



# *Living Tree Orchid Essences*

*Our home is on the Isle of Gigha in the Inner Hebrides in Scotland, with its spectacular views & fresh sea air. Here we grow the orchids and make & bottle the essences. Our products are available from our Distributors in several countries:*

*USA: [www.SouthernHerb.com](http://www.SouthernHerb.com)*

*Canada: [www.alypsis.ca](http://www.alypsis.ca)*

*Australia: [www.HealingOrchids.com.au](http://www.HealingOrchids.com.au)*

*New Zealand: [www.HealingOrchids.com.au](http://www.HealingOrchids.com.au)*

*Japan: [www.HealingOrchid.jp](http://www.HealingOrchid.jp)*

*Germany: [www.HealingOrchids.de](http://www.HealingOrchids.de)*

*Singapore: [www.HealingOrchids.com.sg](http://www.HealingOrchids.com.sg)*

*France: [www.artstella.com](http://www.artstella.com)*

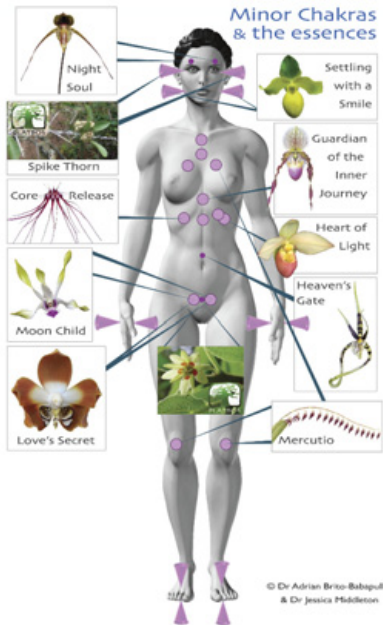
*In the UK our products are available from several retail outlets, as well as our own website:*

*[www.HealingOrchids.com](http://www.HealingOrchids.com)*

*International Flower Essence Repertoire (IFER)*

*Isle of Gigha PA41 7AD tel. 01 583 505 385*

## Minor Chakras & the essences

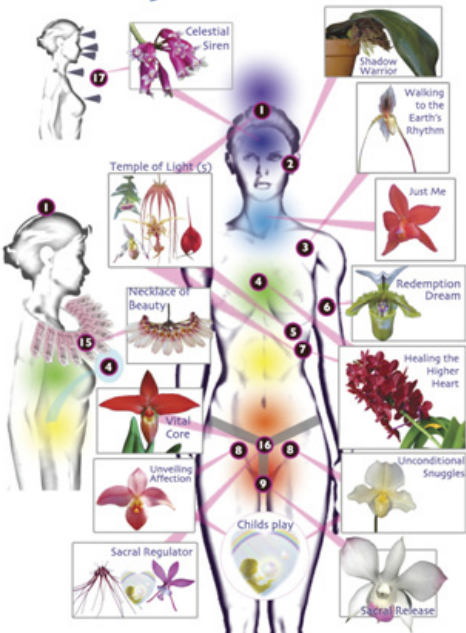


# *Living Tree Orchid Essences*

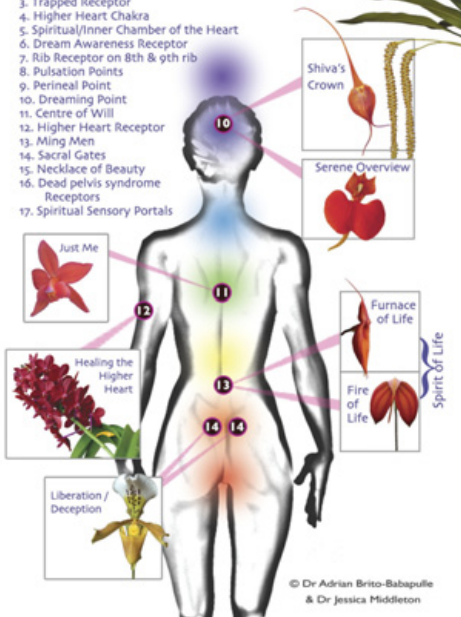


*Two cards in this pack show body-maps of the chakras and receptor points, and the essences which relate to them. These maps & corresponding information have been created by two therapists - Drs. Brito-Babapulle & Middleton - who have used our orchid essences extensively over the years in their kinesiological work. Dr. Brito-Babapulle further describes this approach to using our essences in our book *Orchid Essence Healing*. Two essences shown overleaf are from the exceptional Platbos Forest Essence range from South Africa, made by Melissa Krigge. Please see our website for further details, information & links.*

