

# Pink Fairy Orchid

(*Caladenia latifolia*)

## Carrying Inner Peace

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### 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.

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### 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.