



Bach Flower Essences Quick Guide

After doing an initial scan with many varying items in the main hold tray, discover the 3 Flower Essences that have the highest resonance in Progressive Insights. Write those down. Choose the highest one and use the harmonizing recommendations by placing that flower essence and the other ones in the Quick Zap. Check the aura and take a picture of the aura before beginning. Run the harmonizing items in the Quick Zap for 5 minutes. Now, check the aura again. You should see some wonderful green, purple, pink and other high vibrational colors fill the aura.

Flower Essences	Meaning
Agrimony	Overcoming a tendency to hold back on sadness and put on a happy face.
Aspen	Triumphing over the fear of unknown things.
Beech	Striving to have more tolerance of others, of circumstance and of themselves.
Centauray	Putting energy into nourishing yourself first before giving care to others.
Cerato	Gaining more confidence in one's decision.
Cherry Plum	Needing to release stopped-up energy and emotions in a healthy way.
Chestnut Bud	Recognizing repeating past patterns, now willing to learn.
Chicory	Discovering good boundaries and a new sense of respect for other's free will and space.
Clematis	Dreaming of the future without getting firmly grounded in the present.
Crab Apple	Development of self-love. Clearing the feeling that one is not quite clean and therefor must pursue cleansing and detoxification repeatedly.
Elm	Overwhelmed by responsibility.
Gentian	Discouragement after a setback.
Gorse	Hopelessness and despair
Heather	Self-centeredness and self-concern.
Holly	Clearing envy and jealousy.
Honeysuckle	Living in the past.
Hornbeam	Tiredness at the thought of doing something

Flower Essences	Meaning
Impatiens	Impatience
Larch	Developing more confidence
Mimulus	Releasing fear.
Mustard	Deep gloom for no reason.
Oak	Works hard, often past the point of exhaustion.
Olive	Exhaustion following mental or physical effort
Pine	Guilt
Red Chestnut	Over-concern for the welfare of loved ones
Rock Rose	Terror and fright
Scleranthus	Inability to choose between two alternatives
Star of Bethlehem	Over-coming shock
Sweet Chestnut	Extreme mental anguish - feeling there is no hope
Vervain	Over-enthusiasm. Very strongly held beliefs
Vine	Inflexibility. Wanting to be more amenable to new ideas.
Walnut	Protection from change and unwanted influence.
Water Violet	Quite self-reliance leading to isolation. Renew connection to self and others.
White Chestnut	Unwanted thoughts and mental arguments
Wild Oat	Uncertainty over one's direction in life.
Wild Rose	Drifting, resignation, apathy
Willow	Self-pity and resentment