

The 7 Helpers

- Gorse
- Heather
- Oak
- Olive
- Rock Water
- Vine
- Wild Oat

The Seven Helpers are used for long-term emotional states, as a support.

Dr Bach found that such conditions can often obscure one's true nature.



13. *Ulex europaeus*

Gorse

ONE OF THE SEVEN
HELPERS - 7

Negative Key Words:

Disheartened

Positive Key Words:

Hope / Faith /

Progress

Book's definition from The Twelve Healers (1)

GORSE

Very great hopelessness, they have given up belief
that more can be done for them.
Under persuasion or to please others they may try
different treatments, at the same time assuring those
around that there is so little hope of relief.

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"Keep faith
When hope seems lost
greatness can still
be achieved" (2)

Gorse on craggy cliff
Happy Valley

"Final and complete healing will come from within,
from the Soul itself" Dr Edward Bach (1886-1936) (1)

Made using the Solar method of infusion

14. *Calluna vulgaris*

Heather

Negative Key Words:

Self-absorbed /
Needy / Lonely

Positive Key Words:

Good listener /
Altruistic



Midsummer plant of the Summer Solstice

Bach's definition from *The Twelve Healers* [1]

HEATHER

Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter whom it may be. They are very unhappy if they have to be alone for any length of time.

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The Druids believed
Heather to represent
generosity & persistence

"Take comfort that
loneliness proves your inner
search for connection" [2]

"Final and complete healing will come from within,
from the Soul itself" Dr Edward Bach (1886-1936) [1]

22. Quercus robur



Negative Key Words:
Overworked / Tired
'Workaholic'

Positive Key Words:
Strength / Endurance



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Bacis selection from The Twelve Healers [1]

OAK

For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless.

20

In Old English folklore
the Oak was believed
to be so strong that it
could ward off evil!

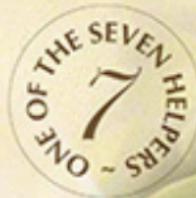
"Storms make
the Oak grow
deeper roots" [2]



"Final and complete healing will come from within,
from the Soul itself" Dr Edward Bach (1886-1936) [1]

23. *Olea europaea*

Olive



Bach's definition from *The Twelve Healers* (1)

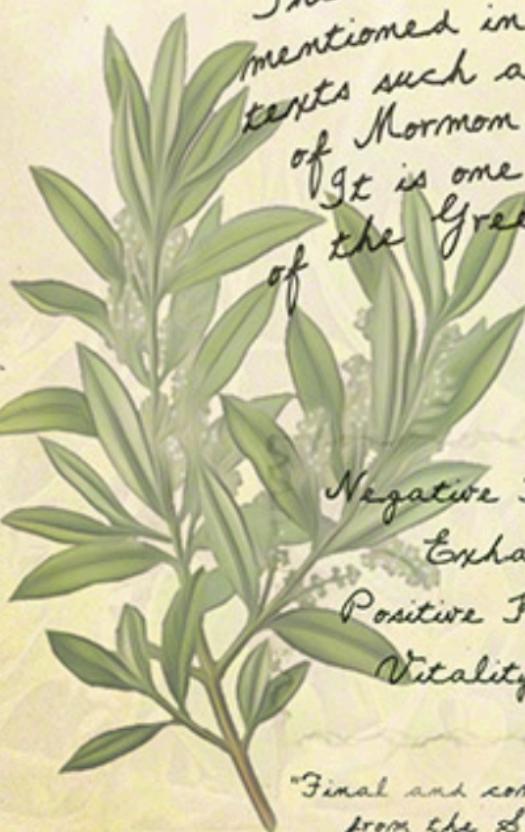
OLIVE

Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.



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The Olive tree is frequently mentioned in ancient religious texts such as the Bible, Book of Mormon and the Quran. It is one of the symbols of the Greek goddess Athena.



Negative Key Words

Exhaustion

Positive Key Words

Vitality / zest



"Final and complete healing will come from within, from the Soul itself" Dr Edward Bach (1886-1936) (1)

27.



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Rock Water

Nothing is more flexible
than water....
yet nothing can resist it ^[2]



Bach's definition from The Twelve Healers [3]

ROCK WATER

Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work.

They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result.



Negative Key Words:
Rigidity / self-denial
Positive Key Words:
Flexible / Fun

"He who is flexible
enough to adapt to
any circumstance
is truly happy" ^[3]



"Final and complete healing will come from within
from the Soul itself" Dr Edward Bach (1886-1936) [1]

32. *Vitis vinifera*

Vine

ONE OF THE SEVEN HELPERS ~ 7



"Raise your words, not your voice
It is rain that grows flowers,
not thunder" ⁽²⁾

In ancient folklore the Vine
is the symbol of sensuality
& of the emotions

Bach's definition from The Twelve Healers (1)

VINE

Very capable people, certain of their own ability,
confident of success.

Being so assured, they think that it would be for
the benefit of others if they could be persuaded to do
things as they themselves do, or as they are certain is
right. Even in illness they will direct their attendants.

They may be of great value in emergency.

Negative Key Words:

Ruthless /

Hard-hearted

Positive Key Words:

Compassion / Respect

"Final and complete healing will come from within
from the Soul itself" Dr Edward Bach (1886-1936) (1)