

THE THIRTY-EIGHT HEALING REMEDIES

AGRIMONY – Agrimonia eupatoria

HIDES MENTAL TORTURE BEHIND A BRAVE FACE

Remedy Indications

For a person who hides their worries and unhappiness and fears behind a mask of cheeriness.

A person who needs this remedy is troubled, tormented and restless in body and mind yet they suffer inwardly. Often they use their sense of humour to pretend that there is nothing wrong. In order to ease their inner pain and to keep up the pretence they will often resort to alcohol or drugs.

The purpose of this remedy is to allow the person to experience genuine happiness so that they can be cheerful without pretence. This remedy works to clear suppressed emotions bringing peace and tranquillity.

Dr Bach says that Agrimony will bring “the peace that passeth all understanding”.

ASPEN – Populus tremula

VAGUE HIDDEN FEARS OF AN UNKNOWN ORIGIN

Remedy Indications

This remedy is recommended for those who experience fear, apprehension and uneasiness for no known reason. The person feels terrified that something dreadful is about to happen but has no idea as to what it might be.

These vague fears may be so pronounced that they haunt the person night and day. The person may sweat and tremble with fear and anguish and will be unable to express their fears to other people but keep them hidden.

The purpose of this remedy is to enable the person to release and to overcome the fears. The individual will develop the quality of fearlessness so that they can face their fears and know that there is no reason to be afraid.

BEECH – *Fagus sylvatica*

INTOLERANCE OF OTHER PEOPLE'S SHORTCOMINGS

Remedy Indications

For a person who is intolerant towards others and finds it difficult to try to understand perceived shortcomings of others. This leads to criticism and such a person will find fault with the way in which other people act and speak. This individual would become easily annoyed by the habits and mannerisms of others who would get on their nerves. Order, discipline, perfection and precision would be important to someone needing this remedy. Intolerance of others and criticism reflects a need for security and is a way of protecting oneself.

The purpose of the remedy is to promote understanding in others and the ability to see beauty and goodness in everyone and everything. One is able to develop a loving acceptance of the life in spite of any imperfections.

CENTAURY – *Centaurium umbellatum*

WEAK WILLED / DOOR MAT

Remedy Indications

This remedy is for subservient people who are eager and anxious to please other people. They are unable to stand up for themselves and simply cannot say "no". Such people are taken advantage of due to their timid, kind-hearted nature and they become tired and

overworked because they always give in to the demands of others. If the weak do not assert themselves then the bullies will become strong.

The purpose of this remedy is to enable the weak willed to become strong and to assert themselves. A quiet inner strength is developed -- one is able to care for others with compassion and wisdom but does not lose one's own individuality and knows when to give and when to say "no".

CERATO – *Ceratostigma willmottiana*

SEEKS CONFIRMATION FROM OTHERS

Remedy Indications

Cerato is for those who lack the confidence within themselves to make their own decisions. Doubting their abilities they constantly seek advice and guidance from others and can be misguided and misled. They are unable to discriminate between what is right and what is wrong and cannot discern between the important and the superficial. Such individuals will often drain the energy of others by their constant questioning as they try to reach a decision which they will not stick to anyway.

The purpose of this remedy is to give us the confidence to trust our own intuition, to listen to our soul instead of seeking advice and support from others who may misguide us. We become intuitive and wise and make our own decisions and stick to them.

CHERRY PLUM – *Prunus cerasifera*

FEAR OF LOSING ONE'S MIND

Remedy Indications

This remedy is indicated for a person who is so desperate that he/she may be on the verge of a nervous breakdown. The mind is so tormented and overstrained that the person fears that

they are losing control of the mind and all sense of reason and fear that they may carry out a dreadful and bizarre action. They may even experience impulses to carry out violence and murderous acts or fear that they may commit suicide.

The purpose of this remedy is to transform the desperate mind into one that is calm and balanced and controlled. We become rational and composed and are able to maintain our calmness and control in all situations.

CHESTNUT BUD – *Aesculus hippocadatanum*

INABILITY TO LEARN FROM ONE'S MISTAKES

Remedy Indications

Chestnut bud is for those who are unable to learn from their past experiences and repeat the same mistakes over and over again. They take a long time to learn the lessons of daily life that are so necessary for our self-development. Such individuals may be repeatedly told or shown something but fail to recognise the pattern and message that is evident.

The purpose of this remedy is to enable us to reflect upon past experiences and learn from our mistakes so that we can go forward into the future recognising and avoiding these errors.

