





FAIRY ORCHID

Calypso bulbosa

The Fairy Orchid helps us to calm down and guides us with a gentle hand to our inner center/core. It helps us to get in touch with our inner peace and sense of security so that we can relax more easily. The Fairy Orchid reminds us to let go of thoughts and concerns about how it will be and says: - Do not worry, you're taken care of, everything is there for you. It can release stresses that are built up in and around the head, which can help with headaches and/or migraines.

The Fairy Orchid may be useful for sleep problems and especially for children who think a lot and feel worried about falling asleep. It helps them to get in touch with a deeper inner peace and a sense of security.

The essence can help us release and let go of stress from our bodies so that we can get in better contact with all parts of ourselves, feel more grounded and live our lives with all our senses open.



LESSER BUTTERFLY ORCHID

Platanthera bifolia

The Butterfly Orchid guides us to our inner sense of rhythm so that we can feel supported by all living beings. When we have tried everything and are ready to give up it reminds us that things should go easy when we do right by our self. It brings the self-respect and dignity back into the action with an ease of doing whatever needs to be done.

The essence will help to regain energy after having been totally out of breath. It rebalance us back on our feet's again with a proud feeling of independence, meaning that we can trust yourself. It reminds us that something beautiful can be born after a long cold emotional winter.

A truly transformative Orchid.

The Lesser Butterfly Orchid speaks about balance and equality in-between female and male, in our inner world as well as our outer world. In surroundings with a strong male energy it will help and support to bring forward the female and vice versa, creating a respectful and harmonious air. In the union of both the transformation can take place.



VANILLA ORCHID

Nigritella nigra

Vanilla Orchid creates a flow of energy nurturing the balance of being in total sync with the inner and outer world. It is like putting oil on the hinges of the door between your inner and outer world so that when facing struggles in the outer world you can face the energy coming towards you, transform it to your advantage and use it for a "nice ride" making your own creation. It is a transformer of energy, inner or outer, yours or others, to help you nurture your own creations manifested in your soul.

The essence can help calming down and deepening the breathing and might therefor be helpful for shallow breathing and can also be used when there is tension around the chest to get a better breathing rhythm.

Like the flow between Yin and Yang the Vanilla Orchid will also help to connect with and get in balance with the natural cycles of Mother Earth.



INNER STILLNESS

A combination of Fairy Orchid, Small White Orchid and Vanilla Orchid. Inner stillness can give support when everything seems chaotic in your life and you need help to center yourself, quiet your thoughts and calm down your heartbeat so that you can find your true core and hear your inner whispers telling you what to do and where to go. It also helps the nervous system to get rid of built up tension so that you can better relax with a feeling of being held together.

To get close to your inner world in silence demands courage. You might feel uncomfortable by possible obstacles on the way. Here Inner Stillness is a guiding star lightening up your way so that you can walk with clarity and with integrity in peace.

Inner Stillness can also be useful to address sleeping problems such as when the sleep is disturbed by waking up several times during the night. It might be helpful for sleeping through the whole night.



LOVE

This is a combination of seven orchid essences: Fly orchid, Flecked Marsh orchid, Lady Slipper, Lesser Twayblade, Coralroot, Lapponian orchid and Heath Spotted orchid. It's made on Midsummer Night in Jämtland in the north of Sweden under the Midnight sun.

This combination will help opening our hearts to the experience of unconditional love from within. It invites us to open our hearts and venture inward. It asks us to go deep into ourselves, into a realm beyond the mind and beyond the ego. On this journey we are asked to open and expand all dimensions of the heart, increasing energy, balance and stability in the heart.

By clearing the channel of communication between the heart and mind it can help us to access information through the heart before interpreting it with our mind.

When we think that love is only available from others this combination reminds us to look within our self to find the love we seek.

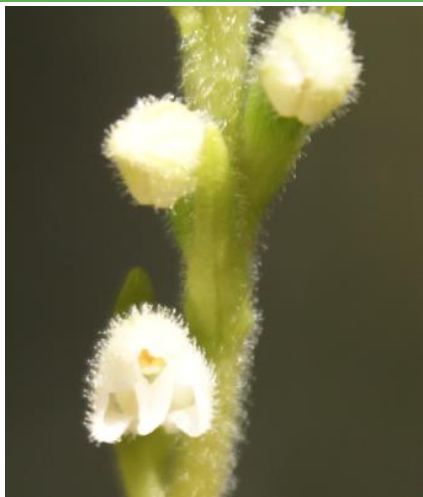


SMALL WHITE ORCHID

Leucorchis albida

Small White Orchid opens up the heart again after traumatic events and restores/resets your original energy back into contact with your true source. It brings more light into life balancing the hormones in general and especially the pituitary gland. It brings the physical energy together and pulls it inwards so that you can find your strength through a physical support by aligning your muscles around your spine.

The essence gives strength to your muscular corset so that you can stand upright facing your future, feeling confident and strong. Small White Orchid brings energy and joy to start doing what you really want to do, embracing life. There is no going backwards, embrace what has been, let go and move forward, create the new!



CREeping LADIE'S TRESSES ORCHID

Goodyera repens

The Lady's Tresses Orchid will help to sharpen your senses, specially our eyesight including the "third eye". It can be a good guidance when we need to see beyond the physical world. It helps to get in contact with all living beings in nature and it gives a good support to explore and not feeling afraid of our own inner nature. A good essence for letting the magic in to our life.

It is a good communicator to the animal kingdom and can bring in feelings of being protected and strong as it can help to open doors in-between worlds. In the inner as well as the outer world. When the essence was made the process was well guarded by a female bear.

The essence can help to let go of unnecessary thoughts and memories so that we, in times of uncertainty, can choose the right path at the right time feeling guided by Mother Earth. This essence brings action and physical movement into our life, letting us feel real joy of being alive!

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Orchid Flower Essences of Sweden set 3



This third Orchid Flower Essence set is about movement and attunement. It's about being on and keeping following your true life journey, staying on your path while moving forward with all your senses attuned in the here and now.

The general support of these essences will be through an ongoing supporting flow of healing energy reminding you to be true to yourself, knowing that everything starts from within yourself.

The Orchid essences in this third set are a result of my attunement process to wild orchids from 2015 to 2019. The essences are made from wild growing orchids in the northern parts of Sweden. All the essences are made with a bending over technic. No flowers are picked and they go on growing after the essence making process.

Welcome to an ongoing journey into the consciousness of Swedish wild orchids.

*Lisa Sandberg
Väckernmyren, Jämtland, February 2021.*