



## Bach Flower Assessment

WELCOME, Today will be assessing your bodies preference to the top 5 Bach Flower Essences it prefers. You will be able to put a person, place or event with the Flower that your body wants most. Please make a note to enable your Wellness Partner to better help you on "Your Path To Wellness".

Your Wellness Partner is:

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Contact Information is:

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The following list are emotional essences your body is asking for. Please review each one and identify an event, place, person, time period, situation etc that comes to mind and make a note by each one. Please ask your Wellness Partner if you need further clarification on an item that appears. Each essence does not always have to be you. It can be a family member, friend or someone of influence from childhood etc.

## Bach Flowers

### 25.52 Red Chestnut

Red Chestnut is for those who have selfless over-concern and fear or worry for the welfare of others, especially of family and close friends. They fear the worst for their loved ones: that a minor complaint will turn into something serious, that a child at play will fall, or a holiday plane will crash. They also are fretful and worry about other people's problems. It is often a temporary state among healers, nurses, counselors, etc.

The positive potential of Red Chestnut is the ability to care for others with compassion but without anxiety. Positive Red Chestnut people radiate thoughts of health and courage to those who need them and remain mentally and physically calm in emergencies. They are happy to give help when asked but hold back from forcing help on others.

### 20.37 Chicory

Chicory is for people who are overly possessive and whose care for others is self-centered and manipulative. These strong-willed people expect other people to conform to their values; they may be critical, interfering and nagging. they find it hard to give without expecting anything in return.

They dislike being alone and demand constant attention and service as a duty: typical is the possessively domineering parent who keeps adult children under his or her thumb. Although strong, they are self-pitying and easily offended. Some Chicory people will feign illness in order to gain attention - for example, the possessive parent who manifests 'heart pains' whenever a daughter tries to leave home.

They are often very talkative, opinionated and argumentative.

Chicory is also good for children who make constant and unreasonable demands for attention.

The positive potential of Chicory is seen in people who are able to care for others unselfishly, offering genuine maternal love. They give without expecting anything back and allow their loved ones to be themselves and live their own lives. Feeling fulfilled and self-assured, they no longer need other people's assurance that they are worthy of love. They are warm, kind, concerned for others and sensitive to other people's needs.

### 19.97 White Chestnut

White Chestnut is indicated for obsessive, worrying thoughts that seem impossible to control. Sufferers cannot let go of unhappy events or arguments and keep reliving them mentally.

Persistent, unwanted thoughts and mental arguments go round and round like a stuck record, leading to a troubled mind. It is difficult to concentrate during the day, or to sleep at night. The sufferer may therefore appear inattentive and may not answer when spoken to (see also Clematis).

The positive potential of White Chestnut is peace of mind. The head is clear; thinking is under control and can be put to positive use of problem-solving. Worry is replaced by trust in a positive outcome.

### 19.43 Impatiens

Impatiens is suitable for people who are easily irritated. They are impatient and want everything done instantly. They act, think and speak quickly. These people are capable and efficient but irritated and frustrated by slow co-workers and therefore prefer to work alone. They are independent, hate wasting time and often finish other people's sentences.

They may have temper flare-ups but these are soon over. When ill, they make restless and irritable patients. They are often fidgety and their hastiness may lead to accident-proneness.

The positive potential of Impatiens is someone who is decisive and spontaneous but less hasty in thought and action. They are relaxed and good-humored with others and sympathetic to those who are slow. They cope calmly and diplomatically with irritating problems.

### 18.08 Rescue Remedy (Bach)

Rescue Remedy contains a combination of five flower essences including impatiens, star of Bethlehem, cherry plum, rock rose, and clematis to help



balance the emotions, relieve stress, and reduce fear and nervousness in stressful, traumatic or emergency situations such as receiving sudden bad news, family upset, bereavement, before an exam, meeting, interview, performing, giving a speech, and going to the dentist or hospital. Helps produce positive, calming, stabilizing effects in a wide range of stressful situations.