One wakes up and is in the consciousness of the here and now watching and learning the lessons of life.

CHICORY – *Chicorium intybus*

POSSESSIVE, SELFISH, MANIPULATIVE

Remedy Indications

For a person with a possessive love whose caring concern for the welfare of children, relatives and friends becomes selfishly motivated.

This results in possessiveness and a desire to manipulate and control the lives of those around them. Such a person will interfere and selfishly demand constant attention and will remind others of their 'duty' towards them. Love does not flow freely and unconditionally from such a person who becomes obsessed with the self, full of self-pity and self-importance. Constant sympathy is sought and if they do not receive the constant attention that they think they deserve they may become manipulative and deceitful.

The purpose of this remedy is to develop selfless care and love for others without expecting anything in return. In Dr Bach's words we "long to open both our arms and bless all around". We develop the ability to forget the self and lose our own interests in the service of humanity.

CLEMATIS – *Clematis vitalba*

DAYDREAMS / LACK OF INTEREST IN PRESENT CIRCUMSTANCES

Remedy Indications

This remedy is for those who are dreamy and drowsy who appear to have no interest in the present. They derive no pleasure from the present living in the future in the hope of better times ahead. Such a person will often have a vacant look and be inattentive, indifferent and absent-minded. Often they will look listless and only half awake and will doze off at any time as they fantasise about the happier times which might lie ahead.

The purpose of this remedy is to bring us 'down to earth' so that we develop an interest in all things. Instead of escaping into fantasy we develop a strong will to be in life so that we can carry out the work that we are meant to do in this lifetime.

CRAB APPLE – *Malus sylvestris*

CLEANSING

Remedy Indications

Crab Apple is the cleansing remedy and is indicated for a person who is obsessed with cleanliness. Such a person feels unclean and has a sense of self-disgust. They may be ashamed of their physical appearance and often about something of little importance such as a 'big' nose or their cellulite! The disgust they feel may be due to something that they have said or done. People of this nature can become obsessed with tidiness and minute details and their obsessive thoughts of cleanliness and self-hatred rule their lives.

The purpose of this remedy is to clear away the physical poisons as well as mental, emotional or even psychic toxins. We are able to rid ourselves of negativity, develop self acceptance and self appreciation and see things in a proper perspective.

ELM – Ulnius procera

OVERWHELMED BY RESPONSIBILITIES

Remedy Indications

Elm is for a person who is usually capable of dealing with work and personal commitments but who experiences a sudden feeling of being overwhelmed by responsibilities -- a temporary despondency. They feel that they have more responsibilities that they can cope with and feel that they will fail. This remedy is often useful for people who are working for the benefit of humanity such as doctors, teachers and healers.

The purpose of this remedy is to give us the strength, courage and conviction to be able to get on with the task in hand despite the difficulties. We develop self belief and faith in our ability to tackle the work before us and feel confident, capable and self assured.

GENTIAN – Gentiana amarella

DISCOURAGED / DESPONDENT

Remedy Indications

It is inevitable as we go through life that we will experience difficulties and setbacks.

Gentian is a remedy for those who have a tendency to become easily discouraged and depressed when something goes wrong. The slightest problem or the smallest delay causes doubt that makes such individuals feel disheartened and despondent and even depressed.

The purpose of this remedy is to develop faith and hope in a positive outcome. One is not affected by setbacks and is encouraged to try again and dismiss doubt in the knowledge that there is no failure when one is doing one's utmost regardless of the result. No task is too big for us to tackle and instead of being discouraged and depressed by our own problems we are able to see the bigger picture.

GORSE – *Ulex europaeus*

HOPELESSNESS / DESPAIR

Remedy Indications

Gorse is the remedy for those who are experiencing great hopelessness and despair and they have given up the belief that anything more can be done. All hope is lost and they are resigned to the idea that any further treatments will not bring about the slightest improvement.

Those who need Gorse have often been ill for a long time and feel they have no hope of ever being well again. In this pessimistic state of mind no treatments will be effective.

The purpose of this remedy is to bring “sunshine in their lives to drive away the clouds”. It endows one with faith and hope of a recovery. Filled with hope and strengthened conviction that the difficulties can be overcome one is on the way towards a recovery.

HEATHER – *Calluna vulgaris*

SELF CENTEREDNESS / SELF CONCERN

Remedy Indications

A person who needs Heather will be totally obsessed with themselves. They constantly seek companionship of anyone who may be available so that they can talk about their ailments, family, problems and their trivia. Such a person is often avoided by others who feel totally drained of energy in their presence. Thus their loneliness and desire to grasp hold of anyone available to listen results in them becoming even more lonely and self absorbed.

