

V. Krishnamoorthy

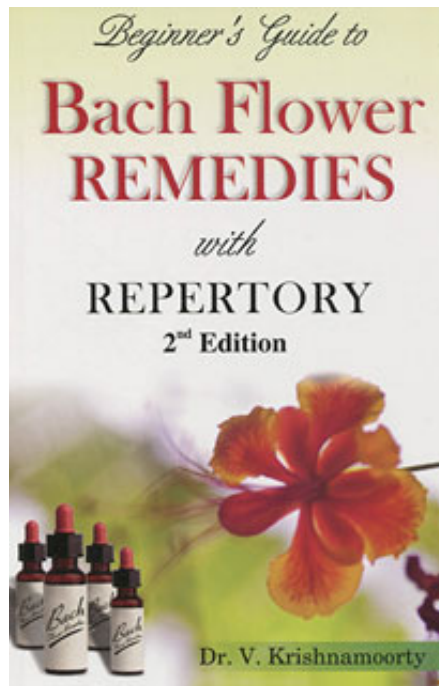
Beginner's Guide to Bach Flower Remedies

Reading excerpt

[Beginner's Guide to Bach Flower Remedies](#)

of [V. Krishnamoorthy](#)

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14. Heather Remedy (*Calluna vulgaris*)

Keywords: Self-centredness, self-concern.

These people are much concerned about themselves, full of their ailments, their worries, even for the trivial events of the day. They like to tell others about their difficulties and discuss them, quite unlike the Agrimony type who hide their worries from others. They talk incessantly and often rapidly so that others cannot get a word in edgeways and tend to bring the conversation always back to themselves like this patient. "She must be the center of interest, and always tries to steer the conversation at table back to herself or her house. Her grandchildren have bets on how soon she will try to turn the conversation to herself," and this one, "she talks to all the Sunday about her trials and tribulations."

They like to come close to you, to speak into your face and for this reason Dr. Bach called them "button-holers". They sap the strength and vitality of others with their excessive self-centredness leaving their listeners completely exhausted, therefore they tend to be shunned and avoided. It is most difficult for their companions to get away from them, for they will hold them in conversation, find something fresh to talk about the last moment, and hinder their departure at the door, then at the garden gate. As they take the vitality of others and live on it. They dislike being alone and are unhappy, in fact, fear solitude for this reason. They do not suffer from self-pity, rather enjoy making the most of their ailments and making mountains out of mole-hills and do not realize that is the reason why others try to avoid them. Their rapid continuous chatter makes them poor listeners for they have no time to be interested in the troubles of other people.

The Centaury folk, who are inclined to be too easily influenced, are often the victims of the Heather type, for the former have not the strength of will or the wisdom to walk away. The Mimulus people too are often depleted, by such

people for they are too nervous and lack the courage to break away.

This description is, of course, of the Heather types but at times most of us suffer temporarily from states of mind such as this. We feel the need to talk about ourselves and our own concerns, even though we are tiring and boring others. We find ourselves unable to resist the temptation. It is because we have depleted ourselves and cannot cope with our own troubles. The Heather Remedy will restore our vitality.

The positive quality is found in the selfless, understanding individual, who has suffered himself greatly and so is very willing to listen and to help others. He listens more than he talks, putting his own difficulties behind him whilst absorbed in those of others and is unsparing in his exertions of them.

Cases treated:

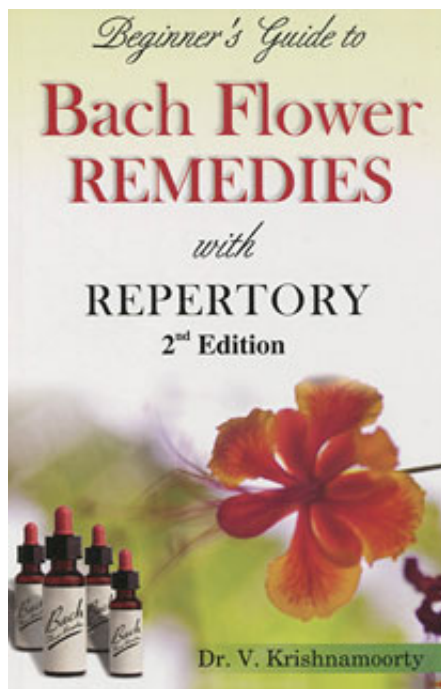
Case 1: Letter from a friend of the patient: "She is staying with us at present. She appears terribly self-centred and selfish, she cannot get away from herself for long, she talks all the time about her tiniest aches and pains. This morning she told me at length she had written a letter the night before and it had tired her so much that she quite expected to have a headache all the day. The curtains were drawn and she had a shade over her eyes-but she had no headache." When seen, this patient gave a long and detailed account of all her symptoms past and present, and said as she lived alone she was so lonely, so few people come to see her and they would not stop long enough or listen sympathetically to her troubles.

Heather remedy was given for several weeks with great improvement. She began gradually to take interest in things outside herself and finally made friends with a woman, busy helping her with the children, shopping and in the home. Her health naturally improved beyond all measure.

Case 2: A boy aged 17 was taking his advanced G.C.E., with a few weeks. He had been a clever lad, enjoying his studies and good at athletics but for the past year he had been worrying about himself continuously, he worried about the examinations,

his future, his health, bored his family with his incessant talking about his own concerns. He began to have palpitations and suffered from insomnia and told everyone about these difficulties, losing his friends in consequence.

Heather alone was prescribed at first which gave good results. He became more carefree, joined in cycle hikes with his friends and enjoyed their company, but still felt apprehensive and nervous about the coming examination. Mimulus and Heather were the next prescription and after two weeks he reported he felt much happier, had more energy, was sleeping well, made no mention of his palpitations and said he felt sure he was going to be successful in the examinations in three weeks time.



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