

Cowslip Orchid

(Caladenia flava)

The Acceptance of All as Equals

Healing Nature

To discover the Truth that all are equal. This essence helps resolve problems of over-competitiveness and brings a person into a space to freely interact with others as an equal. The Self then comes from a deeper aspect where it can feel Joy for another's successes without feeling inferior or unattended. For issues of craving recognition and acceptance from others.

Spiritual Qualities

The Light of consciousness is the essence within every being. We need to recognise the Light within ourselves, and it does not matter if this Light is recognised by others. It is, and always will be. Similarly those other persons can be seen with their inner Light shining. There is no scope for feeling inferior or superior. Such thoughts are an illusion of the mind trapped in a state of smallness.

Positive Qualities – Key Words:

humility, confidence, Self assured, inner satisfaction

Problem Target – Key Words:

demanding, selfish, attention seeking, competitive

FLOWER ESSENCE AFFIRMATION

I salute you – every living being every rock and star. Thank you for being part of this world I enjoy.

Mental/Emotional Health

Oral Dosage of Flower Essences (for mental/emotional wellbeing)

Information on prescribing and preparing oral doses.

- For those who tend to demand attention, respect and recognition.
- For a person who is craving acknowledgement and becomes negative when people don't respond on cue. Such people need to be constantly told what a good job they have done, or how good they are. Mixed in with this are flashes of superiority complex, over estimation of self-importance and a dismissing of people as underlings. Phases of all these traits are common in childhood, especially where parents have tended to placate the child and not deal with the negative behaviour. The demands then continue to rise to new levels.

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Superiority complex, dictatorial.

Heart acu-point on the ear.

Mind drawn too quickly onto anything in their surroundings, too externally concentrated, overly alert.
Eye acu-point on the ear.