



How to Take a Flower Remedy

Take 2 drops of a single flower remedy, or 4 drops of a combination flower remedy directly in your mouth 4 times daily; upon waking, before going to sleep and twice in between.

You may also place the drops in a glass of water or in your water bottle and sip throughout the day.

For very young children, babies and anyone who wishes to use the remedies topically, instead of internally, can use 4 drops or sprays on pulse points.

Flower remedies do not interfere with other healing modalities, herbs or medications, and are not known to cause negative effects. You may feel a brief intensifying of your emotions, as the remedies begin to react in your system. You can back off your dosage, until this passes within a day or two.

Typically the positive emotional shift will be gentle with a sense of renewed balance. For acute challenges, you may use the remedy for a day or two, and see results. Chronic challenges will take longer and may be resolved within a few weeks to a few months.

How to Mix a Combination Flower Remedy Dosage Bottle

Use a 1 oz. glass dropper or spray bottle filled 3/4 with spring water.

Top up with alcohol spirits or apple cider vinegar as a preservative. Grape brandy is traditional, vodka also works well.

Add 2 drops of each flower remedy to the bottle.

A combination flower remedy bottle should last about 3-4 weeks, taking 4 drops, 4 times a day.



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Bach Flower Remedies by Category

Fear:

- **Rock Rose** - *Extreme fear, Terror, Nightmares*
- **Mimulus** - *Known fears, Nervousness, Shyness, Timidity*
- **Cherry Plum** - *Fear of losing control, Suicidal, Mental Anguish*
- **Aspen** - *Apprehension, Unknown fears, Ominous feelings*
- **Red Chestnut** - *Fear for loved ones*

Uncertainty:

- **Cerato** - *Lack of faith in intuition, Seeking advice from others*
- **Scleranthus** - *Indecision, Lack of balance, Difficulty choosing between 2 things*
- **Gentian** – *Discouragement after a setback, Disappointment, Lack of faith*
- **Gorse** – *Hopelessness, Depression*
- **Hornbeam** - *Mental exhaustion, Procrastination, Monday morning feeling*
- **Wild Oat** – *Dissatisfaction with life, Uncertain of life's calling*

Not Sufficient Interest in Present Circumstances:

- **Clematis** - *Dreamy, Absent minded, Not present*
- **Honeysuckle** - *Living in the past, Homesickness, Melancholy*
- **Wild Rose** - *Apathy, Lack of enthusiasm, Disconnected from life*
- **Olive** - *Tiredness, Exhaustion after long illness, Depleted*
- **White Chestnut** - *Thoughts buzzing around in head, Worry, Sleeplessness*
- **Mustard** - *Gloom, Depression for no apparent reason*
- **Chestnut Bud** - *Inability to learn from mistakes, Learning disorders*

Loneliness:

- **Water Violet** - *Proud, Enjoys being alone, Superiority*
- **Impatiens** - *Impatience, Irritability, Anxiousness*
- **Heather** – *Overtalkative, Self-obsessed*

Over-sensitive to Influences & Ideas:

- **Agrimony** - *Inner turmoil hidden behind a cheerful façade; Dislikes confrontation*
- **Centaury** - *Weak willed, Subservient, Putting other's needs before own*
- **Walnut** – *Difficulty adjusting to change, Protection from outside energies*
- **Holly** - *Anger, Jealousy, Hatred, Mistrust of humanity*

Despondency or Despair:

- **Larch** - *Lack of self-confidence*
- **Pine** - *Feelings of guilt, Shame, Unworthiness*
- **Elm** - *Overwhelmed by responsibility*
- **Sweet Chestnut** - *Extreme anguish, Sorrow, Grief*
- **Star of Bethlehem** - *Shock, Trauma*
- **Willow** - *Resentment, Bitterness, Blame*
- **Oak** – *Over-work, Inability to rest*
- **Crab Apple** – *Negative self-image, Lack of self-love, Obsessive-compulsive*

Over-Care for Welfare of Others:

- **Chicory** - *Possessive, Critical of loved ones, Manipulative*
- **Vervain** - *Over enthusiasm, Self-righteous*
- **Vine** - *Dominating, Controlling*
- **Beech** - *Over critical, Intolerant, Annoyed*
- **Rock Water** – *Rigidity, High standards of behavior*

Rescue Remedy - *Emergency Situations, Accidents, Panic attacks, Intense emotions. Can be used before doctor's appointments, exams, job interviews.*

5 Flowers: Star of Bethlehem, Rock Rose, Cherry Plum, Impatiens & Clematis

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Flower Remedy Resources

If you'd like to explore flower remedies in more depth, here are some of Dina's favorite books:

The Essential Writings of Dr. Edward Bach A compilation of Dr. Bach's writings, including his indications for use for each flower. A fascinating look into the process of this visionary healer. The language is a bit outdated, but the message remains clear and strong.

Flowers that Heal, Patricia Kaminski. A clear, concise overview of the profound healing power of flower essence therapy.

The Encyclopedia of Bach Flower Therapy, Mechthild Scheffer. An in-depth exploration of the metaphysical properties of the 38 Bach flower essences.

Bloom, Stefan Ball. From the Director of Education at the Bach Centre UK, comes this wonderful format of stories, case studies and metaphors that highlights the uses of the 38 Bach flower essences.

The Bach Remedies Workbook, Stefan Ball. Filled with interactive games and quizzes to help you learn the 38 Bach remedies.

Flower Remedy Organizations:

[The Bach Centre](#) in the UK is the premiere source for information and education regarding the 38 Bach flower essence remedies. They hold Bach practitioner courses both online and in-person throughout the year. Completion of Level 3 enables you to register for the practitioner directory.

[The Flower Essence Society](#) is the longest running flower essence maker and retailer in the US. They offer a line of Bach essences that is made in the UK. They also offer 2 intensive workshops yearly at their biodynamic farm in Northern California.

Supplies:

1 oz. glass dropper bottles can be purchased in boxes of 12 through [Vivaplex](#).