is very important to us for successful practice of Flower Medicine.

There are number of cases treated by Dr.Bach himself. All those patients consulted Dr.Bach for one or the other physical ailment. When he treated them with suitable Flower Remedies, their physical ailments were also cured.

4. Prevention of disease with Flower Medicine

Can Flower remedies be used to prevent illnesses?

It is possible to do so, but only at individual level . For example:

If one has a fear of being affected by the prevailing illness, he will need Mimulus. Whereas if one is more concerned about protecting one's dear ones, that person will need Red Chestnut. A third one may need Crab Apple according to his mental state.

One particular Flower remedy may not help one and all for preventing a prevalent epidemic disease.

It should well be remembered here that when one is treated with a Flower remedy for a negative state of mind, his physical illnesses are also prevented.

5. Discovery of Flower remedies

Dr. Bach was a lover of Nature and he was at home in the natural surroundings of Wales, UK.

His dream was to discover a most simple medical method.

His life history reveals that he was guided by his Higher self throughout.

He was also a very sensitive person. Apart from these circumstances, his oneness with nature, intuitive perceptions, personal experiences and the knowledge of Doctrine of Signature, have all had their role in this discovery.

Dr. Bach also discovered that the flowers which were not exposed to wind and sunshine did not possess healing properties as much.

6. Preparation of Flower remedies

There are two methods for preparing Flower remedies. They are:

a) Sunshine method

b) Boiling method

Some Flower remedies are prepared through Sunshine method.

Sunshine Method

Let us learn the Sunshine method as explained by Dr. Bach himself.

" A glass vessel, as thin as possible, was nearly filled with clear water, preferably from a spring. Into this were placed sufficient blooms of the plant to cover the surface completely.

A cloudless day was chosen, and the blooms picked after they had had about two hours sunshine upon them. The vessel was placed in the sun and its position changed from time to time so that the sunlight passed directly down the orifice as well as bathing the whole"

(**The Homoeopathic World. Jan 1932**)

Exposure to direct sunlight for seven hours is required for preparation of remedies by this method.

Boiling method

Flowers with their leaves and stems are boiled in water for half an hour and then allowed to cool. The water is then filtered.

Equal amount of pure alcohol is added for preservation, to the remedies prepared in either way, and then filled in thirty millilitre glass bottles and labelled.

This form of the remedy is known as '**The Stock Bottle**'.

7. Potencies in Flower remedies

Dr.Bach, in all his cases, invariably, mentioned the potency of the remedy used, as the third, fourth or the seventh. In an article, 'The fundamental consideration of Diseases and Cure', which was published in 'The Homoeopathic World' between December 1930 and January 1932, he explained about the potencies.

While the remedies were prepared by Sunshine method, according to Dr.Bach,

"About a quarter of the fluid was drawn off at the third, fourth and seventh hours and about 20 percent of pure alcohol added to each. This may be used direct as a third, fourth and seventh potency".

Later, it appears, that a full exposure potency alone is prepared as a concentrated solution, which is also known as 'The stock bottle' from which further dilutions are made.

8. Administering the Flower remedies

A few drops from the Stock Bottle are put into 30 ml alcohol. This is known as the Physician's tincture.

In a glass of water or juice, few drops from Physician's tincture are added for immediate use, which can be taken at an interval, for two or three days.

Conveniently, those drops are added into a small bottle of globules to moisten them and few globules can be taken as one dose. If those globules are to be used for longer time, they need to be charged by adding few more drops of Physician's tincture, now and then, to maintain the medicinal effect.

For an acute condition, it is sufficient to take a dose every two hours initially and then reduced to three or four doses a day. Medicines may be taken for a few days till complete cure is obtained.

In chronic cases, two or three doses per day for two or three days, may be taken and then repeated again in the same manner as and when required, till the case is cured in every respect.

It may be noted that there are no medicinal aggravations or side effects. However unnecessary medication should be avoided, as a rule.

In chronic conditions, the medicines may have to be used for a longer period, even up to one year.

9. Combination of Flower Remedies

Dr. Bach had not given any guidance regarding combination of more than one remedy.

Neither had he used any combination in his reported cases. One exception to this, is the preparation of Rescue Remedy, wherein five remedies are combined, which suggests that Dr. Bach was not averse for the use of Flower remedies in combinations. He had also stated that another remedy may be required when using one particular remedy.

Moreover, the case in hand may not present a clear cut condition for a single remedy and so a combination of remedies may be unavoidable.

However, the Flower medicine practitioners have restricted themselves to a combination, up to a maximum of seven remedies, when the situation so warrants.

My personal opinion is in favour of the use of a single remedy as far as possible, so that the effect is attributed to that remedy alone, which is not possible when a combination of remedies is used.

It is left to the good counsel of the Healer, to use remedies either singly or combined.

10. Use of Flower remedies with other drugs

We will have to consider the following three aspects in this regard.

1) The physical conditions presented by a patient do not act as a guide to select a suitable Flower remedy. We need to probe deeply to find the Type of Person, and often, it takes more than one sitting. Till then the patient cannot be forced to suffer with his ailments.

2) The drugs that the patient uses to alleviate his physical sufferings, do not have any say as far as his higher planes are concerned. Until the healing process emanate from such superior plane with the help of a suitable Flower remedy, the drugs for his physical ailments give a temporary relief and they do not generally interfere with the

action of a right Flower Remedy. Once the comforts initiated by a flower remedy is experienced by the patient himself, the unwanted effects of those drugs make the patient to do away with them

3. The right Flower remedy should provide a total soothing and healing, avoiding recurrences in normal circumstances, and elevate the patient to a height where he establishes a contact with his Soul, the Higherself, which provides the wisdom of choosing the right path in life, and thus protect him in every respect.

If these three aspects are understood it can be realised that the requirement of other drugs become minimal. Those drugs generally do not interfere with the purpose of the Flower remedies.

However, if the drugs of other systems of medicine, cause an addiction, they have to be avoided.

11. Diagnosis in Flower Medicine

A diagnosis is not merely knowing the name of a disease or the nature of an infection. It should be a guidance to cure the case in hand.

Diagnosis varies according to the principles of each medical system. A diagnosis made from the point of one system cannot be applied to another.

In the practice of Flower Medicine also, a diagnosis is arrived at which helps for practical application of a remedy.

Dr.Bach, in all his cases reported through the journals of his time, invariably mentioned a diagnosis and one such diagnosis is quoted here.

"Diagnosis : This dreamy state, the indifference to disease and even death, the absence of effort to get well, and the attachment for the finance, all indicate Clematis flora" (clematis erecta flora - the ecstatic, - published in The Homoeopathic world, Dec.1930)

So, the diagnosis in the practice of Flower medicine is to ascertain the Type of person, with relevance to the remedy to be used, and for bringing about a harmonious unity within oneself.

Treatment, without a diagnosis, tends to be vague, tentative and even speculative.

12. Usefulness of Flower remedies in incurable diseases

The term incurable disease is a relative one. A so called incurable disease in one system, may be a curable one in another. Dr. Bach did not say anything about an incurable disease or declared a person as incurable.

He himself had successfully treated a breast cancer case with Clematis, which was also reported in the journal, The Homoeopathic world : Dec. 1930.

Even if a case is incurable, it is possible to make that person to accept and face his sufferings, or even death, in a calm and dignified manner, by the use of Flower remedies.

13. Use of one or more remedies

The flower remedies are usually classified as 'The Type remedy' and 'The Occasion remedy'.

Type means the nature of a person to whom a particular remedy is suitable, or to a remedy that he belongs.

Occasion remedy is the one which is needed for a particular situation, caused by some external or extraordinary circumstances.

A person may be of Chicory type. He will generally need that remedy for his complaints. He may be exposed to a terrifying fright for which he may also need an occasion remedy, in this case the Rock Rose. He has to be given Rock Rose first to remove the fear and then Chicory for his natural transformation.

14. The wrong remedy

Generally, the better feeling is experienced by a patient within a day or two, of taking the remedy. If such a feeling is not reported within a reasonable time and if the patient's sufferings continue without any change, the remedy given is not the right one and the case needs to be reviewed. If the wrong one is continued, it does no good and no harm, either.

However, it is the moral responsibility of the practitioner to watch the progress in each case and take necessary corrective measures when needed. Otherwise, both the practitioner and the system bound to lose credibility.

15. Knowing the Healing Process

Within a few days of taking the right remedy, the patient himself feels the change and the people around him also observe those changes. His attitude towards life circumstances also change for the better. His physical complains also gradually improve.

These changes are the signs to indicate that the healing process is underway.

16. Is the Healing effect permanent ?

The indicated Flower remedy has to be continued, repeating it as and when needed, till the total healing takes place. If the remedy is discontinued before the healing is effected, there may be a relapse.

The healing, when accomplished, is generally permanent.

However, if one happens to continually undergo bitter experiences, or is exposed to most unfavourable circumstances, it is likely that the relapse is invited. At this juncture he may need again his Type remedy or an occasion remedy or both, as the case may be.

17. Achieving expertise

Generally, practice makes things perfect and experience teaches

much needed lessons.

If one is committed and applies his mind whole heartedly on any subject, the required expertise is achieved in short period.

A casual approach will not be of any use even after a long time.

18. Obtaining Flower remedies

The Dr. Edward Bach centre and Dr. Edward Bach Foundation of UK, continue the work of Dr. Bach, both in preparation of Original Bach Flower Remedies and imparting education on Flower Medicine.

It may not be viable for every practitioner to obtain those remedies directly from them.

Flower remedies in the form of Physician's tinctures are available in India. They can be bought from genuine homoeopathic pharmacies which follow medical ethics.

19. Scope of Flower Medicine

Dr. Bach, after inclusion of the 38th remedy, said that his life's mission is over and declared that this system is complete now- which is a true statement.

A lost child, cries helplessly longing for its mother. The kind onlookers try to console the child, and search for the mother to unite them.

Flower medicine practitioners are the onlookers, whose mission is to unite the suffering ones with their Higher Self. This act of nobility can become a reality, only with this system.

20. Limitations of Flower Medicine

Every medical system has its own limitations and Flower Medicine is no exception. For example:

(a) Infants, children and pet animals cannot talk and express themselves through words. Healers' observation and those caretakers views are the only guides for a prescription here. At the same time, they, unlike adults, cannot hide their emotional expressions, which

mean a lot for the healer to choose a right remedy. Only after gaining good experience, it becomes possible to practise successfully on these class of patients.

(b) Adopting Family Planning methods with necessary medical help is another area, which is much in need of the present social set up. It also becomes a necessity at times, for a female member to withhold or delay her natural menstruation periods. Legal medical Termination of Pregnancy is sometimes another requirement. The Practice of Flower Medicine has nothing to do directly in these areas, except providing some solace for the mental sufferings one may undergo.

(c) Surgical intervention is, again totally out of the purview of the practice of Flower Medicine.

d) There are people who exercise restraint and withhold facts, which may be vital for a diagnosis.

e) This is an individualistic therapy, in which mass programmes are not possible.

One should be aware of such restrictions and limitations while practising the Flower Medicine.

21. Understanding Materia Medica

Learning any amount of informations or collecting data, of flower remedies will not be of much use. One will have to understand the nature of each remedy - along with the type of person for whom it is suitable. A remedy should be understood with reference to a live example.

A perfect understanding and communication takes place between an infant and its mother or a pet animal and its keeper - without talking a word. This becomes possible because of the state of oneness which exists. Such a level of understanding the nature of remedies and the type of persons, is required for the Healer.

To begin with, one must understand oneself first, along with the nature of the suitable remedy. Then extend this area of understanding further to those who are in a close circle and then to others.

22. Popularising Flower medicine

Flower medicine practitioners have to bear in mind that genuineness only earns good will and credibility. Therefore, highest standards should be aimed at all costs, both in education and practice of this system.

Good things, spread through word of mouth, grow steadily and become popular in course of time, at its own pace.

The Disease and its Treatment

" Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material. What we know as disease is an ultimate result produced in the body, the end product of deep and long-acting forces, and even if material treatment alone is apparently successful this is nothing more than a temporary relief unless the real cause has been removed"

Dr. Edward Bach

V. A Remedy to our Rescue

There was a cat lying unconscious on the road with blood oozing from its leg. Two drops of Rescue Remedy, mixed in small quantity of water - was applied on its leg and the same remedy soaked in a cloth was squeezed into its mouth. In about three minutes the cat got up on its own as if from a deep sleep and walked away, limping.

Some fifty years ago a girl who underwent the gruesome experience of rape, sunk into a coma due to trauma and shock and never regained her consciousness again. A passive euthanasia is now contemplated according to the Newspaper reports.

A popular political leader was shot due to sibling rivalry. The bullets found their way into vulnerable places. He was in coma and his condition was not fit for a surgery. In few days he died.

A leopard fell into a well. With much effort it was rescued. There was a bleeding head injury to which the leopard succumbed.

In all these three instances stated above, one common help, the help of Rescue Remedy was needed, but which was not made available there, due to which the tragic end could not be avoided.

Rescue Remedy is a combination of five flower remedies. They are:

- | | | |
|----------------------|---|-------------------------------------|
| 1. Star of Bethlehem | - | For effects of shock |
| 2. Clematis | - | For unconsciousness |
| 3. Cherry Plum | - | For gaining control over the senses |
| 4. Rock Rose | - | For the terrifying fear |
| 5. Impatiens | - | For mental tension and irritability |

They make an ideal combination and cover any situation that may arise in an emergency. Like the popular proverb, 'Unity is Strength', these remedies united together as one, possess much more healing powers.

Rescue Remedy is a Saviour in real sense. It saves lives, bringing them back almost from the jaws of death; stops bleeding; makes the pain disappear; and reduces the sufferings.

The bone injuries need mechanical aid, and the usage of Rescue Remedy is limited to that of first aid, and an appropriate treatment should follow.

Burns, cuts, bruises, contusions and haemorrhages are the most favourite areas of the Rescue Remedy. One is astonished at the speed with which these injuries are soothed, and the accompanying pains, burnings and sufferings are replaced with comfort.

The shock that one has to undergo due to an injury or an emergency situation, is totally removed. One is brought back to his senses quickly from fainting, unconsciousness and even from the comatose state.

The fear and nervousness are taken care of by this remedy well, and the courage is restored.

Its actions are so beneficial, that hardly one can do away with this wonderful remedy. Handy possession of this remedy or having easy access to it, will avert prolonged miseries and sufferings.

Rescue Remedy does not replace any other emergency medical care. When given at the right time, it saves life. It definitely performs the function of a first - aid remedy, in any condition.

It is one remedy which has to be put into much more wider and popular uses. It has to be included in any type of First-Aid Kit and be made an easy access, to be kept in all the house holds, establishments, educational institutions and offices.

If such an arrangement comes true, loss of life due to non-availability of first aid or timely medical aid, will be less than half. Government's expenditure on emergency care will also be much less. The more the Rescue Remedy is put into use, the less suffering for humanity.

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Office of Parenthood

" Parenthood is an office in life which passes from one to another, and is in essence extemporary giving of guidance and protection for a brief period, after which time it should then cease its efforts and leave the object of its attention free to advance alone. Be it remembered that the child for whom we may become a temporary guardian may be a much older and greater soul than ourselves, and spiritually our superior, so that control and protection should be confined to the needs of the young personality"

Dr. Edward Bach

VI. The seven groups

Dr. Bach placed all his thirty eight remedies in seven groups. They were clubbed in accordance with their affinity, or otherwise, with one another. That way he made it possible to comprehend them by comparing and differentiating with one another.

The seven groups, with their leading one line symptoms, are as under.

1. Fear

- a) Aspen : Fear for unknown and vague reasons
- b) Cherry Plum : Fear of losing control over one's mind
- c) Mimulus : Fear for known and definite reasons
- d) Red Chestnut : Fears, that something will happen to the dear ones'
- e) Rock Rose : Sudden and extreme fear or terror

2. Instability

- a) Cerato : Seeks opinion of others as one is unable to make a decision
- b) Gentian : Loses hope and confidence on facing a set back
- c) Gorse : Great hopelessness and does not expect anything good to happen.
- d) Hornbeam : Suffers from weariness with lack of enthusiasm
- e) Scleranthus : Unable to decide between two or more options, with swinging of mind.
- f) Wild Oat : Inability to determine the path to follow

3. Not sufficient interest in the present circumstances

- a) Chestnut Bud : Repeating the same mistakes by not learning from experience
- b) Clematis : Dreamy and not fully awake, with thoughts on future
- c) Honeysuckle : Dwelling on the past with nostalgia
- d) Mustard : Cloudiness with depression which descends and lifts quickly
- e) Olive : Total exhaustion of body and mind
- f) White Chestnut : Unwanted thoughts which repeat again and again
- g) Wild Rose : Apathy, and faces life as it comes.

4. Loneliness

- a) Heather : Cannot bear loneliness and wants a company to listen to one's loquacious talking
- b) Impatiens : Wants to do things alone as others are not fast enough
- c) Water Violet : A proud and aloof person who is quiet and does not mingle with others

5. Oversensitive

- a) Agrimony : Hides One's worries and wears an outwardly cheerful mask
- b) Centaury : Weak willed with over anxiousness to serve others
- c) Holly : Suspicious with hatred feeling and wants to take revenge
- d) Walnut : Easily influenced by stronger personalities with inability to break free from the old ties.

6. Despondency and despair

- a) Crab Apple : Hates oneself with a feeling of uncleanness
- b) Elm : One is overwhelmed with responsibilities
- c) Larch : Lack of confidence and does not undertake any task due to loss of confidence in oneself.
- d) Oak : Strong willed persons who do not give up and struggle against all odds.
- e) Pine : A feeling of self-guilt
- f) Star of Bethlehem : Inability to come out of the shock one had experienced
- g) Sweet Chestnut : Unbearable anguish
- h) Willow : Self-obsession with a bitter feeling of discrimination

7. Overcare for welfare of others

- a) Beech : Over critical and intolerant of others faults
- b) Chicory : Over protective and over care for welfare of the loved ones
- c) Rock water : Self disciplined and a hard master on oneself
- d) Vervain : Over enthusiasm with fixed principles of puritanism
- e) Vine : Dominating with ambition for ruling.

VII Materia Medica Flora

Understanding a remedy is the foremost requirement for the purpose of healing. That only helps knowing the person, represented by that remedy.

Original source books must be read. 'The Twelve Healers' by Dr. Bach, is the source. He had also written, giving fuller and extensive description of some remedies such as, Agrimony, Chicory, Clematis, Mustard, Scleranthus and Vervain, which were published in the journal 'The Homoeopathic World' between 1930 and 1932.

The twelve Healer contains sufficient points for the readers to build up a wider Materia Medica.

All other Materia Medica do contain the understanding and experiences of their respective authors, including this work, and are useful in their own way.

All these literatures do give informations sufficient to sketch the type of person or the situation. With this help, one has to contemplate and meditate upon, to draw a full size portrait of each remedy.

Comparison is also essential. For example, a comparison of the talkative nature of Heather with that of Chicory and Agrimony, which will reveal the finer points in all these three remedies.

It should also be remembered that the Healer's work is to match a remedy with the type of person in front of him. This is diagnosis; the therapy; and the healing process.

1. Agrimony

(Agrimonia Eupatoria)

Group : Oversensitive to influences and Ideas
Method : Sunshine
Theme : Projecting a happy look to hide inner blues

An affable person, liked by one and all in company or in a gathering, because he is jovial, making the situation alive, happy and merry, throughout.

He is so cheerful, as if he has nothing to care about, and no blues to worry about. Infectiously, others become cheerful too.

He is an entertainer; with cut to size jokes and anecdotes for every occasion. He is so humorous that people around feel amused and happy. They need not be well acquainted persons, they can even be strangers.

He loves peace; does not allow any argument or quarrel to take place; changes that tense condition with his usual cheerful and humorous nature. If that does not work, he goes one step further. He is prepared to lose something of his own, as a price, just to establish the peace again.

His companionship is cherished by others around him and they even long for meeting him again for a happy chatting session.

This is only one side of an Agrimony type of person. And there is another side, which is baffling and confusing. One, who can break this outer jovial ring and get closer, can see the other side of this person.

A real Agrimony person, is the tormented one, by his troubles and worries which, with his best efforts and ability, he hides from others view. Once he is out of such company or gathering and returns to his own self, he is forced to face the test of realities, of his worries and troubles. He is tensed and restless. His mental tortures drive him to hate and get rid of that troubling loneliness, for which he seeks the help of stimulants.

