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## Floral de bach aspen

HomeRemediesThe Bach Flower RemediesQuick Reference Guide This is a quick reference guide to each of the 38 remedies discovered by Dr Bach. Each remedy is directed at a particular characteristic or emotional state. To select the remedies you need, think about the sort of person you are and the way you are feeling. For more information on each remedy in this list click the relevant link. Remedies Agrimony - mental torture behind a cheerful face Aspen - fear of unknown things Beech - intolerance Centaury - the inability to say 'no' Cerato - lack of trust in one's own decisions Cherry Plum - fear of the mind giving way Chestnut Bud - failure to learn from mistakes Chicory - selfish, possessive love Clematis - dreaming of the future without working in the present Crab Apple - the cleansing remedy, also for not liking something about ourselves Elm - overwhelmed by responsibility Gentian - discouragement after a setback Gorse - hopelessness and despair Heather - talkative self-concern and being self-centred Holly - hatred, envy and jealousy Honeysuckle - living in the past Hornbeam - tiredness at the thought of doing something Impatiens - impatience Larch - lack of confidence Mimulus - fear of known things Mustard - deep gloom for no reason Oak - the plodder who keeps going 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 Rock Water - self-denial, rigidity and self-repression Scleranthus - inability to choose between alternatives Star of Bethlehem - shock Sweet Chestnut - extreme mental anguish, when everything has been tried and there is no light left Vervain - over-enthusiasm Vine - dominance and inflexibility Walnut - protection from change and unwanted influences Water Violet - quiet self-reliance leading to isolation 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 The original system also includes an emergency combination remedy. Other pre-mixed combinations are offered by many remedy producers, but they tend to be ineffective because they are not chosen individually. To get help selecting remedies contact a local Bach Foundation Registered Practitioner. This is a Bach flower remedies quick reference guide. Las Flores de Bach Aspen son un remedio natural popular utilizado en la terapia floral que se enfoca en tratar aspectos emocionales y mentales. Cada flor de Bach se asocia con un estado emocional específico y se cree que puede ayudar a equilibrar y armonizar ese estado. En este artículo, exploraremos a fondo el uso y los beneficios de la flor de Bach Aspen. Historia de las Flores de Bach Aspen El Dr. Edward Bach, un médico y homeópata británico, desarrolló el sistema de las Flores de Bach en la década de 1930. Creía que las enfermedades físicas tenían un origen emocional y que tratar este desequilibrio emocional podía ayudar a restaurar la salud. Aspen es una de las 38 flores originales descubiertas por el Dr. Bach y se utiliza para abordar miedos y ansiedades de origen desconocido o indefinible. Cómo Funciona la Flor de Bach Aspen La Flor de Bach Aspen se recomienda para personas que experimentan miedo o ansiedad inexplicables. Este remedio floral se dice que ayuda a quienes temen lo desconocido, tienen presentimientos o padecen temores vagos y sin razón aparente. Al incorporar Aspen en la terapia floral, se busca disipar estas ansiedades y promover la seguridad interior y la tranquilidad. Beneficios de la Flor de Bach Aspen Entre los beneficios reportados de la utilización de la flor de Bach Aspen se encuentran la sensación de calma, la disminución de la ansiedad y el miedo, así como una mayor claridad mental. Muchas personas han encontrado alivio al utilizar Aspen como parte de su tratamiento para problemas emocionales. ¿Cómo Se Utiliza la Flor de Bach Aspen? La Flor de Bach Aspen se puede tomar de forma oral diluida en agua o aplicarse tópicamente en la piel. Se recomienda buscar orientación de un terapeuta floral certificado para determinar la dosis adecuada y la frecuencia de consumo según las necesidades individuales. ¿Es Seguro Utilizar la Flor de Bach Aspen? Dado que las Flores de Bach se consideran un remedio natural, generalmente se consideran seguras para la mayoría de las personas. Sin embargo, es importante informar a un profesional de la salud sobre cualquier remedio o suplemento que se esté utilizando, incluida la flor de Bach Aspen, para garantizar su compatibilidad con otros tratamientos o condiciones médicas. Posibles