|  |
| --- |
| Agrimony  **Indications:** Mental torture behind a cheerful face. Hiding troubles behind humour.  **Positive Change:** Self-acceptance, inner joy, putting problems into perspective. |
| Aspen  **Indications:** Vague, unknown fears, terrors or nightmares.  **Positive Change:** Trust in the unknown, fears into perspective, fearlessness. |
| Beech  **Indications:** Intolerance, critical of others, perfectionist.  **Positive Change:** A more tolerant and understanding attitude. |
| Centaury  **Indications:** Difficulty saying no, easily led.  **Positive Change:** The ability to say no, to be more assertive for self-whilst remaining kind to others. |
| Cerato  **Indications:** Lack of trust in one's own decisions. Constantly seeking advice of others.  **Positive Change:** Confidence in one's own decisions. |
| \*\*\*Cherry Plum    **Indications:** Fear of losing control of mind or body, of the mind giving way.  **Positive Change:** mental calm and composure. |
| Chestnut Bud  **Indications:** Inability to learn from repeated mistakes.  **Positive Change:** The ability to see through repetitive mistakes and learn from them. Enabling one to then move forward. .  *-* |
| Chicory  **Indications:** Over concern for others, possessive or selfish love.  **Positive Change:** Healthy love for others with no strings attached. |
| \*\*\*Clematis  **Indications:** Daydreaming of future, lack of concentration in present.  **Positive Change:** More interest in the here and now. |
| Crab Apple  **Indications:** Cleansing remedy. Low self-esteem. Self-hatred/disgust.  **Positive Change:** A more positive self-image. Putting the need for cleanliness of self or surroundings into perspective. |
| Elm  **Indications:** Overwhelmed by too many responsibilities.  **Positive Change:** An ability to put things into perspective.. |
| Gentian  **Indications:** Feelings of discouragement and despondency after a setback.  **Positive Change:** Renewed encouragement and determination to try again. |
| Gorse  **Indications:** Hopelessness and despair. Giving up hope.  **Positive Change:** A renewed hope. A lifting out of the gloom. |
| Heather  **Indications:** Talkative, lonely people, concerned for self. Self-centredness.  **Positive Change:** Having empathy for others, the ability to be a good listener. |
| Holly  **Indications:** Overcome by envy, jealousy, anger, hatred, revenge, suspicion.  **Positive Outcome:** Inner harmony. |
| Honeysuckle  **Indications:** Living in and dwelling on, the past, whether good or bad. "If only" state.  **Positive Outcome:** More involvement in the present. |
| Hornbeam  **Indications:** A feeling of lethargy or tiredness at the thought of doing something, or the day ahead. Procrastination.  **Positive Change:** A renewed energy and interest in the task ahead. |
| \*\*\*Impatiens  **Indications:** Impatience. Irritability with others being too slow.  **Positive Change:** Patience. An ability to take one's time. |
| Larch  **Indications:** Feelings of inadequacy, lack of self-confidence. A fear of failure.  **Positive Change:** Confidence in ones-self, and one's ability. |
| Mimulus  **Indications:** Fearful or anxious of something specific/known.  **Positive Change: T**he ability to confront one's fears. Bravery and courage. |
| Mustard  **Indications:** Deep gloom/despair or sadness for no apparent reason.  **Positive Change:** A lifting of the gloom. A return of joy and peace. |
| Oak  **Indications:**  Plodding on past the point of exhaustion.  **Positive Change:** Seeing and recognising one’s own limitations. Allowing time to relax. |
| Pine  **Indications:** Guilt and self-blame, from events past or present.  **Positive Change:** A release of guilty feelings. More self-respect. |
| Red Chestnut.  **Indications:** Over concern for welfare of others, particularly loved ones.  **Positive change:** Calm and rational concern for loved ones. |
| \*\*\*Rock Rose  **Indications:** Extreme fear, **t**error, panic. The fear may not always be rational, but it is very real. **Positive Change:** Fearlessness, calmness, courage. |
| Rock Water  **Indications:** Strictness, rigidity, self-denial, self-repression.  **Positive Change:** The ability to be less rigid, and more lenient with ones-self. Flexibility. |
| Scleranthus  **Indications:** Indecision, inability to choose between alternatives. Mood swings.  **Positive Change:** The ability to make quick decisions with no dilemma. |
| \*\*\*Star of Bethlehem  **Indications:** Shock (Immediate or past) Trauma to the system through accident, bereavement or a distressing sight.  **Positive Change:** Comfort and consolation. |
| Sweet Chestnut.  **Indications:** Extreme mental anguish, at the end of one's endurance.  **Positive Change:** The return of optimism, hope and peace of mind. |
| Vervain  **Indications:** Over-enthusiasm with fixed opinions, inability to relax.  **Positive Change:** The ability to wind down and relax, to be more tolerant and calm. |
| Vine  **Indications:** Overbearing dominance, bossy leader.  **Positive Change:** A more patient and understanding leader. |
| Walnut  **Indications:** Difficulty in dealing with change, or unwanted influence.  **Positive Change:** Assistance with change**,** Protection from influence. |
| Water Violet  **Indications:** Proud and aloof, leading to loneliness.  **Positive Change:** Calm and serene, making one more approachable. |
| White Chestnut  **Indications:** Obsessive and repetitive unwanted or worrying thoughts/mental arguments.  **Positive Change:** A relief of the 'mental whirlpool'. Peace of mind. |
| Wild Oat  **Indications:** Uncertainty over one's direction in life. At a crossroads.  **Positive Change:** Decisive direction in life. Purposefulness. |
| Wild Rose  **Indications:** Apathy, resignation, disinterest in life.  **Positive Change:** A lively and enthusiastic interest in life. |
| Willow  **Indications:** Self-pity, resentment and bitterness.  **Positive Change:** The ability to forgive and forget. To regain control. |