# Healing Centres & the Essences



1. Ba-hui Point
2. Shadow Gate
3. Trapped Receptor
4. Higher Heart Chakra
5. Spiritual/Inner Chamber of the Heart
6. Dream Awareness Receptor
7. Rib Receptor on 8th & 9th rib
8. Pulsation Points
9. Perineal Point
10. Dreaming Point
11. Centre of Will
12. Higher Heart Receptor
13. Ming Men
14. Sacral Gates
15. Necklace of Beauty
16. Dead pelvis syndrome Receptors
17. Spiritual Sensory Portals





## *Living Tree Orchid Essences*

*Several people have played important roles over the years since 1998 (when the first of the essences was made) in bringing the Living Tree Orchid Essences into being: Don Dennis, Heather DeCam, Natalie Shaw, Dominic Jones, Emma Rennie Dennis, Dr. Adrian Brito-Babapulle and Peter Tadd. Rona Allan, Jennifer Brown, June Watson and Tracey McSporran have all given very important support in our office & premises. To various orchid growers who spend their lives ensuring orchids are looked after, from whom we have acquired our orchids over the years, we also owe a deep debt of gratitude. Junko, Ed, Eve, Andy, Helmut, Jane, Dirk, Alain, Paolo, Gina, Jennifer, Tatana, Milada & Brigitte - our overseas Distributors - have been tremendous in their support.*

*And to Don's wonderful parents Reid & Peggy Dennis, who have helped the enterprise grow, we thank them from the bottom of our hearts.*





# *Living Tree Orchid Essences*



## Clearing & Releasing

*combination of*

Angelic Canopy, Pushing Back the Night  
& Releasing Karmic Patterns

*There are times when we have to address deeply-held or especially challenging energies, and it is for these situations, either within a space or within an aura, that the Clearing & Releasing combination was created. It is also an extra-strength space-clearing spray, bringing a cleansing to office or home, even when there are very dark energies confronting one. Brings a very reassuring, positive & strong light to the space. Use the drops form if there are energies within a person which need clearing out.*



# *Living Tree Orchid Essences*



## **Being Present**

*combination of*

**Being in Time & Walking to the Earth's Rhythm**

*Helps one to be more fully present within one's surroundings. Very good to use after either short or long journeys, to assist all the parts of one's body and mind to 'arrive'. Good for jet lag. Helpful for facing difficult issues in conversation with a partner or family member. Very useful for a client and/or therapist at the start of a therapy session, to be fully present and thereby enable deeper healing to take place.*

*Available as either drops or aura spray.*



# *Living Tree Orchid Essences*



## Happy Relief

*combination of*

Core of Being, Shiva's Trident,  
Angelic Canopy & Clearing the Way

*Brings a sense of happiness & gentle yet strong vitality. Has the surprising effect of making one feel quietly happy, and at the same time clearing mental and emotional tension & distress. The bai-hui point (the "place of a hundred gatherings") near the top of the head opens to a sense of upward lift. Clears tension from the limbic centre of the brain. Brings relief when facing challenging circumstances. Good to take just after Active Serenity if one is feeling low.*



# *Living Tree Orchid Essences*



## **Active Serenity**

*combination of*

Core of Being, Shiva's Trident, Angelic Canopy  
Clearing the Way & Serene Overview

*Working primarily on the mental body centres, this combination is excellent for distress and fatigue. Tension held in the brain stem and Dreamtime point (back of the head) is dissolved. Provides relief in the frontal lobes, aiding critical thinking & decision making. The crown chakra opens to a new clarity and mental energy which is calm yet energized. An excellent essence to use in times of major life transitions. Useful in the office for getting work done calmly.*