The purpose of Heather is to enable us to become selfless and understanding so that we are able to listen and appreciate that other people have needs too! We are no longer obsessed with our own petty problems and find peace within ourselves.

HOLLY – *Ilex aquifolium*

HATRED / ENVY

Remedy Indications

This remedy is indicated for those who are consumed with envy, jealousy, hatred, suspicion, rage, spitefulness and revenge. If one is filled with such negativity one is filled with torment and suffers a great deal.

The purpose of this remedy is to drive out the negative thought forms and fill us with the healing vibrations of love and forgiveness. We are able to delight in the success and happiness of others.

HONEYSUCKLE – *Lonicera caprifolium*

LIVING IN THE PAST

Remedy Indications

Honeysuckle is the remedy for those who live too much in the past and they are so rooted in their memories that they are unable to find joy in the present. It is important that we learn

from the past but we should not long to be back there again. One may be nostalgic or have regrets about the past and have a fear of what lies ahead.

The purpose of Honeysuckle is to enable us to enjoy our past memories and to reflect upon them so that we can use the experience and knowledge yet we are able to focus on the present. One can experience joy and fulfillment in the now and progress spiritually.

HORNBEAM – *Carpinus betulus*

MONDAY MORNING FEELING

Remedy Indications

This remedy is indicated for those who feel weariness at the thought of what lies ahead. We are unable to get going and get on with what needs to be done as we feel tired and lethargic.

The 'Monday morning feeling' makes us feel unenthusiastic about the day's activities in front of us. Everything seems like a chore!

The purpose of Hornbeam is to fill us with determination, joy and vitality so that we can get on with all the tasks in hand. We feel a greater zest for life so that we can see each day as a joyful experience rather than as a series of insurmountable problems.

IMPATIENS – *Impatiens glandulifera*

IMPATIENCE

Remedy Indications

Impatiens was one of the first flower remedies that Dr Bach discovered. It is indicated for irritability, nervous tension and pain. Impatiens is for a person who is quick in thought and action and likes to think ahead and get everything done quickly. Such a person will find it extremely difficult to be patient with people or situations that are slow and will fidget and

feel irritated and on edge. They may finish other people sentences for them. The Impatiens person prefers to work alone at a fast speed without interference from others.

The purpose of Impatiens is to dissolve impatience and irritability. We are able to become relaxed and more tolerant and gentle towards others.

LARCH – *Larix decidua*

LACK OF CONFIDENCE

Remedy Indications

For people with no self-confidence who do not consider themselves as capable as those around them and therefore tend to take a back seat. They expect failure and feel inferior to others and therefore do not make any effort to succeed.

The purpose of Larch is to take away a fear of failure and to fill us with determination and confidence to take risks and to know that one is capable and can succeed.

Larch is often taken before examinations or when embarking upon new ventures.

MIMULUS – *Mimulus guttatus*

FEARS OF KNOWN THINGS

Remedy Indications

Mimulus is a remedy for nervousness and fear(s) of a **known** origin. We harbour many fears -- of death, pain, illness, darkness, flying, heights, ghosts and so forth. Those who need this remedy will usually keep their fears secret and are often shy and nervous individuals who blush easily and may feel embarrassed or uncomfortable in the company of others.

The purpose of this remedy is to make us realise that we have nothing of which to be afraid.

Mimulus fills us with courage and strength to face our fears and participate fully and trust in life.

MUSTARD – *Sinapis arvensis*

DEEP BLACK DEPRESSION

Remedy Indications

This is the remedy for inexplicable depression -- a heavy dark mental cloud that appears for no apparent reason. The gloom and depression appears suddenly and can be very severe and debilitating and lifts just as suddenly. It is as if a dark cloud has overshadowed us and hidden the joys of life. A Mustard depression may be linked to a past experience in the history of our soul.

The purpose of Mustard is to make us feel happy and joyful once again.

OAK – *Quercus robur*

STRUGGLES ON DESPITE ADVERSITY

Remedy Indications

This is the remedy for a person who is naturally brave and will never give up even in the face of adversity. An Oak person would struggle with a chronic illness or a difficult situation and never accept defeat however much they may be suffering. They are ceaseless in their efforts but there comes a point when their strength begins to dwindle and help is needed to avoid a nervous breakdown.

