

Bach Flowers

Bach Flowers are like a support group in a bottle, anyone can choose what flowers they feel are best suited to them at the time, and an individualised Bach Flowers remedy can be created. Try it!

If you would like to select your own essences, please consult the essence descriptors below selecting up to 8 essences that resonate with you at this time, then simply email your choices to jean@soletosoulreflections.co.nz. Once I have received your order details and payment (an invoice will be raised for you) I will process and dispatch your order within 2 working days. Simple.

Aspen

Helps when you feel fearful without quite knowing why. This fear may be vague and unexplainable and it may haunt you day and night

You feel a nameless dread and sensitivity, particularly to atmospheres. When people talk of psychic matters you get goosebumps. You have nightmares and occasional premonitions. You feel anxious and may have anxiety attacks. Taking Aspen allows you to move forward with confidence and without fear. You're able to use your sensitivity to gain deeper understanding of the metaphysical world.

Cherry Plum

Good for those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in your spontaneous wisdom and the courage to follow your path

You feel at breaking point and have a great fear of losing control. You often clench your teeth or grind them at night. You feel on edge all the time, about to snap. You suppress your feelings because you're afraid of them. You may have symptoms of congestion such as a runny nose or constipation. This is a great remedy for PMT and can often be helpful just before making important life decisions, as many strong and conflicting emotions surface. Taking Cherry Plum allows you to deal with your feelings and express them in a calm and appropriate way. It lends you courage and deep spiritual strength in difficult situations. You are able to investigate your feelings and integrate the insights you find to help you move forward.

Mimulus

Helps when you feel fear, more specifically the type of fear that you can put a name of such as a fear of dogs, spiders, being alone, losing a job, illness etc. Can also help combat the fear of speaking freely to others or shyness.

You feel nervous and timid in certain situations. You may put up a good front or you may be obviously shy. Inside you feel frightened of some specific situation or person but you don't talk about it. You may feel anxious about carrying out quite mundane daily activities and may have phobias such as fear of the dark or spiders. The world seems a difficult and dangerous place so you proceed over-cautiously, sometimes procrastinating over decisions because of your anxiety. You like to be left in peace, though it can be frightening to be alone. When you face your fears you can easily fall ill. Taking Mimulus allows you to face the world with courage and composure. You feel equal to the challenges of life and have compassion for others' fears and sensitivities.

Red Chestnut

Helps when you find it difficult not to be anxious for other people, or you are afraid that some unfortunate things may happen to your loved ones

You worry a great deal about others. Your family, your clients, colleagues or disaster victims. You're easily made anxious by a missed call or signs of a potential problem. You don't worry about yourself, your attention is directed to others. You can be too emotionally attached and project your worries and fears onto others. Red Chestnut also helps if you're attached to a substance in an addictive way. Red Chestnut allows you to empathise with others without taking on their concerns. You're able to throw them a rope rather than climb into the quicksand with them. You can respect that others must find their own way to resolve their problems and trust that the outcome will be for their personal growth. You can demonstrate your faith in others' ability to grow and learn from difficult situations.

Rock Rose

Helps when you experience fears such as terror or fright that make you feel frozen and unable to move or think clearly

You feel paralysed by fear. You feel like a rabbit in headlights and you may wake up sweating in panic. Contemplating a course of action makes your heart beat fast and your stomach churn. Your solar plexus is tense and you sometimes feel like you've been punched in the stomach. Your mind races and you can't think clearly; you have a sensitive nervous system. You may not show it on the outside but inside you're often in a state of inner alarm. Taking Rock Rose enables you regain your presence of mind. You feel calm and can connect to your inner guidance. You will feel full of courage and are able to perform heroic feats for the good of all.

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Cerato

Helps you trust your own judgement in decision-making

You don't have much faith in your own judgement. You seek external advice rather than trusting your own intuition. You ask lots of questions and obtain as much information as you can but are unable to act on it. You can be easily swayed by those who seem certain of themselves. You tend to cover all bases to avoid mistakes. When you take Cerato you are able to quickly form your own opinion and to trust your inner guidance on any matter. You can stand by your decisions and you're keen to learn.