# *Living Tree Orchid Essences*



## Double Espresso

*combination of*

Shiva's Trident, New Vitality,  
Clearing the Way & Unicorn

*For those times when one needs an extra boost of energy. An essence equivalent to a cup of strong java, not to be taken daily or frequently, but rather in critical instances when extra energy is urgently required. Helpful at the start of an athletic or sporting event (but train using Vital Lift). Combines five of the most yang essences in our range.*



# *Living Tree Orchid Essences*



## **Vital Lift**

*combination of*

Core of Being, Shiva's Trident, New Vitality,  
Clearing the Way & Unicorn

*This combination is the same as Double Espresso, but with the aligning & calming energy brought by Core of Being. Gives one a calm and centred boost of energy. Helpful when one is flagging, providing stamina for focused work. More suitable for those of sensitive constitutions than Double Espresso, as Vital Lift's energy is more self-contained. Very useful for athletic training.*



# *Living Tree Orchid Essences*



## Soul Shield +

*combination of*

Defender from the Dark, Knight's Cloak,  
Protective Presence & Pushing Back the Night

*There are times when we need to protect ourselves, for a variety of reasons. People that work with light are highly likely to attract challenges from diverse and sometimes dark energies from time to time. Soul Shield+ provides powerful protection at multiple levels, to help us bring that light we carry within safely through with strength and certainty. Now with Defender from the Dark added to the formula, to give protection in further dimensions of our chakra system. Also available as an aura spray.*



# *Living Tree Orchid Essences*



## Temple of Light

*combination of*

Core of Being, Pushing Back the Night  
& Renewing Life

*In most people there is a harmonious link between the bai-hui point near the top of the head & the inner chamber of the heart chakra; and between the crown & heart chakras as well. However if these four points are out of synchronization then deeper energetic healing is blocked. To bring about a swift resolution of this problem, this combination was created. A spray form is also available.*





# *Living Tree Orchid Essences*



## Temple of Light (5)

*combination of*

Core of Being, Pushing Back the Night,  
Renewing Life, Protective Presence  
& Releasing Karmic Patterns

*With some people the energetic shift brought about by Temple of Light is not sustained. There may be karmic aspects to this shift-resistance, hence the addition of Releasing Karmic Patterns to the original formula. Protective Presence helps create the stable strength for the new pattern to be held, to assist the harmonious linking of the bai-hui point and the inner chamber of the heart chakra. The crown & heart chakras are also now in deeper alignment & harmony.*



# *Living Tree Orchid Essences*

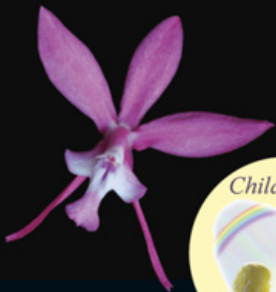


## **Positive Flow**

*combination of*

**Positive Outcome & Pushing Back the Night**

*Created after one of our distributors asked which of the LTOE would be best for helping with Abundance. Combines the positive attitude fostered by Positive Outcome with the high reach & power of Pushing Back the Night. This combination provides one with a shift in mental outlook along with a strengthening of both the solar plexus & the "ajana" centre between the eyebrows. This centre is at the heart of our mental body's ability to make manifest our intentions. With this essence one remembers how to 'make things happen', and is energized to do so with immediate effect.*



# *Living Tree Orchid Essences*



## Sacral Regulator

*combination of*

Core Release, Child's Play & Source of Life

*Sacral Regulator gives a sense of wellbeing, emanating from the pelvic area, and at the same time an expanded awareness around the head. Sexuality moves away from "performance" to intimacy and deep communion. An important essence for the renewal and regeneration of the pelvic energies, and a core combination for addressing what we refer to as the "dead pelvis syndrome". (Note: Child's Play was made by Rose Titchiner in Norfolk, England.)*