Efectos Secundarios de Aspen Aunque las Flores de Bach son consideradas seguras, algunas personas pueden experimentar reacciones alérgicas leves en la piel como enrojecimiento o picazón. Si se presentan efectos secundarios, se recomienda suspender su uso y consultar a un profesional de la salud. En resumen, la Flor de Bach Aspen se utiliza comúnmente para tratar miedos y ansiedades difusas, proporcionando una sensación de calma y seguridad interior. Como parte de la terapia floral, se ha demostrado que Aspen beneficia a muchas personas que buscan equilibrar su bienestar emocional. Si estás considerando incorporar las Flores de Bach Aspen en tu rutina, consulta con un experto en terapia floral para obtener orientación personalizada. ¿Puedo combinar la flor de Bach Aspen con otros tratamientos? Sí, en muchos casos la Flor de Bach Aspen se puede combinar de manera segura con otros tratamientos, pero es recomendable consultar a un profesional de la salud para obtener una orientación específica para tu situación particular. ¿Cuánto tiempo lleva notar los efectos de la Flor de Bach Aspen? Los tiempos de respuesta a los remedios florales pueden variar de una persona a otra. Algunas personas pueden experimentar efectos inmediatos, mientras que otras pueden necesitar un tiempo prolongado para notar mejoras significativas. La paciencia y la consistencia en el uso suelen ser clave para obtener resultados óptimos. Mimulus helps those who feel they need greater courage to face up to the everyday events of life. Those in need of Mimulus suffer unnecessary fear and worry about everyday situations, such as visiting the dentist, flying, swimming, spiders or perhaps taking their driving test. They can appear nervous, shy or timid and may hesitate or blush easily when in situations where they feel vulnerable. Sensitivity to crowds, loud noises, or bright lights are other examples of states for which Mimulus would be beneficial. As Mimulus dissolves their fears and worries those with this personality trait find themselves able to create a more positive mental approach to life. Latin Name - Mimulus guttatus Mimulus is prepared by the sun method of potentisation Dr Bach placed Mimulus in the Fear Group Mimulus is one of Bach's original Twelve Healers "Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others." From the Twelve Healers & Other Remedies - By Dr Edward Bach ( 1936 edition ) More Insights Into Mimulus "Mimulus is a wonderful remedy for anyone who is nervy, fearful and sensitive to the harshness of life" "Mimulus is a wonderful remedy for anyone who is nervy, fearful and sensitive to the harshness of life. Sensitive people are often struggling with the impact of how noisy, bright, over-stimulating and jarring modern life can be without realising the toll this takes on their emotional and mental wellbeing. Choose Mimulus if you get overwhelmed by sensory input of any kind or feel uncomfortable in group situations, and it will help you to find inner safety and security." Jackie Stewart - Crystal Herbs "I have Mimulus growing in profusion in and around the pond in my garden and in the summer months it has such a beautiful strong presence which provides a constant reminder that there is really nothing to fear when you stay connected into the present moment. Mimulus is the essence to help when you find yourself in a state of fear or worry about something that is ahead of you in the future, or when you feel uncomfortably timid or overly sensitive to life. It will remind you to stay in the present moment and fill you with the courage to carry on." Catherine Keatch - Crystal Herbs "Mimulus relates to the Soul's potential for courage and trust. Those in the negative Mimulus state must learn to overcome their exaggerated and often childish fears. These include very specific, tangible fears that arise in everyday life, such as fear of going on escalators and of AIDS. Further examples might include being anxious about inviting people to your house, fear of the neighbor's dog, and fear of an injection at the dentist's. You never speak about your fears of your own accord, but if asked a direct question, you'll name more and more anxieties: fear of being alone, fear of quarrels over the household budget, fear of a difficult entryway to a garage... the list is endless. It includes practically every shade of the great archetypal fears of humans." The Encyclopedia of Bach Flower Therapy by Mechthild Scheffer "In his earliest description, Bach