Genetian

Helps when you get discouraged and depressed when things go wrong or when you are faced with even small delays or difficulty

You can't trust the unfolding of events. You feel every delay or setback is a reason to give up or a sign not to continue.

Gorse

Helps when you feel great hopelessness and have given up the belief that more can be done

You feel despairing. All hope is gone. Gorse restores your confidence in a positive outcome. It fills you with hope of a new beginning and helps you see that it's never too late to change.

Hornbeam

Helps when you feel that you don't have sufficient strength, mentally or physically, to carry the burden that life has placed on you

You feel jaded, bored, everything is the same old routine. It's hard to get going in the morning; you need a coffee before you can start your day. You feel you won't have enough energy to get everything done, although by the end of the day you have actually got through it all. Taking Hornbeam refreshes your mind, restoring zest and sparkle. You're able to balance routine and variety and follow impulse rather than duty occasionally.

Scleranthus

Helps when you have a hard time choosing between two things, such as Mexican or Chinese food, or you simply cannot decide which restaurant to go to

You feel inner conflict. You feel pulled this way then that. Your mind is made up - then it changes again. You keep this inner state to yourself so that on the outside you can appear to have mood swings. You can jump from topic to topic in conversation because you lack focus and can respond to nervously to outside impulses. Physical symptoms are also erratic with pain moving from place to place in the body, extremes of appetite, energy levels and temperature and problems with balance and motion sickness. Taking Scleranthus helps you focus and concentrate. You're able to make decisions easily and quickly. You become more flexible and are able to integrate many different interests into your life.

Wild Oat

Helps when you are at a crossroad in life and are uncertain as to which direction to choose

You feel disconnected from any drive or purpose, drifting without direction. You frequently feel bored, frustrated and dissatisfied. You tend to get involved in too many things and spread yourself too thin. When you take Wild Oat you feel your calling and are able to commit to a vision for your life which you can follow.

Chestnut Bud

Helps when you keep making the same mistakes over and over again. You do not take full advantage of observation and experiences and therefore it takes longer for you to learn a lesson

For when we keep repeating the same patterns. We feel we've been here before. The characters may have different names but the scenario and the dynamics are the same. We're often not present, always two steps ahead in our mind and not interested in the current situation. We're keen to move to the next thing rather than take time to digest and evaluate our experiences. We can seem careless or naive to others. We tend to 'push buttons' rather than stop and consult the manual. Taking Chestnut Bud allows us to give ourselves the time and peace to learn. We're able to observe our behaviour patterns and reactions in daily life and learn from them. We can comprehend complex situations more quickly and spot possible flaws at an early stage. Migraine and acne can indicate a need for this remedy.

Clematis

For those who find their lives unhappy or find that they are withdrawing into fantasy worlds.

You're daydreaming excessively; numbing out pain and reality with romanticised ideas of a happier future or lost in memories. You may knock into things as you're not grounded in your physical body and are indifferent to its fate. You love to retreat into sleep and can faint easily or feel light-headed. Clematis allows you to be fully present and grounded in reality. You're able to put your visions into action and use your creativity to make your dreams happen.

Back Flowers

Honeysuckle

Helps you let go of past experiences or events. Your thoughts are in the past rather than in the present. You dwell on the 'good old days', thinking of happier times with rose-tinted glasses. You feel your happiest moments have passed and the future is unlikely to be that good again. It's hard for you to adapt to changing circumstances and new developments. You want to determine your own destiny, rather than to relax into life's flow. You have little interest in current affairs and no expectations for the future. You still regret lost opportunities or old relationships. You tend to hoard objects of sentimental value and have a poor memory of your early childhood. Taking Honeysuckle brings you present to now. You can see how the past has a bearing on the present. You're able to bring what's of real value from the past and create it anew in your current life.

Mustard

Helps when you feel suddenly depressed without any reason. It feels like a cold dark cloud has destroyed normal happiness and cheerfulness.

You feel totally negative. Nothing can lift your spirits and it's difficult to feel any loving connection. Taking Mustard brings joy; a feeling of being happily in the flow of life, taking life's ups and downs serenely.

Olive

Helps you regain energy, vitality, and interest in life

You're at the end of your strength. Utterly exhausted, you have nothing left to give. Taking Olive renews your energy even when you have to make great demands upon it. It helps you pace yourself and draw on an inner strength.

