

<p><b>AGRIMONY</b>  <b>The Honesty Flower</b>                  True feelings hidden, masking anxiety or worries with a smile.                  From pretended harmony to inner peace.</p>	<p><b>ASPEN</b>  <b>The Psychic Flower</b>                  Fears of unknown origin; nightmares, vague anxiety, spiritual connection.                  From dark premonition to conscious sensitivity.</p>	<p><b>BEECH</b>  <b>The Tolerance Flower</b>                  Critical of others, judgmental.                  From know it all to better understanding of other peoples' idiosyncrasies, non-judgmental.</p>	<p><b>CENTUARY</b>  <b>The Service Flower</b>                  Easily led by others, finds it hard to say 'no'. Wants to be liked, trying to please others.                  From passive service to active service.</p>	<p><b>CERATO</b>  <b>The Intuitive Flower</b>                  Unsure of themselves, always seeking outside advice.                  From indecisiveness to inner certainty of innate wisdom.</p>
<p><b>CHERRY PLUM</b>  <b>The Openness Flower</b>                  Fear of losing control, explosive with sudden bursts of rage.                  From overload to relaxation.</p>	<p><b>CHESTNUT BUD</b>  <b>The Learning Flower</b>                  Difficulty learning from past mistakes, often repeating.                  From superficiality to living with experience.</p>	<p><b>CHICORY</b>  <b>The Motherliness Flower</b>                  Possessive, over protective, strong willed, manipulative.                  From demanding love to giving freely, no expectations.</p>	<p><b>CLEMATIS</b>  <b>The Reality Flower</b>                  Dreamy, un-focused, unable to concentrate.                  From escaping reality to living in reality.</p>	<p><b>CRAB APPLE</b>  <b>The Cleansing Flower</b>                  Poor self-image, feels unclean or contaminated, OCD.                  From compulsive order to inner order.</p>
<p><b>ELM</b>  <b>The Responsibility Flower</b>                  Overwhelmed with duty and feelings of inadequacy.                  From self-worth crisis to inner confidence.</p>	<p><b>GENTIAN</b>  <b>The Belief Flower</b>                  Despondency from known cause. Easily discouraged.                  From doubt to trust the universe has your back.</p>	<p><b>GORSE</b>  <b>The Hope Flower</b>                  No faith, extreme despair, hopelessness, given up fight.                  From giving up to going forth with hopeful belief in self.</p>	<p><b>HEATHER</b>  <b>The Identity Flower</b>                  Self-concern, dislikes being alone, talkative.                  From needy child to adult who understands and listens.</p>	<p><b>HOLLY</b>  <b>The Heart-Opening Flower</b>                  Feels unloved, anger, envy, suspicion, hatred, revenge.                  From hard-heartedness to generosity. Feeling loved.</p>
<p><b>HONEYSUCKLE</b>  <b>The Past Flower</b>                  Dwells on the past, homesickness or nostalgia.                  From then to now, able to live in the present moment.</p>	<p><b>HORNBEAM</b>  <b>The Vitality Flower</b>                  Monday-it is, boredom, mental weariness.                  From listlessness to mental freshness.</p>	<p><b>IMPATIENS</b>  <b>The Time Flower</b>                  Impatient, talks fast, finishes sentences for others, irritated by slowness.                  From impatience to patience.</p>	<p><b>LARCH</b>  <b>The Self-confidence Flower</b>                  Feels inferior, lacks confidence, not willing to try, gives up easily.                  From self-restriction to self-unfolding.</p>	<p><b>MIMULUS</b>  <b>The Bravery Flower</b>                  Fear of something that can be named; illness, death, dark, spiders, food, animals.                  From fear of the world to trust in the world.</p>
<p><b>MUSTARD</b>  <b>The Light Flower</b>                  Deep gloom with no origin, sudden sadness/depression, short term a couple of days.                  From soul pain to soul grandeur.</p>	<p><b>OAK</b>  <b>The Endurance Flower</b>                  Exhausted but struggles on, with a sense of obligation.                  From unflagging duty to inner commitment to fully rest mind and body.</p>	<p><b>OLIVE</b>  <b>The Regeneration Flower</b>                  Lack of energy, over tired, exhausted mind/body.                  From exhaustion to inner renewal, restoring health.</p>	<p><b>PINE</b>  <b>The Self-Acceptance Flower</b>                  Feeling unworthy, guilt, self-reproach.                  From self-negation to self-respect.</p>	<p><b>RED CHESTNUT</b>  <b>The Cutting-free Flower</b>                  Fear or overconcern for the welfare of others, fretting about other peoples' issues.                  From symbiosis to autonomy.</p>