The purpose of this remedy is to enable us to accept our limitations and to accept that we do need to rest and share our burdens with others.

OLIVE – *Olea europaea*

UTTER EXHAUSTION

Remedy Indications

Olive is indicated for those who are totally worn out and completely exhausted after a long struggle. This could be due to illness, worry, grief, overwork or a series of difficult problems. It is the remedy for those who are 'burnt out' and whose energy reserves have been so depleted that they simply have no more strength left. They tire very easily and have no energy left to enjoy the pleasures of life.

The purpose of Olive is to restore vitality, renew our strength and to replenish our energy so that we can become happy and healthy once again.

PINE – *Pinus sylvestris*

GUILT / SELF REPROACH

Remedy Indications

This remedy is indicated for those who blame themselves not only for their own mistakes but also for the mistakes of others and in fact for anything that goes wrong! Even if they are successful they still reproach themselves as they think that they could have done better and achieved more.

Pine is also the remedy for guilt and is tied up with a sense of failing to live up to expectations. We may have been severely told off as children and come to believe that everything was our fault.

The purpose of this remedy is to enable us to see that we are not to blame for everything. We realise that other people also make mistakes and it is not necessary to 'beat' ourselves up as we are all perfect just the way we are.

RED CHESNUT – *Aesculus carnea*

ANXIOUS FOR OTHERS

Remedy Indications

Red Chestnut

This remedy is indicated for those people who project fearful, anxious thoughts to those around them. They are constantly concerned for the well-being and safety of others and always fear that the worst will happen. If we anticipate misfortune then we will help to create a pattern that will bring it about. Red Chestnut is required when our natural concern for others grows out of proportion and turns into fear and anxiety.

The purpose of this remedy is to calm the mind so that excessive fear for the well-being of loved ones is transferred into a rational concern. It also enables us to remain balanced and calm in any situation.

ROCK ROSE – *Helianthemum nummularum*

PANIC / TERROR

Remedy Indications

Rock Rose is indicated for the terror, panic and despair that can descend on people in an emergency. Dr Bach described Rock Rose as his rescue remedy to be used in accidents, illnesses and situations where there is seemingly no hope. If the person is unconscious then the remedy can be applied to the lips, temples, wrists or behind the ears.

The purpose of this remedy is to bring peace and calmness to those who are caught up in the emergency. It is to reduce the fear, panic and terror of the moment. Rock Rose may also be used after a terrifying nightmare.

ROCK WATER – *Aqua petra*

SELF REPRESSION / SELF-DENIAL

Remedy Indications

This remedy is indicated for those who are a hard taskmaster to themselves. These people have high ideals but they have become fanatical about them. They are very strict in the way that they live and they lead a life of self-sacrifice and self-repression denying themselves the simple joys and pleasures of life. Such individuals try to set the perfect examples for others to follow.

The purpose of the remedy is to enable us to adopt a more relaxed approach and to have a flexible mind. We should lead a moral life but should not stifle our enjoyment of life.

SCLERANTHUS – Scleranthus annus

INDECISION

Remedy Indications

A Scleranthus person is changeable physically, emotionally and mentally. Such people cannot make up their minds. They find it impossible to make decisions -- always weighing up one idea against another yet never reaching a conclusion. This indecision can cause mental torment as such individuals are usually quiet and do not discuss their difficulties with others. Such individuals experience fluctuating moods such as joy and sadness and optimism and pessimism.

The purpose of this remedy is to enable us to be able to make decisions with calmness and determination.

STAR OF BETHLEHEM – Ornithogalum umbellatum

SHOCK

Remedy Indications

This remedy enables us to cope with the effects of shock in any form whether it is immediate or delayed. We may have received some serious news, lost someone dear to us or experienced a fright perhaps following an accident.

Star of Bethlehem comforts and soothes so that our trauma and sorrow is eased.

SWEET CHESTNUT – *Castanea sativa*

ANGUISH / DEEP DESPAIR

Remedy Indications

Sweet Chestnut is indicated for feelings of anguish and despair. It is for those moments when our mental torture is so great that it seems to be unendurable. We have reached the limits of our endurance and can suffer no more. The future looks bleak and holds no hope for us.

The purpose of this remedy is to relieve our deep emotional pain and to reassure us that things can get better. We are able to see that there is a light at the end of the tunnel.