spoke of Mimulus types as having a marked desire for quietness, aversion to talking and to being questioned". Later he mentioned 'fear of... crowds, of noise, of talking... of being alone'. This has been extended to indicate a generally nervous disposition and a desire for tranquility. Mimulus people are hypersensitive to their environment, and avoid conflict. Their delicacy and sensitivity lead them to shy away from the rough and tumble of life." Bach Flower Remedies Form & Function by Julian Barnard "The Mimulus fear is less acute than the sheer terror of Rock Rose, and it always is caused by known reasons. Most of us have some pet fear which we would give much to lose, but which we find hard to overcome at times. Such fears range from the childhood fear of the dark, to the fear of growing old, of pain and illness, and of death itself. These are the Mimulus fears which fortunately the Remedy can cure once and for all. The Mimulus people are normally shy and retiring; they are prone to hide their anxieties. They may at times become tongue-tied with stage fright; again, they can become garrulous to conceal a nervous fear. They blush easily, and occasionally they may stammer or stutter." Illustrated Handbook of the Bach Flower Remedies by Philip Chancellor The Fear Group Dr Bach placed his 38 Bach Flower Remedies in seven main groups. Mimulus is in the Fear Group which contains the following remedies: Aspen - apprehension, unknown fears, Cherry Plum - fear of losing control, suicidal, Mimulus - known fears, nervousness, Red Chestnut - fear for others and Rock Rose - extreme fear, nightmares. Back to the Bach Remedy Guide Do you experience anxiety for no reason? Do you feel like something bad is about to happen, but you can't quite put your finger on it? If so, Aspen Bach flower remedy might be able to help. This natural treatment has been shown to help with general uneasiness and anxiety, even when there doesn't seem to be a logical cause. So if you're looking for a way to ease your mind without relying on medication, Aspen Bach flower remedy could be the answer. Read on to find out more about Aspen and other Bach flower remedies for anxiety. Aspen Bach Flower: For Anxiety & Uneasiness The Aspen Bach flower remedy is for those who feel on edge but there's no known reason. People who need Aspen have a general sense of uneasiness and of being on edge and unexplainable fears that haunt them day and night. They are very sensitive to unconscious anxieties and other planes of consciousness. Some people describe this anxiety as quite eerie almost like goose bumps or hair standing on end. These people feel very afraid that something bad will happen, but they don't know what or why. There are two primary Bach flower remedies for anxiety - Aspen which is for unexplained fears, and Mimulus which is for where there is a known fear e.g. health, a fear of the dark etc. As there's no specific reason for their fears, Aspen people find it difficult to talk about them. Children are often afflicted by this negative state and may ask for a light to be kept on or a door to be kept open. The Aspen symptoms can appear on a spectrum - from a low level feeling of uneasiness to sheer terror and panic. In the positive state, the remedy can help fearlessness and less apprehension. Aspen Bach Flower in Brief When you're in a blocked state, Aspen can manifest itself as: You feel on edge but can't say why You have an unconscious anxiety and fear, not about anything specific You may get physical sensations of anxiety - trembling, sweating, butterflies You feel creepy sensations of fear as if bewitched Your imagination runs wild You may suffer from nightmares - consider this remedy alongside Rock Rose While in a healthy state, Aspen can help you: To have less apprehension To be more fearless and confident If this remedy strikes a chord with you, simply click the button below to incorporate it into your personalised blend. You have the flexibility to select up to seven remedies in your Mindful Remedies treatment bottle. Other Bach flowers for anxiety If you're suffering with anxiety, you may want to consider some of these other Bach flower remedies for anxiety. It's important that you select the ones that best match your symptoms. You can put up to seven into a bottle at any one time. Mimulus You're anxious or fearful about something specific Fearful about a known problem e.g. illness, money, travel, death Also, for people who are shy or nervous Positive