White Chestnut

Helps when your mind is cluttered with thoughts - usually arguments, ideas or thoughts that you do not wish to have in your mind

Your mind won't stop. Thoughts go round and round so it's hard to go to sleep and as soon as you wake your mind sets off again. It's hard to prioritise or concentrate on one task - your mind feels like a blizzard of 'post it' notes. White Chestnut helps your mind to quieten so that you can think and express yourself clearly. It helps concentration, meditation and stuttering.

Wild Rose

Helps you take responsibility for your own life and take a lively interest in life, in your work and in the world in general

You feel resigned to your fate. Nothing you do will make any difference so why bother. You have very low energy and are chronically bored. Everything feels a lot of pointless effort. You have no power to change things. Taking Wild Rose will restore initiative and vitality. Enthusiasm will flood back and life will feel exciting and interesting again.

Heather

Helps when you are unhappy being alone for any length of time, or you are always seeking companionship and find it necessary to discuss your affairs with others, no matter who it may be

You have little sense of your own identity and need to be with others. Being alone is frightening and being abandoned is your greatest fear. You need reassurance and can talk quite a lot about your problems to the point where it's hard for you to hear others' concerns. You can be rather dramatic about your emotional problems. You may try and appear stronger and more competent than you really are. Taking Heather allows you to feel safe, cared for by your Inner Guidance. You're filled with trust that you'll be given everything you need for your development. You can offer empathy and comfort to others.

Impatiens

For those who think and act quickly, and have little patience for what they see as slowness in others. They often prefer to work alone

You're easily irritated and don't enjoy working closely with others, as they're too slow, take too long to learn and get stuck in detail. You like the big vision and get a buzz from speed. You're mentally tense. You feel constantly frustrated because there isn't enough time. Taking Impatiens allows you to relax and empathise with temperaments different to your own. You feel less driven and can be patient and gentle with yourself and others.

Water Violet

Helps you develop a warmer relationship with other people.

You need privacy and lots of personal space. You value your independence very highly. You enjoy time alone to reflect and contemplate and can appear rather aloof and unapproachable to others. You often want to withdraw from relationships or situations and don't like other people becoming involved in your personal affairs. You find emotional conflict exhausting and find it hard to approach others, particularly in group situations. You can feel tense and isolated. You may love being alone but find yourself lonely. Taking Water Violet allows you feel connected to others, whilst still maintaining a comfortable distance. You're able to reach out to others when necessary whilst maintaining your independence.

Bach Flowers

Agrimony

Helps you communicate your real feelings and worries

You need harmony and will not speak up as it might rock the boat. You avoid your real needs, particularly emotional ones, by watching TV, drinking, smoking or anything that distracts you. You have a strong need to present a cheerful front to others. You frequently feel restless and need distraction from your internal worry. Everything is always 'fine' no matter how concerned you really feel inside. Your feelings are often expressed as physical complaints, since this is frequently their only outlet. Taking Agrimony allows you to confront situations honestly and openly so that you can grow and mature. You're able to feel genuine optimism and inner peace. You can acknowledge and express your feelings with ease.

Centaury

Helps when you find it hard to say no and easily get imposed on. You often find yourself serving others and neglecting your own mission in life

You find it hard to say no to others' requests. You find it challenging to put down boundaries and maintain them without feeling guilty. You give to the point of exhaustion and can be unrealistic about your time and resources so you often have no time left to look after yourself. You anticipate others' needs and leap to meet them, even to the point of denying your own. Taking Centaury makes you aware of your own needs and helps you to say 'no' when you need to. You're able to be in groups whilst staying true to your own goals and values.

Holly

Helps you when you suffer from angry thoughts such as jealousy, envy or revenge

You feel guarded and suspicious when new people come into your sphere. It's hard to trust that there's enough love to go around. You question people's motives. Taking Holly allows you to open your heart and approach others with goodwill and compassion. You can let go of envy, distrust and suspicion and allow yourself to fully exchange love again.

