

# Leafless Orchid

(*Praecoxanthus aphylla*)

## Control from the Centre

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### Healing Nature

The essence of centralising energy and focus, to ensure the maintenance of wholeness. Stimulating the inner core of one's being to take control of Life situations. It helps one to withdraw from peripheral concerns and focus on what is of primary importance. The effect is to deepen understanding of what caring for and helping a person can really mean, to know also when to stand back for that person's deeper welfare. Helpful for feelings of depletion in those whose work or Life is in the service of others.

### Spiritual Qualities

There are many ways in which we can help ourselves and others. What may superficially at first seem like a need can really mask other problems. We need to take an overview into account to be really of productive help. Taking the higher and more all encompassing perspective, and coming from a calm centre, we can assess the primary needs and give exactly that which is required for the real need.

#### Positive Qualities – Key Words:

centering, energising, balance, sustain, wholeness

#### Problem Target – Key Words:

depleted, tired, worn out, drained, overwhelmed

#### FLOWER ESSENCE AFFIRMATION

My awareness is always there. Sometimes silent, sometimes tenderly reaching out in ways you may not see but will feel as surely as an embrace.

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### Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For people who tend to “give themselves away”, and find they are exhausted in every way, and have to get away from people to allow recuperation, and this is not always possible. Very often these are care-givers in “people” jobs such as therapists, nurses, teachers, parents, group organisers. The unbalanced response comes from a lack of proper and considered perspective, although coming from a benevolent desire to be of help.
- For benevolent people suffering from “burn out”.
- For those who fail to deal with the primary causes of their problems.
- For those (sometimes termed “do-gooders”) who help others but more in a peripheral way and not really in a way that is deep or meaningful. This means they have to keep giving away their time and energy which could have been utilised, for the other person, much more wisely.

#### Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

People who give out as much as they can in every situation, whether that amount is needed or not.

Baihui acu-point on the head.

Lack of verbal control, saying things at inopportune moments, nervous eating habits, like picking at food.

Mouth acu-point on the ear.