

Rock Rose

Helianthemum nummularium

- ⊖ feeling alarmed, intensely scared, horror, dread
- ⊕ the courage to face an emergency



AFFIRMATION

All fear must be cast out; it should never exist in the human mind, and is only possible when we lose sight of our Divinity. It is foreign to us because as Sons of the Creator, Sparks of the Divine Life, we are invincible, indestructible and unconquerable.

INDICATION

The rescue remedy. The remedy of emergency for cases where there even appears no hope. In accidents or sudden illness, or when the patient is very frightened or terrified, or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy. Other remedies in addition may also be required, as, for example, if there is unconsciousness, which is a deep, sleepy state, Clematis; if there is torture, Agrimony, and so on.



The botanical name given to the Common Rock Rose – *Helianthemum nummularium* derives from the Greek Helios, sun, and the Latin word for coins, suggesting the pure golden flowers which shine like golden coins in the sunshine. We all know the buttercup and dandelion but yellow though they are they seem almost dull compared to Rock Rose which has a startling radiance. The clear brightness of the colour is displayed in large, open, flat petals which form the disc of the coin. The central part of the flower too radiates golden yellow in the numerous stamens. Growing in short grass on the hillside it can form a carpet of brightness that absorbs and reflects back the pure life-light of the sun. It is simply this that makes Rock Rose so potent as a healer.

The Rock Rose remedy state describes the panic, terror and despair, which can grip people in an emergency. Bach spoke of it as the rescue remedy. He said it was to bring courage to win through against great odds, when we find ourselves



in a 'fight for mental freedom'. This refers to the need for mental clarity when our emotions are in a state of chaotic fear. Again the colour of the flower denotes this: bright yellow reflects clear thought and gold is the colour of radiant steadiness in the heart. Just as it is the strong clear light of the sun which disperses mist, so the golden Rock Rose clears the grey clouds of fear. It brings a peace

and tranquility to those caught up in an emergency.

Looking at the flower with its frail petals we can feel a quiet reverence. Amid the urgency of terror this plant reminds us of those forces that are eternal, beyond the vibratory and changing. Bach

thought this would be an experience of the essential knowledge and truth, which would remove all fear from our minds. Lacking that realization we must struggle on, yet, as he says, 'it may be part of the Divine Plan that we prove ourselves far greater by battling on, though we are afraid; and it is for mankind to discover the way to see the Light and remove from mankind the burden of fear.'

Rock Rose

Helianthemum nummularium

LOCALITY

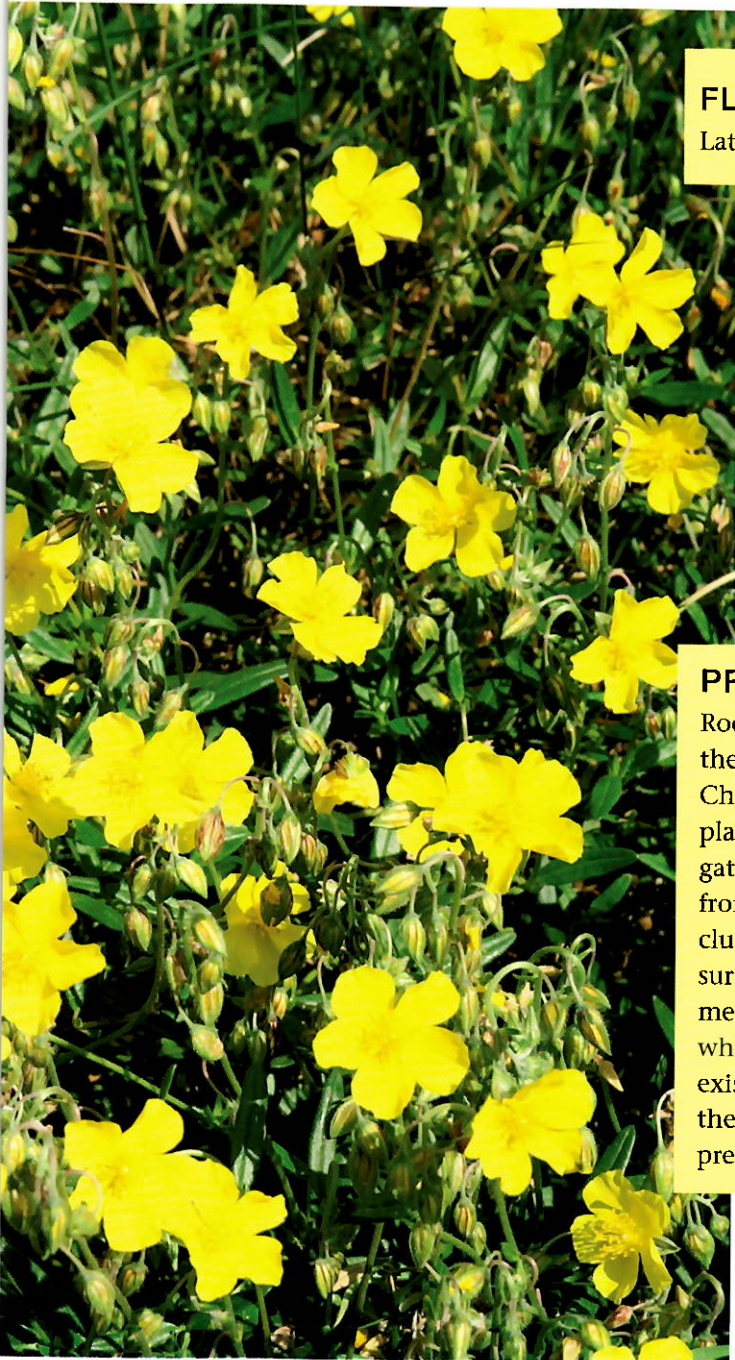
Rock Rose is found in southern England in upland pastures on dry, rocky soils, generally on chalk and limestone.



IDENTIFICATION

Rock Rose is a small perennial plant with trailing branches sending up short, erect stems with a head of drooping flower buds. The flowers open one at a time with five, bright-yellow petals 20-25mm across, which soon fade and die. Leaves are in opposite pairs, lanceolate and hairy, downy white beneath; small leaf-like stipules spring from the base of each leaf. Once recognized Rock Rose will not be confused with other plants, but it is worth mentioning that a trailing buttercup has a cup-shaped flower while Rock Rose is flat and larger. Cinquefoils too have a smaller flower and a very different leaf.





FLOWERING PERIOD

Late May through to August.



PREPARATION

Rock Rose is prepared by the sun method (see p.200). Choose a place where the plant grows strongly and gather the single flowers from several different clumps, floating them on the surface of the water. Dr Bach mentions specifically that while garden varieties may exist only those growing in the wild should be used for preparing the essence.