potential: to face your fears & less irrational worry Rock Rose You are overwhelmed by fear & terror Suddenly escalating anxieties, unable to cope, may tremble Not always rational but real to that person Try for nightmares or panic attacks Positive potential: fearlessness & courage Agrimony You hide your worries behind a smile Outwardly cheerful & like to keep the peace Suffer torment when nothing to distract you - dislike being alone Positive potential: to laugh at your problems but deal with them too Crab apple You don't like some aspect of your body or mind Cleansing remedy - for self-loathing or feeling unclean May be obsessive or OCD about small things e.g. looks, house or hygiene Positive potential: control thoughts & accept self White Chestnut You struggle to switch off & have repetitive thoughts Replay things in your mind, worry with no respite Mental arguments leave you exhausted Natural sleep remedy for insomnia Positive potential: calm & controlled mind More about Bach flower remedies What are Bach flower remedies? Bach flower remedies are a form of alternative medicine that uses diluted flower extracts to treat various psychological and emotional conditions. The remedies were developed by British physician Edward Bach in the 1930s, and they are based on the idea that flowers have unique vibrational frequencies that can promote health and well-being. There are 38 different Bach flower remedies, each of which is designed to target a specific emotional state, such as fear, anger, or sadness. The remedies are typically taken orally, and they are thought to work by restoring balance within the body's energy system. While scientific research on the effectiveness of Bach flower remedies is limited, many people believe that they can provide relief from a wide range of conditions. Creating a Bach flower remedy bottle You can take up to seven flower remedies at any one time. Through Mindful Remedies, we offer the ability to create your own personalised flower remedy blend selecting from any of the 38 flower remedies. We'll then hand craft your remedy and post it to you. We ship worldwide. You may also want to book an online Bach flower consultation to get more personalised advice and recommendations. view all 38 flower essences Since 2021, Lucy Edwards, a qualified Bach Flower Practitioner and the driving force behind Mindful Remedies, has connected with clients across the world. Crafting thousands of personalised remedies, Lucy has supported individuals' emotional wellbeing, shipping remedies to far-flung places like the USA, Thailand, and Australia. Lucy is readily available for conversations, offering personalised advice to guide you on the path to holistic wellness. It's important to note that she's not only qualified but also registered with the Bach Centre, ensuring that every consultation and remedy adheres to Dr Bach's original guidelines for expert care and efficacy. Concepto clave: Apreensión, miedos indeterminados, presagio funesto.Descripción general: Es el miedo sin objeto, a diferencia de Rock Rose y Mimulo que con toda claridad pueden señalar qué es lo que temen. Aquí se siente miedo y no se sabe porqué. Algo malo puede suceder. Son objeto de esta esencia, también, todos los temores vinculados a maleficios, espíritus, extrañas presencias de otras dimensiones, fuerzas y poderes invisibles, sacras ("castigo divino") o diabólicas; y, en general, vagos presentimientos de sucesos inexplicables que seguro han tenido, tienen o tendrán lugar.Considerar en: Sensación repentina de que algo va a suceder «no sé qué, pero algo malo». En el marco de este sistema es la apropiada para el tratamiento de lo que muchos llaman "filtraciones del astral". Pesadillas y sueños que inquietan por su contenido (acompañando con Rock Rose si producen reacción de pánico). Personas supersticiosas. Pacientes agónicos con un cuadro severo de inquietud y pánico. Miedo a volver a dormirse.Función: Serenidad y confianza en el marco de las percepciones no convencionales.Otras observaciones: la labor de esta esencia es la de aumentar la capacidad del sujeto para moverse libremente entre tantas realidades como pueda e integrarlas del mejor modo posible en una totalidad coherente con el ámbito de su experiencia. He visto también que muchas de las causas de este «miedo a no sé qué, pero a algo malo», es la tristeza que así se evita con la constitución de un miedo tal. El miedo a no sé qué tapa a la tristeza, en general son sentimientos de