Quick Reference Guide for the Bach Flower Essences

Bachflowerwellness.com.au (2026)

Dr Bach believed this simple system of healing would become the medicine of the future, and he was remarkably ahead of his time. Today, Western medicine increasingly recognises the connection between the mind, emotions and physical health. "Health depends on being in harmony with our souls". Dr Edward Bach.

BACH FLOWER & Theme	Emotional Pattern ⇢ Positive State
AGRIMONY – Honesty	Hide worries behind a smile ⇢ Inner peace
ASPEN – Psychic	Vague fears, unknown anxiety ⇢ Calm sensitivity
BEECH – Tolerance	Critical, judgmental ⇢ Understanding, acceptance
CENTURY – Service	Easily led, unable to say no ⇢ Assertiveness
CERATO – Intuition	Doubts self, seeks advice ⇢ Inner certainty
CHERRY PLUM - Openness	Fear of losing control, rage ⇢ Calm control
CHESTNUT BUD – Learning	Repeats past mistakes ⇢ Learns from experience
CHICORY – Unconditional Love	Possessive, demanding love ⇢ Unconditional love
CLEMATIS – Reality	Dreamy, unfocused ⇢ Present and grounded
CRAB APPLE – Cleansing	Poor self-image, feels unclean ⇢ Self-acceptance
ELM – Responsibility	Overwhelmed, inadequate ⇢ Confidence
GENTIAN – Belief	Discouraged, doubtful ⇢ Faith and trust
GORSE – Hope	Hopelessness, giving up ⇢ Renewed hope
HEATHER – Identity	Self-focused, dislikes being alone ⇢ Listening, connection
HOLLY – Heart Opening	Anger, jealousy, suspicion ⇢ Love and generosity
HONEYSUCKLE – Past	Nostalgic, homesick ⇢ Living in the present
HORNBEAM – Vitality	Mental tiredness, boredom ⇢ Fresh energy
IMPATIENS – Time	Impatient, easily irritated ⇢ Patience
LARCH – Self-confidence	Inferior, afraid to try ⇢ Self belief
MIMULUS – Bravery	Known fears, shyness ⇢ Courage
MUSTARD – Light	Sudden unexplained gloom ⇢ Inner light
OAK – Endurance	Exhausted but keeps pushing ⇢ Balance and rest
OLIVE – Regeneration	Physical and mental exhaustion ⇢ Renewal
PINE – Self-acceptance	Guilt, unworthiness ⇢ Self respect
RED CHESTNUT – Letting Go	Worries excessively about others ⇢ Trust and independence
ROCK ROSE – Liberation	Terror, panic, frozen fear ⇢ Courage
ROCK WATER – Flexibility	Rigid, perfectionist, self-denying ⇢ Flexibility
SCLERANTHUS – Balance	Indecisive, uncertain ⇢ Inner balance
STAR OF BETHLEHEM - Comfort	Shock, grief ⇢ Comfort and peace
SWEET CHESTNUT – Decompression	Extreme anguish, despair⇢ Hope and light
VERVAIN – Enthusiasm	Overzealous, highly strung ⇢ Calm inspiration
V**INE** – Authority	Dominating, inflexible ⇢ Respectful leadership
WALNUT – Change	Sensitive to outside influence ⇢ Inner steadfastness
WATER VIOLET – Communication	Aloof, reserved, isolated ⇢ Connection
WHITE CHESTNUT – Thought	Repetitive, unwanted thoughts ⇢ Mental calm
WILD OLD – Vocation	Uncertain life direction ⇢ Purpose and clarity
WILD ROSE – Zest for Life	Apathetic, resigned ⇢ Enthusiasm for life
WILLOW – Destiny	Resentment, self-pity ⇢ Personal responsibility

"Dis-ease and dis-ability labels lose their power when you learn to follow your heart (soul)".

Alison Simpson
Naturopath & Founder of BachFlowerWellness.com.au

Specialist Online Bach Flower Essence Dispensary: **Discover the 38 Bach Flower Essences and create your own personalised remedy mix.** Simply select the remedies that resonate with you, and Alison will carefully prepare your individual mix and deliver it straight to your door, anywhere in Australia.