

# Water Violet

*Hottonia palustris*

- ⊖ withdrawn, proud, aloof, self-reliant, quiet grief
- ⊕ peaceful and calm, wise in service



## AFFIRMATION

*...you are learning to stand absolutely alone in the world, gaining the intense joy of complete freedom, and therefore of perfect service to mankind. And when this is realized it is no longer sacrifice but the exquisite joy of helpfulness even under all conditions.*

## INDICATION

For those who in health or illness like to be alone. Very quiet people, who move about without noise, speak little, and then gently. Very independent, capable and self-reliant. Almost free of the opinions of others. They are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.



When Bach found the Water Violet remedy he had been concerned for the health of a friend and knowing her character sought a plant that would help.\* He was in that same emotional state himself during the morning. When he saw Water Violet growing in a stream he knew that it would be right. He placed his hand over the flowers and they brought him to the positive state of the remedy, feeling humble, calm and joyous. We know that the negative Water Violet person is aloof, proud and a little disdainful of life. They like to be alone because other people can be 'vexatious to the spirit'. As it is with the remedy type so it is with the plant. It leads a secluded life, hidden from the public gaze, in the still waters of an undisturbed stream. Even in the 1930s Bach said 'it is comparatively rare, but it is to be found in some of our slow moving crystal brooks and streams'. Pollution and drainage have destroyed most of them and the Water Violet is now becoming scarce.

Living in water Water Violet is unapproachable. The dykes where it used to be found are often steep



sided and that deters animals just as the aloofness of the person deters other people. Aquatic plants are clearly different in quality (think of the lotus) and perhaps there is something more spiritual about them. The colour of Water Violet is important too: the pale lilac suggesting a love for humanity and the yellow clarity of intellect. In early descriptions of Water Violet Bach

linked the remedy to the experience of the pain of the world, saying that Water Violet 'will help you to understand that you are being purified through your grief, uplifted to a great ideal, so that you may learn to serve your fellowmen. . .'. Although it may be painful it is not through

withdrawal but through involvement in life that we find our true being and fulfil our soul's purpose. But the tendency is for the Water Violet to seek seclusion from the onslaught of coarse materialism in our society. As the pressure of our circumstances increases the message of Water Violet becomes increasingly relevant: its retreat from the land is significant in all respects.

\* See *Bach Remedy Newsletter*, March 1971; an account by Nora Weeks.

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## LOCALITY

Water Violet grows in drainage ditches and other slow moving water. Traditional habitats have been destroyed: mechanical ditching has cleared the channels too efficiently. Many wetland fens have been drained by lowering the water table and agrochemicals pollute the dykes. Water Violet is increasingly hard to find but in general terms it grows in southern and eastern counties of England.



## IDENTIFICATION

Water Violet is a short-lived perennial aquatic plant. The erect flowering stems grow clear of the water by about 20cm with the blooms set in whorls. The flowers are simple, five-petaled, like a pale mauve primrose with yellow centres. The feathery leaves remain submerged in the water.





**FLOWERING PERIOD**

May and June.



**PREPARATION**

Water Violet is prepared by the sun method (see p.200). Pick the individual flowers by the stalk and float them on to the bowl of water.