# *Living Tree Orchid Essences*



## **Love Beyond Love**

*combination of*

**Just Me, Love's Secret, Moon Child,  
Unconditional Snuggles & White Beauty**

*For children & adults who may have been unloved while in the womb, the energetic and emotional impact of that circumstance can be challenging. The underlying message one receives is that of not being wanted, and therefore being unloved. Love Beyond Love has been created to help address these embedded imprints on the psyche, to help the inner child to know that he or she is loved and worthy of love.*





# *Living Tree Orchid Essences*



## Memory Enhancer

*combination of*

Liberation/Deception, Moon Child,  
Positive Outcome & Serene Overview

*These four essences individually each have the effect of improving the clarity of mental processes & our retention of information. Combined they appear to help all the more so with this process in students, in people with age-related memory problems & in cases where memory function is poor. Appears to improve the processing of information from the primary storage capacity of the brain & shift it into the deeper storage areas of the brain, thereby freeing up available mental capacity. Supports the bio-energetic process of the brain.*



# *Living Tree Orchid Essences*



## Energy Matrix Protection

*combination of*

Core Release, Light of My Eye, Moon Child,  
Narnia Sphagnum Moss, a little sea salt  
& Wisdom of Compassion

*Creates support and protection for the healthy energetic matrix of the body at the cellular level. The first combination we have made which includes the Narnia Sphagnum Moss essence, with its energetic signature of vibrant, healthy cellular growth. Helpful if one is in front of computers a lot, or must use a cell-phone frequently.*



# *Living Tree Orchid Essences*



## **Sleep of Peace**

*combination of*

Behold the Silence, Boundless Peace,  
Protective Presence, Purity of Heart,  
Pushing Back the Night, Sacral Release,  
Clear Mind & Settling with a Smile

*Helps with our processing of memories, so that the mind is able to process the data from the day more efficiently while one is asleep. After a few days of use Sleep of Peace brings about deeper processing of old memories which are gathering dust and interfering with the efficient processing of the daily data. It is this jumble of old memories, traumas and fears which are often a significant part of the picture of disturbed sleep patterns.*



# *Living Tree Orchid Essences*



## **Gentle Geisha**

*combination of*

**Behold the Silence, Boundless Peace  
& Purity of Heart**

*Almost the yin opposite of Double Espresso, this combination is excellent for unwinding at the end of the day. Helps to calm the overly-active mind, bringing one very gently & graciously back into one's body. Imagine sinking one's head down into a soft silk cushion, and knowing that there are times when it is entirely appropriate to set aside concern for the many responsibilities and cares of the day. Allow the energies of these three beautiful orchids to soothe & nurture you, while you relax with a warm cup of tea...*





# *Living Tree Orchid Essences*



## Gentle Sleep

*combination of*

Behold the Silence, Boundless Peace,  
Purity of Heart & Rh. Griffithianum

*An enhanced version of Gentle Geisha, with the addition of the essence of Rhododendron griffithianum, made by Don in Achamore Gardens, which produced a deeply calming, relaxing and peaceful essence. While this 4th component is not an orchid essence, these days disturbed sleep has become a major issue for many, and so the importance of 'bending' our tradition in this instance felt appropriate. Take a few drops under the tongue just before going to bed. Also available as an aura spray.*



# *Living Tree Orchid Essences*



## Healing the Hidden

(formerly Heyoka)

*combination of*

Andean Fire, Angelic Canopy  
& Liberation/Deception

*The essences in this combination are usually experienced as a sequence, with the order being according to the needs of the individual. Andean Fire brings courage & purpose; Angelic Canopy nurturing healing of the spirit; and Liberation/Deception offers clarity of mind in relation to our tendency for self-deception. When tears are hidden, Heyoka helps them to surface; if one is upset, this trio brings healing, a nurturing calm.*