soledad, quizá alguna pérdida. Sucede que la persona sabe qué hacer con el miedo pero no con su pena que permanece evitada. Debe tomarse en cuenta la relación de esta esencia con el acompañamiento de indicadores de pensamiento mágico (en el sentido de Jean Piaget). Skip to content Aspen leaves tremble, even when there is no wind. This mirrors the Aspen state, where the individual may shake with fear. It offers one of the clearest plant gestures in the Bach Flower Essences. Remedy Group Second Ninetenn Emotional Group Fear Emotional Response Unreasoning Fears Aspen - Make a note of anything that catches your attention Vague unknown fears, for which there can be given no explanation, no reason. Yet the patient may be terrified of something terrible going to happen, he knows not what. These vague unexplainable fears may haunt by night or day. Sufferers are often afraid to tell their trouble to others. [Bach: Twelve Healers and Other Remedies 1936] Affirmation The development of Love brings us to the realization of Unity, of the truth that one and all of us are of the One Great Creation. The cause of all our troubles is self and separateness, and this vanishes as soon as Love and the knowledge of the great Unity become part of our natures. [Bach] Emotional State For psychological fears of unknown origin, vague unreasoning and inexplicable, sudden apprehension, fear of unseen power or force, fear of sleep for what sleep may bring, fear of dreams, association with death and religion, usually kept secret. Symptoms may include headaches, eyestrain, haunted look, sweating, trembling, gooseflesh, sudden faintness, sleep walking/talking, tired and nervy. [Bach] A 10-year old girl who was very sensitive and psychic, had recently lost her mother. She was left in the care of her grandparents. Some months later she began to have nightmares. She would wake sweating, shaking and would call out. She asked to have a light on in her bedroom and needed someone there while she settled back to sleep. She was given Aspen and over the following weeks she greatly improved. The nightmares ceased and she soon began to settle to sleep on her own. People in an Aspen state may suffer from anxiety attacks - this can happen anywhere and at any time. There doesn't seem to be any reason for the fear, and sufferers struggle to make sense of it. Have you or any of your family suffered from panic attacks? If so, what were they like and when and where did they tend to occur? Aspen is for unknown fears. Consider the other four essences in the fear group. Which one is the opposite to Aspen and why? Explore and add further plant/people comparisons: Plant Person Aspen has outstanding golden leaves in the autumn Aspen warms, brightens and uplifts the spirit Aspen is a pioneer tree and, along with Silver Birch, it colonises open ground, notably in northern latitudes. What might this characteristic indicate for the personal gesture? Aspen Form and Function Film - Insights into the Plant Signature The shiny, silvery bark suggests a shield of protection. People in an Aspen state are very open on an energetic level, hence the ease with which they can pick up negative influences. The Aspen essence helps to restore the integrity of the energetic body. What other Bach Essence do you think may support the health of the aura? In the autumn, Aspen has the most beautiful golden leaves. How might this be reflected in the personal gesture? What other Bach Essences have a golden colour as an aspect of their gesture? Julian Barnard's personal impressions of Aspen Aspen is the Bach Flower Remedy that addresses vague, unknown fears that have no explanation. It is used by those who have night terrors or wake up feeling anxious without knowing why. Aspen can help bring a state of inner peace, security, and fearlessness. "Vague unknown fears, for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others." - Dr. Edward Bach "Feel Secure"Keywords: Inexplicable anxiety, unknown fear, sense of forebodingHuman Indication: Fears and worries of unknown origin, night terrors.Animal/Pet Indication: Vague or unaccountable fears. Appearing agitated for no apparent reason.Positive Outcome: A sense of inner peace. Apprehension gives way to a desire for new experiences and adventure.Inactive Ingredient: Preservative 27% Grape AlcoholOrder NOWRequest FREE Literature info@BachFlower.comHaving trouble determining if this is the right Flower Remedy for you? Use our FREE Questionnaire to help you decide.