





LADY SLIPPER

Cypripedium calceolus

When you want to spread your wings and create space for your future. It helps you to be able to listen to your heart and to find your direction in life. It is good for getting out of the discussion of the heart and instead going in to acting from out of the heart. Opens up spiritual development.



GHOST ORCHID

Epipogium aphyllum

For connection with nature. To be a believer and trust. Good for integrating the left and the right on all levels. Opens your senses when you need to see what is new. Helps you to start with new ideas while being present in the here and now. Supports you in staying alert on what is happening and on creating new ideas. Disregard old patterns and be open to expand the unseen. It takes out the fears and guides you to a new time and a new consciousness. For those who are seekers on the path of life, it will support to find their good directions.



FRAGRANT ORCHID

Gymnadenia conopsea

Helps connecting to your higher self. Works at the willingness to understand that there is more on planet earth than what you can see. Enables development of the spiritual aspect through opening up of the senses. Helps awakening your feelings so you can use your feelings to expand your insight into the wholeness. Facilitates the "letting go" of personal winnings.



HEATH SPOTTED ORCHID

Dactylorhiza maculata

Helps sense the freedom to go your own way. Supports the letting go of old sorrow and connects you with the joy of existence. Assists you to live your life in joy, pleasure and love and to be able to express this in your surroundings. This essence brings the light into your daily life and gets you out of all setbacks. Helps you to move and continue to find the light of life and resurrection. Be awake!



LAPPONIAN ORCHID

Dactylorhiza lapponica

For opening your heart. Staying in your feelings and your strength despite adversity. Helps you loving yourself and the other. Strengthens sexuality and opens up for true deep love. Helps in developing relationships and to become aware of the true part of the other. Supports letting go of judgment and facilitates freedom to express what is held back. Helps you to see that everything is a reflection of the love you are giving to yourself.



FLY ORCHID

Ophrys insectifera

To let go of the past. Trust yourself and stay on your path, despite influences from others. It directs your life with a self-supporting free quality. Helps not being influenced by others. Releases thoughts and ideas that has been taken over from others. Supports freedom in growth in your own unique way. Forget what is not important and stay 100% in the unique being you are.



BALANCE

(Heathspotted orchid, Lapponian orchid and Earth Creation, Balance gives joy and pleasure despite difficulties. It makes you calm and release tensions. It opens the mind for the insight on how you came into this situation and it enables you to focus based on the connection with the higher self. It gives trust and balance during difficult times.

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Orchid Flower Essences of Sweden set 1



This Orchid Flower Essences set is about Meaning and Integration. It's about how to gather and understand the bits and pieces in your life, to understand where you came from and why things have been the way they have, what choices you have to keep going your way.

The general support of these essences will be through creativity from out of the heart as well as the mind and through the integration of both.

The Orchid essences in this set are a result of my attunement process to wild orchids that started in 1999. 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 on a journey into the consciousness of Swedish wild orchids.

*Lisa Sandberg
Väckermuren, Jämtland, February 2021.*