

Your Name _____ Phone _____

Home Address _____ City _____ State _____ Zip _____

e-mail address _____

Please print this chart and then write the word “select” in the box under the name of the essence you would like to select. You may select up to seven Bach Flower Essences® for each bottle. Simply read the descriptions and pick the ones that **best suit** the **present** emotional state to be treated.

Should you need help in selecting the proper essences, you are welcome to schedule a 15 or 30-minute telephone consultation with Judith. Send an e-mail to us at (Judith@judithlevypetcare.com) to schedule that consultation.

Please go to bottom of this form for payment arrangement.

The 38 Bach Flower Essences

<u>Agrimony:</u>	For those who hide their troubles from themselves and others, making light of inner difficulties and rarely burdening others with them. They avoid arguments and confrontations. They will avoid being alone, and may use alcohol, drugs, food, or work to escape their pain. Teaches honesty about feelings and the ability to express them.
<u>Aspen:</u>	For those who have vague but troubling fears and anxieties which suddenly arise for no apparent reasons. These may be in the form of nightmares or apprehensions; they may also be related to religious or spiritual beliefs. Gives courage in exploring the unknown.
<u>Beech:</u>	For intolerance of others and the readiness to find fault. Teaches one to be able to accept and look beyond differences.
<u>Centaury:</u>	For those who always try to please others and find it difficult to say no to them, even when they are being exploited. Teaches the strength to follow one's own path in life.
<u>Cerato:</u>	For those who don't trust the wisdom of their own judgment and always need to ask the advice and opinions of others, even when such advice is misguided. Teaches one to trust in one's inner guidance.
<u>Cherry Plum:</u>	For those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in one's spontaneous wisdom and the courage to follow one's path.
<u>Chestnut Bud:</u>	For those who repeat the same mistakes over and over again, never learning from past experience. Teaches one to be a good learner and to pay attention to the present.
<u>Chicory:</u>	For those who are over-involved with and possessive of family and close friends and impose their own standards on those they love. Teaches unconditional love.

<u>Clematis:</u>	For those who find their lives unhappy and withdraw into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Teaches one to establish a bridge between the physical world and the world of ideas; may foster great creativity.
<u>Crab Apple:</u>	For feelings of shame, uncleanliness, or a poor self-image. This essence teaches acceptance of the body and the environment, and is also used as a physical cleanser.
<u>Elm:</u>	Used when one feels overwhelmed or overburdened by responsibilities, for feeling that a task is just too difficult to accomplish. Teaches composure and the ability to see problems in an appropriate perspective.
<u>Gentian:</u>	For feelings of discouragement and doubt which may be caused by even small obstacles. The cause of depression is always known. Teaches confidence about the ability to overcome problems.
<u>Gorse:</u>	For feelings of hopelessness and despair. For those who give up in the belief that nothing more can be done: often in the case of chronic illness. Teaches that confidence in a solution or cure is one of the components of healing, and imparts such confidence.
<u>Heather:</u>	For those who have a need to constantly talk about themselves and their problems, who hate being alone. Teaches the ability to listen sensitively to others.
<u>Holly:</u>	For those who are troubled by feelings of envy and hatred because they feel they don't get enough love. Teaches one to be truly loving.
<u>Honeysuckle:</u>	For those who dwell too much in the past, on lost loved ones, or on ambitions which were never realized. Often they never expect happiness again. Teaches the ability to live joyfully in the present.
<u>Hornbeam:</u>	For the feeling (often experienced upon waking) that one doesn't have the strength to get through the normal activities of the day. Teaches mental liveliness and alertness, an enthusiasm for life.
<u>Impatiens:</u>	For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others.
<u>Larch:</u>	For lack of self-confidence and the anticipation of failure. Often they make no attempt to succeed. Teaches self-confidence and the determination to take on challenges.
<u>Mimulus:</u>	For known fears: of the dark, heights, disease, death, poverty, etc. Teaches courage and an understanding of other people's fears.
<u>Mustard:</u>	For depression of unknown cause, a sudden gloom which

	descends upon one for no apparent reason. Teaches inner stability, cheerfulness, and serenity.
<u>Oak:</u>	For those who never give up, regardless of difficulties. This essence gives such people joy in their endeavors, and teaches them to take a break from time to time.
<u>Olive:</u>	For mental and physical exhaustion, caused by illness or personal ordeals. This essence assists in giving strength and vitality.
<u>Pine:</u>	For those who are never satisfied with themselves and blame themselves for not doing better. For people who suffer from guilt and will even blame themselves for others' mistakes. Teaches self-acceptance and the replacement of guilt with regret.
<u>Red Chestnut:</u>	For those who worry constantly about the well-being of those they love and anticipate terrible things happening to them. Teaches the ability to radiate positive thoughts to people even when they're in trouble. emergency situations and for any situation in which one feels terrified.
<u>Rock Rose:</u>	For situations in which one experiences panic or terror.
<u>Rock Water:</u>	For those who are excessively hard on themselves, who adopt repressive, rigid personal regimes, and deny themselves pleasure. Teaches open-mindedness and inner flexibility.
<u>Scleranthus:</u>	For those who are often torn between two choices and can't decide between them; also for mood swings. Teaches concentration, inner balance, and flexibility.
<u>Star of Bethlehem:</u>	For trauma and shock, whether experienced recently or in the past. Teaches the ability to recover from traumas and to integrate them into the present life.
<u>Sweet Chestnut:</u>	For extreme anguish, the feeling that one has reached the limits of one's endurance. Teaches one to believe that change is possible, to trust oneself and the benevolence of the universe.
<u>Vervain:</u>	For those who need to convince others of the rightness of their own beliefs and whose over enthusiasm may sabotage their good intentions. Teaches one the ability to see other viewpoints and imparts a genuine enthusiasm which inspires others.
<u>Vine:</u>	For those who insist that others do things their way, the "boss" or "dictator" personality. Teaches one that genuine leadership means encouraging the leadership qualities in others.
<u>Walnut:</u>	For those who are easily influenced by outside circumstances and may be detoured from the positive changes they want to make in their lives. This essence eases all transitions.
<u>Water Violet:</u>	For those who are independent, loners, sometimes proud and aloof. This essence teaches them to interact with others without sacrificing their independence.
<u>White Chestnut:</u>	For unwanted thoughts and worries which seem to endlessly recur and which can cause insomnia. Teaches a balanced state of mind and the ability to use one's thoughts constructively.

<u>Wild Oat:</u>	For people who want to accomplish something in their lives, but who have no clear sense of purpose. They feel dissatisfied and uncertain. Teaches focus and direction.
<u>Wild Rose:</u>	For resignation and apathy, for those who make no effort to find joy in their lives. Teaches enthusiasm and the ability to make life meaningful.
<u>Willow:</u>	For resentment, and the feeling that life is unfair; one may also resent the cheerfulness of others. Teaches one to take responsibility for one's own life.

Rescue Remedy: Contains Rock Rose, Cherry Plum, Clematis, Impatiens, and Star of Bethlehem. This is good both for emergency situations, shock, and stress. Helps to stabilize the emotions.

Fees and Payment Instructions:

Bach Flower Essences: **One vial**...30.00 inc. S/H

Two Vials 42.00 inc. S/H

Three Vials 50.00 inc. S/H

15 Minutes Consultation 20.00 does not include BFE

30 Minute Consultation 40.00 does not include BFE

Payment options:

1.You can send us an E-mail with your list of selected essences so that we can get those started for you. Indicate in that E-mail that you will send a check or would like us to phone you for a credit card number.

2. You can print this form, fill it out and send it with payment to the address listed below.

Peace of Mind for Pets AND People™

PO Box 8158

Pittsburgh, PA 15217

Please note: Your mixture of the Bach Flower Essences® will be shipped within one week of your order date and payment is required before shipping.