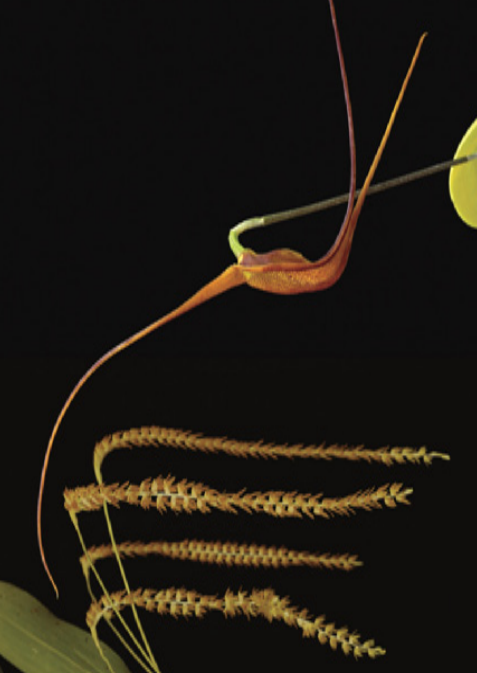
# *Living Tree Orchid Essences*



## **Party Time!**

*combination of*  
**Carnival & Laughing Butterflies**

*A celebration of the sensual dance of life. To everything there is a time and purpose, and with this essence we can remember the value of fun, lightness and the enjoyment of the senses. Dance again, before you forget the joy it brings! Party Time helps nurture our sense of humour, and is very helpful for people who take themselves too seriously at times. Helps us to hear and see and experience the beauty of life which surrounds us.*



# *Living Tree Orchid Essences*



## **Shiva's Crown**

*combination of*

**Crown of Consciousness & Shiva's Trident**

*Heightens and deepens the soul's understanding of its journey in this physical body. This essence goes into a part of the brain known as the limbic system and connects the causal body with the soul's journey and its divine contract, thus enhancing the process of spiritual healing. Assists in other healing processes as well. On a technical note it connects the dreaming point on the top of the head with two points on the temporal axis the right & left, the left being the shadow side of the energy system.*





# *Living Tree Orchid Essences*



## **Solus**

*combination of*

Moon Child, Night Soul,

Voice of Courage & Violacea Veritas

*This combination is aimed at transforming the single-child syndrome (which is especially common in China, due to former State policies), wherein the one child may develop as a rather self-centered & solitary individual. Due to the lack of sibling play, the psyche of the soul is unable to develop fully in the usual social context, leaving them lacking in the emotional ability to relate in a communal spirit. It is important that Solus is followed up after a few weeks with either Wisdom of Compassion or Love Beyond Love, to help the emotional and compassionate side of the child or adult to develop more fully.*



# *Living Tree Orchid Essences*



## **Spirit of Life**

*combination of*

**Fire of Life & Furnace of Life**

*Helps to clear 'tribal' blocks & ancestral patterns held in the first and second chakras, helping one to become more centered within oneself. Also, in Chinese Medicine there is a point situated between the kidneys called Ming Men ('The Gate of Destiny'). The energy of this key point in our health can all too easily become diminished as we grow older, which then leads to painful challenges within the body and psyche. Spirit of Life helps to rekindle the flames of the Ming Men point, producing a calm certainty in relation to the inner path of the soul.*



# *Living Tree Orchid Essences*



## Celestial Defender

*combination of*

Celestial Siren & Defender from the Dark

*Celestial Siren is like a gentle inner call to experience the divine; yet in the experience of high levels of meditation, there is some risk of leaving one's core unprotected while engaged in the transcendental journey. This essence leaves one protected and watched while the activity of celestial Siren is enhanced due to the presence of a protected space.*

*On a more mundane level, one is likely to feel a clearing of one's head when taking this essence.*



# *Living Tree Orchid Essences*



## Defender of the Light

*combination of*

Defender from the Dark & Violacea Veritas

*The activation& expansion of the third eye brought about by Violacea Veritas may in some instances lead to a person being exposed to probes of negative energy which can be disturbing to the psyche. Defender of the Light allows the activity of Violacea Veritas to take place under a sort of protective canopy, enabling a powerful, transformative experience from the essence. One is likely to notice a pronounced awakening of the 3rd eye / brow chakra, and a strong sense of alertness coupled with a feeling of protection.*