VERVAIN – *Verbana officinalis*

TENSION / ANXIETY

Remedy Indications

Vervain is the remedy for those who Dr Bach said need “to realise that the big things in life are done gently and quietly without stress or strain”. Vervain people believe strongly in what they are doing, are highly strung and are incensed by injustice and situations which seem unfair. They try to convert others by imposing their own will and ideas trying to force people into what is good for them. They tend to overwork taking on too many tasks at once and are totally keyed up, unable to relax and often experience insomnia.

The purpose of Vervain is to relieve our stress and tension enabling us to feel peaceful and relaxed and to allow others to have their own opinions and to live their own lives.

VINE – *Vitis vinifera*

INFLEXIBLE / DOMINEERING

Remedy Indications

For a person who is domineering, self-willed, inflexible and strives for power. Vine types are very capable, self assured and confident of success and believe that their way is the only way and have no respect for the opinions of others. A Vine person is a natural born leader who could become a petty tyrant. A parent ruling the house with a 'rod of iron' is a Vine type. The purpose of this remedy is to give such a person flexibility in enabling them to put their great qualities to the general good without the need to dominate. Others would be inspired to develop their own potential.

WALNUT – *Juglans regia*

PROTECTION FROM OUTSIDE INFLUENCES AND MAJOR LIFE CHANGES

Remedy Indications

Walnut is connected with the process of change and the stages of growth. Dr Bach wrote that Walnut is "the remedy for those who have decided to take a great step forward in life, to break old conventions, to leave old limits and restrictions and start out on a new way". It helps us to break old patterns and any influences that may be affecting us.

The purpose of this remedy is to enable us to break free and to give us the impetus to move forwards. It is indicated for all changes in life -- change of job, a house move, new relationship, divorce or retirement. Walnut is also excellent when biological changes are taking place such as teething, puberty, pregnancy, menopause and during the terminal stages of illness.

WATER VIOLET – *Hottonia palustris*

ALOOF, WITHDRAWING IN PROUD RESERVE

Remedy Indications

For those like to be alone and tend to isolate themselves sometimes appearing to be aloof, proud and even superior and condescending. These people seem to be ‘different’ and will not allow others to interfere in their lives and they bear their problems and sorrows in silence.

The purpose of this remedy is to enable such people to be approachable and to enjoy and appreciate the company of others as well as their own company. Water Violet types can be quiet, gentle, tranquil and wise souls who create an atmosphere of peace and serenity around them and go through life with dignity in a capable and competent manner.

WHITE CHESTNUT– *Aesculus hippocastanum*

UNWANTED THOUGHTS / MENTAL ARGUMENTS

Remedy Indications

For those people who cannot prevent unwanted thoughts constantly coming to mind.

Worrying thoughts will circle round and round and cause mental torture. These mental arguments take hold and dominate driving out peace. The sufferer lacks concentration and often does not answer when spoken to. Other symptoms include insomnia, confusion, depression, tiredness and headaches.

The purpose of White Chestnut is to calm, quieten and balance the mind so that one is able to use one's powers of thought constructively and is able to solve problems

WILD OAT – *Bromus ramosus*

FINDING ONE’S DIRECTION / SOUL PURPOSE

Remedy Indications

This remedy is indicated for a person who is unable to find his/her true calling. Such an individual is usually talented, gifted and ambitious but wants to achieve something really special. However, they are uncertain as to which direction to go in and this leads to dissatisfaction and frustration with life and boredom.

Wild Oat enables one to recognise one's potential and to develop it to the full. One becomes aware of the right path to take in order to live a fulfilled, joyous and useful life.

WILD ROSE— *Rosa canina*

RESIGNATION / APATHY

Remedy Indications

For those who have resigned themselves to a situation and make no effort to improve matters.

Such people accept their fate whether it be an unhappy home-life, a monotonous, boring job or even a chronic illness. There is no effort whatsoever to make any positive changes to life.

These individuals lack vitality and are always tired, apathetic and vegetating.

The purpose of this remedy is to reawaken one's interest in changing. Motivation, creativity and enthusiasm are restored and this renewed vitality enables one to lead a happy and enriching life.

WILLOW – *Salix vitellina*

RESENTMENT / BITTERNESS

Remedy Indications

For a person who is filled with resentment, feels hard done by and becomes full of bitterness and self-pity. Such an individual will blame everyone and everything but himself. A Willow type will bear grudges and complain about others good fortune acting in a very moody, morose and sulky manner.

The purpose of this remedy is to encourage positivity and optimism. Instead of being a victim one takes responsibility and becomes Master of one's fate. One is able to forgive and forget