

Pink Fairy Orchid

(*Caladenia latifolia*)

Carrying Inner Peace

Healing Nature

The essence of inner serenity, equipoise, and maintaining one's own strength in all situations. To calm the inner core, enabling a person to carry their inner peace with them and to be discerning as to what elements of the external world they will allow to activate their attention.

Spiritual Qualities

To maintain inner sanctity of the Self amidst the many distractions that come our way is a very useful development. Everything around us seems to clamour for attention when we don't have our inner being in charge nor maintain a heightened sense of discrimination. This art of carrying our inner peace with us, wherever we are, is part of truly knowing our own strength, and maintaining it.

Positive Qualities – Key Words:

serenity, equipoise, inner peace resilient, composure

Problem Target – Key Words:

reacting, disturbed, stressed, overwhelmed, nervy

FLOWER ESSENCE AFFIRMATION

The sage sits in the forest the animals come in curiosity, the butterfly lights upon a resting hand, leaves swirl around, yet nothing disturbs the inner peace.

Mental/Emotional Health

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

Information on prescribing and preparing oral doses.

- For those stressed by environmental chaos or pressure. Helpful for those easily influenced and changed by noises, clamour or emotionally charged environments.
- For those who tend to get caught in other people's panic or hysteria.
- For those who are frustrated by their inability to maintain their "space" because the external surroundings impact on them too greatly.
- For those with weak nerves who find their life stressful.

Topical Applications of Flower Essences

(for mental/emotional wellbeing)

Information on prescribing and applying essences topically.

Overreacting to hectic, noise, clutter, other people's emotional states, feeling of falling apart, unable to cope.

Shenmen acu-point on the ear.