



## Set 6 Descriptions

### 1. **Sacred Sphere** Phragmipedium Scorcers Apprentice

Positive effect: Creates a subtle energetic sphere that one can "be" within, when going about daily activities. Helps to maintain personal clarity.

Indications: Feeling vulnerable, feeling the need for a comfort zone or clearing space, using mass transportation.

Qualities: This essence creates a sphere of light to 'be' within. It is protective yet allows for inter-activeness. Sensitive interplay may occur within this sphere. It can be useful when one feels their energy field is being effected by surroundings, when one is convalescing. It supports keeping intact the sphere of energy that one has developed for oneself.

### 2. **Meditative Mind** Phragmipedium xerophyticum

Positive effect: Supports quieting mental energies to create the space for meditation. Useful when one is creating, supports tuning into one's intuition, and also when retiring for the night.

Indications: When experiencing an overly busy mind, or when developing a meditative space seems difficult.

Qualities: A quiet mind is like a rare flower, like an unusual day of calm flat on the ocean, no waves, just glassy smooth water. A quiet mind is a gateway to pass through. Be still, this essence is an invitation to commune, to assist in diving into the deeper levels of the mind, beyond the mind, to explore self in deeper meditative states, where the true treasures of life reside. Have you felt an inkling of this bliss? Do you want more? This vibration supports developing the meditative practice and experience.

Meditative Mind Orchid Essence is truly a gift to behold. A possession it is not, but a state of being in a progressive series of states to be experienced throughout the journey of life.

Return of perceptions to oneness of spirit with all that is, a state to be obtained and valued beyond all things for the potential it holds. Potential pregnant with possibilities beyond the minds grasp and enticing to the soul.

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A Divine Elixir- filled with creative intention.

### 3. **Clearing Energy Fields** Combination Essence

Positive effect: Offers energetic support to look within and release. Clears the energies when one feels ready to release, and transform.

Indications: Feeling the need to lighten one's load, feeling the burden of carrying too much around with oneself energetically especially during or after experiencing mental, emotional, psychic or other types of

releases.

Qualities: When clearing at deep levels this essence holds a protective space for one so releasing feels like it is done in a safe space, It facilitates bringing up that which has been hiding within and is in need of release.

This essence is good to use when things have come up, (such as one's personal issues), it seems to root into them so they will not hide in dormancy but be released.

#### 4. **Lotus Petals of the Heart** Paphiopedilum sp.

Positive effect: Opening the heart. Joy.

Indications: The desire to open, to feel the joys of the heart. When one decides they want to live life from the heart and not from the mind. Supports the process of dissolving inner walls of protection that no longer serve but keep one from feel the joys of life.

Qualities: Placing a drop on top of the head: The heart energies flow outward from the heart as the lotus petals of the heart open. This energy flows upward and out around the mental energies generated from the mind/brain, enveloping the mental energies as well as flowing around them up to the top of the head and penetrating into the crown center.

Giggles of glee, bubbling, upwelling from the heart, the floods gates are open and joy pours forth like the bathtub over filling, overflowing, flowing,...

The whole energy system adjusts, attunes to the new vibration. Giggles resound in the ethers like bells chiming softly amongst the forest trees.

Joy 'is' all around, it is only the clouds within our thoughts and emotions which obscure one's 'being' joy.

#### 5. **Light Hearted/Heart Light** Miltonia sp.

Positive effect: Lightening the Heart.

Indications: When times are tough, emotions feel heavy, traumatic, sad.

Qualities: This essence supports the subtle emotional body during difficult times so that one does not fall into the depths of pain and despair, but rather one will be able to face the experience, feel a sense of hope inner strength, a sense of self worth, neutrality, and sense of personal purpose.

#### 6. **Softening the Edges** - Platanthera obtusata

Positive effect: Softening sharp or hardened edges of the personality.

Indications: When one notices that aspects of oneself have become sharp or in reaction to life experiences that felt painful. The Porcupine energy is what you greet the world with and now that can change.

Qualities: The intention of this essence is to energetically assist you in softening your edges. When you go through painful experiences you can react to the pain by creating defences, "subtle spines" so to speak to warn the outer world that you don't want to be hurt. The trouble with this is that it is too effective at warding off all kinds of potential loving interactions. As you heal from past trauma, you need to also release the defences that felt necessary when the "wounds" were fresh.

#### 7. **Letting Go/Disembodiment** Combination Essence

Positive effect: Letting go. Renewing ability to carry on with a lightened load.

Indications: Feeling hindered in moving forward due to energetic attachments.

Qualities: Just as solid mountains are eroded away one particle at a time by wind, rain, and freeze-thaw so too can the embodied particles of memories be released from oneself. This allows for renewed fluidity and freedom to evolve.