Stimulants of any kind, tobacco, drugs or alcohol.

Some more features of an Agrimony person are:-

- * Takes to the habit of consuming narcotic drugs or liquor etc, to forget his internal distress - uses them as the means of escape
- * Hides internal turmoil, distress, anger, worry etc by exhibition of external calmness or serenity
- * Does not want to be alone - so as not to be tormented by his internal blues.
- * Avoids arguments, quarrels and fights or any type of unpleasantness. A peace maker and pacifist he is.
- * A lively and vivacious conversationalist
- * Enjoys excitements and seeks pleasures
- * An extrovert and sociable in company. Morose when alone.
- * Secretive. Does not want others to know his internal worries.
- * Wants to be liberated from his internal worries etc., but does not open up or seek guidance from others.

Agrimony type is tormented by hidden worries when alone and he is able to wear that same jovial and humorous mask again when he is with his companions and be cheerful every moment entertaining them as well.

This is the full portrait of an Agrimony person, and he remains so, or even get worse unless and until he is helped with this Agrimony flora - as a remedy, to retain all his good nature and at the same time, freeing him out of his blues.

The mask that an Agrimony type of person wears, makes it difficult to recognise him initially. Only later, when it is fully probed, his real nature is known.

Dr.Bach's comment on an Agrimony person is as follows:

"This type is not always easy to diagnose as they mask their trouble. They are often, to casual appearance, genial and full of life's interest, and decidedly likable people. They often drink heavily, though not to obvious excess; and desire excitements and a full busy life. Thus they hide the suffering within "

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The Principle of Personality

"We, as we know ourselves in this world, are personalities down here for the purpose of gaining, all the knowledge and experience, of developing virtues which we lack"

Dr. Edward Bach

2. Aspen (Populus Tremula)

Group	:	Fear
Method	:	Boiling
Theme	:	Fears of unknown origin

Fear causes physical changes, which changes end up with ailments. The glands - Adrenal and Thyroid produce more of their fluids, to the degree of intensity of the fear, of course, as a defense mechanism. The salivary glands dry up. Retention of stool and urine are noted as often as loss of control over them.

Repetition of this kind of fear results in making these malfunctions, a permanent feature, making way for any kind of a disease to pervade any limit.

Fear also causes unwelcome conditions of anxieties, depressions and the like.

Like all the other emotions and intelligence, fear is recorded in our brain. We are conscious of those fears which are stored in cerebrum. And those which are transferred to cerebellum remain concealed to our knowledge and about which we are not aware. Those fears make themselves known whenever an identical circumstances occur and we suffer with them without knowing the reason. They are the subconscious fears.

An infant slips down from the bed and fall. There may be some injuries. The infant gripped with fear and shock, cries and wails. Consolation and treatment remove the pains and sufferings. The fear which is now stored in cerebellum causes fear of heights or fear when looking down from a height, with vertigo and loss of balance, even after growing up to adulthood.

This reason for fear is forgotten and so the reason for this fear of height is not known.

Aspen is the remedy for this type of unknown fears.

There are some people who fear a policeman in uniform, for no cause at all and for which no reason can be given-again to be helped by Aspen.

There are also superstitious fears, for which no rational explanation can be given. No one has seen a ghost, nor has anyone directly confronted with it, except mistaking something else for a ghost. Yet, all of us have a fair knowledge and idea of as how a Ghost looks like and what it can do to us! And, just at the thought of it, some people become chilled with fear, again to be helped by Aspen.

Some others feel that something terrible is going to happen and they know not what it is and it remains unknown forever, till removed by Aspen.

This type of vague, unknown, and unexplainable fears may set in at any time of the day or night, making the time factor also a vague one.

Those who suffer with this type of fears, do not open up. They do not normally discuss about it with others, may be for two reasons;

- 1) that they themselves know that these fears are unfounded;
- 2) and that they may face ridicule

Aspen type of persons are:

- Afraid for unknown causes. They anticipate problems from vague sources.
- Afraid, anxious and apprehensive - knows not for what reason
- Dreams of nightmare or terror
- Phobias of many kind for which reasons are unknown or vague.
- Secretive. They hide their fears from others.

They all find a help in this flower remedy, Aspen.

3. Beech

(Fagus Sylvatica)

Group	:	Overcare for welfare of others
Method	:	Boiling
Theme	:	Overcritical and fault finding

This remedy may be required at one time or the other to most of the Mothers-in-law! In many of the households, a domestic disharmony can be traced to a conflict between the Mother-in-law and her Daughter-in-law, because a fault or a mistake of the latter is easily noticed, or even invented by the former, and the daughter-in-law was unduly rebuked.

Then comes a Teacher. It is his moral and professional obligation to correct the faults of his wards. Such faults are easily corrected, if the talents are appreciated first and then the faults are pointed out gently. Instead, if the faults alone are made an issue of, or if they are unduly magnified, they are firmly fixed in their place forever. That teacher needs this Beech remedy.

Then again, if the attitude of an officer towards his subordinates, and that of an Art critic towards Artists, happens to be, a fault finding one, - They all form the group of negative types of Beech personalities. In this case, the criticism put forth is beyond a limit of harshness. If the Beech remedy is put into use for the benefit of those persons, "To err is human" is the first lesson they are taught, and then follows the appreciation of talents.

Condemnation is next in the list, a quality that is to be found in Beech type of person. Condemnation accompanied by hatred or intolerance, breed enmity and animosity, due to which the congeniality is lost.

Beech type of persons demand total discipline and order all around. They are easily irritated for even a trivial reason or for a small cause, inappropriately.

A teacher or an officer who had learnt to ignore the fault of his ward or subordinates, and he who can appreciate those apparent or hidden talents in them, is the one who can see beauty in anything and everything around.

Now, think of Dr.Bach's advice for a self healing - 'Develop the opposite virtue'.

Precisely, that is what is the result produced by administering the Beech remedy to those fault finding, intolerant and over critical persons. Here, not only the goal of 'seeing beauty in everything' is achieved, but also, the accompanying illnesses are lost for good, and a total healing replaced instead.

As the negativity in a Beech type person increases -

- He enforces strict discipline - only for others!
- He can only find faults - but will not offer the ways and means to correct them !
- He can only condemn - but cannot appreciate the visible talents !

We find the Beech Types in:

- Strict parents;
- A perfectionist ;
- A routinist ; and
- A nonempathetic one

Features of a Beech type persons are:

- He is abrupt with arrogance in criticizing others
- Careful and zealous for particular and minute details.
- Critical with contemptuousness
- Intolerant of errors and omissions

- Grim faced and tight lipped
- Acid tongued in criticizing others. Passes harsh judgement on others' work or performances
- Accuses and puts down others for trivialities with harsh judgements.
- Guided by fixed ideas and opinions.
- A perfectionist and intolerant of disorders.
- Enjoys arguments; never agrees to the opponent.
- Passes sarcastic comments on others.
- Stubborn and vehement

Beech is the remedy that can bring about a total change, making this type of person to see the beauty in everything and everywhere around.

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The Principle of Soul

"The man has a soul which is his real Self. The soul, so far as we will allow, ever guides, protects and encourages us. It is invincible and Immortal"

Dr. Edward Bach

4. Centaury

(Centarium Umbellatum)

Group	:	Oversensitive to Influences and Ideas
Method	:	Sunshine
Theme	:	Over anxious to serve and please others

Centaury type of persons are quiet, kind, gentle in nature. They do not make, nor claim to be, leaders; but very obedient and faithful followers at all time. They do not make heroes of themselves. They remain Co-Stars instead, and they are quite happy with that role. This is all because of their inborn qualities.

Centaury types are easily influenced by others and so, develop an affinity to serve them. They are over anxious to serve and please others. In this process they have no time and also no desire to help themselves. They neglect their own self; their own needs; and even the purpose of their life. This quality makes them vulnerable to be exploited by others to any extent. Their servitude to others is total.

They can not say 'no' to others, even if they want to say so. As a result, they end up in over burdening themselves by doing others work. Think of a Centaury person, in an office or in a factory, where other members of the team dump their work on him and happily roam about. If one Centaury type person is found in a place of work, all others exploit him, because he is a weak willed person to say 'no'.

Centaury type of persons can not ask for help from others. They are tongue-tied in this regard. They choose to strain themselves. This way they become exhausted by over work.

They are poor decision makers. They depend on others for making a right decision for them. Even here, they are often misguided by others by giving a wrong advice or an unsuitable decision.

Whenever a Centaury type of person goes shopping, he takes someone along, because he cannot decide and choose. If it so happens that he goes alone, the sales man finds in him obliging customer for dumping those old or partly damaged goods - for a good price. Yet our Centaury person cannot decide to say a firm 'no'.

They do not want to inconvenience others; or be a nuisance to them.

This way they miss their aim, their mission and also their ambition if at all any, in their life. Their identity is lost; contact with their Higher-Self is interrupted.

There are some occasions in which some disease conditions also behave like Centaury type persons. Those disease conditions may be found in anyone, and not necessarily with Centaury types.

Remnants of those diseases which faithfully follow their main disease.

A child had had Measles, which ran its course but the nagging cough persists.

An intermittent fever, with some medical treatment, was cured and further tests also proved negative. But the patient had been experiencing chilliness and feverishness now and then, even after some months.

These are such conditions in which the Centaury remedy is needed for anyone.

Further, the Centaury type person possesses the following features:

- Does not argue or confront; readily gives in to others
- Dependent on others and so easily dominated and exploited

- Can easily forget and forgive others for their misdoings
- Does not complain when harassed
- Lacks identity and self-esteem.
- Imitates others
- Seeks advice and opinions from others and follows them faithfully
- Cowardly; does not speak for self, when wronged.
- Trusts others easily
- Reserved with subservience
- Receptive and easily ruled by others
- Lack of inner strength and will
- Subjects oneself to self denial and self martyrdom
- Enjoys serving others
- Easily victimised by others

When Centaury type of persons are helped with this remedy, they continue serving others to an ideal limit after which they are able to say no. They also become aware of their life's mission.

The Principle of Unity

" The bondage of unity is Love. Oneness of our Soul and Personality with that of others is the Unity. When the Love is lost, there arises disharmony, disease and unhappiness. Any action, against ourself or against that of another affects the whole "

Dr. Edward Bach

5. Cerato

(Ceratostigma Willmottiana)

Group	:	Uncertainty
Method	:	Sunshine
Theme	:	Dependence on others due to lack of self confidence

One is responsible for what one thinks, says and does and for which one needs to be sure of self. If one loses this self-trust, one is lost in life, losing himself to others. He becomes dependent of others, unable to think and decide on one hand, on the other hand, he may be able to make a decision sometimes, that too a right one, but his self-distrust intervenes and makes him seek the opinion of others. Thence he is often misguided.

He was unable to decide on one particular issue a few days ago, for which he sought others help. Again and again if he were to seek others help on the same or similar issues, this tends to getting on the nerves of others.

Even on routine matters of day to day affairs, if one depends on others for making a decision, it is a deplorable condition which is often found in a Cerato type person.

A Cerato type person is the one whose expressions are,

"If you just say yes, I will proceed further"

or,

"I am not sure if this is done this way"

or,

"What do you suggest for this" etc...

He is the one, who follows others advice in letter and spirit.

He may, in the course of time, even find out that the advice to be a wrong one, yet he cannot decide on his own to abandon or go against it.

He may have his own potentialities. But they are hidden and unseen by himself and so he is unable to make use of them. This is the helpless state of this person, when he fails to receive the guiding beam of light from his Higher self.

To sketch the salient features of a Cerato type person:

- Seeks advice, approval and a decision from others, due to self-distrust
- Pestors others with queries and questions
- Cannot judge the right and wrong by himself and readily accepts others judgement
- Doubtful of one's own actions due to self-distrust and cannot make own decisions.
- Easily dominated and, misguided by others.
- Willing to be ruled by, and easily gives in to, a stronger personality
- Lack of Self-esteem, Self-respect and Self- confidence, due to distrust on self and dependency on others.

He needs to regain his self-trust, and his self confidence raised to an optimum level. So that he will be able to make his own decisions and that too firm ones with a grit to execute them; to desist seeking advice, opinion and approval from others; to free himself from that dependency and to become independent as for as his own affairs are concerned; to make use of his knowledge, wisdom and potentialities for his own benefit and for the benefit of others and finally, to be able to receive the guidance from his own Higher self, he needs the help of this remedy, the Cerato.

6. Cherry Plum (Prunus Cerasifera)

Group	: Fear
Method	: Boiling
Theme	: Fear of losing control over mind

Our mind is reason gifted. It is endowed with a quality of rational thinking. It can analytically sort out those problems arising out of strong emotions. It is the only place for conscience keeping. All these functions are maintained and carried out at an optimum level. In case of variations in this wonderful balance, the knowledge, wisdom and the life experiences help the mind to set things right on its own automatically.

Repeated exposures to the strains of strong emotions, guilt feelings and unexplainable changes of body chemistry, lead to impulses, anger, fears and suspicion etc to an undesired height.

The mind itself is like a soldier in an Infantry army. It becomes the first victim of casualty. Any disease causing factor is first felt in mind and then it spreads to the other regions. Because, mind is most vulnerable, like the soldier mentioned above, as it happens to be the most delicate and subtle organ.

Any affection on psychic conditions normally go through the following stages, generally in the same order. They are:

1. Pre psychic
2. Psychic
3. Post psychic or Somatic

In the first stage, the mind makes its own effort to free itself, sometimes successfully. At this stage, if the help of Cherry Plum is made available, things are put in order, quickly.

When the second stage is reached without this help, things go wrong in such a manner that the mind is unable to sustain its struggle, and is forced to give up. Strong emotions rule; the reason is lost. At this stage also, the remedy Cherry Plum, given for sometime, restores normalcy.

If things are allowed to proceed further without this help, there are two ways in which the mental affections can proceed further.

1. From psychic to somatic, i.e., from mind to body, which course is normally seen. There are psycho- somatic diseases, where both the mind and body suffer.
2. The psychic condition may take a wrong course instead, in which the affections remain within the mind itself deep rooted, causing abnormal mental and psychotic disorders. Here the physical body remains generally healthy and the mental disorders only are found to worsen.

The chronic psychosomatic conditions arising out of the first condition stated above, are termed at times, as incurable ones, in general medical practice.

Lunacy is the result arising due to the second condition.

At these conditions also, Cherry Plum is capable of bring about the desired changes. However, the remedy needs to be used for a longer period, with repetitions at recurrences.

The actual problem here is that the first stage goes unnoticed. And during the other two stages, a specialist's help is sought and the person so affected is made a dependent of the narcotic and soporific drugs, which make all the rays of

hope for recovery, to vanish. It is a pity that the victims are deprived of the healing benefits of Flower Medicine, as also the other Alternative Medical Systems.

Some more expressions for the use of this remedy are:

- Violent and uncontrollable with anger - followed by quick repentance
- Throws and breaks things with anger.
- Becomes violent with rage and fury
- Brutal and cruel impulses, to kill self or others; to bite and beat.
- Can not tolerate contradictions
- Loses control over mind;
- Fears, the reason give way.
- Groans, fumes with rage
- Shrieking, striking oneself; knocking one's head against a wall or a pillar.
- Becomes irascible
- Clinches, grinds, and gnashes his teeth
- Oversensitive; feels the pain unbearable
- Fear of loss of control over his senses and will

Cherry Plum helps one to return to One's true self and lead a normal and disease free life, when used for the right cases and at right time.

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7. Chestnut Bud (Aesculus Hippocastanum)

Group : Not sufficient interest in present circumstances
Method : Boiling
Theme : Slow in learning

There can be three kinds of situations for a person to be of Chestnut Bud type. They are:

1. Brain activities to Register, Remember and Recall the informations are slow for some reason, may be due to some previous illness or injury.
2. There is something else that occupies the seat of knowledge, which does not allow anything else to enter.
3. There is some block between the brain activities and life experiences.

As a result, the Chestnut Bud person is dull headed and slow in learning with a necessity for repeated experiences.

The learning ability of a Chestnut Bud person is very slow. He needs repeated efforts. He does not understand easily. It takes much longer time. He is dull and needs repeated explanations. He forgets so fast and easy that everything looks quite new after sometime.

He commits mistakes. Repeatedly the same mistakes.

His observation is very poor. He does not understand what he hears or sees. It has to be explained point by point. He is not able to explain even the simple occurrences.

All these put together, they take away his confidence. He is reluctant to say something on what he had really understood. Because he is afraid that his memory may fail any time.

His learning capabilities are poor, which make him find excuses to escape studies. He commits mistakes in his routine home work. Same mistakes are repeated even after correction. He is given a punishing imposition of rewriting them a number of times, which only worsens the problem.

There was a boy, a wormy child who had memory problem. After taking Chestnut Bud, he passed a bundle of worms along with his stools and then his memory improved. But Chestnut Bud is not a worm remedy.

There was another boy who was very slow in answering. Questions had to be repeatedly asked because he did not understand them. He had undergone severe punishments, both in school and at home which created an aversion towards study. After taking Chestnut Bud the boy improved so much that he got some presents from his parents for achieving the set targets.

A man from a distant town called up the other day over the phone. He is a reader of this authors earlier work in Tamil on the same subject. He wanted to know if Chestnut Bud would help his daughter to secure ninety percent or more marks. She is already an eighty plus scorer. He was told that Chestnut Bud will not help her. All that is needed is some more encouragement, he was told further. And, he was advised to take a suitable remedy for himself - for his anxiety!

We should know when we should make use of Chestnut Bud remedy, or for that matter, any remedy.

More indications for Chestnut Bud are:

- Careless and lack of attention due to which he is prone to accidents
- Difficulty in concentration and comprehension
- Lack of observation
- Slow learning due to dullness
- Mental dwarfness

- Does not learn from experience, repeats the same mistakes
- Memory poor; forgets quickly
- Recalling names, events etc., difficult
- What was learnt earlier appears new after sometime
- Feigns illness or makes excuses to escape from mental work or study
- Needs repeated attempts with much efforts to accomplish even a simple task

Simplicity of Flower Medicine

The system of treatment (ie the Flower Medicine) is the most perfect that has been given to mankind within living memory. It has the power to cure diseases; and, it may be used in the household. In its simplicity, combined with its all-healing effects, that is so wonderful"

Dr. Edward Bach

8. Chicory (Cichorium Intybus)

Group	:	Overcare for welfare of others
Method	:	Sunshine
Theme	:	Possessive and demanding

The Chicory type of persons are multifaceted ones. To explain further:

1. They overcare for the welfare of their dear ones. They correct and try to put something in order for the sake of others, because they only know better. They wish their dear ones to be near always.
2. They are egoistic persons. They are possessive. They will demand others' services, as a payback, for, they have done so much for others.
3. They are talkative. They are poor listeners. Their talking is self-centered, all the time. They boast. They love making others weary. They hate solitude and need company of listeners. They feel fresh after talking about themselves for long.
4. They are self-piteous and demanding. They feign and simulate illness for drawing other's attention. They are manipulative and they can twist issues in any manner they want and to suit their design.
5. They are spiteful, revengeful and turn vindictive, when things or events do not go their way.
6. Their vivacious and entertaining nature make others to admire them at first sight. It is only later the true colour of Chicory type is realised.

The Chicory mother cares and pays attention beyond a limit for her children which is often mistaken as love and affection. Later experiences prove it to be possessiveness.

Chicory types are demanding ones. They expect pay-backs and rewards. At times they are the greatest obstacles for the independent growth of their wards. The children are not allowed to think or do anything independently.

Chicory type persons expect others accept anything they do with gratitude and remember to return as pay backs. Otherwise they may turn spiteful and even cruel. They can be the source of trouble and disharmony in domestic circle. They will not hesitate to back bite or carry tales to turn a situation to suit to their need.

Their sharpness, presence of mind and good memory become handy tools for them.

They are acid tongued on one side and pleasant talking on the other. They are not the ones to accept their faults; instead, they justify them. For the same faults they do not hesitate to condemn others.

Some more indications for Chicory are:

- Forsaken and abandoned feeling
- Demand attention and sympathy from others, for which they feign illness or resort to emotional black mail
- Over care for others; Do not allow others to follow their own will because Chicory types only know better.
- Manipulative; can conveniently interpret any thing to suit their own view
- Want to control others and manage their affairs
- Feel upset and become terribly angry if anything is refused.
- Talk about their own sacrifices for the sake of others.

