

By Popular Demand...



# If You Want To Develop This Quality, Take This Remedy!



## Courage & Bravery

- Courage To Face Any Fear You Can Directly Name Or Identify → Mimulus
- To Overcome Debilitating Vague Fears; Increase Psychic Development → Aspen
- To Always Stay In Self-Control In Any Situation → Cherry Plum
- Freedom From Excessive Worry About The Safety Of Others → Red Chestnut
- Courage And Calm In Emergency Situations → Rock Rose

## Feeling Connected To Others/World

- Feel Connected To Other People; Enjoy Socializing With Others → Water Violet
- Ability To Feel Satisfied On Your Own, Yet Be Interested In Others → Heather
- Take Time To Enjoy Life, Putting People Above Time Demands → Impatiens

## Overcoming Life's Difficulties

- Feel Confident In Yourself And Your Abilities → Larch
- To Be Able To Make It Through Extreme Suffering → Sweet Chestnut
- Feel Clean/Attractive/Pure; Experience Positive Body Image → Crab Apple
- Feel You Can Complete Your Life's Work, No Matter How Challenging → Elm
- Know When To Call It A Night/Relax/Put Health First, Ahead Of Work → Oak
- Be Kind To Yourself, Feel Forgiveness For Your Mistakes/Failings → Pine
- Allowing Yourself To Be Consoled After A Loss → Star Of Bethlehem
- Accept Your Role In The Life You Have Shaped; Overcome Past Disappointments → Willow

## Freedom From The Influences And Demands Of Others And Of Society; To Be Your Loving And True Self

- Be Able To Stand Up For What You Need, Be Able To Say No → Centaury
- Freedom To Follow Your Heart/Dreams → Walnut
- Love! Forgiveness! Trust! Seeing Everyone as Spiritual Brothers and Sisters—Feelings of Divine and Pure Love In Its Greatest Sense! → Holly
- Be Able To Confront Whatever Is Troubling You, Admit Your Faults and Failings, Feel Peaceful And At Ease With Yourself, Share Feelings With Others → Agrimony

## Certainty in Yourself and In Your Decisions

- Feel Purposeful And Alive With Meaningful Goals → Wild Oat
- Confidence In What You Know; Certain Of Facts/Figures → Cerato
- Ability To Select And Stick To A Course Of Action → Scleranthus
- Know For A Fact That You Can Heal/Get Better! → Gorse
- Sense That Things Will Turn Out Okay; Perseverance → Gentian
- On Top Of Things, Tackle Projects Early, Feel Strong And Ready To Go → Hornbeam

## Enjoying Life By Being True To Yourself, And Allowing Others To Do The Same

- Let Others Express Themselves/Nurturing Leadership → Vine
- To See The Good Growing Within Everyone; To Be Lenient and Tolerant; To Be Able To See What People Need And Where They are Going, Spiritually → Beech
- To Be Flexible With Yourself And Your Routines; Be Spontaneous; Really Listening To Your Inner Voice Above All Else; Allow Self To Experience Fun Things → Rock Water
- To Be Respectful Of Other People's Opinions/Ways Of Doing Things/Beliefs → Vervain

## Feel Fully Focused/Aware/Present/Alive/In The Present Moment

- Bringing Your Creativity And Imagination Into Waking Life; Feel Fully Awake → Clematis
- Focusing On The Present Moment, Yet Being Able To Draw On The Strength And Memories And Joy Of Things From The Past → Honeysuckle
- Quickly Getting The Gist Of What You Are Learning → Chestnut Bud
- Feeling Full Of Energy; Rested And At Peace Even After A Challenging Period In Your Life → Olive
- Enjoy Life; Full of Happiness And Joy For Living → Mustard
- Control Over What You Choose To Think About; Be Able To Eliminate Any Extraneous Thoughts → White Chestnut
- Be Able To See That You Can Change The Things That Come Your Way For the Better; To Really Feel That Anything Is Possible; To Know That You Can Make A Positive Difference In The World And That You Matter! → Wild Rose