# *Living Tree Orchid Essences*



## Defender of the Source

*combination of*

Defender from the Dark & Source of Life

*Source of Life is a profound essence which cleanses & awakens the beauty of the second chakra, helping us to express our true sexual nature. However, as sexual energy has its dark side the action of Source of Life benefits from the inclusion of Defender from the Dark in providing the sacral area with protection against interfering dark energies. This essence seems to act like a guard to the gateways to the soul.*



# *Living Tree Orchid Essences*



## **Vital Defense**

*combination of*

**Defender from the Dark & Vital Core**

*Vital Core has a close affinity to the "sacral gates" (energy receptors just below the lower back) and therefore has a rekindling effect on the Ming Men. Vital Core helps to clarify shadow aspects of the 2nd chakra, and so this combination can be seen as a useful adjunct to Defender of the Source, as well as Spirit of Life. These essences are all related to the increased need for awareness of the soul's true purpose without the clutter of the baggage which we almost invariably carry.*



# *Living Tree Orchid Essences*



## Defend & Protect

*combination of*

Defender from the Dark & Protective Presence

*There is a kinship of spirit between these two orchids, as both display a fierce attentiveness, warding off malign influences. When one is faced by external negative entities, Defend & Protect provides a powerful protective armouring for our spirit. It helps to re-energise our determination to move forward on life's difficult paths, with a deeper sense of our true worth. The signature of the Protective Presence is that of ancient symbolic and protective spirits of the Chinese dynasties, and the Tibetan "wrathful deities". Defender from the Dark complements this energy entirely, making it yet more effective.*



# *Living Tree Orchid Essences*



## Shadow Defense

*combination of*

Defender from the Dark,  
Pushing Back the Night & Shadow Warrior

*Shadow Warrior helps us to not have our shadow side dominant in our life, whilst Pushing Back the Night brings a powerful temple of energetic support to this process through strengthening & heightening our inner alignment. Defender from the Dark provides protection to this inner process, preventing exterior dark influences from interfering. In this manner Shadow Defense provides us with protection against both inner and outer shadow elements.*





# *Living Tree Orchid Essences*



## Defender from the Dark

*Pleurothallis phalangifera*

*The small blooms of this orchid look not unlike little elves marching to battle. There is a sense with this orchid that, while it knows the dark, it is not of the dark. Embodying deep goodness of being, it is nevertheless not naive about the threat posed at times by dark forces. This essence provides both clearing of and protection against dark energies through its determined opposition to their intentions. Exceptionally, this essence immediately wanted several combinations made with it, which became what we call “The Defender Series”.*



# *Living Tree Orchid Essences*



## Redemption Dream

*Paphiopedilum spicerianum*

*Helps the psyche address deep layers of guilt or shame, through our dreaming state, enabling the mind to either consciously or unconsciously resolve these issues. Guilt and shame are likely to cause a kind of compression (or suppression) of the heart chakra. Through this blocking of the heart's energy, we lose the ability to love unconditionally, and thereby also lose inner peace. In this way one can see how guilt or shame can be major hindrances of our spiritual path. Redemption Dream helps us to remove these hindrances of the heart, specifically through vivifying and re-integrating our dreams at night, to allow ancient and deeply held issues to be aired in the Theatre of dreams.*



# *Living Tree Orchid Essences*



## Necklace of Beauty

*Bulbophyllum longiflorum*

*Brings an exquisite, beautiful and loving energy to the area above the heart chakra but below the throat chakra, enabling one to feel uplifted, loved & at peace. This essence honours one's inner beauty, and the light of one's true being. Necklace of Beauty appears to 'open the gate' for one to experience more fully the high consciousness of the essence Spirit of Life. On the other hand, the exquisite energy of the Necklace of Beauty will be more readily accessed and fully felt usually if Redemption Dream has been taken for a few days first.*