- Selfish; self centered; self piteous
- Possessive
- Feel isolated when not consulted even on routine issues
- Magnify their ailments.

The benefits this remedy can provide, according to Dr.Bach, are:

" This remedy, in addition to relieving symptoms of this class of patients, stimulates sympathy with others, which is their lesson; hence turn the attention more from themselves and so, out of sympathy for their victims, they cease that aggression and become service to those previously devitalized"

(The Homoeopathic World: June 1931)

Developing One's Virtue is preventing Disease

" If we have in our nature a virtue which we are failing to develop, this is a failing of mission; it is like to the man who hid his talent; and this fault is connected with latent disease. A disease which like a cloud hang over us, yet never need descend upon us, can be but in time realise our mistakes and then develop the virtue required of us "

Dr. Edward Bach

9. Clematis

(Clematis vitalba)

Group	:	Not sufficient interest in present circumstances
Method	:	Sunshine
Theme	:	Living in an imaginary world with regard to future.

"Clematis erecta flora - the ecstatic. For those who make 'dreams their master', but do little on the practical side, often book lovers and become lost in their reading, especially in early life" -with these words Dr.Bach sketches the Clematis type. Further he adds, "Dreamy, drowsy dispositions, calm resigned; loss of interest in daily life; often concentration too much on one individual" - to make it a perfect view of that personality.

The clematis type is unobservant, unaware of what goes on around him. So he is, because he is not present here; his mind wandering elsewhere.

He lives in future

He lives in fantasy

He lives in an imaginary world. That makes him look dreamy and drowsy.

He is happy to be in that condition, than to be in this harsh real world.

He makes plans for the happy future with unreal propositions. For example, Clematis person buys a lottery ticket. He imagines that he had won that huge money and starts thinking about the ways of spending that money. A practical minded person will not resort to this type of indulgence.

For a Clematis type, to be in his fantasy world makes him happy. If he does not win that lottery money, his hopes do not fade. He hopes to win next time, any time.

He can draw a vivid and colourful picture of the future in his imagination and he is happy to be in that world.

He is drowsy and sleepy. This state of sleepiness can stretch further. He needs a deep sleep. He is totally unaware of his surroundings during sleep, as well. Dreams are also of imaginary types. He may become unconscious; faint away easily; go even into coma. When a person is in this condition due to an accident, he is brought back to his senses by this remedy. So it is a member in Rescue Remedy.

Vertigo is another condition where Clematis becomes an useful remedy.

In all these illnesses when a person is in that state of dreamy, drowsy and unconscious conditions, Clematis takes care of those conditions and those illnesses as well.

When a person is in this state of sleepy or drowsy or unconsciousness, his hearing, vision and other sensory perceptions are lessened, for which Clematis remedy is found useful.

More indications for the use of this remedy are as follows:

- Absent minded and absorbed in thoughts of future or in day dreaming
- Making many plans by building castles in the air without making efforts to realise them.
- Fully absorbed in a particular work or in reading a book of interest
- Dreamy; drowsy; sleepy; not fully awake to the demands of his situation

- Lives in imaginary world, cherishing fantasies
- Lack of attention; carelessness; becomes accident prone
- Withdraws from reality, to escape to the world of illusion
- Creative ideas in abundance; but does nothing to bring them to reality

About the curative action of this remedy Dr.Bach states as follows: "The remedy brings stability and places the patient on a more practical plane; brings them "down to earth" and so enables them fulfill their work in this world".

The Primary Diseases

"There is one primary error which man can make, and that is action against Unity; this originates in Selflove. So also we may say that there is but one primary affliction - discomfort or disease. And as action against Unity may be divided into various types, so also may disease."

Dr.Bach

10. Crab Apple (Malus Sylvestris)

Group	:	Despondency and despair
Method	:	Boiling
Theme	:	Self-disgust with unclean feeling

It is a cleansing remedy; a purifier; at times a disease preventive and an anti-infectant. These benefits of this remedy are often misunderstood and so it is used for those conditions for which it has nothing to do with. For example:

- a) To wash all those sins one has committed
 - b) ward of evil effects and protect from evil eye
 - c) Free one from devil's custody
 - d) Nullify the effects of witchcraft or sorcery.
- Using this remedy for these conditions, is nothing but a gross misuse

A Crab Apple type person imagines and believes that there is something unclean, within himself.

To clean it up, he washes his hands, himself, and cleans his surroundings as often as possible. This inner unclean feeling is the first requirement for this remedy.

He feels that there is some disease causing factor, a bacteria or virus or something else, within himself which could bring an illness he believes.

There is a growth of a wart or an appearance of a mole, or a spot in the skin, or a small disfigurement which make him ugly and unpresentable. He wants to rid them off quickly and at once.

When he sees his first grey hair he is upset. He seeks immediate remedial action to stop it.

If immediate cure or removal of that problem is not forthcoming, he thinks that the life is not worth living and thinks of suicide.

Even trivial things affect him too much. He pays so much attention on trivialities that he is stuck up there; a far more important thing which needs immediate attention or a more deeper disease, is ignored.

He imagines that some dirt or some disease remain within himself, the thought of which haunts him. This unclean feeling makes him fussy and fastidious. An obsessive syndrome develops.

His attention and concentrations are fixed on trivial matters. Even after twenty four hours this common cold still troubles, he complains with fuss. Relief and cure should be immediate. That problem should be set right quickly, somehow.

He can not go near a patient, he fears that he might catch up that disease. He can not eat in a hotel if he finds that place is not kept clean to his expectation.

This inner unclean feeling reflects in all his actions.

If some epidemic diseases break out even in a far of place, Crab Apple person would seek medical aid here, for himself.

A lady thinks that breast feeding a child is a dirty act, which prevents her from nursing her child. A woman feels that the act of sexual intercourse is bad, dirty and unclean and so, she would desist her husband's approach.

This inner feeling of uncleanness, along with the desire for quick cure, bring on them such of those obstinate diseases which are looked upon as dirty ones.

More clear cut indications for Crab Apple remedy are as follows:

- Full of cares about trifles and unimportant issues
- Conscientious about trivial matters
- Intolerant of contaminations, with over conscious about cleanliness
- Feels himself unclean; something of which still remain in him and resorts to washing hands frequently
- Wants to get rid of that itch on the skin, at once.
- Laughs immoderately over trivial matters
- Discontented with self; thinks that he is ugly and not good - looking

This remedy is also a prophylactic for the infectious or epidemic diseases, where there is a fear of being affected.

PRIDE

Pride which is arrogance and rigidity of mind, will give rise to those diseases which produce rigidity and stiffness of the body

Dr. Bach

11. Elm

(Ulmus Procera)

Group	: Despondency and despair
Method	: Boiling
Theme	: Overwhelmed with work or responsibility

Elm is the remedy for a condition of overwhelming with heavy work or responsibility. The person leads his life with a chosen mission and is doing well. But when the responsibilities and work load increase, he is fatigued.

An Accountant who has to over work in a financial year ending; a person who has to complete his work in a given schedule for which he has to work many hours in a day; or a person who has to take the work of two or more people in an organisation, - are some of those who may need this remedy.

This overwhelmed feeling, however, is only temporary and passes off with the completion of work or when the work load is out of one's shoulder or when the responsibilities are shared with others. Till such a change comes about, the person has to undergo this worn out feeling when Elm will provide the much needed support.

The level of water in a river swells up steadily with the increased inflow due to rains, and when it crosses its limit, flood is the result. A similar situation may be faced by a person, with increased responsibilities and works. This flooding is only for a short time during which Elm is of great help.

In a particular condition, the person may feel that the task to be taken up is beyond the power of a human being and this feeling may lead to temporary depression.

More Indications for Elm, are:

- Feels that the task is humanly impossible one.
- Over work causing despondency of temporary nature
- Overwork causing depression temporarily
- Overwork causing a temporary feeling of extravaganza.
- Overwork causing a temporary feeling of inadequacy
- Temporary loss of self-confidence due to overwork or responsibilities
- Temporary loss of vital strength due to overwork
- Fears and stays away temporarily from overwork
- Feigns illness to avoid overwork
- Comes up with excuses to avoid overwork
- Burden of responsibility sucks one's energy temporarily.

CRUELTY

Pain is the result of Cruelty, whereby, the patient learns through personal suffering not to inflict upon others, either from a physical or from a mental stand point.

Dr. Bach

12. Gentian

(Gentiana Amarella)

Group	:	Uncertainty
Method	:	Sunshine
Theme	:	Easily discouraged

A student was brought for counselling. He was studying in a reputed Engineering College. His aim was to become an Engineer and did well so as to get a seat in that college. Within a few days, he lost all his enthusiasm. He was indifferent but not yet depressed. He was ragged by senior students which incident made him so. All that he needed to be himself again was some counselling and the reassurance provided by a few doses of this remedy, Gentian.

A Gentian type is the one who does well in his chosen field or in his life activities or during an illness. He is intelligent and capable enough. The problem is, that a small set back or an obstacle makes him lose his hopes which deprive the utility of his capabilities.

A patient is progressing well with the provided treatment. There happens to be a relapse or some new problems come up. This set back is enough for him to be depressed or lose hope.

There are also other causes, which can make this type of person to give up with loss of hope or become depressed. They are delays and doubts.

An entrepreneur seeks a bank loan for his new project. In spite of the Bank Manager's assurance of timely sanction of the loan, there was a delay which made him lose hope and to think of winding up the project.

Similarly when ever a doubt arises due to delays or on one's own capability, the person is discouraged.

This quality of losing hope on facing obstacle, delay or doubt, makes the person to undertake small and short term programmes rather than long term big projects.

Gentian remedy restores faith in oneself and provides necessary hope and confidence to accomplish. And one is bestowed with self assurance and perseverance

The following are the other indications for the use of Gentian.

- Set back causes despondency
- Disheartened due to an obstacle
- Feels dejected; sad; and gloom due to obstacles or delays
- Grief from disappointed love; becomes disinterested in everything
- Melancholy sets in due to sadness
- Becomes pessimistic due to trivial causes
- Doubt and discouragement due to poor performance
- Depressed due to known causes and setbacks.

13. Gorse

(Eulex Europaeus)

Group	:	Uncertainty
Method	:	Sunshine
Theme	:	Hopelessness

Broadly speaking we come across with the following three types of people:

1. Hopeful and enthusiastic
2. Doubtful and hesitant
3. Hopeless and pessimistic

The Gorse Remedy is of immense help for the third type - the state of settled hopelessness.

This state of hopelessness keeps growing on its own pace and any further set back added, makes one finally to give up - accepting defeat and surrendering without resistance.

Experiences in life like unsuccessful struggles, and defeats faced one after the other may instil an utter hopelessness in a person, in course of time.

Or, a Gentian type of person who temporarily loses hope on a set back, may turn out to be a Gorse type, as the same experiences of set backs repeat themselves.

The hopelessness settled in the mind of a Gorse type of person is such that he never makes any effort on his own. He neither attempts to overcome the despondency.

There is still, however, some hope left to bring this person out of this state of hopelessness. As he is amenable to persuasion, he agrees to undergo one or the other type of treatment - or

to make some efforts - again without an iota of hope to succeed, and just to please others. Should this persuasive attempt yield a positive result, there is a possibility for this Gorse type to come out of this hopelessness. If not, he proceeds further into vexations and depressions. He is deprived of the joy of life, and the purpose of life is also lost - until he is helped with this remedy.

Some more indications for the use of this remedy are:

- Desperate with chronic diseases - yet no hope of recovery and so no effort is made
- Becomes despondent as health is not being restored.
- Fear envelops like a dark cloud
- Sad and melancholic
- Loss of hope leads to giving up the struggle
- Lack of ambition due to loss of hope
- Loses all hopes to recover or to succeed

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HATE

The penalties of Hate are loneliness, violent uncontrollable temper, mental nerve storms and condition of hysteria.

Dr. Bach

14. Heather

(Calluna Vulgaris)

Group : Loneliness
Method : Sunshine
Theme : Self - expression

- One who hates to be alone
- One who needs someone - a silent listener to converse with
- One who needs to talk, and talk continuously about oneself

Now putting all these three propositions together makes a perfect Heather type of a person.

In a class room, the teacher is busy explaining a point. A Heather child, unable to pay attention to the teacher, keeps talking to a child sitting next, which is noticed by the teacher. Both the children are punished - for talking in the class.

One who happens to be near a Heather type has to always, undergo an undeserving punishment, sometimes like the other child just mentioned, or the punishment of listening to an incessant talking!

To be alone, or to restrain from talking or compelled to listen to others without talking - are the worst punishments for a Heather type. They are poor listeners.

The listeners for a Heather type need not be a close associate or a friend or a known person. Such person can be a passerby, a co-traveller, an onlooker or any one for that matter.

Heather's talking is not something enlightening or informative or entertaining. It is self-centered talking, which has nothing to do

with the listener. Talking is the monopoly of the Heather type of person in a social gathering, compelling others to find an excuse to free themselves from such a punishment. If there is none around to talk to, Heather can catch hold of a person far off over the phone, and talk for hours together.

Heather has no consideration for others need, view or opinion. He lacks empathy. It is a horrible thing for a Heather type not to find a listener around; it is equally a horrible experience for others to be with a Heather!

If there is something new about self, Heather talks about it to every one around. If not, talks about the same good old things over and again, repeatedly.

Heather's talking need not have any relevance to things around or that which occurs around. Even if the conversation begins that way, it is channelised towards self by the Heather.

When a person is helped with Heather remedy, the following changes are noticed.

(1) They still continue to talk, but, which now happens to be interesting and relevant to all those around

(2) They become considerate of others

Some more indications for Heather remedy are:

- Hates to be alone; wants some one near to listen to one's prattle.
- Unceasing talk about oneself makes others to be annoyed
- Bore and torments others by continuous talking about self
- Needs company all the time, to listen to oneself
- Enjoys conversations, which are self-centered

- Talks even minute details pertaining to oneself
- Torments others with one's personal problems.
- Does not allow others to talk - interrupts or intervenes when others are talking
- Loquacious with vivacity
- Attracts others attention with funny noises, making exclamatory expressions and physically touching others.

SELF - LOVE

The diseases of introspection - neurosis, neurasthenia and similar conditions - which rob life of so much enjoyment, are caused by excessive Self-love.

Dr. Bach

15. Holly

(Ilex Aquifolium)

Group	:	Oversensitive to Influences and Ideas
Method	:	Boiling
Theme	:	Hatred and vengeance

This author remembers an incident that had happened in his boyhood days. There were a man and woman, deeply in love with each other. Their love affair was stiffly opposed by both their parents due to which the lovers hanged themselves. When love is opposed, it can end in death is one lesson to be learnt. When love is denied or when its flow is obstructed, the end result is death.

There are many unsuccessful love stories that we come across and also reported through Newspapers, wherein murders were committed as a sequel of hatred, jealous and revenge.

Dr.Bach had very rightly stated that the cure lies within us and that the healing comes through by developing the opposite virtue.

Holly is a flower remedy that represents Holy love or Divine love - the purest form of Love. When its opposite or negative quality - the hatred, is allowed to rule, the end result is anyone's guess. Such hatred feeling is the worst kind, for which the Holly remedy is required.

Hatredness has many shades and it is expressed in many ways, such as:

- Revenge
- Envy and Jealous
- Resentment

- Malice
- Suspicion
- Rage and anger
- Frustration etc.

All these negative qualities either singly or in any type of combinations, can bring in such conditions, from just an unpleasantness to the highest level of disasters.

Many Flower Medicine practitioners are of the opinion that it is better to start with the Holly remedy, in a prolonged and hopeless chronic case. It is natural for such patients to have acquired one or more of these negative qualities which can come in the way of healing.

There seems to be a very narrow margin existing between Love and Hatred, which is depicted in many instances, such as, a notorious killer taking up the ways of nonviolence -which change is brought about by a trivial event.

Such transformations do not happen everywhere and in every case, but which can be brought about by the right use of this Holly remedy.

Other indications for Holly remedy , are:

- Expresses hatredness, openly.
- Does not accept others virtues, out of jealousy.
- Always in offensive mode and is offended easily
- Easily angered with an impulse to even commit murders
- Feels happy with others misfortunes or sufferings
- Does not trust others due to groundless suspicion
- Makes plans for taking revenge
- Criticizes others out of malice
- Curses with jealousy

- Deceitful
- Resentful
- Scornful
- Spiteful
- Suspicious
- Ill willed
- Wicked

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IGNORANCE

"Ignorance and lack of wisdom bring their own difficulties in everyday life, and in addition, should there be a persistence in refusing to see truth when the opportunity has been given, short-sightedness and impairment of vision and hearing are the natural consequences".

Dr. Bach

16. Honeysuckle

(Lonicera Caprifolium)

Group	:	Not sufficient interest in present circumstances
Method	:	Boiling
Theme	:	Dwelling in the past

Dynamism is life. Stagnation is death. We need to keep moving with age, time and events. Being stuck up at one place or event and inability to move forward or join the main stream is Honeysuckle!

Honeysuckle is opposite of Clematis in some aspects and similar to it in other. Forgetting the present or not living in the present is common to both of them. Honeysuckle lives in the past and its opposite remedy Clematis, lives in the future. Being present elsewhere, thus losing oneself, is again a common feature for both these remedies.

Honeysuckle type can not let go of the past. He cannot forget the past events, both good and bad. He is happy to be immersed in the thoughts of distant past. He desires to travel and go back to that past situations, mentally. Coming across any small resemblance, is good enough reason to go back to that world of fantasy.

He is equally disturbed with memory of those unpleasant events. He can be truly sad and even shed tears now, at the thought of the death of a loved one, which happened long ago. When this happens, he concludes that there is nothing left in this world, except to die and reach those dear ones and be with them forever.

We come across many such characters frequently, when we meet a man in his fifties, lively narrating all his boyhood events to

those around with the same fresh memory and feeling; or when a widow recalling vividly all her memories when her husband was alive; or when a young man proudly exhibiting those articles used by his dear Grandpa, and so on.

A battery powered wall clock keeps up the time and when the power is exhausted it comes to a halt. Honeysuckle types are those who are stuck up in the past, unable to move forward.

There are some persons with an expertise of calculating the year, month date and time of the past; or there are people very good at the study of History and can remember even the minute details of the past historical events. All of them are of this remedy type and will need the help of this remedy at one time or the other.

The Honeysuckle type firmly believes that the golden days are gone and that there is no possibility of that good old days to come back.

To release them from this bondage of the past, Honeysuckle is the remedy required.

Other indications for Honeysuckle are:

- Lamenting, brooding and bemoaning
- Offended easily; averse to those who offended earlier and can not forget or excuse them.
- Dwells on the memories of the past; unable to concentrate on the present
- Absent minded, due to living in the past
- Dejected; depressed on the thoughts of past memories, mistakes and events
- Remorseful with the past memories
- Discontented; dissatisfied; displeased and fault finding with self

- Suffers from wounded honour of the past
- Grieves over the lost opportunities
- Laments that he is losing his youth and growing old
- Nostalgia and homesickness
- Relives the past with lively expressions of emotions

INSTABILITY

"Instability of mind must lead to the same quality to the body with those various disorders which affect movement and co-ordination"

Dr. Bach

17. Hornbeam (Carpinus Betulus)

Group : Uncertainty
Method : Boiling
Theme : Mental weariness

When a Hornbeam child is given food, it exclaims, "how can I eat so much!". If coaxed, or made to eat along with other children, this child finishes eating its food without complaining.

A school going boy while waking up in the morning, hopes for an announcement of holiday. If that boy is interested in sports activities and if it happens to be a sports day, he gets ready on his own without prompting of any sort.

An office goer does not feel like going for work when he wakes up, as morning blues set in. This inept feeling is found more towards morning hours than in the evening. Once this feeling of laziness or out of sort is put to rest, it becomes a normal day like any other.

This feeling of 'inability' or 'not feel like doing it' occupies more in the mind than the physical tiredness or prostration. At the most what the body wants is some kind of tonic or an energy booster to strengthen that part which feels weak. A hot coffee or something which provides an instant energy and refreshed feeling is good enough to get over this temporary tired feeling.

The Hornbeam type, with this laziness or with a feeling of mental inability keeps postponing things which he has to attend, to a possible extent.

When an interesting or a desired work comes up, the Hornbeam person can get involved in that particular work with much enthusiasm. Similarly, if some unforeseen or sudden crisis arises, the mind and body can rise to the occasion without difficulty. A

novel type of activity or the ones with varied kind, can also keep this person fully involved. A routine or boring work can bring this mental state of inability.

If this Hornbeam person, with his mental weariness, proceeds further, he may reach a stage where the body along with mind becomes really worn-out, for which the Olive remedy will be of immense help.

Other indications for the use of Hornbeam are:

- Complaints from anticipation
- Anxiety when anticipating an engagement
- Anxiety in the morning, about day's work
- Inadequacy feeling which prompts postponing
- Lack of self-confidence
- Lack of spontaneous reaction
- A help during convalescence
- Exaggerates distance
- Magnifies difficulties
- Dread of work; mental exhaustion even before starting a work
- A sense of feeling weak after an illness; or after sexual excesses
- Prostration of mind
- Wants tonic to build up strength and increase energy level.
- Feels tired more in the morning than in the evening.
- Can successfully complete the task when an attempt is made
- Can rise to the occasion when sudden or unforeseen crisis is faced

18. Impatiens

(Impatiens Glandulifera)

Group	: Loneliness
Method	: Boiling
Theme	: Intolerance of delay

When riding on a busy road with frequent traffic jam, an Impatiens type of person can be easily identified. His superfast speed; his irritative mentality when such a speed is not possible; his expressions of impatience if others do not move quick; his body language; his utterances - all of them make it possible to identify him. Naturally, he is prone to road accidents and road rages.

This hurried feeling is expressed in his every action, be it talking, walking, eating or any other.

Impatiens is always on the go. He cannot sit idle in a place. He needs to be active and if not, he becomes restless, irritable and easily angered for nothing. He does his work fast. He wants others also to be fast enough and when that does not happen he becomes intolerant.

Impatiens is a quick learner; fast thinker and mostly guided by his impulses. He is unfit for a team work or for a group activity. He can not get along with others for their slow paces. He can never be a successful team leader, or a captain of a team. Nor does he aspire to be one!

Teaching or Guiding others are not his vocations because he expects his wards to grasp things at first explanation and demonstration. Repeating one and the same thing over and over, and also the slowness of learning seen in a student, irritate him and make him angry - which disqualify him as a teacher.

Impatiens can not wait for things or events to happen in their own right time. He wants things to be done now and that the task

completed, immediately. The results should come about at once. Delay is just unacceptable.

If one happens to be ill, the cure should be effected at once. Prolonged suffering can not be tolerated. Delay is just not acceptable.

Impatience

Irritation

Intolerance and

Impulsiveness

of an Impatiens person, represent their "I alone" attitude, i.e. "I alone shall do this work as others are not speedy or fast enough".

Such of those illnesses which are the products of these natures in a person are naturally transmitted into his physical body. Impatiens is the remedy required for effecting a change in his attitude and thus relieving his physical ailments.

More indications for Impatiens are:

- Wants to work alone, at his own speed, as others are not fast enough
- Angered at the slow pace of the progress in work
- Haste in talking, thinking and in action. 'Haste is waste' is seen in reality but it does not deter him from being hasty
- Irritable and angry when some obstacles are faced in his work
- Active always and wants to be on the go for ever; cannot sit idle in a place
- Angered at seeing people idling.
- Restless; keeps shifting from one place to the other
- Desires to travel. A wanderer than an idler
- Time passes slowly
- Workaholic

19. Larch (Larix Decidua)

Group	:	Despondency and Despair
Method	:	Boiling
Theme	:	Inability with lack of confidence

There are certain criteria for any one to be successful in life:

1. Possessing self confidence
2. Deserving, with capability
3. Making use of the available opportunity
4. Recognising the definite goal
5. Striving with effort

Of these, the first quality is the foremost one for a success. Unfortunately for a Larch type of person, this prime quality is missing in his nature, which makes him conclude that he is incapable and so undeserving, and so on, ending up with no achievement at all.

This lack of confidence makes him think that:

1. Failure is the sure result
2. Why make any effort at all when success is not possible

This way, he misses all the opportunities which pass on his way. Finally no goal is set, or reached.

The Larch person is sure that he is not like others; that he is not in possession of any skill or ability. He is sure of failure.

Naturally he develops inferiority complex and his self-esteem is diminished.

Even if he were to make up his mind and start a project, he

loses all hopes when an obstacle or a set back is met with, forcing him to abandon the work so taken up.

Being sure of his inability and failure, he desists making any effort.

At the same time, he recognises others' capabilities and he is not envious of their success.

- Those who have submitted themselves to the mercy of others;
- Those who have accepted their incapacitated condition and decided to get along with it; and
- Those who are sure of their failure and so make no efforts at all - are the persons who will be benefited by Larch remedy.

Some more indications for the use of this remedy, are:

- Lack of / loss of self motivation due to lack of self - confidence
- Loses opportunity due to lack of self-confidence
- Does not undertake any task - due to lack of self - confidence
- Loathes life due to lack of self confidence
- Sure of failure, due to which no work is undertaken
- Fear of failure deters him from making any effort
- Discontented with self
- Inferiority complex prevails
- Abandons the work taken up due to inability
- Doubtful of one's own ability
- Unaware of one's own potentialities
- One is happy with and not envious of others ability; or at their success.

20. Mimulus

(Mimulus Guttatus)

Group	:	Fear
Method	:	Sunshine
Theme	:	Fear of known causes

Mimulus is one of those remedies for fear. Unlike Aspen, the cause of fear of this remedy is known, as this fear is registered in cerebrum and the same is recalled readily when a situation for exhibiting this fear arises.

The Mimulus type of person has " fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune" says Dr.Bach.

Mimulus type is also a timid person, because of which he is quiet, shy, withdrawn and prefers to be alone but cannot remain so due to fear. He is afraid of appearing in public, to present a speech in a stage, to be in a turbulent crowd or a noisy place.

Mimulus person is afraid of anything that happens suddenly and without notice, but once the reason is known the fear subsides.

He has fear for fears and anticipates misfortunes with fear. He does not freely discuss about his fears with others or seek their guidance. Fear of diseases makes him extra cautious.

Fear of punishment deter a mimulus person from committing a grave mistake or offence. The same fear makes him to be prompt in his daily activities. He also fears that his misdeeds will be found out one day and be punished.

Mimulus type is generally a god fearing person due to his fear.

There may be a beginning for such fears to originate.

One becomes afraid of dogs since the time he was bitten by a dog.

An accident that one met with deter him from driving a vehicle.

A particular recipe of food made a person suffer from an infection, from which time he avoids that food, with fear of becoming ill again.

The Mimulus remedy not only removes such known fears, but also removes the effects of them. It also prevents those fears.

Other indications for Mimulus remedy are:

- Fear of known causes; of worldly things and pertaining to every day life
- Fear of illness
- Night terrors
- Nightmarish dreams
- Stage fear. Tongue tied feeling when attempting to speak
- Timidity
- Stammering due to fear
- Shy and avoids meeting others
- Does not talk or discuss with others about one's fears
- Prophylactic for those diseases which originated out of fear.

21. Mustard (Sinapis Arvensis)

Group	:	Not sufficient interest in present circumstances
Method	:	Boiling
Theme	:	Cloudy and Gloomy

A young girl joyfully playing with other children, suddenly and for no reason, becomes sullen and gloomy, withdraws herself and sits in a corner as if in deep depression. Within a short time she is herself again and, is a happy child as she was a while ago.

A writer, fully involved in scripting his free flown ideas, suddenly feels that everything is blocked and that he is totally surrounded by darkness, which condition leaves him after some time and, on its own, and as suddenly as it enveloped him.

These are the pictures of Mustard remedy. The cloudiness and gloominess feeling is sudden; it is temporary; and it disappears as suddenly as it came; for all of which no reason exists and no explanation can be given.

We see diametrically opposite states in a person, before and during such a spell of attack, which is like a sudden appearance of a dark cloud in the sky, blocking sunshine temporarily and its disappearance also as quick as it came.

Here the cloudiness, gloominess and the depression are not permanent in nature. No reason or cause can be found nor any explanation be given for such sudden appearance and disappearance of that condition.

Dr.Bach gives the following account of Mustard type of persons.

"These people are in the depths of gloom; no light; no joy; no happiness. They are intensely unhappy as may be seen in their faces; and they brood darkness over others.

They look always on the dark side of things and are despondent and refuse to enjoy what opportunities they have of pleasures, always brooding on the dark side of life. They wallow in all that is morbid, and infect and depress others with their gloom.

This remedy bring sunshine into their lives, and help them to cheer others".

More indications for Mustard, are:

- Anguish
- Sudden and unexpected depression
- Attacked by gloomy spells
- Sad without reason
- Attacks of sudden and causeless melancholia
- Downcast feeling
- Cloudiness of mind which lifts up as sudden as it came

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22. Oak (Quercus Robur)

Group	:	Despondency and despair
Method	:	Sunshine
Theme	:	Steadfastness

The Oak remedy is from the English Oak tree flower, which tree grows high and stands tall and sturdy. The Oak type of person is naturally a true representative of the following qualities.

- Stamina and Strength;
- Steady with Determination;
- Struggle and Endurance;
- Dutiful and Responsible;
- Reliable and Unrelenting;
- Hope and Courage

Armed with such lofty qualities, Oak type of person never gives up anything as an impossible task. He never accepts failure, and never rests till such failure is converted into success. He can mobilise all his source of powers, strength and will power, to successfully complete a difficult task.

When stretched far beyond the limits, Oak can become a victim of his own qualities, drained by strain and stress, yet, the fatigue that comes upon him, is neither accepted by him, nor does he give up the task. As a result he becomes,

- Rigid
- Hardened
- Worn-out, and
- Exhausted

And such of those ailments representing these conditions, fall upon an Oak person.

An Oak person does not opt for an easy or a short cut method. Instead he chooses the hard and straight forward ones, and he enjoys doing things in that way.

The sense of duty, commitment and responsibility are so strong in him, that he never lets down anyone in his care or team, under any circumstances.

Oak is just the opposite of Gorse, and also of Larch - with some differences.

When Oak remedy is used at right time, the Oak type of person still remains an Oak, with all the positive potentialities intact. And, as an achiever and a task master of all times - he is able to limit himself when he has to.

Other symptoms for the use of Oak remedy are:

- Endurance of very high level
- Consistent efforts against all odds
- Illness due to despondency
- Discontented when illness or poor health which interfere with work
- Dissatisfied when over - ambitious task could not be completed
- Does not give up, but fights against all odds.
- Never loses hope despite failures or set backs
- Obstinate in all his efforts
- Continues struggles in spite of adversities
- Though seriously ill, he claims to be well and able.

23. Olive

(Olea Europaea)

Group	:	Not sufficient interest in present circumstances
Method	:	Sunshine
Theme	:	Exhaustion and tiredness

Olive is a remedy for a particular state of mind, for a particular condition of the body and for certain occasions.

Exhaustion, tiredness, fatigue and illness - caused by strain, sickness, loss of sleep, undernourishment and, over work. Such people feel that no energy reserve is left and that even a small effort or a trivial kind of work worsens their condition.

- Those who have taken up a difficult project, worked day and night without proper sleep, rest and food;
- A student who had to work very hard for many days;
- An attendant of a chronically suffering patient;
- One who had to work hard for long hours at two or three places to meet the extra needs of life;

All of them may end up in an Olive state.

An overwork done with interest, aptitude and happiness does not bring such a kind of exhaustion easily. But when it is stretched far beyond a limit, one reaches this state of exhaustion. Whereas when a work is done out of some compulsions or with unwillingness, this state of exhaustion is reached easy and quick. In either case the Olive remedy provides the necessary help of " Lending an Olive branch " - as the proverb affirms.

More indications for the use of Olive remedy, are:

- Lack of ambition due to physical weakness
- Wants to be in bed, though, fully awake
- Complaints started from or originated after overwork and strain
- Tired feeling
- Complete exhaustion which makes him depressed
- Feels dull and infirm
- All complaints aggravate with physical exertion
- Loathing life, when he is too weak
- Complete prostration of body and mind
- Weakness from over work
- Loss of endurance
- Complete weariness.

24. Pine

(Pinus Sylvestris)

Group	:	Despondency and Despair
Method	:	Boiling
Theme	:	Self blame

Accepting one's own mistakes or drawbacks, is the first step taken towards perfection. Instead, if one were to blame others for such mistakes, the way to perfection is lost forever.

To excuse those who have committed mistakes is an opportunity given to return to the road to perfection.

So also, one should be able to excuse oneself for such mistakes, rather than repenting over them forever, or meting out self imposed punishment. If one cannot excuse oneself, others cannot do so and those are the ones who cannot excuse others also.

A total positive Pine type of person is the one, to correct oneself by excusing self and realising one's own mistakes, and also excusing others for theirs.

Whereas a negative Pine:

- Blames himself for his own mistakes
- Blames himself again, for others' mistakes also.

It is this self - repression, that becomes an obstacle for the advancement of a Pine personality. This is only the first stage and it keeps expanding further to:

- Self condemnation
- Self guilt
- Fault finding with self

If someone dies of an electrocution due to one's own carelessness, the Pine type holds himself guilty for this accident. ' There was

a spark noticed the other day, and had I warned him of that, this man would not have died' - is the thought that comes to a Pine person.

There was an incident that had happened the other day. A man riding on his two wheeler, hit a boulder stone lying on the road and fell. The bystanders came to help him. They lifted the scooter and gave him a helping hand.

In spite of the pain and shock, this man said, " I am sorrysorry for the inconvenience caused to you all". This is what the Pine type of person does at all times.

He is over conscientious, readily and voluntarily admitting his fault.

By putting up good efforts, one does well in one's mission. A Pine, instead of feeling happy, thinks that if he had put up some more efforts, the outcome would have been still better.

More indications for this remedy, are:

- Blames himself for others' fault
- Criticising and fault finding on self
- Used by others as a doormat
- Develops guilt complex
- Self reproach for wasting precious time on amusements
- Anxiety attacks with guilt feeling
- Over conscientious
- Conscientious with the guilt of neglecting duty
- Guilt feeling as if one had committed some crime
- Striving for perfection
- Remorseful and repenting
- Undergoes self imposed punishments
- Displeased and dissatisfied with self
- Not contented with what is achieved ; aspires more.

25. Red Chestnut

(Aesculus Carnea)

Group	:	Fear
Method	:	Boiling
Theme	:	Fears that something will happen to others

Red Chestnut, symbolically represents love and warmth. The other usages, such as, 'Love is like a red rose' and 'Red carpet welcome' justify this statement.

Self-love and selfless-love are the two concepts with which Dr.Bach built up his philosophy. Self-love is the first of those seven primary diseases, according to him.

The Red Chestnut is both an occasion remedy and a type one as well. Any one may need the help of this remedy for a particular occasion. And there are people who belong to Red chestnut type.

Red Chestnut type of people are, in a way, selfless ones. Therefore the effects of Self-love may not be found in them, generally. The problem with them, however, is the love for others, especially the dear ones, which comes in the way of the soul development of those - loved ones.

Red Chestnut is a fear remedy. This type suffer from the fear, that something terrible will happen to those dear ones. With this fear in mind, they become restless and anxious. They call up their dear ones to make sure that they are doing well and that there is no cause for worry.

If those loved ones happen to travel in a vehicle, they are repeatedly warned and reminded of safety. If they suffer from a trivial set back or a minor illness, the Red Chestnut person becomes much worried and anxious.

The concern for the loved ones makes a Red Chestnut to make all arrangements well in advance, even for their routine activities.

Fear for the loved one's safety is the one area in which the Red Chestnut type is not reason bound. If those loved ones are not back home on time, one's imaginations run amok with fear that something terrible had happened to them. Even before their scheduled time of returning home, the Red Chestnut person goes up to the gate and, stands there waiting for their arrival. By this conduct, the Red Chestnut people make others their dependent, and their individuality is subdued. This type of fear interferes with the growth of the Soul of those loved ones.

More indications for this remedy, are:

- Fears that something terrible, an accident or any other dangerous things will happen to others.
- Overanxious about the well being of others.
- Apprehensive about others safety
- Very meticulous and careful for the safety of others.
- Disheartened at the slightest set back on others recovery during an illness
- Overly sensitive for the suffering of others.
- Trivial ailments of others are magnified
- Others ailments bring on negative thoughts on oneself.
- Suffers from mental agony when others are afflicted with some ailments.

26. Rock Rose

(Helianthemum Nummularium)

Group	: Fear
Method	: Sunshine
Theme	: Terrifying Fear

Dr. Bach preferred to use the term Rescue remedy while describing about Rock Rose. He also added, "Other remedies in addition may also be required, as for example, if there is unconsciousness, which is a deep, sleepy state, Clematis; if there is torture, Agrimony, and so on". Therefore the concept and use of Rescue Remedy is clear and naturally this one is a constituent of it.

It is not a type remedy as such and anyone, if such situation arises, may need this remedy. And people of any age, from infancy, may require it.

An infant screams out in sleep and cries. It looks frightened. There is no possibility at all, of knowing the reason. A dose of Rock Rose will calm the child. Any one with deep fear, resulting in nightmares or in nightmarish dreams will be helped by this remedy.

The fear of Rock Rose is sudden; it is recorded both in conscious and subconscious levels. The fear is terrifying one; a panic and an emergency. A victim or a witness of a gory accident needs this remedy. But the situation is such, that the use of other remedies are also warranted and so the Rescue Remedy is preferred there.

A villager was found lying unconscious under a tree, which was believed to be a dwelling place for ghosts. He was attacked by those ghosts - it was unanimously conceded. He was given treatment in a local hospital without avail and he died two days later. It was perhaps the horrifying fear - fear of ghost that made this man lose all his senses first and then the death later.

During an epidemic of cholera, people feared of this dreaded disease and succumbed to it within a very short period of one or two days.

A lesson be learnt by such cases. Not putting into use, of this and other flower remedies when they are required, can result in death, spreading the panic further. In a given situation, this remedy becomes a saviour.

This kind of fear, or fright or panic or terror, may not be an active one now. One might have experienced such emotions in a distant past. Still, there are after effects remaining in him for the removal of which this remedy need to be used. These effects may be a diminished bodily secretion, constipation and malfunctioning of glands.

Such fear can leave one speechless and nervous, either temporarily or permanently.

Other conditions which need the use of this remedy, are:

- Fear, deep and naked
- Terror
- Panic
- Horror
- Nightmare
- Anguish
- Nervous
- Rigid and immobile with panic or sudden fear
- Fear persisting after a narrow escape in an accident. The fear preventing one to drive his vehicle
- Fear of death
- The effects of fear still remaining

27. Rock Water (Aqua Petra)

Group	:	Overcare for welfare of others
Method	:	Sunshine (one hour only)
Theme	:	Self denial

Rock Water is an exception. It is not a flower remedy. This water is acquired from a natural source, which remains well protected, distilled from impurities by nature herself and loaded with the healing and refreshing qualities.

Dr. Bach paid special attention to the benefits derived from sunshine. He found by experience that a flower not exposed to sunshine, does not possess such healing effects as that of the one exposed to sunshine. Therefore, he instructed that the flowers be plucked two hours after they had exposure to sunshine, for the purpose of preparation of flower remedies.

A non-flower remedy, the Rock Water, which possesses natural healing effects on its own, need to be exposed to sunshine for an hour and then used as a remedy. Such an exposure, as experienced and taught by Dr. Bach, enhances its healing qualities.

Wind, the other natural element, is also another requirement for this purpose.

The source of Rock Water is from natural springs, unpolluted by human civilization.

The Rock Water type of person is Self-willed. He makes his own decisions at all times and sticks to them at any cost.

Self - denial is another aspect, with which he punishes himself, denying even the simplest pleasures of life. He is an ascetic in its true sense.

He prescribes certain standards for himself, by way of self-discipline and he strictly adheres to them.

He is a rigid follower of an accepted code of life.

He is a hard master on himself, enforcing many restrictions.

Rock Water person mobilises all his efforts to complete the work taken up by him. He ensures, that it is done as per the schedule.

He wants to be, and he is, a role model for others.

It is better to understand the difference between Vine and Rock water here. Vine is a hard task master for others. He imposes discipline and restrictions on others. Whereas a Rock water person does not force his way of life on others. He is a self martyr at all times.

These qualities of Rock Water make him suffer through mentally, physically and socially. His rigid nature brings upon his mind and body, similar type of illnesses. He is considered to be a dogmatic person, which at time he is, and that makes him lonely in a society with none to share and care.

Use of Rock Water will bring about a balance in him. His rigidity blended with flexibility - which change, not only free him from his illnesses, but also he is a more respected person in society.

Other indications are:

- Self repression
- Self denial of harmless pleasures and enjoyments
- Self martyrdom
- Self-disciplined and averse to amusements
- Hard master of task and on self
- Very strict with diet and life style activities
- Wants to be a role model for others
- Obstinate in his principles with inflexibility, even to the level of dogmatism
- Convictions are very strong.

28. Scleranthus

(Scleranthus Annuus)

Group	: Uncertainty
Method	: Sunshine
Theme	: Indecisiveness

In a grave situation it is really hard for any one to chose between the choices like, " The Devil and the Deep Sea". But Scleranthus type of person finds it difficult to make a choice of his own in anything and every thing. His mind keeps oscillating between the choices available and he is never able to decide a particular choice. Be it a simple decision or a serious one affecting the course of his life, he cannot make a firm decision. If, for now, one choice appears to be the apt one, the other choice seems better one after some time. This indecisiveness reflect in every event of his life.

Never ending oscillation. When he is on one side, the other side looks bright and better. But when he reaches the other side, the previous one seems to be still better. Such an indecision and oscillation of mind is noticed in all his actions.

- Whether to buy this shirt or the other;
- Whether to buy dark or light coloured one
- Whether to buy this vehicle or the other - and so on.

Dr.Bach describes the Scleranthus type of person as follows.

" The Key note to this type is lack of stability and confidence. There is no self-reliance, hence they are always seeking the advice of others; and are swayed to and fro between the various opinions of their friends. They are unable to make decisions, and suffer mental torture as a result "

" They are examples of extremes : first depression, then joy, at one moment optimistic another pessimistic. They are unreliable and uncertain, because of their constantly changing outlook: One day a good companion, another moody. Sometimes charitable and extravagant, sometimes mean and miserly"

And about the changes this remedy is able to bring about, he further says,

"The remedy brings clearness of mental vision: ability for quick decision; determination and calmness in face of difficulties"

This indecisive, oscillatory and swinging mental nature of a Scleranthus person, reflect in his ailments also.

- The temperatures highly fluctuate
- Suffers from fever during day and free from it at night
- Hypertensive in morning and free from it in evening
- Pains changing places
- Motion or travel sickness

'To be or not to be, is the question' for a Scleranthus'.

More indications for this remedy, are:

- Alternating symptoms
- Alternating moods, such as anger alternating with mirth
- Anguish, which drives him from place to place
- Apathy alternating with activeness
- Complaints changing constantly
- Confusion alternating with clarity
- Complaints wandering; shifting here and there
- Grasshopper mind
- Depression due to indecision

- Forgets during day time, which is remembered during sleep
- Instability
- Irresolution
- Metastasis of complaints
- Itching, which keeps changing places after scratching
- Desire to wander aimlessly
- Wants something, but knows not what
- Feels as if he has two wills, one contradicting with the other

The principle of Harmony

"So long as the souls and personalities are in harmony all is Joy and Peace, happiness and health. If when our personalities are lead astray from the path laid down by the Soul, either by our own worldly desires or by persuasion of others, that a conflict arises"

Dr. Edward Bach

29. Star of Bethlehem

(Ornithogalum Umbellatum)

Group	:	Despondency and despair
Method	:	Boiling
Theme	:	Shock

The first effect of an accident is shock. If that accident happens to be a minor one, the shock is followed by pains. If it be a grave one, the brain switches off itself, resulting in unconsciousness, so that the pain and other sufferings are not felt. Timely medical help will alleviate pains and repair other damages but the shock remains intact, till it is treated either Homoeopathically or with Flower remedies.

Star of Bethlehem, is one remedy in Flower medicine for removing the shock, be it of recent origin or a remote one, and also its effects. And so, it is one of those five remedies included in Rescue Remedy combination.

The shock which affects the body and mind, need not necessarily be the effect of an accident alone. It can be from:

- Sudden death of a dear one
- Loss of a precious article
- Great financial loss
- Sudden and unforeseen life events, etc.

Such a shock may leave one dumb or dumb founded, temporarily or permanently, until this remedy is employed.

Or, it may be an electric shock which can leave a person with loss of action of motor nerves, making him partially or totally paralysed.

An infant born after a difficult gestation or with the help of forceps, suffers shock with inability to cry even.

In all such cases, this remedy is the beneficent shock remover.

In all cases of vertebral injuries, the motor nerves are affected without exception, resulting in restricted body movements or paralysis for which this remedy is of immense help.

More indications for the use of this remedy, are:

- Shock, mental or physical
- Despondency from shock
- Senses impaired after shock
- Grief from mental shock
- After effects of shock
- After effects of trauma
- Ailments from bad news, or shock
- Chronic effects of burns and scalds
- Grief due to loss of dear ones.

30. Sweet Chestnut

(Castanea Sativa)

Group	: Despondency and despair
Method	: Boiling
Theme	: Mental agony and anguish

Think of a person who suffered through that prolonged and incurable illness, who had been treated by the specialists but without any avail and who had been told 'all that is possible is done and there is nothing more left'.

- Of one who, in spite of going through many surgeries, one after the other and yet had no benefit out of them.
- One whose internal organs are failing one after the other, still alive, the death blinking on his face.
- And of one who is at the terminal end of his life after a prolonged suffering of his cancer, who is given a few days to live.

No possibility of redemption, as everything is slipping out in front of him, making him watch helplessly.

Similarly, the anguish and agony, both mental and physical, have had their full play on a person - and he is pushed to an extreme situation. No more endurance left in him, and no more effort is possible.

It would first appear that the name Sweet Chestnut is a misnomer. There is nothing sweet in that pathetic condition of this type of a person. However, the effects which are brought about by the right use of this remedy, justifies its name.

There are two aspects which are worth remembering about this remedy.

- (1) The person of this type, keeps his misery, agony and anguish to himself.
- (2) Even though he is at the dead end, or in a back to wall situation, he does not consider it right to put an end to his life by committing suicide.

The Sweet chestnut type of person feels that he had reached the limit of his endurance, " it seems there is nothing but destruction and annihilation left to face" as Dr.Bach had put it.

Other indications of this remedy, are:

- Tormented by anguish
- Mental agony which is unbearable
- Anguish from despondency
- Anxiety about his salvation
- Prefers death due to overwhelming pain but does not contemplate on committing suicide.
- Desperate due to anguish
- Doubt about getting well or freedom from anguish
- Unbearable grief
- Hopeless, which is beyond redemption
- Back to wall feeling
- Despair from intolerable itching or other sufferings.

31. Vervain

(*Verbena Officinalis*)

Group	:	Overcare for welfare of others
Method	:	Sunshine
Theme	:	Fixed principles and over enthusiasm

Active

Busy

Caring

Driven with force

Enthusiastic, and also

Frustrated - are the vervain type of people.

They are the people with the fixed principles and ideas, they are prepared to put up any amount of efforts to convince others, to make them accept and follow their principles. And towards this end, they can work hard with enthusiasm.

Over enthusiasm in them often leads to wrong impulses due to which they over spent their energy fruitlessly and then they are frustrated.

Vervain type of people cannot stand injustice in any form, and they do not hesitate to fight against it at any level. They are judicious, and always guided by the rule books.

They are conscientious people with high ideals. They are truly concerned about others and want to convert others to their way of thinking. A vervain evangelist is concerned about others salvation, and a sales agent of that type is interested in exhibiting the genuineness of the goods he is selling. Vervain types in general, are truly concerned about others and want to convert others to their way of thinking.

About this remedy, Dr. Bach wrote as follows;

" This is a remedy for those of definite spiritual advancement; who are endeavouring to live lives of altruism and service; and yet through a deficiency of some quality as wisdom, courage, steadfastness, tolerance, etc; are suffering as a consequence.

They are the people who, quietly and uncomplainingly, make many sacrifices, and whose desires and object in life is to be of service to others. With them the motive is good enough, but they lack some quality to perfect their work.."

More Indications for this remedy, are:

- Ambitious
- Ardent and busy
- Desires activities
- Desire to convert others to his way of thinking by persuasion and argument
- Convictions strong
- Over enthusiastic
- Has deep faith in some good cause
- Hasty, in speech and action
- Spirits high
- Works incessantly without rest
- Works with missionary zeal
- Industrious
- Overdoing things with negative results.
- Overzealous to convert others
- Vivacious

32. Vine

(Vitis Vinifera)

Group	:	Overcare for welfare of others
Method	:	Sunshine
Theme	:	Dominating and dictatorial

Vine type of person is a forceful leader with inseparable egoism. Power to rule is his strength, desire and goal - which he will never give up. His is the last word which must be obeyed and put into action in its entirety. He is not the one to tolerate arguments, objections or suggestions.

He is a dictator, a commander and the ruler. Compulsion and commanding are his ways, rather than persuasion.

Vine type of person is ambitious and expansive. World is his limit. His capability is entwined with will-power.

His sharpness and presence of mind, which enable him to solve any crisis and be victorious in any situation.

He is an authoritarian. He thinks his views and opinions are final and good for others. To enforce his views he may resort to the methods of aggression, or even threatening. He always rules with an iron-hand, be it in his home, office or politics. His ways are commanding ones, even as a bed-partner or as a sick patient. Others who serve him are doing their duty and they are not doing any favour for him, he thinks. He wants to dominate in every situation.

When things do not go his way he may turn out to be a ruthless tyrant or an evil - doing villain. His commanding method may turn into cruelty and torture and so he is feared by others.

Other indications for this remedy are:

- Anger from contradiction
- Cannot answer politely; answers curtly and abruptly
- Thinks he is right and does not allow others to argue
- Authoritative and bossy
- Asserts his authority, at all times
- Wants to control others by force or authority
- Wants to convert others by force
- Dictatorial attitude
- Dominating
- Egoistic
- Enforces discipline for others strictly
- Forces compliance with ruthless means
- Fights against all odds to assert his authority
- Greed for power
- Hatred towards those who dare to differ with him
- Haughty
- Hypertensive
- Imperious
- Rules with iron-hand
- Too proud to listen to others
- Opposes obstinately
- Love for power; enjoys it.
- Quick in action; quick in decision making
- Very strict with others
- Issues orders and commands
- Finds fault with every one and every thing.
- Vindictive.

33. Walnut

(Juglans Regia)

Group	:	Oversensitive to influences and Ideas
Method	:	Boiling
Theme	:	Swayed by strong influence

Newly admitted children are brought to a nursery school. Some of them are enthusiastic; some hesitant; and some other children reluctantly cry and make a scene not only on the first day, but on subsequent days also. Those children who find it difficult to accept, and adjust to, a new situation are of Walnut types.

Every one of us need to undergo the changes in life periodically and at every stage the Walnut type of people face difficulties in accepting, and adapting to, such changes. Thus:

- Teething
- Adulthood and Puberty
- Marriage
- Pregnancy
- Child birth
- Middle age in men and menopause in women
- Old age, - are the difficult phases in a Walnut person.

Apart from these natural changes, one might have to face such situations as:

- Joining a boarding school
 - Living in a hostel, away from home
 - Employment in a far off place and transfers and change of employment
 - Necessity of living in a new place with changes in life style
- are again the Walnut person finds it difficult to cope up with.

- An infant sucking its thumb due to a 'missed something' feeling
- A child having loose stools when molar tooth erupts
- A girl behaving hysterically at the commencement of her menstruation, etc., are also the situations where Walnut comes into play.

Walnut remedy is rightly called 'the link-breaker', as it helps to let go of the past and enables one to get adjusted to a new way of life, such as:

- Change of religion
- Change of ideology
- Change of weather conditions
- Change of citizenship after migrating to a different country
- Adjusting to retired life.

Walnut is also of great help to get over the habits and diseases of heredity. Addiction to smoking habits and, alcoholism through heredity, and such diseases which affect the family members that way, are helped by this remedy.

This remedy protects from stronger influences or from being affected by epidemic diseases.

Other indications are:

- Addictions to narcotic drugs, smoking habits and alcoholism, which are chronic in nature
- Difficulties faced with advancing stages such as teething, puberty, menopause etc.,
- Difficulties faced during the stages of change of life.
- To break free from old ties
- To break loose from conventions, traditions etc

- Menses do not appear at the proper age
- Diseases caused by change of weather
- Constipation of travellers
- Physical and mental dwarfishness
- Deep faith in religion or in some other ideology
- Inconstancy
- Regretting over the past mistakes
- Difficult cutting of wisdom teeth.

GREED

" The result of Greed and domination of others is such diseases as will render the sufferer a slave to his ownbody, with desires and ambitions curbed by the malady."

Dr. Bach

34. Water Violet (*Hottonia Palustris*)

Group	:	Loneliness
Method	:	Boiling
Theme	:	Alone and aloof

A dark violet or blue screen prevents rays entering through from the other side, and also makes inside objects invisible. Similar are the ways of Water Violet type of persons.

They are :

- Quiet and thoughtful
- Their knowledge and wisdom is deep and not superficial or shallow
- Non-interfering with others
- Talk few words only when necessity arises
- Reserved, reticent and withdrawn
- Prefer to be alone, minding their own business, avoiding noisy circumstances and crowds
- Graceful in all their activities
- Observant and noncommittal
- Confident and capable
- Wise, but withdrawn
- Gentle and tolerant
- Independent and self-reliant

They guide others with valuable suggestions after which they are back to their own shell. They are good counsellors, always show the right path.

As they do not mingle freely with others and keep to themselves, they are considered to be proud and unapproachable. They are respected, and at the same time shunned by others.

They themselves may suffer from loneliness, pride and find themselves friendless.

Though unprejudiced, they may find it difficult to appreciate others.

Even when they are ill, they prefer to be alone.

Water violet type is a very rare person to come across.

Other indications for this remedy, are:

- Wants to be alone, to live and to do his work
- Wants to be aloof, cannot mix with others
- Desires isolation
- Averse to company, to noise, to crowd etc.
- Avoids company, lest he be disturbed in his work
- Quiet disposition
- Egoistic
- Does not interfere with others affairs or work
- Talks few words, and to the point only

35. White Chestnut (Aesculus Hipocastanum)

Group	:	Not sufficient interest in present circumstances
Method	:	Sunshine
Theme	:	Repeated thoughts

In a process of oil extraction adopted in the past, an ox was fastened to an oil-press. The ox keeps moving for hours together, but reaching no where except circling in the same tract all the time.

It was fun to hear a gramophone record of yester years, the one with a cracked line on it, repeating the same word or line of a song, again and again, until it is set right.

Similar are the ways of a White Chestnut. His thoughts repeating themselves - against his will.

As soon as one is out of bed in the morning, a particular thought comes to his mind. It keeps repeating itself the whole day, whenever he is not fully occupied. It may be the one connected to an event that had happened the other day or the one that has no relevance. Or, it may be a line or a stanza of a song that he heard some time ago.

It may be a connected or unconnected one to the day's circumstances. He is free from such thought for a time being when his mind is fully focused on some work. The more he tries to get rid of that particular thought, the more it sticks to him. Such thoughts are generally a sad and bothersome ones.

The mind becomes agitated with loss of peace. The sleep might also be disturbed.

With constancy of such thoughts, he may become accident prone.

Further, he becomes indulged in unwanted self - talking; his mind arguing for and against of a particular issue. He loses himself to such situations and becomes confused, unable to know the real and unreal nature of a circumstance.

Understandably, his ailments are also of repetitive and recurring types. His mind is fully occupied with the thoughts of those ailments.

More indications for this remedy are:

- Absorbed in unwanted and repeated thoughts
- Automatic thoughts and actions
- Constant mental arguments
- Mind becomes blank suddenly, without cause
- Brooding constantly
- Constant thoughts of cancer or other ailments
- Complaints repeat themselves.
- Loses control over mind
- Persistent thoughts of death
- Easily distracted.
- Intermittent fever
- Intermittency of symptoms
- Forgets during day time, recollects during sleep
- Makes involuntary gestures.
- Complaints appear periodically
- Makes repeated plans
- Repeats the same rhyme or stanza.
- Aggravation on thinking of ones own complaints
- Unwanted and persistent thoughts
- Tormented by persistent thoughts
- Wandering thoughts
- Urge for frequent urination
- Washing one's hands frequently

36. Wild Oat (Bromus Ramosus)

Group	: Uncertainty
Method	: Sunshine
Theme	: Loss of purpose or direction in life.

Wild Oat type of people are ambitious no doubt. They want to achieve and reach their own heights in their life. They want to lead a full life.

They are also gifted with skill and ability, knowledge and wisdom.

They are talented in their own way. But their talents bear no fruit as they lack something which comes in the way of achieving.

For example, a school boy, an above average student, wanted to become a teacher. When he finished his SSLC, his father expired. Other members of the family were not educated and so they neither understood his desire nor were they able to guide him. They wanted him to support the family, financially. There was a need for him to be on his own legs, and at the same time to support his family as well. At that time recruitment for police force was in progress. He was also selected and became a policeman. In a few years time he was arms up against his superiors for their unjust and corrupt ways. He was denied promotions, and punishment postings and transfers were meted out to him. He could neither resign and go away due to his financial condition, nor could he adjust himself to his professional life. A wrong vocation due to compelling life situations made him miserable.

A Wild Oat type of person not only becomes a misfit in his work, he becomes a misfit in his life also. He becomes listless apathetic,

indifferent, disillusioned, and aimless. It is like a train put on a wrong tract, unable to reach its destination.

If proper guidance, motivation and counselling were available to them at the right time, they would have achieved what they had wanted. These helps at a later stage are not of much use to them. Instead, use of Wild Oat remedy, can bring about a reformation, make them to understand themselves and chose a right path in life. Otherwise, they remain frustrated and vexed forever, making their life, and that of others, miserable.

More indications for this remedy, are:

- Ambitious, but ambitions are indefinite
- Indefinity due to mission in life not defined
- Not knowing and not finding a suitable vocation, make them depressed
- Indecision due to lack of knowledge of proper aim
- Instability of mind in choosing a suitable career
- Irresolute, as the life's mission is not properly understood.
- Dissatisfied due to an unsuitable career
- Inconsistent; persists in nothing
- Talented, but unable to chose the right profession
- Tormented about his profession, which is not of his choice or taste

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37. Wild Rose (Rosa Canina)

Group	:	Not sufficient interest in present circumstances
Method	:	Sunshine
Theme	:	Total apathy

"You don't know even this simple thing? You are just good for nothing" - the teacher commented on the performance of a student, which is accepted by the student himself and yet he makes no efforts to improve upon.

An young man's skill at work was neither recognised nor was it appreciated. He loses interest in his work. His attitude becomes monotonous.

A specialist examined a patient and said that there is no possibility for the patient to recover fully, which is accepted by the patient and he is prepared to suffer through, without any hope of recovery.

These are the people of Wild Rose type. They are resigned, apathetic and lose all hopes of redemption. They do not make any effort to improve upon things or events. They accept life as it is and carry on with their routine work with monotony. They surrender themselves to life. A road side cycle repairer does nothing to keep up with the changes of time, hands over his work to his son, due to old age . The son also continues the same work, as it was handed over to him.

They are passive; do not fight for their right; have no great ambitions in life; they lack imaginations. They lack creativity.

They find themselves tired, lethargic and flat emotionally. Even for a very urgent and serious event, their reaction is slow, without spontaneity.

Other indications for this remedy, are :

- Apathy
- Lack of ambition due to apathy
- Concentration of mind is not possible due to apathy
- Loathing life with complete apathy
- Bore others with his apathetic outlook
- Indifferent
- Asks for nothing
- Heedless
- Has no interest in anything
- Weakness of memory
- Uncomplaining
- Accepts events without complaining
- Unsympathetic
- Cannot focus on a particular issue.

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38. Willow

(Salix Vitellina)

Group	:	Despondency and despair
Method	:	Boiling
Theme	:	Bitterness with self - pity

Some six months ago, a friend, seventy years old man, called up over the phone. His wife had a stroke and is immobilised. His only son married and staying away, and is busy with his own activities. Two daughters, both of them unmarried, are staying with parents and looking after them. He himself suffers from hypertension, diabetes, sleeplessness etc. He still blames his contractor who built his house 12 years ago, for cheating and not executing the work to his expectation. Finally he said, "why on earth am I suffering like this, for no fault of mine? - and he was literally weeping. He was asked to buy Willow, a flower remedy, and take it two or three doses for three days. On the fourth day he promptly called up again to thank; he was a changed man.

When I visited my daughter's place at London four years ago, I saw a Willow tree. It had grown about fifteen feet height. It was not flowering season.

With all its long twigs and branches, hanging all around the main tree, it looked like a young girl whose long hairs hanging around her head and face, and who had just been weeping bitterly. The Doctrine of Signature was clearly seen there and it was properly applied when its flower was inducted as a remedy.

The emotional sufferings of the Willow type people are:

- Melancholic
- Dwelling on their own problems

- Resentful, with 'Why me' attitude
- Cannot forget and forgive, of the long ago and hurts and misdeeds of others
- Blaming others for their own misfortunes.
- Grudging when others are found to be happy and healthy
- Happy when others are ill, or facing difficulties and miseries
- Bitterness, noticeable in all their expressions
- Weeping; which is found as a solace
- Sulky and gloomy

Other indications for this remedy, are:

- Annoyed when falling ill
- Refuses to answer, turning the face away,
- Averse to everything and everyone around
- Dislike for others
- Blaming others with contempt
- Criticizing others
- Cursing others out of malice
- Depressed at the success of others
- Embittered feeling
- Estranged from one's own family
- Finding fault with others
- Hatred for others with resentment
- Resentment
- Sullen
- Indisposed to talk
- Vexation

VIII. Keynotes

We may not be the real Chestnut Bud types ! And yet we often need to reinforce the already known informations, so that :

- a) We can be accurate,
- b) Retain all those minute and finer details for the best use

Keynote system is a representation of a much wider scheme of information, the Materia Medica; yet, brief in style, helping a busy practitioner to affirm quickly when needed.

It might also be of much help in urgent cases.

With these motives, the keynotes on Flower Remedies are given here.

Repetitions are understandable and they will have to be happily excused!

1. Agrimony

- * Jovial, cheerful, Humorous - to hide internal turmoil
- * Covers up his blues with a happy - going mask
- * Loves peace - distressed by arguments and fights - plays a peace maker
- * Prepared to pay a price to avoid conflicts / arguments
- * Silent grief, brooding, avoids to be alone
- * Becomes a drug addict or habitual alcoholic to forget one's blues - becomes dependent on stimulants
- * Restless
- * Hides mental torture from others

2. Aspen

- * Fears for unknown causes
- * Fears which are vague in nature, for which there exist no grounds
- * Apprehensions without any reason
- * Afraid to tell their trouble to others

3. Beech

- * Sees good and beauty in everything when one is totally positive and just the opposite of it otherwise - finds faults only, without a word of appreciation
- * Intolerant
- * Overly critical of others with condemnation
- * Enforces discipline for others

4. Centaury

- * Easily influenced by others
- * Over anxious to serve and please others, neglecting one's own mission
- * One's servitude is exploited by others
- * Too weak to say "no" or "I can't"
- * Weak willed, cannot decide on his own.
- * After effects of the disease originally affected with (e.g. persisting cough after measles)
- * Exploited beyond a limit - becomes a doormat
- * Kind, quiet and gentle

5. Cerato

- * No confidence in oneself
- * Can not make a decision by one self
- * Self - distrust

- * Seeks advice from others because of which easily misguided
- * Seeks advice, approval and opinion from others

6. Cherry Plum

- * Anger uncontrollable, mad with anger
- * Desperation
- * Fear of losing control over one's mind
- * Resorts to impulsive and sudden actions
- * Fears impulses to do dreaded things
- * Constant weeping
- * Constant urination
- * Fear of doing wrong things

7. Chestnut Bud

- * Inattentive
- * Inability to understand in spite of repeated learning
- * Inability to remember or recall even after making much effort
- * Lack of observation
- * Lack of concentration
- * Needs longer time to learn
- * Commits the same mistake again and again.

8. Chicory

- * Overcare for welfare of the loved ones
- * Overprotective of the dear ones
- * Possessive
- * Wants the loved ones should be near always
- * Demands in return, for the love and care shown
- * Manipulative

- * Feigns / Simulates sickness
- * Fretful
- * Selfish
- * Self piteous

9. Clematis

- * Dreamy / Drowsy - unable to remain fully awake
- * Those who are in fainted or comatose condition with or without an injury - one of the constituents of Rescue Remedy.
- * Lives in future
- * Lives in one's own world of fantasy
- * No great interest in life
- * Looks forward to death, for the better
- * Quiet people

10. Crab Apple

- * Feels that something is not quite clean in one self
- * Wants to somehow remove that particular thing which is bothersome
- * Irritation
- * Over concentration on trivial things
- * Self dislike
- * One feels that one had been affected by unclean surrounding
- * A cleanser and purifier

11. Elm

- * Overwhelmed by responsibilities
- * Feels that the task one is facing is a humanly impossible one
- * Occasional feeling of inadequacy,

12. Gentian

- * Easily discouraged by a small obstruction
- * Discouraged by delays
- * Does well if no obstruction is faced nor delay caused
- * Delays cause depression, doubt and negative thinking

13. Gorse

- * Great hopelessness
- * Agrees for various treatment when one is ill, but without any hope, just to please others
- * No hope of getting cured
- * Despair
- * Does not expect anything good to happen from any effort.

14. Heather

- * Hates to be alone
- * Needs a company always to listen to oneself
- * Talks self-centred, and about one's own affairs
- * Does not allow others to have their say
- * Over talkative - by nature
- * Boastful
- * No patience to listen to others.

15. Holly

- * Holly in its total positive state, is Holy, the divine love ie love one and all without any expectation in return. Otherwise hatred - the another extreme.
- * Vengeance
- * Revengeful
- * Suspicious
- * Envious
- * Vexed easily
- * No real cause for one's suffering
- * For a person who grew up without experiencing the warmth of love, from Childhood.

16 Honeysuckle

- * Lives in the past glories
- * Brooding on past glories
- * Happy when immersed in thoughts with memories of good old days
- * Memories of a lost friend, still fresh in mind
- * Suffers from home sickness
- * Does not expect further happiness
- * Expects nothing good to happen in future.

17. Hornbeam

- * One feels that one does not have enough strength (both physical and mental)
- * Feeling of inadequacy
- * Laziness
- * Morning weakness
- * Even day to day routine affairs appear a great burden
- * Wants tonic to strengthen that part which is weak
- * Interested activities are done well, however.

18. Impatiens

- * Always in a hurry - no patience
- * Easily irritable
- * Hurried talking, eating and in all other activities
- * Fast and hasty
- * Wants immediate relief, when sick
- * Prefers to work alone - as others are not fast enough
- * One of the five remedies in the combination of Rescue Remedy

19. Larch

- * Feels one is not capable
- * Is sure of failure - so, does not undertake and does not expect success
- * Loss of / lack of self confidence
- * Makes no effort to succeed
- * Is not envious of others' success

20. Mimulus

- * Fears - of known causes, worldly things and day-to-day affairs
- * Nervous
- * There exists a definite reason for fear and the cause is known
- * Shy and hides one's fear and does not speak about it with others

21. Mustard

- * Gloomy, for known causes
- * As if a dark cloud shadows over oneself and hides joy of happiness
- * Sudden depression

22. Oak

- * Struggles on and on, despite obstacles
- * Never gives it up as impossible
- * Does not accept failure
- * Brave, fights against all odds and difficulties
- * Never loses hope to succeed.

23. Olive

- * Mental and physical weakness, from over work and subsequently even after mild exertions
- * Exhausted and weary due to sufferings
- * Complete exhaustion sets in when one is forced to undertake a task
- * A feeling of no more strength to make any effort

24. Pine

- * Self blame
- * Self condemnation
- * Self guilt
- * Self reproach
- * Owns up responsibility even for others' faults
- * Not content with what is achieved
- * Even though one has done well, one feels that one could have done still better.

25. Red Chestnut

- * Fears that something will happen to the loved ones
- * Over anxious if loved ones are late to be back home
- * Waits at the doorstep for the loved ones to return, even before the scheduled time

26. Rock Rose

- * Terrifying fear
- * Panic
- * Falls unconscious with fear
- * Fear due to an emergency situation
- * Terribly frightened at an accident or sudden illness
- * A constituent of Rescue Remedy

27. Rock Water

- * Very strict with self. Strict in their life-style
- * Self disciplined
- * Self denial
- * Self repression
- * Hard master on oneself
- * Wants to remain well and strong
- * Wants to be a role model for others

28. Scleranthus

- * Oscillating mind, between the two or more options
- * Confused, unable to decide
- * Indecisive, can not decide amongst choices; now chooses one and within a short time, changes his mind
- * Late realisation
- * Postponing
- * Shifting pains, now here and now there
- * Motion sickness
- * Quiet people, bear their difficulties by themselves.

29. Star of Bethlehem

- * Shocked due to a serious news of loss or accident
- * Effects of shock remain, either recent or past one
- * Shock, mental or physical or both
- * Refuses to be consoled
- * One of the constituents of Rescue Remedy

30. Sweet Chestnut

- * Unbearable anguish
- * One feels that there is nothing left-but destruction
- * Feels that the body and mind have reached their limits of endurance and cannot bear anymore

31. Vervain

- * Fixed principles and ideas
- * Over enthusiasm
- * Over working, fully immersed in work
- * Suffers from stress and strain
- * Desires to convert others to one's way of thinking
- * When convinced of being right, one is very courageous and strong willed.

32. Vine

- * Very ambitious. Wants to expand the area of work
- * Capable and certain of one's ability
- * Confident
- * Dominating; does not accept suggestions from others
- * Ruthless and tyrant
- * Rules with firmness
- * One wishes to convert others, for their own good, even by force

33. Walnut

- * Tendency to be swayed by the ideas of a stronger personality
- * The remedy acts as a link - breaker, to snap old ties.

- * Also provides protection from: change of weather, hereditary habits and diseases, change of atmosphere and circumstances and also external causes
- * Habits like thumb sucking and nail biting etc..
- * Change of life and stages of life.

34. Water Violet

- * A very rare and noble person to find
- * Aloof and proud
- * Reticent, dignified, quiet but learned
- * Gentle in talk and actions
- * Independent and self reliant; does not disturb others
- * Non-intrusive
- * Men of few words

35. White Chestnut

- * Repeated appearance of unwarranted and unpleasant thoughts, against one's will
- * Such occurrences are temporarily avoided when one's mind is fully occupied
- * Repeated attack of the same illness

36. Wild Oat

- * Dissatisfied with adopted work of profession
- * Wants to lead a full life but unable to decide the occupation or the path
- * Suffers from delays and dissatisfaction
- * Uncertain of one's own work
- * Does not have the grit to execute the work

37. Wild Rose

- * Apathy
- * Accepts life situation as it is
- * Resignation

- * Makes no effort to improve things
- * No motivation
- * Surrenders to the struggles of life

38. Willow

- * Suffered through adversity and misfortunes
- * Resentful
- * Feels discriminated, singled out and punished
- * Thinks that one does not deserve such a great punishment or suffering
- * Embittered feeling
- * Uncontrollable crying with bitterness

Developing the opposite virtue

"Be it remembered that when the fault is found the remedy lies not in a battle against this and not in a use of will power and energy to suppress a wrong, but in a steady development of the opposite virtue, thus automatically washing from our natures of all traces of the offender. This is the true and natural method of advancement and of the conquest of wrong, vastly easier and more effective than fighting a particular defect "

Dr. Edward Bach

IX. Pointers to the Flower Remedies

In our endeavour to make the best use of Flower Remedies, we need to adopt some techniques which help us to understand, remember and recall those symptoms which are given against each of them.

Even though we are well versed with Materia Medica and also the Keynotes, we often need some prompting key words so as to recall all that is stored in our brain.

With this in mind, the pointers are given here.

1. Agrimony :-

- Brooding
- Depends on stimulants - alcohol, drugs etc
- Wears a jovial humorous mask to hide mental torture from others
- Loves peace; prepared to pay a price to pacify those who are involved in a conflict or argument
- Restless
- Grieves silently

2. Aspen :-

- Apprehensions - about vague or unknown reasons
- Fears of unknown cause
- Vague fears
- Afraid to tell their trouble to others.

3. Beech :-

- Condemns others; Does not agree to others ideas.
- Enforces discipline
- Intolerant; searches for others faults

- Over critical of others
- To bring about to see goodness and beauty in everything

4. Centaury :-

- Persisting after effects, after the main disease (e.g., Cough after measles)
- Easily influenced by others
- Over anxious to serve others
- Too weak to say 'no'
- Weak willed
- Servitude
- Kind; quiet; and gentle

5. Cerato :-

- Seeks advice, approval and opinion from others
- Does not rely on self; self distrust
- No self confidence

6. Cherry Plum :-

- Uncontrollable anger; mad with anger
- Desperation
- Fear of doing wrong things; Impulse to do wrong thing
- Sudden and impulsive action
- Fear of losing control over mind
- Urination frequent with constant urge
- Constant weeping

7. Chestnut Bud :-

- Inattentive, due to want of interest
- Lack of observation
- Concentration difficult
- Repeats the same mistakes, again and again.
- Slow to learn
- Easily forgets

8. Chicory :-

- Fretful
- Possessive; demands loved ones to be near
- Over attachment
- Selfish
- Self-pity
- Manipulative
- Simulates / feigns sickness to attract others attention

9. Clematis :-

- Dreamy; not present in the current situation
- Drowsy; not fully awake
- Lives in future; imaginative world
- Day dreaming; lives in his own world of fantasy
- No great interest in life
- Looks forward to death, for the better.

10. Crab Apple :-

- The inner cleanser
- Feels that something is not quite clean in him
- Wants to get rid of that unpleasant affection
- Dislikes self, with hatred
- Over concentration on trivial details / issues.

11. Elm :-

- Overwhelmed
- Occasional feeling of inadequacy
- Feels that the task is too difficult and beyond the power of a human being

12. Gentian :-

- Delays Cause Depression
Discouragement and Doubts
- Negative thinking
- Does well if no obstruction is faced or delay is caused

13. Gorse :-

- Despair
- Very great hopelessness
- Agrees for various kind of treatments, but without hope and just to please others

14. Heather :-

- One needs a company all the time just to listen to oneself
- Over talkative; Does not allow others to talk
- Self-centered
- Talks one's own affairs all the time.

15. Holly :-

- Envy
- Jealous
- Hatred
- Wants to take revenge;
- Suspicion
- Vexed

16. Honeysuckle :-

- Brooding on the past memories
- Home sickness
- Lives in the past glories
- Memories of a lost friend
- Does not expect further happiness

17. Hornbeam :-

- Inadequacy feeling
- Laziness
- Morning exhaustion
- Mental weakness
- Weariness of will
- Wants 'tonic' to enhance the part that is weak
- Feels one does not have sufficient strength

18. Impatiens :-

- Can not wait for things to happen; Wants to do it right now
- Wants immediate relief.
- Quick in thought and action
- Fast and hasty
- Prefers to do it alone as others are not speedy enough
- Utters the phrases like, "Waste of time" "How long you take" and "Don't bother, I will do it myself" etc.

19. Larch :-

- Feeling of 'I can't'
- No efforts to succeed
- Lack of self confidence
- Feels one is not capable
- One expects failure due to inability

20. Mimulus :-

- Fears of known causes, worldly things and day to day affairs
- Nervous
- Shy; does not speak freely of One's problem.

21. Mustard :-

- Cloudiness of mind
- Gloomy, for known cause
- Sudden depression sets in
- Feeling of dark clouds overshadowing on oneself

22. Oak :-

- Does not give up one's task despite set backs
- Struggles on and on, without giving up
- Brave; fighting against all odds and great difficulties

23. Olive :-

- Complete exhaustion
- physical and mental weakness
- Feeling of 'no more strength' to make any effort

24. Pine :-

- Self condemnation
- Self blame
- Self reproach
- Self guilt
- Claims responsibility even for others faults
- Feels he could have done better, even though he has done well

25. Red Chestnut :-

- Fears that something will happen to the loved ones
- Very anxious if loved ones come home late.
- Stands at the door step, looking for the arrival of the loved ones

26. Rock Rose :-

- Extreme fright
- Panic
- Terror
- Unconscious
- A condition of emergency

27. Rock Water :-

- Hard master on self
- Hard task master on self
- Self-denial
- self disciplined
- Rigid on self.
- Strict in one's own life - style.

28. Scleranthus :-

- Confusion
- Indecisive with reticence
- Postponing due to indecision
- Late realisation
- shifting pains
- Uncertainty
- Unable to decide between the two options
- Quiet people, bear their difficulties by themselves

29. Star of Bethlehem :-

- Shock - Mental or physical or both
- Effects of shock
- Shocking effect of serious news or loss or accident
- Refuses to be consoled

30. Sweet Chestnut :-

- Feels 'alone' in the world
- Extreme mental anguish
- Hopelessness

- Feels that the mind and body have borne the limit of endurance
- Feels that there is nothing left but destruction and annihilation

31. Vervain :-

- Over enthusiasm
- Tries to influence others and convert them
- Over work; too busy with work
- Stress and strain
- Tension
- Fixed principles and ideas
- Strong will and courage, if one is convinced of one's stand

32. Vine :-

- Ambitious
- Dominating
- Ruthless
- Tyrant
- Capable, certain and confident
- Conversion by force

33. Walnut :-

- For protection from external cause (to protect physician from the 'Patient's stuff')
- To enable to snap old ties
- Link breaker
- Hereditary habits and diseases
- Protection from change of weather or place
- Tendency to be swayed by the ideas of a stronger personality

34. Water Violet :-

- Aloof
- Proud
- Dignified
- Quiet
- Non-interfering with the others affairs

- Gentle
- Independent and self-reliant
- Men of few words

35. White Chestnut :-

- Repeated thoughts
- Repeated attack of the same illness
- Persisting unwanted thoughts.

36. Wild Oat :-

- Uncertain of their work in life
- Dissatisfied with the adapted profession
- Suffers from delays and dissatisfactions
- Unable to decide the occupation to follow

37. Wild Rose :-

- Apathy
- Loss of interest
- Makes no effort to improve things
- Resignation
- Surrenders to the struggles of life
- Utters the phrases like, 'why bother'?
- "Leave me alone" and "Accept as it comes" etc

38. Willow :-

- Bitterness
- Crying with inconsolable bitterness
- Feels discriminated and singled out with injustice
- Resentment
- Suffered through adversity and misfortune
- Feels one does not deserve this punishment
- Utters the phrases like, "Why me"?
- "What have I done for this punishment?"
- "Why this injustice"? etc...

X. The Opposites

To understand the suffering human mind and to make use of the suitable flower remedy, we need to follow different strategies. Studying mind in its opposite condition helps towards this end.

Dr. Bach also used such a technique. He clubbed certain number of remedies in groups. In loneliness group there are three remedies described. While Water Violet desires to be alone, Heather, another remedy in that group, hates to be alone; and the third one Impatiens chooses to be alone for a different reason.

Similarly, the following opposite states of the mind along with remedies, are given here for the benefit of the Healers.

- | | |
|---|--|
| 1. Delay in understanding
- <i>Centaury, Scleranthus</i> | * Delays are not tolerated
- <i>Gentian, Impatiens</i> |
| 2. Quick in action
- <i>Impatiens</i> | * Late to act
- <i>Scleranthus</i> |
| 3. Blames Self
- <i>Pine</i> | * Blames others
- <i>Beech</i> |
| 4. Accepts responsibility
for others mistakes
- <i>Pine</i> | * Can not forget injustice done
to one self - <i>Willow</i>
Cannot tolerate injustice to
any one - <i>Vervain</i> |
| 5. Gives it up due to inability
- <i>Larch</i> | * Does not give up
- <i>Oak</i> |
| 6. Hides one's sufferings
from others - <i>Agrimony</i> | * Cries and frets with
sufferings - <i>Cherry Plum</i> |
| 7. Avoids arguments at any
cost - <i>Agrimony</i> | * Enjoys argument
- <i>Beech</i> |

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|--|--|
| 8. Selfish - <i>Chicory</i> | * Self denial - <i>Rock water</i> |
| 9. Over care for others
- <i>Red Chestnut</i> | * Does not care for others
- <i>Beech</i> |
| 10. Lives in the past
- <i>Honeysuckle</i> | * Lives in the future
- <i>Clematis</i> |
| 11. Known fears - <i>Mimulus</i> | * Unknown fears - <i>Aspen</i> |
| 12. Desires to be alone
- <i>Water Violet</i> | * Hates to be alone
- <i>Heather</i> |
| 13. Easily adapts with a new
environment - <i>Wild Rose</i> | * Cannot adapt to a new
environment - <i>Walnut</i> |
| 14. Wants advice from others
- <i>Cerato</i> | * Wants to advise others
- <i>Chicory</i> |
| 15. Fully motivated
- <i>Vervain, Vine</i> | * Lack of motivation
- <i>Wild Rose, Gorse</i> |
| 16. Wants to attract others
attention - <i>Chicory, Heather</i> | * Wants to be in seclusion
- <i>Water Violet</i> |
| 17. Tires easily
- <i>Olive</i> | * Works untiringly
- <i>Oak</i> |
| 18. Interferes with others
affairs - <i>Chicory</i> | * Non - interfering
- <i>Water Violet.</i> |
| 19. Straight forward
- <i>Vervain</i> | * Manipulative
- <i>Chicory</i> |
| 20. Hates others - <i>Holly</i> | * Hates Self - <i>Crab Apple</i> |
| 21. Unstable - <i>Scleranthus</i> | * Stable - <i>Water Violet</i> |
| 22. Self - pity - <i>Chicory</i> | * Self blame - <i>Pine</i> |
| 23. Down to earth approach
- <i>Vervain, Vine</i> | * Lives in fantasy
- <i>Clematis</i> |
| 24. Self-disciplined
- <i>Rock water</i> | * Wants discipline from others
- <i>Vine</i> |

- | | |
|--|--|
| 25. Uncontrollable anger
- <i>Cherry Plum</i> | * Controls one's anger
- <i>Oak</i> |
| 26. Dreamy - <i>Clematis</i> | * Active - <i>Vervain</i> |
| 27. Strong Willed
- <i>Vervain</i> | * Easily influenced by others
- <i>Centaury</i> |
| 28. Does not give up
- <i>Oak</i> | * Easily gives up
- <i>Gorse</i> |
| 29. Struggles against all odds
- <i>Oak</i> | * Overwhelmed by difficulties
- <i>Elm</i> |
| 30. Wants to lead
- <i>Vine</i> | * Wants to be led
- <i>Centaury</i> |
| 31. Does not worry for setbacks - <i>Oak</i> | * Discouraged by setbacks
- <i>Gentian</i> |
| 32. Feels happy with the accomplishments of others
- <i>Larch</i> | * Resentment with others' accomplishments
- <i>Willow</i> |

*** **

XI. The Ideal Remedy Types

- | | |
|---|-------------------------------|
| 1. Ideal husband and wife
(or the vice versa !) | > Vine and Centaury |
| 2. Ideal Companion | > Agrimony |
| 3. Ideal food, cooked by | > Chicory and
Red Chestnut |
| Ideal helping hands, for works | 4. > Oak and
Rock Water |
| 5. Ideal, to avoid working with | > Impatiens |
| 6. Ideal neighbour | > Water Violet |
| 7. Ideal friend | > Pine |
| 8. Ideal Police officer | > Vervain |
| 9. Ideal remedy in an unknown new
place | > Walnut |
| 10. Ideal remedy, to be in possession
of, always | > Rescue Remedy |

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Concise Repertory

A repertory has its limited use. Depending entirely on it for the practice of Flower Medicine, is likely to be met with many failures.

Therefore, whenever a remedy is selected from repertory, its appropriateness should also be ascertained from the Materia Medica chapters.

Any repertory remains incomplete for ever. As such, a remedy for a symptom not given in repertory, can still be found required for that symptom.

Understanding the nature of a remedy, and understanding the nature of the person, and also of the suitability of that particular remedy to that particular person, can only yield happy results.

Abandoned	: (see Forsaken)	
Ability	: lack of	: Larch; Elm
	: sure of one's own	: Impatiens, Vervain, Vine
Able	:	: Oak, Water Violet
Abnormal	: in behaviour	: Cherry Plum
Abroad	: unable to adjust, while in	: Walnut
Abrupt	: in criticizing	: Beech, Vine
Absent minded :		: Clematis Honeysuckle Scleranthus White Chestnut
Absents	: himself from work	: Wild Rose
Absorbed	: buried in thoughts	: Clematis
	: in one's own miseries	: Willow
Abstains	: from amusements	: Rock Water

Accepts	: life as it is	: Wild Rose
Accident prone to:	due to lack of concentration	: Clematis
	: due to impatience	: Impatiens
	: due to carelessness	: White Chestnut
Achieve	: doubts one's ability to	: Larch
	: eager to	: Impatiens, Vervain, Vine
Acid tongued	: in criticizing	: Beech, Chicory, Vine
	: spiteful	: Holly
Acting	: to gain attention from others	: Chicory
	: pretence, as a	: Agrimony
Active	: enthusiasm with	: Vervain
	: excessively, as a task master	: Rock water
Adamancy	:	: Oak, Vervain, Vine,
Adaptability	: lack of	: Walnut
Addiction	: as means of escape	: Agrimony
	: for repeated attempts of withdrawal	: Chestnut Bud
	: hereditary	: Walnut
Adheres	: strictly to principles	: Rock Water, Vervain
Adored	: by others	: Water Violet
	: by self	: Chicory, Heather
Adventure	: fantasy of	: Clematis
	: spirit of	: Vervain
Adversity	: easily affected by	: Gentian, Gorse
	: unaffected by	: Oak, Vervain, Vine

Advice:	gives, without asking for	: Chicory. Heather
	gives, only when asked for	: Water Violet
	seeks from others	: Cerato
Afraid :	See Fear	
Ageing	: wants to reverse	: Heather
		Honey suckle
		Rock Water
Aggrieved	: with resentment	: Willow
Agitated	:	: Cherry Plum
		Impatiens
	: injustice due to	: Vervain
Agony	: mental	: Sweet Chestnut
	: concealed	: Agrimony
Ailment	: drained by	: Olive
	: due to Obsession	: Crab Apple
Air castle	: building	: Clematis
Alcoholic	: (see Addiction)	
Alone	: fears to be	: Mimulus
	: cannot remain, due to	
	mental torture	: Agrimony
	: dislikes to be	: Chicory, Heather
	: wants to work	: Impatiens
	: prefers to be	: Water Violet
Alternating	: complaints	: Scleranthus
Ambition	: indefinite	: Wild Oat
	: lack of	: Wild Rose
	: loss of	: Gorse
Ambitious	:	: Oak, Vervain,
		Vine
Amusement	: as an escape	: Agrimony
	: avoids	: Water Violet
	: averse, due to work	: Oak,
		Rock Water

Analytical	: in thinking	: Rock Water
		Water Violet
	when arguing	: Vine, Beech
	in explaining, to convert others	: Vervain
Anger	: contradicted, when	: Vine
	: extreme	: Cherry Plum
	: hatred, with	: Holly
	: injustice, due to	: Vervain
	: slowness of others, due to	: Impatiens
	: with self, when the work is not completed	: Oak
Anguish	:	: Sweet Chestnut
	: wears a mask	: Agrimony
Answering	: back, spitefully	: Holly
	: with valid argument	: Vervain
	: abruptly / curtly	: Beech, Vine
Anticipation	: of troubles for others	: Red Chestnut
	: of failure, due to inability	: Larch
	: complaints from	: Hornbeam
Anxiety	: for welfare of others	: Red Chestnut
	: due to vague or unknown cause	:
	: due to known cause	: Aspen
	: hidden	: Mimulus
	: about trifles	: Agrimony
	: on waking up	: Crab Apple
Apathy	:	: Hornbeam
	: depressed when	: Wild Rose
	: exhaustion due to	: Gorse, Mustard
		: Olive
Apologetic	: even for others fault	: Pine
Approval	: seeks from others	: Cerato
Ardent	:	: Oak, Vervain

Arguments	: mental	: White Chestnut
	: mental, to choose between two or more options	: Scleranthus
	: avoids	: Agrimony
	: enjoys	: Chicory, Vervain
Arrogant	:	: Beech, Vine
Asks	: others suggestion for every thing	: Cerato
Attention	: seeks from others	: Chicory, Heather
	: shuns others,	: Water Violet
	: lack of, in studies	: Chestnutbud
Audacious	:	: Cherry plum, Vine
Authoritative	:	: Beech, Vine
Averse	: to others' success	: Willow
	: to others' success with jealous	: Holly
Avoidance	: of arguments	: Agrimony
	: of people	: Water Violet
	: of working with others	: Impatiens
Awkward	: with dislike for self	: Crab Apple
	: with indecision	: Scleranthus
	: with lack of self confidence	: Larch
Back biting	:	: Chicory
Bad news	: ailments from	: Gentian
		: Star of Bethlehem
Belonging	: no sense of	: Walnut
Bereaved	: shock with	: Star of Bethlehem
	: with past memories	: Honeysuckle
Bewildered	:	: Clematis
Biting	: anger from	: Cherry Plum
Bitterness	:	: Willow
Blaming	: others	: Beech, Chicory
		: Vine, Willow
	: self	: Crab Apple
		: Pine

Blood	: fears at the sight of	: Mimulus Rock Rose
Blunt	: in finding fault	: Beech, Wine
Body image	: poor sense of	: Crab Apple
Bold	:	: Beech, Vervain, Vine
Bossy	:	: Beech, Chicory Vervain, Vine
Brain-fag	:	: Olive
	: with forgetfulness	: Chestnut Bud
Brain - Storm	:	: Cherry Plum
Brain washing	: indulges in	: Chicory, Vine
Break	: things, desire to	: Cherry Plum
Burden	: does not want to be, for others	: Pine
Burdened easily	: with works, by others	: Centaury
Calmness	: desire for	: Water Violet
Calumniate	: desire to	: Holly
Cancer	: fear of	: Mimulus Rock Rose
Capable	:	: Oak, Vine Water Violet
Careful	:	: Beech, Vine
	: about children's health	: Red Chestnut
Careless	:	: Clematis
Caution	: exercises	: Oak, Water Violet
Censorious	: see Critical	
Change of	: life at	: Walnut
Chatter box	:	: Agrimony Chicory, Heather
Cheerful	: to hide inner blues	: Agrimony
Children	: poor in studies due to forgetfulness	: Chestnut Bud
Cleanser	:	: Crab Apple

Communication	: good	: Oak, Vervain, Water Violet
Company	: wants to be with	: Agrimony Chicory, Heather
Complacent	:	: Clematis, Wild Rose
Complains	: about others	: Beech, Chicory Willow
Composure	:	: Oak, Rock Water Water Violet
Comprehension difficult		: Chestnut Bud, White Chestnut
Compulsive obsession syndrome		: Crab Apple. Chicory, Heather
Concealment of emotion		: Agrimony
Concentration : difficult -		
	: due to indecision	: Scleranthus
	: with forgetfulness	: Chestnut Bud
	: over	: Oak, Rock Water, Vervain
Confidence	: wanting	: Cerato, Elm Larch,
Confirmation	: seeks from others	: Cerato
Confrontation	: avoids	: Agrimony
	: enjoys	: Vervain, Vine
Confusion of mind		: Aspen Scleranthus
Conscientious	: trifles about	: Crab Apple
	: of neglected duties	: Pine
Consolation	: averse to	: Agrimony, Water Violet
	: seeks	: Chicory, Willow
Constancy	: of complaints	: White Chestnut

Contamination	: suspects, in everything	: Crab Apple
Contempt	: for others	: Holly, Willow
	: for self	: Crab Apple, Pine
Conversation	: seeks and enjoys	: Agrimony, Chicory, Heather
Conventions	: finds it difficult to break	: Walnut
Convert	: others, desire to	: Vervain
Conviction	: strong	: Vervain
Coping	: well, under pressure	: Oak
	difficult under pressure	: Elm
Correct	: others, desire to	: Chicory, Vervain
Cough	: persistent	: Hornbeam, White Chestnut
Courageous	: see Bold	
Craves	: sympathy	: Chicory
Crazy	:	: Cherry Plum
Cries	: easily, with self pity	: Willow
	: to draw the attention of others	: Chicory
	: due to depression	: Mustard
Critical	: of others	: Beech, Chicory
	: self	: Crab Apple, Pine
	: out of jealous	: Holly
Cursing	:	: Holly, Willow
	: with anger	: Cherry Plum
Day dreaming	:	: Clematis, Honeysuckle
Death	: fear of	: Mimulus Rock Rose
	: desires, due to depression	: Cherry Plum
	: as means of escape	: Agrimony
Debate	: avoids	: Agrimony
	: enjoys	: Vervain
Debility	:	: Hornbeam

Deceitful	:		:	Chicory
Decide	:	unable to	:	Cerato, Scleranthus
Defiance	:		:	Beech, Vine
Dejected	:		:	Gentian Sweet Chestnut
Delirium	:		:	Cherry Plum
Delusions	:	imaginary	:	Aspen, Cherry Plum, Clematis
	:	grandeur	:	Rock Water, Vervain
	:	cloud, heavy black enveloped over	:	Mustard
Demanding	:		:	Chicory, Vine
Dependable	:		:	Oak, Rock Water
Dependent	:		:	Chicory
	:	seeks advice	:	Cerato
	:	of others, to talk to	:	Heather
Depression	:	due to set backs	:	Honeysuckle, Gentian
	:	with hopelessness	:	Gorse
	:	with dejection	:	Sweet Chestnut
	:	temporarily	:	Mustard
Deserted	:	(See Forsaken)	:	
Desire	:	excess of	:	Chicory, Vervain
	:	lack of	:	Hornbeam, Olive
	:	denial of	:	Rock Water
Despair	:	due to fear	:	Rock Rose
	:	due to shock	:	Star of Bethlehem
	:	due to ill health	:	Gorse

Desperate	:	Cherry Plum Sweet Chestnut
Despondency	: due to inadequacy feeling	: Elm
	: due to bad news	: Star of Bethlehem
	: due to bitter feeling	: Willow
	: due to tiredness	: Hornbeam, Olive
Destructiveness		: Cherry Plum
Detached	: feeling	: Clematis Water Violet
Determination	: strong	: Oak, Rock Water Vervain, Vine
Dictatorial	:	: Beech, Vine
Dignified	:	: Water Violet
Dilemma, in	:	: Scleranthus
Diligent	:	: Oak, Vervain
Directs	: others	: Chicory, Vervain Vine
Dirt	: cannot get rid the feeling of	: Crab Apple
Disappointed	:	: Gentian, Wild oat
Discipline	: for self	: Rock Water
	: insists for others	: Vine
Discouraged	: easily	: Elm, Gentian
Disgusted	:	: Crab Apple, Honeysuckle, Willow
Disobedient	:	: Vine
Dissatisfaction	: frustration due to	: Impatiens, Vervain
	: unfulfilled ambition, due to	: Wild Oat
	: with self	: Crab Apple, Pine
	: with others	: Beech, Chicory Vine

Distracted	: easily	: White Chestnut
	: with many thoughts	: Scleranthus
	: with thoughts of future	: Clematis
	: with thoughts of past	: Honeysuckle
	: while studying	: Chestnut Bud
Dogmatic	:	: Rock Water,
		Vervain, Vine
		Water Violet
Dominated	: by others	: Centaury, Cerato
Dominates	: others	: Chicory, Vine
Doubtful	: of success	: Gentian
	of self	: Cerato
Dream	: day dreaming	: Clematis
	: vague	: Aspen
	: of terror	: Rock Rose
	: nightmares	: Rock Rose;
		: Star of Bethlehem
	: recurring	: Chestnut Bud,
		White Chestnut
Drowsiness	: generally	: Clematis
	: exhaustion, due to	: Olive
	: apathy due to	: Wild Rose
Dullness	:	: Chestnut Bud
		Scleranthus
Drunk	: as if	: Clematis
		Scleranthus
Duty	: conscious of	: Oak,
		Rock Water
		Vervain
Dwarfishness	:	: Crab Apple
Efficient	: in work	: Impatiens, Oak
		Rock Water
Egoistic	:	: Beech, Vervain
		Vine

161 * Healing with Flower Medicine

Embitterment	:		:	Holly, Willow
Emotion	:	hides	:	Agrimony, Water Violet
Empathic	:		:	Vervain
Endurance	:	strong	:	Oak, Rock Water Vervain
Energy	:	excess of	:	Vervain
	:	lack of	:	Hornbeam, Olive
Enmity	:		:	Holly
Enthusiastic	:		:	Vervain
Entreating	:		:	Centaury, Chicory
Escapism	:	mental	:	Agrimony, Clematis, Honey Suckle
Exactitude	:	desire for	:	Beech, Vervain Vine
Example	:	wants to be, for others	:	Rock Water
Excitement	:	seeks	:	Agrimony, Clematis
	:	shuns	:	Oak, Rock Water
Exertion	:		:	Olive
Exhaustion	:	yet, struggles on	:	Oak
	:	over work due to	:	Olive
	:	mental weariness, due to	:	Hornbeam
Experience	:	does not learn from many	:	Chestnutbud
Extrovert	:		:	Heather
	:	worn as a mask	:	Agrimony
Failure	:	expects due to inability	:	Larch
Faintness	:		:	Clematis
Fairness	:	desires in every situation	:	Vervain
Family	:	over care, for	:	Chicory,
Fantasy	:		:	Cherry Plum Clematis

Fault	: finding with self	: Pine, Crab Apple
	: with others	: Chicory, Vervain Holly, Beech, Vine
Fear	: due to known causes	: Mimulus
	: due to unknown causes	: Aspen
	: extreme	: Rock Rose
	: of failure	: Larch
	: of mind giving way	: Cherry Plum
	: for the safety of others	: Red Chestnut
Fearless	:	: Oak
Feigning sick	:	: Chicory
Fighting spirit	: does not give up easily	: Oak, Vervain
Filth	: sensitive to	: Crab Apple
Fixed Ideas	:	: Beech, Rock Water, Vervain, Vine
Floating	: as if	: Clematis
Follows others	:	: Cerato
	: due to lack of self confidence	: Larch
Forceful	:	: Vine
Freedom	: desires from responsibility	: Elm
	: from duty	: Centaury
Forgetful	: lack of concentration due to	: Chestnut Bud, Clematis
	: due to apathy	: Wild Rose
Forgive	: unable to	: Willow
	: easily, and blames self	: Pine
Forsaken	: fear of being	: Mimulus
	: feeling	: Chicory
Frivolous	:	: Chicory
Frustrated	:	: Vervain, Walnut
	: with slowness of others	: Impatiens

Fussy	:	:	Chicory
	:	:	Crab Apple
	:	:	Vervain
Future	:	:	Clematis
	:	:	Honeysuckle
Greedy	:	:	Chicory
	:	:	Cerato
	:	:	Chicory, Vine
Grief	:	:	Star of Bethlehem
	:	:	Sweet Chestnut
	:	:	Pine
Grumbling	:	:	Willow
Grunting	:	:	Vine
Guilt	:	:	Pine
Habits	:	:	Chestnut Bud,
	:	:	Walnut
Hand washing	:	:	Crab Apple
Hard-hearted	:	:	Vine
Hard task master:	:	:	Rock Water
	:	:	Beech, Vine
Harsh	:	:	Beech
	:	:	Vine
Hasty	:	:	Impatiens
Hate	:	:	Holly
	:	:	Willow
Head strong	:	:	Vervain, Vine
Helpful	:	:	Oak, Water Violet
Hiding	:	:	Agrimony
	:	:	Chicory
Home sick	:	:	Honeysuckle
	:	:	Walnut
Hopelessness	:	:	Gorse,
	:	:	Sweet Chestnut
Humourous	:	:	Agrimony