<p><b>ROCK ROSE</b>  <b>The Liberation Flower</b>                  Extreme terror, panic, paralysis, frozen fear. From panic to heroic courage.</p>	<p><b>ROCK WATER</b>  <b>The Flexibility Flower</b>                  Inflexible, self-denial, rigid, perfectionism. From dogmatic discipline to attentiveness.</p>	<p><b>SCLERANTHUS</b>  <b>The Balance Flower</b>                  Indecisive, uncertainty, lack of balance, including hormones. From inner conflict to inner equilibrium.</p>	<p><b>STAR OF BETHLEHEM</b>  <b>The Comfort Flower</b>                  After effects of physical, mental shock, grief, sadness. From shock to reorientation.</p>	<p><b>SWEET CHESTNUT</b>  <b>The Deliverance Flower</b>                  Extreme mental anguish, reach limit of endurance, edge of nervous breakdown. From darkness to light.</p>
<p><b>VERVAIN</b>  <b>The Enthusiasm Flower</b>                  Over enthusiasm, fixed principles/ideas, high strung and over achieving. From world savior to light bearer, shining your light for others to follow.</p>	<p><b>VINE</b>  <b>The Authority Flower</b>                  Assertive but inflexible, dominates, can be aggressive, my way or highway attitude. From leading to being led, allowing others to have input.</p>	<p><b>WALNUT</b>  <b>The Midwife Flower</b>                  Protection from change, sensitive to outside influences, link breaker. Highly sensitive empathic soul. From being affected by people's opinions to inner steadfastness.</p>	<p><b>WATER VIOLET</b>  <b>The Communication Flower</b>                  Proud, aloof, shy, reserved, prefers own company. From isolation to togetherness by reaching out to others for connection and support.</p>	<p><b>WHITE CHESTNUT</b>  <b>The Thought Flower</b>                  Unwanted thoughts, worries, mental arguments, analytical mind, constantly thinking. From mental merry-go-round to mental quiet.</p>
	<p><b>WILD OAT</b>  <b>The Vocational Calling Flower</b>                  Unsure of path in life, unfulfilled ambitions, fish out of water. From seeking to finding.</p>	<p><b>WILD ROSE</b>  <b>The Zest for Life Flower</b>                  Apathy, resignation, makes no effort to change, living a ho-hum life. From resignation to devotion.</p>	<p><b>WILLOW</b>  <b>The Destiny Flower</b>                  Self-pity, resentment, bitterness, poor me, victim attitude. From resenting fate to taking personal responsibility.</p>	

This CHEAT SHEET is a quick reference guide only. More detailed Bach Flower Essence information can be found on : [www.alisonsimpson.com.au](http://www.alisonsimpson.com.au)

We run monthly face-to-face workshops on the Sunshine Coast, Queensland, Australia. 1<sup>st</sup> Wednesday of Month 'Beginners guide for Family Health using the Bach Flower Essences'. If you require a private consultation. Email: [info@alisonsimpson.com.au](mailto:info@alisonsimpson.com.au) Phone: 0487 345774

Like my FB Page: [facebook.com/selfloveliving](https://facebook.com/selfloveliving) [[alisonsimpson.com.au](http://alisonsimpson.com.au)] I upload weekly new information, to expand knowledge and awareness of the Bach Flower Essences, along with other health and wellness topics for Natural Family Health and Happiness.