

# Shy Blue Orchid

(*Cyanicula amplexans*)

## To Break Through

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### Healing Nature

To become free to move forward. The focus of spiritual energies that will consistently break up negative oppressive forces in the environment. The essence to give a sense of protection and dynamism where powerlessness has previously prevailed. A deep internally inspiring and extremely subtle flower essence which is of great benefit to those dedicated to the Path of Light.

### Spiritual Qualities

At times when we are making progress and working positively in Life it seems that an opposing wind tries to stop us. To break up old structures and build new ones is a great task needing a high degree of consistency, focus and vigour. Patience is also of enormous value, and the awareness of knowing that there are benevolent forces that come to our aid when the time is right, and that when all these aspects are in hand and the break through to a new day is assured.

#### Positive Qualities – Key Words:

break through, dynamism, inspired, free to express

#### Problem Target – Key Words:

oppressed, powerless, unresolved, obstructed

#### FLOWER ESSENCE AFFIRMATION

he way is clear the road is straight my mind at one with the forces of goodwill. Dawn approaches I can hear it singing.

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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 who are trying to establish new ideas.
- For those who feel they have become powerless to change a situation.
- For those feeling unable to express themselves freely within their Life, there seems to be an invisible force stopping them.
- For situations where pressing issues need to be resolved that have no clear solutions. The tendency is to put problems in the background of our Life. This creates two types of problems, one is that the problems still subconsciously affect us and make it hard to really relax. The other is we become less consciously aware of the problem so a solution becomes more illusive.