# *Living Tree Orchid Essences*



## **Vital Core**

### *Phragmipedium besseae*

*Strongly energizing of the root and 2nd chakras, as well as the gall bladder meridian. While having some activity on the crown, throat and heart chakras, its action is primarily in the two lower chakras whereby it provides a strong 'get up and go' effect. The effect on the 2nd chakra is intriguing: though energizing, it is not sexually energizing. It helps to release blocked energies, including stored negative energies, and thereby helps to resolve shadow aspects of the Sacral chakra. In this way, it seeks to restore the natural sacredness of the 2nd chakra.*





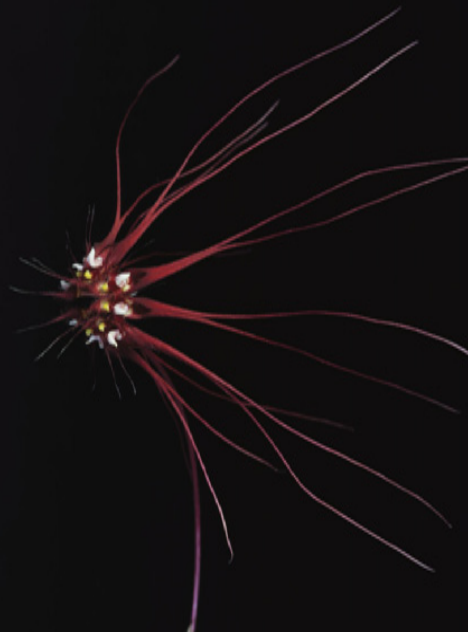
# *Living Tree Orchid Essences*



## Base Regulator

*Bulbophyllum gracillimum*

*This essence was made while the orchid was still in bud, just before the blooms opened. It is a very powerful essence with several layers of activity. There is a profound effect on the pelvic centres as well as on the crown chakra. It establishes a countercurrent in the pelvis, reining in excess sexual energies. There is a shift of energy from the pelvic region to higher centres, felt as a rapid expansion of consciousness radiating out (mainly 'sideways') from the head in all directions, just as the blooms themselves are seen facing every direction.*



# *Living Tree Orchid Essences*



## **Core Release**

*Bulbophyllum gracillimum*

*Core Release has a major impact on the pulsation points of the pelvic region, but without the damping impact on the libido which Base Regulator brings. It enhances the sexual centre's sensitivity, and at the same time brings an element of protection to the entire pelvic area. Core Release also brings an impetus to get on with things one needs to do, through its action on both the 3rd chakra and the Ajana centre. There is as well a distinct heightening of one's intuition.*



# *Living Tree Orchid Essences*



## **Love's Secret**

*Neomoorea irrorata*

*One woman's meditation on this essence beautifully sums it up: within a forest she sees Aphrodite bathing in a pool of crystal-clear water infused with many colours of light. The pool changes into a funnel which then merges into the woman's pelvic area. Love's Secret helps nurture the capacity for loving & romantic relationships between two people. Helps you to stand up & show yourself, present your true loving beauty, to be beautiful internally & externally; beautiful and graceful.*



# *Living Tree Orchid Essences*



## **Moon Child**

*Dendrobium Miva Plum*

*Has an affinity with the pelvic energy constellation, and is able to remove blocks to emotional evolution. We gain many subtle and not so subtle energetic imprints during our nine months in the womb, and Moon Child appears to be able to help remove those imprints which hinder our health and well-being, and our spiritual journey. Like a benevolent “search & destroy” team, it clears negative energies first from the pelvic region, and then throughout the entire energy system of the body.*





# *Living Tree Orchid Essences*



## Shadow Warrior

*Bulbophyllum phalaenopsis*

*An extraordinary orchid, this essence was brought into being to assist the integration of one's shadow side with the journey of the soul into the light. It stops the shadow from interacting negatively with challenging archetypes, and enables grounding of primitive fears. Enters the base of the skull and goes down the causal body to the root chakra and below, connecting the soul to the root of the soul's journey. This essence clears one's inner vision causing a change in perception, a deeper reality, and enhances clairaudience. A very 'yang' essence.*