Walnut

Helps you break free from old ties and at times of major life changes it helps you move forward and make necessary changes in order to be happy

We have a purpose but we're frequently distracted from it by other people's agendas. We're trying to integrate a change into our life - divorce, menopause, redundancy, a new relationship. We feel over-sensitive to outside influences. We need to break the spell of an old relationship or release the influence of someone over us. Taking Walnut helps us make the last step to change. It allows us to be true to ourself and move forward with confidence. It opens us to our inner inspiration, releasing from outer influences.

Walnut gives consistency and protection from outside influences.

Crab Apple

When you feel that there is something not quite clean about yourself. You may need to wash your hands often, find things dirty without any reason, or you may feel that you are ugly even though others find you attractive. This is the cleansing essence

You feel details are important and can lose the bigger picture. You particularly dislike mess and dirt. You have very high standards of cleanliness. Flaws in your behaviour, body or environment can become the focus of your thoughts until resolved.

You're very sensitive. Taking Crab Apple helps you accept yourself 'warts and all' as a physical being. You gain a healthier perspective and can see the learnings and growth in situations rather than the imperfections.

Elm

Helps when your responsibilities overwhelm you. You feel depressed and exhausted and may lose self-esteem

You have a strong sense of responsibility. It's hard to know your limits. The only way to allow yourself rest is to physically break down with a cold, flu or other illness - though even in your sick bed you feel guilty at letting others down. Situations you normally handle easily feel like the straw that will break the camel's back. You find it hard to delegate and, though normally sure of your vocation, suddenly wonder if you're really cut out for it. You doubt if you have the stamina to get through the day. Taking Elm will restore your confidence, enable you to delegate and accept help.

Larch

Helps you gain self-esteem and confidence in yourself

You feel others can do things better than you can, so you don't try. You compare yourself with those who shine and feel you couldn't match up. You assume there are limitations to anything you want to do and can always justify not starting something. You're actually very capable but have conditioned yourself to avoid failure. Illness can be a way of avoiding attempting something. Your position at work doesn't match your abilities. Taking Larch allows you to assess your personal strengths and weaknesses objectively. It strengthens your self-belief so that you can use your talents to the full. You're able to take opportunities with reasonable expectations and contribute your real worth to society.

Bach Flowers

Oak

Helps when your inner strength wanes; usually because you are an over-achiever and will overwork and ignore your tiredness

Life is a series of achievements and 'to do' lists. You're strong and responsible and always follow through. You frequently take the leadership role. You work long hours to fulfil all your responsibilities. You can seem a bit serious or daunting to others. You dislike weakness and can drive yourself to the point of collapse. Oak helps you lighten up, enabling you to deal with tasks creatively. You're able to say 'enough' and take time to relax.

Pine

Helps when you feel guilt and self-reproach, often apologising for other people's mistakes or just anything that goes wrong. You are never content with your effort and results.

You have low self worth and are easily guilt-tripped. You accept the blame even when it isn't your fault and apologise profusely even for being ill or overworked. You have a strong sense of right and wrong and expect to be punished, often taking on burdens and sacrificing yourself. You don't feel you really deserve to be here. You judge yourself harshly and cut yourself off from love. Taking Pine gives you one of the greatest gifts we can have - self-acceptance. You accept everyone deserves to be here, including you. You accept yourself as worthy of love and are able to receive praise and appreciation. You understand the limits of responsibility and become clear where appropriate boundaries lie.

Star of Bethlehem

Helps when you experience serious news, loss of someone dear, the fright following an accident etc. The distress and unhappiness feel unbearable

You've suffered a shock, whether physical or emotional. You've had an argument with someone or hurt yourself physically or emotionally. You find strong or intense emotional states very hard to process. People's rudeness leaves you outraged. Your reactions are slow, as though you're sedated and you may suffer from water retention and bruise easily. You have a recurring nightmares. This is an excellent remedy for psychosomatic symptoms related to shock. Taking Star of Bethlehem allows you to relate to people's feelings with great sensitivity. It helps you deal appropriately with your own feelings so that you can grow from them. You can extend great comfort to others and feel comforted yourself.

Sweet Chestnut

Helps you at moments when the anguish is too great and seems to be unbearable. Your mind and body feels as if it had been pushed to the uttermost limit of its endurance.

You're clinging on for dear life to what you know. You need to make a big shift but feel completely unsupported with it. Taking Sweet Chestnut will allow you to surrender - to 'let go and let God'. It allows for deep transformation in moments of tremendous personal crisis.

Willow

Helps when you have suffered adversity misfortune and find it difficult to accept. You may feel sorry for yourself and grumble or are sulky.

You feel bitter and resentful. Everyone around you has power except you, so you feel a pawn, exploited by others. You're a victim of your situation and there's nothing you can do about it except hope that those around you will change their behaviour. Willow helps you take responsibility for your life and make constructive decisions. As you change your response to life you create more positive situations.

Beech

Helps you to be less critical toward other people and accept them as they are

You judge the actions and feelings of those around you. People's mannerisms annoy you. You set yourself and others high standards and have a strong internal critic for whom nothing you do or say is ever good enough. You feel isolated from others. Taking Beech allows you to see the gift of learning in any less-than-perfect situation. It allows you to respect the strengths and weaknesses of personalities different to your own. You're able to accept and give constructive criticism. You're more accepting of yourself, just as you are.

Bach Flowers

Chicory

Helps you to be less critical, opinionated and argumentative. You always find something about others that you believe should be put right.

You love to be surrounded by those you care for and may tend to fuss over them. You make yourself indispensable, always ready to give advice and help. You build intense relationships and can feel unappreciated when you've given unsolicited help. It's only when you don't get the response or appreciation you'd hoped for that you may see your efforts spring from a need to be loved or appreciated. This kind of giving can create relationships driven by guilt and resentment because real needs are not being clearly identified. Taking Chicory allows you deal with your own emotional needs honestly and directly. You're able to give generously to others whilst genuinely expecting nothing back. You keep healthy boundaries with others, allowing them to walk their own path. You fulfil your own needs and give from a sense of abundance.

Vervain

For stong-willed people who hold strong views. Your enthusiasm – even in support of good causes – strains personal energies; you may be high strung, even messianic. Over-enthusiasm

You need your world to be perfect and will exhaust yourself in heroic efforts to throw the perfect dinner party or hand in the most widely-researched report. If others don't respond to your attempts to convince them of the right food to eat or the most useful new self-development book to buy you feel frustrated. Your mind may race ahead of events or suffer from a lack of sleep due to an overactive mind. Taking Vervain allows you feel when enough is enough. You can allow others their own point of view and respect their path in life. You easily inspire and motivate others.

Vine

Helps one respect other people's views and ideas. You may also tend to try to persuade other people to do things your way

You know what's right for others and give much well-intentioned direction. It's hard to hear other people's point of view. You like to have the last word and dislike having to bow to authority. You like to be the 'saviour' of a situation and can be relied on to keep your head in emergencies, when your gift for leadership is most apparent. Taking Vine enables you to value and respect the rights of others and pay attention to their needs. You'll understand how to empower others to help themselves. Your natural authority and ambition is used with wisdom for the good of all.

Rock Water

You're hard on yourself, have strict and rigid view, and suppress your inner needs.

You are determined to be a good role model to others in the hope they will follow your example. You rarely relax or take holidays and will tend to sacrifice your time and effort to a higher ideal of how to live. You're very hard on yourself and follow the rules you set yourself with great discipline. Taking Rock Water allows you to open your mind to new truths and ideas. You're able to allow your inner child to have some fun. You can balance your physical and spiritual needs appropriately.

Ready to Order?

When you've chosen up to 8 Bach Remedies from the 38 described above for your blend(s), please email your request along with your name and postal address to jean@soletosoulreflections.co.nz

A 25ml bottle is \$24.95 including postage and packaging within New Zealand (please contact me for overseas postage options). This size lasts on average two to three weeks. There is a 10% discount for two or more bottles which can be the same choice of blend or different.

When taking essences try not to let the pipette touch your mouth or tongue and take twenty minutes away from food, toothpaste, drink (except water) and other essences. Don't leave essences for prolonged periods in direct sunlight, heat or next to computers, microwave ovens, mobile phones or other digital devices.

Essences are preserved in a small amount of brandy (or vodka on request) and can be taken in water or under the tongue.