Hypochondriac	:	Crab Apple, Heather
Hypnotised	: easily	: Clematis
Hysteric	:	: Cherry Plum
Idealist	:	: Clematis, Vervain Rock Water
Illness	: fear of	: Mimulus
	: due to loss of energy	: Olive
Imagination	: creative	: Clematis
	: vivid	: Clematis Cherry Plum
	: lack of	: Gorse, Wild Rose
Impatient	:	: Impatiens
Impulsive	:	: Impatiens, Cherry Plum
Inadequacy	: with lack of confidence	: Elm, Larch
	: due to self distrust	: Cerato Scleranthus
	: due to fear	: Mimulus
Inattentive	:	: Chestnut Bud, Clematis, Honeysuckle, White Chestnut
Indecision	:	: Scleranthus, Wild Oat
Independent	:	: Impatiens, Oak Vine, Water Violet
Indignant	:	: Beech, Chicory Vervain
Industrious	:	: Oak
Insanity	: fears	: Cherry Plum
Instinct	: follows his own	: Vervain
	: distrusts his own	: Cerato, Scleranthus

Interest	: lack of	: Clematis, Gorse Mustard, Olive
Interference	: in others affairs	: Chicory
Intermittency	: of complaints	: Cerato Scleranthus
Intimidates	: others	: Vine
Introspective	:	: Willow
	: with self - guilt	: Pine
Introvert	:	: Centaury Scleranthus White Chestnut Water Violet
Irrational	:	: Cherry Plum
Irritated	: easily	: Beech, Cherry Plum, Chicory, Vine
Isolation	: desires	: Water Violet
	: averse to	: Heather
Jealous	:	: Holly
Jovial	:	: Agrimony
Justice	: fights for	: Vervain
Know-all	:	: Beech, Vine Chicory
Knows	: what is best for others	: Chicory
Lamenting	:	: Honeysuckle
	: about missed opportunities	: White Chestnut
Laughter	: to hide inner blues	: Agrimony
	: uncontrollable	: Cherry Plum
Leader	:	: Vine
Learning	: difficult	: Chestnut Bud

Lively	:	Agrimony
Livid	:	Cherry Plum, Holly, Vervain, Vine
Loathsome	: of self	Crab Apple
	: of others	Holly
Loneliness	: desires	Water Violet
	: desires to work alone	Impatiens
	: cannot stand	Chicory, Heather
Loquacity	:	Chicory, Heather
Love	: seeks from others	Chicory
	: lack of (love) for others	Holly
	: lack of (love) for self	Crab Apple, Pine
Lunacy	:	Cherry Plum
Madness	:	Cherry Plum
Malicious	:	Holly
Manipulative	:	Chicory
Martyr	: by being an example for others	Rock Water
	: to a cause	Vervain
Mask	: wears a jovial	Agrimony
Masterly	:	Vervain, Vine
Meddlesome	:	Chicory
Meditation	: as if in	Clematis
Meekly	:	Centaury, Larch
	: with fear	Mimulus
Melancholia	:	Gorse, Sweet Chestnut
Memory weak	:	White Chestnut
	: wants some tonic	Hornbeam
Menopause	: at	Walnut
Mental arguments	:	White Chestnut
Mental retardation	:	Chestnut Bud
Mercy	: want of	Holly, Vine

Merriment	: to hide inner suffering	: Agrimony
Methodical	:	: Oak, Rock Water Vervain, Vine
Meticulous	:	: Rock Water
	: to every detail	: Vine
Mimic others	: desire to	: Cerato
Misanthropy	:	: Holly
Misery	:	: Gentian, Gorse. Mustard, Willow
	: hidden	: Agrimony
Misguided	: easily	: Centaury, Cerato
Mistake	: repeats	: White Chestnut
	: does not learn from past	: Chestnut Bud
	: blames self, for others	: Pine
Mistrustful	: of self	: Cerato
	: of others	: Holly
Moan	:	: Gorse, Willow
	: to attract attention	: Chicory
Monomaniac	:	: White Chestnut
Mood	: alternating	: Scleranthus
Morose	:	: Gentian, Mustard
Mortification	: suffers from	: Honey Suckle
Motherly	: with selfishness	: Chicory
	: selfless	: Red Chestnut
Motion sickness:		: Scleranthus, Oak, Rock Water
Motivation	: high	: Vervain, Vine
	: wanting	: Hornbeam Wild Rose
Neatness		: Beech, Vine
New Places	: to adjust with	: Walnut
Noise	: averse to	: Water Violet
Nosy	:	: Chicory
Nostalgic	:	: Honeysuckle

Obedience	: demanded from others	: Vine
	: on self	: Rock Water
Obesity	: wants to get rid of, at any cost	: Crab Apple
Observant	:	: Rock Water, Vervain
Observation	: want of	: Chestnutbud Clematis, Honeysuckle, White Chestnut
Outburst	: sudden	: Cherry Plum
	: due to injustice	: Vervain
Over	: ruling others:	: Vine
Overwhelmed	:	: Elm
Overwork	: exhausted by	: Olive
	: desire to, to keep up the schedule	: Oak, Vervain
Pacifist	: by nature	: Agrimony
Pain	: constant	: White Chestnut
	: extreme	: Cherry Plum
Panic	:	: Rock Rose
Past	: lives in	: Honeysuckle
Path	: to choose the right	: Wild oat
Peace	: loving	: Agrimony Water Violet
Pensive mood	:	: Clematis
Periodical complaints	:	: White Chestnut
Perfectionist	:	: Beech, Oak, Rock Water, Vervain, Vine
Perseverance	:	: Oak, Rock Water, Vervain
	: lack of	: Scleranthus
	: lost, due to obstruction	: Gentian

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Persuaded	: easily	: Cerato, Centaury
Pessimism	:	: Gorse
Pimples	: wants to get rid of , at once	: Crab Apple
Pining	:	: Honeysuckle, Willow
Pity	: for self	: Chicory
	: for others	: Red Chestnut, Vervain
Pleasure	: seeks, to hide inner blues	: Agrimony
	: in talking with others	: Heather
	: avoids, to maintain self discipline	: Rock water
Poised	:	: Water Violet
Possessive	:	: Chicory
Postponing	:	: Scleranthus
Power	: desire for	: Vine
Preach	: wants to	: Vervain
Precision	:	: Beech, Rock Water, Vervain
Pre-Occupied	: with cleanliness	: Crab Apple
	: with trivial details	: Crab Apple
	: with future/fantasy	: Clematis
	: with past	: Honeysuckle
Pretend	: happy, as if	: Agrimony
Pretends sick	: to attract attention	: Chicory
Pride	:	: Chicory, Rock Water, Water Violet
Principled	:	: Rock Water, Vervain
Protective	:	: Chicory, Red Chestnut
	: from outside influences	: Walnut
Puberty	: at	: Walnut

Purist	:		: Rock Water, Vervain
Quarrelsome	:		: Beech, Chicory, Impatiens, Willow
Quarrels	:	avoids	: Agrimony
Quick	:	in thinking and action	: Impatiens
Quiet	:	by nature	: Water Violet
Rage	:	uncontrolled	: Cherry Plum
	:	with authority	: Vine
	:	with hatred	: Holly
Rash	:		: Impatiens
Reality	:	firm sense of	: Oak, Vervain
	:	no sense of	: Clematis
Reassurance	:	needed	: Cerato, Larch
Rebellious	:		: Beech, Impatiens, Vine
Receptive	:		: Centaury
Recluse	:	by nature	: Water Violet
	:	to maintain self-discipline	: Rock Water
	:	out of resentment	: Willow
Reformer	:		: Vervain
Relapse	:	of diseases, habits etc.,	: Chestnutbud, White Chestnut
	:	causes depression	: Gentian
Relentless	:		: Oak, Vervain
Reminiscence	:	of past	: Honeysuckle
Remorseful	:		: Pine
Remoteness	:	due to day dreaming	: Clematis
	:	due to past thoughts	: Honeysuckle
	:	due to shock	: Star of Bethlehem
Repenting	:		: Pine
Repugnance	:		: Crab Apple

Resentment	:	Willow
Reserved	: by nature	Water Violet
Resignation	:	Gorse, Wild Rose
Respect	: demands	Vine
	: yearns for	Chicory
Respected	:	Water Violet
Responsibility	: overwhelmed by	Elm
	: does not accept due to lack of confidence	Larch
	: capable of	Oak, Vervain
Restless	: due to impatience	Impatiens
	: due to indecision	Scleranthus
	: due to mental torture	Agrimony
Restraint	: on self	Rock Water
Reticence	: with indecision	Scleranthus
	: with lack of confidence	Cerato, Larch
	: with doubt	Cerato, Gentian
Retirement	: at the time of	Walnut
Revengeful	:	Holly
Ridicule	: with arrogance	Beech, Vine
Right	: feels, one is always	Vine
	: feels one's principles are	Vervain
Rigid	:	Beech, Rock Water, Vine
Rude	:	Beech, Vine
Rule	: desire to, at any cost	Vine
Runs away	: from responsibility	Elm
Ruthless	:	Vine
Sacrifice	: as martyr	Rock Water
	: as care giver	Red Chestnut
Sadness	:	Mustard, Star of Bethlehem, Sweet Chestnut, Willow

Sadistic	:	Holly
Sanity	: fear of losing	: Cherry Plum
Satisfaction	: lack of	: Gorse, Wild oat Wild Rose
Sceptical	:	: Beech, Holly, Vine
Secretive	: for power	: Vine
	: for privacy	: Water Violet
	: due to indecision	: Scleranthus
	: out of jealous or suspicion	: Holly
Self-blame	:	: Pine
Self-centered	:	: Chicory, Heather, Willow
Self-confidence	: lack of	: Cerato, Elm, Gorse, Larch Scleranthus
Self-control	: possessed	: Rock Water, Water Violet
	: loss of	: Cherry Plum Red Chestnut
Self-denial	:	: Rock Water
Self-determination	:	: Oak, Rock Water, Vervain, Vine
Self-dislike	:	: Crab Apple, Pine
Self-distrust	:	: Cerato
Self-esteem	: lack of	: Cerato, Elm, Larch, Pine
Self-importance	:	: Chicory, Heather, Vine
Self-interest	:	: Chicory, Heather
Self-Martyrdom	:	: Chicory, Willow
Self-pity	:	: Chicory, Willow

Self-reliant	:	Impatiens, Oak, Vervain, Vine, Water Violet
Sensitive	: by nature	: Agrimony, Walnut
	: to criticism	: Chicory, Willow
	: to conflicts	: Agrimony
	: to noise	: Water Violet
Sentimental	:	: Chicory, Honeysuckle, Red Chestnut
Serenity	:	: Water Violet
Serve	: others, willingly	: Centaury, Chicory Red Chestnut
Servitude	:	: Centaury
Set backs	: discouraged by	: Gentian, Gorse
Sex-life	: dominating	: Vine
	: excited by	: Impatiens
	: dislikes	: Crab Apple
Shattered	: stress, by	: Elm
	: over work, by	: Oak
	: exhaustion, by	: Olive
	: bad news, by	: Star of Bethlehem
Shyness	:	: Mimulus
Silence	: desires	: Clematis, Water Violet
Silent	: hates to be	: Chicory, Heather
Sincere	:	: Oak, Red Chestnut, Vervain, Water Violet
Sleep	: easily, can	: Clematis
	: wants to, due to exhaustion	: Olive

Sleepless	: due to fear	: Mimulus
	: due to anxiety	: Agrimony
	: due to grief	: Honeysuckle, Star of Bethlehem
	: due to exhaustion	: Olive
	: due to mental arguments	: White Chestnut
Slow	: to start	: Hornbeam
	: due to indecision	: Scleranthus
Slowness	: irritated by	: Impatiens
Sociable	: to hide inner blues	: Agrimony
	: to talk to others	: Heather
	: to show-off	: Chicory
	: to convert others	: Vervain
Solitude	: preferred	: Water Violet
	: to work alone	: Impatiens
	: as a choice to live in fantasy	: Clematis
	: averse to	: Heather
Sorrowful	:	: Honeysuckle, Sweet Chestnut, Star of Bethlehem Willow
Sorry	: for others faults also	: Pine
Spiteful	:	: Chicory, Holly
Stage Fright	: fear of failing memory with	: Chestnutbud, White Chestnut
	: lack of confidence, due to	: Larch
Stamina	: lack of	: Centaury, Gorse, Olive
	: possesses	: Oak, Vervain, Vine
Startled	: easily	: Star of Bethlehem
Steadfast	:	: Oak, Vervain

Strain	: affected by	: Olive
	: unaffected by	: Oak
Striking	: self and others	: Cherry Plum
Strict	: with self	: Rock Water
	: with others	: Vine
Striving	: at any cost	: Oak, Vervain
Struggling	: against all odds	: Oak
Stunned	: easily	: Star of Bethlehem
Submissive	:	: Centaury, Pine
Subservient	:	: Centaury
Success	: doubtful of	: Larch
Sudden	: shock	: Star of Bethlehem
	: depression	: Mustard
	: terror	: Rock Rose
Suicide	: considers rationally with self reproach	: Pine
	: due to overwhelming responsibility	: Elm
	: irrational thought of	: Cherry Plum
	: to join the loved ones who are dead	: Clematis Honeysuckle
Sulking	:	: Willow
Superiority Complex	:	: Beech, Vine, Water Violet
Sympathy	: none for others	: Beech, Holly, Vine
	: wants	: Chicory
Talkative	: about self	: Heather
	: about the past	: Honeysuckle
	: to explain	: Vervain
	: to attract attention	: Chicory

Talking	: fast	: Impatiens
Tearing things	:	: Cherry Plum
Tears in	: see weeping	
Temper	: violent	: Cherry Plum
	: controlled	: Oak, Rock Water
	: unsteady	: Scleranthus
Tempted	: easily	: Centaury, Cerato
Tension	:	: Beech, Cherry Plum, Chicory, Vervain, Vine
Terror	:	: Rock Rose
Thankful	: expects other to be	: Chicory
Thoughtful	: and dreamy	: Clematis
Thoughts	: of past	: Honeysuckle
	: of future	: Clematis
	: of revenge	: Holly
	: repeated	: White Chestnut
	: miserable	: Willow
Timidity	:	: Centaury, Larch, Mimulus
Tired	:	Hornbeam, Olive
Tireless	:	: Oak, Rock Water, Vervain, Vine
Tolerance	: for others fault	: Pine
	: lack of	: Beech, Chicory Impatiens, Vine
Tonic	: in need of	: Hornbeam
Tormented	: by fears	: Aspen, Mimulus Red chestnut Rock Rose

Tormented mind	: by fear of losing control over	:
	: Cherry Plum	
	: by hidden worries	: Agrimony
	: by repeated thoughts	: White Chestnut
	: by feeling of jealous	: Holly
Transition	: a help at	: Walnut
Trauma	:	: Star of Bethlehem
Travel sickness	:	: Scleranthus
Trembling	: with fear	: Rock Rose
	: with shock	: Star of Bethlehem
Trivialities	: affected by	: Crab Apple
Trust	: lack of - in self	: Cerato
	: in others	: Holly
Truthful	:	: Vervain
Ugly	: thinks, one is	: Crab Apple
Uncertain	:	: Cerato,
		Scleranthus
	: due to forgetfulness	: Chestnutbud
Unconscious	:	: Clematis
Undertakes	: nothing	: Cerato, Larch
Unobservant	:	: White Chestnut
Upright	:	: Rock Water,
		Vervain, Vine
Unsettled feeling	:	: Scleranthus,
		Walnut,
		White Chestnut
Used by others	:	: Centaury
Vacant	: expression of	: Clematis,
		Wild Rose
Vague	:	: Clematis, Cerato,
		Scleranthus,
		Wild Rose

Vehement	:	Beech, Cherry Plum, Holly, Impatiens, Vervain
Venomous	:	Holly
Vindictive	:	Chicory, Holly
Violent	:	Cherry Plum
Vivacious	:	Agrimony
Vocation	: uncertain of	Wild Oat
Wail	: utter despair, due to	Sweet Chestnut
	: for attention	Chicory
Wandering	: aimlessly	Clematis, Wild Oat, Wild Rose
Weakness	: feeling, wants some tonic	Hornbeam
	: exhausted	Olive
Weak-Willed	:	Centaury
	: with lack of confidence	Larch
Weariness	: due to exhaustion	Olive
Weepiness	: grief with	Honeysuckle Star of Bethlehem Sweet Chestnut
	: remorse with	Pine
	: self-pity with	Chicory, Willow
	: weeps alone when	Agrimony
Wicked	:	Holly
Wild	: feeling of	Cherry Plum
Will	: weak	Centaury
	: strong	Beech, Chicory, Rock Water Vervain, Vine
Wisdom	: want of	Chestnutbud
Wise	:	Water Violet

Withdrawn	: sulking with self-pity	: Willow
	: with desire for privacy	: Water Violet
	: with suspicion	: Holly
	: as means of escape	: Clematis
	: with loss of hope	: Gorse, Larch
Workaholic	: by nature	: Oak, Rock Water Vervain
	: to serve others	: Centaury
Worry	: for others well being	: Red Chestnut
	: hidden	: Agrimony
	: with mental arguments	: White Chestnut
Wrong deeds	: blame self, for others	: Pine
	: blames others	: Beech, Chicory, Vine, Willow
Yearning	: for youth	: Honeysuckle
	: for love	: Chicory
	: for loved ones	: Red Chestnut
	: for better times	: Clematis

*** **

Appendix

Test Yourself

1. A lame pet dog had been suffering from long ago injury on its back . As it grew old, its mobility was curtailed to an extent that it was unable to rise from its lying position. It would express its inability through an "I can't" look, and the owner has to lift it up every time. After giving two doses of a flower remedy, it made an unsuccessful attempt to rise, and within three days it was up on its own feet and walked about, limping as usual

Name the remedy given to this dog ?

2. A school boy, with much enthusiasm, prepared himself well to stage a programme on the School day celebrations. But the teacher in charge refused him a chance to do so with some discouraging remarks. As a result the boy returned home, sick.

Can you prescribe a remedy for him ?

3. In an examination hall, some students indulged themselves in malpractices. One student was caught red handed, and as a punishment he was told to leave the examination hall. The student was in tears and said, "Why I am only being punished"?

What is the suitable remedy for the boy ?

4. The concerned teacher mentioned in Sl.no 3, retorted by saying, "You are no one to question my authority, leave the hall right now"

What is her type remedy ?

5. A medical student, while writing his examinations, suddenly became blank and felt as if everything is dark. After about fifteen minutes he became normal and drank some water, then continued writing as usual.

Is there a flower remedy to help him ?

6. There was a quarrel between the two neighbouring families. A grown up boy, for some fault, was slapped by a man belonging to the other side. Even after three days of this incident, the boy's younger sister could not pass stools.

Any remedy to her help ?

7. A married lady, would invariably fall ill and even get herself admitted to a hospital, whenever a message is received about the visit of her in laws (the husbands people). When she is admitted to a hospital, some tests which were carried out would be negative. And as soon as her in laws leave the town, she would be very normal. Whereas, whenever her parents visited, she would be happy to receive, and entertain them.

Can You suggest a remedy for her attitude ?

8. A teenage boy remained unconscious for a whole day after a poisonous animal bit him. When he regained his consciousness, he said he is the reincarnation of a great soul and that he would continue the mission of that soul.

Does he belong to any of the flower remedy type ?

9. A middle aged lady, claimed that she is able to establish a contact with the soul of a Siddha Saint who lived long ago and that she is often possessed by that soul, during which time she claims to predict exactly for those who thronged her hermitage.

Can you name a remedy for the person, she is ?

10. A lady, whenever became angry, would react violently and would start throwing things which she could lay her hand. This rage lasts only for few minutes after which time she would be normal.

Is there any remedy to prevent her from doing so ?

There are many number of live examples, with relevance to the use of flower remedies, from which we can learn a lot, provided we remain vigilant and apply our knowledge

*** **

Just a minute please..

Please answer YES or No to the following questions.

1. Do you feel life has been very cruel to you?
2. Did you ever wonder "why me ? "
3. Are you afraid of facing life?
4. Do you lack self confidence?
5. Do people annoy you easily?
6. Do you think you are too timid? Haunted by fears?
7. Do you find it difficult to concentrate?
8. Do you keep falling sick?
9. Do people exploit your kindness?
10. Do you find it difficult to take decisions?

Did you say YES to any of those questions ?

If so, don't worry. You have company. 95% of people are like you. The other 5% were also like you; but they decided they should do something about it. They could shed their negativities and rise to great heights. Their life hopped on to a journey of joy. Their paths may be different but their destination was the same.

Want to be one of those 5% ? And be happy & successful?

This book might show you one of the paths; probably easier than what others went through.



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