# *Living Tree Orchid Essences*



## Source of Life

*Cochlioda beyrodtiana*

*Realigns the energy system in the pelvis, rejuvenates the feeling of being alive in the pelvis, and 're-lights' the sexual centres to be aware of the deeper nature of ones sexuality. Quietly awakening, it also enhances the sensual sensitivity of the skin on the inside of the thighs just below the perineum. Acts on the sexual aspect of the Dan Tien point and part of the 2nd chakra. An important essence in addressing the "dead pelvis" syndrome.*



# *Living Tree Orchid Essences*



## **Spirit of the Higher Heart**

### *Vascostylis Roll on Red*

*The same as Healing the Higher Heart, but without the essence of 24 kt Gold. Spirit of the Higher Heart enables a gentle fusion of the energy of the higher heart chakra with the spiritual chamber of the heart. More subtle than Healing the Higher Heart, it is a useful adjunct to Temple of Light or Temple of Light (5) to help expand the consciousness of the heart chakra to a state of unconditional love. Take as a follow-up to Healing the Higher Heart to feel the fullest potential of both essences.*



# *Living Tree Orchid Essences*



## Healing the Higher Heart

### *Vascostylis Roll on Red*

*The one orchid produced two forms, two essences: Spirit of the Higher Heart and this one with essence of 24 karat gold added, which enhances the orchid's energetic action. The higher heart chakra is a light turquoise color and is responsible for releasing the heart chakra from emotional blocks (either karmic or current). This essence centers itself in the spiritual chamber of the heart and sends it roots into the 3rd & 2nd root chakras. It then enters & heals the higher heart chakra. Very helpful for grief.*





# *Living Tree Orchid Essences*



## **Celestial Siren**

*Dendrobium lawesii*

*Think of a monk sitting in his robes beside a still pond, deep in meditation. Celestial Siren invites a deep inner stillness, and in so doing snuffs out little flames of negative thoughts like a candle snuffer. There is a sense of the Higher Self calling one's soul to remember its deepest and highest potential, to reach towards the inner beauty of enlightenment, yet remaining calm, rooted and centered. This is one of the essences in our range most deeply appropriate to take whilst meditating.*



# *Living Tree Orchid Essences*



## Rhododendron Brocade Plus

*A beautiful gentle pink hybrid, the essence was made with a mature specimen in magnificent bloom with hundreds of flowers on it at the time. The key quality of this essence is vibrant joy. It is like having a gentle and happy fountain of joy suddenly springing forth within one's heart. Take this essence anytime you feel low or despondent about life, as it will help renew the outlook of your heart. This rhododendron was the personal favourite of Col. Sir James Horlick, who created the 52 acre Achamore Gardens on the Isle of Gigha.*



# *Living Tree Orchid Essences*



## Rhododendron griffithianum

*Rh. griffithianum* is a species of almost pure white blooms, and there are several specimens found in various locations around Achamore Gardens on the Isle of Gigha. The key qualities of this essence are serenity, peace and tranquility, which come to one immediately upon taking a few drops. This essence was added to the Gentle Geisha to create the combination Gentle Sleep. Use *Rh. griffithianum* when you are stressed and tired and in need of relaxing, such as at the end of a hard day's work. Very good to use topically when having a massage, as the muscular tension melts away when the drops are applied.



# *Living Tree Orchid Essences*



## Narnia Sphagnum Moss

*Once there was a magical woodland in Sussex, and in that extraordinary woodland was a wonderful, vibrant patch of the greenest sphagnum moss. An essence was made with that moss, and it shared its magical properties with whoever imbibed it. Joyful, gently awakening, the cellular health of the moss shared its message of health with the cells of anyone it could reach. A 'gatekeeper' for our perception of the unseen realm of the spirits of nature, the light of this essence just might invite you to see the world with new eyes.*





# *Living Tree Orchid Essences*



## Thoracic Alignment

*Nanodes medusae*

*This essence was made with the same orchid which produced Core of Being, but when the plant was not in bloom. More structural in nature, it helps the alignment of the physical body, the spine and the thoracic cage of the torso. This aligning of the body provides a framework for a more grounded energy flow within, and allows more space around the heart. