

(1) AGRIMONY Mental anguish disguised by cheerfulness Helps those who appear carefree and humorous but actually hide their worries and fears behind a mask.	(20) MIMULUS Fear of known things Recommended for those who are shy and timid. Avoid certain situations due to fear. Tend to keep it to themselves.
(2) ASPEN Apprehension and fear of unknown things Helps people who suffer from ungrounded anxiety, a sense of foreboding. May experience nightmares.	(21) MUSTARD Depression For those who suffer from depression which comes suddenly and for no apparent reason.
(3) BEECH Critical and intolerant Helps those who are intolerant, quick to judge and narrow minded and unforgiving in their assumptions.	(22) OAK Endurance Helps anyone exhausted by their work, struggling on due to a strong sense of responsibility. Will help to ease up and relax.
(4) CENTAURY Weak willed, can't say "no" Shown by submissiveness and lack of will. Over-eagerness to please or the subjugation of own desires for others. Shy	(23) OLIVE Mental and Physical Exhaustion For those who it all seems too much. They feel unable to cope with life. Restores vitality and strength.
(5) CERATO Lack of confidence, doubts own judgement Helps those who have trouble with decision making, and difficulty trusting their own decisions. Constantly ask others for advice.	(24) PINE Guilt and self-doubt Recommended for those who easily feel guilty, constantly apologize and blame themselves.
(6) CHERRY PLUM Fear of losing control For uncontrolled, irrational thoughts. Fear of having a nervous breakdown. Extreme desperation, thoughts of paranoia.	(25) RED CHESTNUT Over-concern Obsessed by care and concern for others, but do not worry about themselves. Unable to have faith that 'things' will turn out well.
(7) CHESTNUT BUD Repeats the same mistakes People who always make the same errors, rushing into the next venture, rather than learning from their experiences.	(26) ROCK ROSE Terror and panic For those who are suffering from acute and extreme fears. Helps to regain calm after a frightening experience.
(8) CHICORY Over possessive Recommended for those who are preoccupied with their loved ones' well-being. Are demanding, interfering and manipulative.	(27) ROCK WATER Inflexible and self-denial Often self-denying "martyrs". Strive for perfectionism, need to push themselves to achieve high goals. Rigid opinions and stubborn.
(9) CLEMATIS Preoccupied, dreamy Helps those who can't concentrate and maintain focus on reality. May retreat into daydreams or absented minded.	(28) SCLERANTHUS Uncertain, mood swings For those who are indecisive, uncertain and moody.
(10) CRAB APPLE Self dislike and disgust Helps those who obsess over personal appearance. May see themselves as impure, unclean.	(29) STAR OF BETHLEHEM Shock Helps to ease the pain of mental, physical or emotional trauma. Take after an accident or effects of serious news.
(11) ELM For being overwhelmed and stressed Recommended for those who are depressed, stressed or overwhelmed by everyday responsibility.	(30) SWEET CHESTNUT Utter dejection, bleak outlook Sweet chestnut state signals a great change, a new direction. It helps those who are in despair and cannot envision any way out.
(12) GENTIAN Despondency For those who are sceptical, doubtful and easily discouraged.	(31) VERVAIN Over-enthusiasm Recommended for those who are fanatical in their beliefs, and end up feeling tense, stressed, worn out and strained.
(13) GORSE Hopelessness Helps those who have given up hope, feel defeated. Gorse rekindles optimism.	(32) VINE Dominating, ruthless Helps anyone with a selfish, domineering attitude. Likes to give orders but not accept contradiction.
(14) HEATHER Self centred, seeks attention Recommended for people who talk constantly about themselves. Cannot be alone, need an audience.	(33) WALNUT Life changes Difficulty in letting go of the past. Assists in moving on, breaking the bonds of the past.
(15) HOLLY Negative and destructive thoughts Easily suspicious, jealous and angry.	(34) WATER VIOLET Proud Helps those who possess wisdom, yet through pride and superior feelings are distanced from others. Can lead to withdrawal.
(16) HONEYSUCKLE Nostalgic For those living in the past or feel homesick. Unable to move forward.	(35) WHITE CHESTNUT Mental over-activity Recommended for those who cannot shut down their mind and have persistent, repetitive and unwanted thoughts. Mental arguments.
(17) HORNBEAN Physical and mental fatigue Feel tired "Monday Morning" blues. Procrastination.	(36) WILD OAT Uncertainty For those who do not know what they want and feel unsure about their purpose in life.
(18) IMPATIENS Impatience, irritability Helps those who are frustrated by those around them. Prefer to work alone. Undiplomatic with others.	(37) WILD ROSE Resigned to fate Helps those who lack vitality, have given up on getting any better and leads to apathy, lack of interest and ambition.
(19) LARCH Low self-worth Lack of self-confidence, feels inferior. Expect to fail.	(39) WILLOW Bitter and resentful For those who see themselves as a victim. Misfortune or injustice is blamed on others.