

1. AGRIMONY* (Over-sensitive): Anxious and tormented despite outward calm.
I will allow my outward calm to sink deep within me.
Now I can allow my outward calm to sink deep within me.
2. ASPEN (Fear): Feels vaguely apprehensive.
I will not be afraid of new experiences and adventures in life.
Now I am no longer afraid of new experiences and adventures in life.
3. BEECH (Over-care): Feels critical and judgemental.
I will be more tolerant in my views, words and behaviour.
Now I can be more tolerant in my views, words and behaviour.
4. CENTAURY *(Over-sensitive): Feels overanxious to please; open to exploitation.
I will serve others wisely, without being overanxious to please.
Now I can serve others more wisely, without being overanxious to please.
5. CERATO* (Uncertainty): Feels uncertain; too dependent on others for advice.
I will trust and follow my own judgement and intuition better.
Now I can trust and follow my own judgement and intuition better.
6. CHERRY PLUM# (Fear): Irrational thoughts & feelings; fears a breakdown.
I will carry on calmly and courageously with my life.
Now I can carry on calmly and courageously with my life.
7. CHESTNUT BUD (Lack of interest): Feels incapable of correcting mistakes.
I will keep a sharp eye on how I do things and correct my mistakes.
Now I can keep a sharp eye on how I do things and correct my mistakes.
8. CHICORY* (Over-care): Over-protective of others; desirous to have them near.
I will show unselfish care and concern for others.
Now I can show unselfish care and concern for others.
9. CLEMATIS*# (Lack of interest): Feels indifferent; likes day dreaming.
I will show a lively interest in people, things and events
Now I can show a more lively interest in people, things and events.
10. CRAB APPLE (Despondency): Feels dislike of self; lacks self-esteem.
I will look kindly at myself and recognize my worth.
Now I can look more kindly at myself and recognize my worth.
11. ELM (Despondency): Feels overwhelmed by responsibility
I will have confidence in my ability to cope.
Now I can have confidence in my ability to cope.
12. GENTIAN*(Uncertainty): Feels full of doubt and is easily discouraged.
I will be decisive and steadfast in what I say and do.
Now I can be more decisive and steadfast in what I say and do.
13. GORSE (Uncertainty): Feels utterly hopeless and full of despair.
I will be positive and optimistic in the face of difficulties.
Now I can be more positive and optimistic in the face of difficulties.
14. HEATHER (Loneliness): Feels over concerned about self; hates to be alone.
I will forget myself and take more interest in others and their needs.
Now I can forget myself and take more interest in others and their needs.
15. HOLLY (Over-sensitive): Feels lack of love and concern for others.
I will be generous, loving and happy in my dealings with others.
Now I can be more generous, loving and happy in my dealings with others.
16. HONEYSUCKLE (Lack of interest): Feels homesick and attached to the past.
I will put my past experiences to good use.
Now I can put my past experiences to good use.
17. HORNBEAM (Uncertainty): Feels unsure about coping with daily life.
I will trust my God-given strength and ability to cope.
Now I can trust my God-given strength and ability to cope.
18. IMPATIENS*#(Loneliness): Feels impatient and irritable.
I will be gentle and understanding with others.
Now I can be more gentle and understanding with others.
19. LARCH (Despondency): Fears failure.
I will do my very best and make a success of my life.
Now I can do my very best and make a success of my life.
20. MIMULUS (Fear): Feels shy and timid.
I will not be afraid to come out and be myself.
Now I am no longer afraid to come out and be myself.



21. MUSTARD (Lack of interest): Feels deeply depressed for no specific reason.
I will foster serenity and joy in my life.
Now I can foster serenity and joy in my life.
22. OAK (Despondency): Feels discouraged by lack of progress.
I will carry on bravely with my life and activities.
Now I can carry on bravely with my life and activities.
23. OLIVE (Lack of interest): Feels completely exhausted; mentally fatigued.
I will remain calm and allow my life force to well up within me.
Now I can remain calm and allow my life force to well up within me.
24. PINE (Despondency): Over conscientious. Too ready to take blame.
I will give help with out over-doing it and dwelling on mistakes.
Now I can give help without over-doing it and dwelling on mistakes.
25. RED CHESTNUT (Fear): Over anxious for others.
I will face the future calmly and just do my best for others.
Now I can face the future calmly and just do my best for others.
26. ROCK ROSE*# (Fear): Feels terror-stricken.
I will carry on regardless of how I feel.
Now I can carry on regardless of how I feel.
27. ROCK WATER (Over-care): Feels repressed, rigid and self-righteous.
I will be outgoing, flexible and able to enjoy life.
Now I can be outgoing, flexible and able to enjoy life.
28. SCLERANTHUS* (Uncertainty): Feels unable to decide what to do.
I will be prompt in taking action to fulfil my responsibilities.
Now I can be prompt in taking action to fulfil my responsibilities.
29. STAR OF BETHLEHEM# (Despondency): Feels shocked in body, mind or spirit.
I will shake off all remnants of bad experiences of the past.
Now I can shake off all remnants of bad experiences of the past.
30. SWEET CHESTNUT (Despondency): Feels desolate.
I will not lose faith in myself and others.
Now I can have faith in myself and others.
31. VERVAIN* (Over-care): Feels highly strung and over-enthusiastic.
I will remain relaxed and in control of my feelings.
Now I can remain relaxed and in control of my feelings.
32. VINE (Over-care): Feels inflexible and domineering.
I will be more flexible and show wise and understanding leadership.
Now I can be more flexible and show wise and understanding leadership.
33. WALNUT (Over-sensitive): Feels vulnerable to strong outside influences.
I will follow my personal beliefs and convictions faithfully.
Now I can follow my personal beliefs and convictions more faithfully.
34. WATER VIOLET* (Loneliness): Feels aloof; enjoys being alone.
I will be loving and sympathetic with others.
Now I can be more loving and sympathetic with others.
35. WHITE CHESTNUT (Lack of interest): Feels plagued by thoughts and ideas.
I will focus my mind on the present and not worry about other things.
Now I can focus my mind on the present and not worry about other things.
36. WILD OAT (Uncertainty): Feels dissatisfied and uncertain what to do or say.
I will act with confidence and conviction.
Now I can act with more confidence and conviction.
37. WILD ROSE (Lack of interest): Feels apathetic.
I will take a lively interest in improving things around me.
Now I can take a more lively interest in improving things around me.
38. WILLOW (Despondency): Feels resentment.
I will think only good of myself and others.
Now I can think only good of myself and others.
- 39.# RESCUE REMEDIES: Clematis, Cherry Plum, Impatiens, Rock Rose, & Star of Bethlehem

* The original 12 remedies discovered by Bach and called “The 12 Healers”

Fear: Rock Rose and Mimulus

Lack of Interest: Clematis

Loneliness: Water Violet and Impatiens

Over-sensitivity: Agrimony and Centaury

Over-care: Chicory and Vervain

Uncertainty: Cerato, Scleranthus and Gentian