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BACH FLOWER ESSENCES



THIS IS HOW I FEEL:
Pick the statement that
applies best to you now. Then

SOME POSSIBLE REASONS WHY I FEEL THIS WAY
Place the six numbers against the row that is your closest match. Describe the background to the
top you that the best. If you believe that this is the most probable reason why you feel a certain way,
note the number of the flower and refer to the suitable Bach Flower Essence book number.

- 1 I FEEL AGGRESSIVE
- 2 I FEEL EXCITED, FRUSTRATED!
- 3 I FEEL TOTALLY STRESSED OUT!
- 4 I FEEL VERY VULNERABLE!
- 5 I FEEL SO RESTLESS!
- 6 I CANNOT CONCENTRATE!
- 7 I ALWAYS FEEL SO PESSIMISTIC!
- 8 I ALWAYS FEEL SO UNCERTAIN!
- 9 I GENERALLY FEEL DISASTROUS!
- 10 I SEEM TO LACK WILLPOWER!
- 11 I OFTEN FEEL VERY JEALOUS!
- 12 I AM VERY VERY SENSITIVE!
- 13 I OFTEN FEEL LETHARGIC!
- 14 I OFTEN FEEL DEPRESSED!
- 15 I FEEL SO JOYLESS!
- 16 I FEEL NERVOUS AND IN CONFLICT!
- 17 I FEEL RESIGNED, LIKE GIVING UP!
- 18 I FEEL COMPLETELY DESPERATE!

BACH FLOWER ESSENCES

<p>1. AGNUS CASTI <i>Lupinus albus</i> Wolves against dog bites in antiquity. From times of pagan rituals and medicine, but especially for women, agnus casti has been used to calm the mind.</p> <p>2. APRIL <i>Prunella vulgaris</i> Associated with the end of winter. It brings the sun after the long winter. It is a symbol of renewal and hope.</p> <p>3. BEECH <i>Fagus sylvatica</i> Child and children. From times of the forest and to this day, the tree is a symbol of strength and protection.</p> <p>4. BENTLEY'S CLAY <i>Claytonia virginica</i> From the 18th century, it was used to treat the skin and to soothe the nerves.</p> <p>5. CHERRY PLUM <i>Prunella cerasifera</i> The fruit is used to treat the skin. It is a symbol of love and affection.</p> <p>6. CHESTNUT BUD <i>Castanea sativa</i> The tree is used to treat the skin. It is a symbol of strength and protection.</p> <p>7. CHICORY <i>Leontodon officinalis</i> The root is used to treat the skin. It is a symbol of strength and protection.</p> <p>8. CLEMATIS <i>Clematis flammula</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>9. CRAB APPLE <i>Malus baccata</i> The fruit is used to treat the skin. It is a symbol of strength and protection.</p> <p>10. SLM <i>Salix purpurea</i> The bark is used to treat the skin. It is a symbol of strength and protection.</p> <p>11. GENTIAN <i>Gentiana verna</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>12. GORSE <i>Genista tinctoria</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>13. HEATHER <i>Calluna vulgaris</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>14. HOLLY <i>Ilex aquifolium</i> The leaf is used to treat the skin. It is a symbol of strength and protection.</p> <p>15. HONEYSUCKLE <i>Lonicera xylosteum</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>16. HORNBARK <i>Hamamelis virginica</i> The bark is used to treat the skin. It is a symbol of strength and protection.</p> <p>17. IMMORTELLE <i>Helianthus annuus</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>18. LARCH <i>Larix laricina</i> The tree is used to treat the skin. It is a symbol of strength and protection.</p>	<p>19. MIMULUS <i>Mimulus lewisii</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>20. MUSTARD <i>Brassica hirsuta</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>21. OAK <i>Quercus robur</i> The acorn is used to treat the skin. It is a symbol of strength and protection.</p> <p>22. PINE <i>Pinus sylvestris</i> The needle is used to treat the skin. It is a symbol of strength and protection.</p> <p>23. RED CHESTNUT <i>Aesculus hippocastanum</i> The nut is used to treat the skin. It is a symbol of strength and protection.</p> <p>24. ROCK ROSE <i>Cistus ladanifer</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>25. ROCK WATER <i>Prunella vulgaris</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>26. SCLERANTHUS <i>Scleranthus annuus</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>27. STAR OF BETHLEHEM <i>Ornithoglossum umbellatum</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>28. SWEET CHESTNUT <i>Aesculus hippocastanum</i> The nut is used to treat the skin. It is a symbol of strength and protection.</p> <p>29. VERVAIN <i>Verbena officinalis</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>30. VINE <i>Vitis vinifera</i> The grape is used to treat the skin. It is a symbol of strength and protection.</p> <p>31. WALNUT <i>Juglans regia</i> The nut is used to treat the skin. It is a symbol of strength and protection.</p> <p>32. WATER VIOLET <i>Viola spiraea</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>33. WHITE CHESTNUT <i>Aesculus hippocastanum</i> The nut is used to treat the skin. It is a symbol of strength and protection.</p> <p>34. WILD OAT <i>Avena sativa</i> The grain is used to treat the skin. It is a symbol of strength and protection.</p> <p>35. WILD ROSE <i>Rosa rugosa</i> The flower is used to treat the skin. It is a symbol of strength and protection.</p> <p>36. WILLOW <i>Salix purpurea</i> The bark is used to treat the skin. It is a symbol of strength and protection.</p>
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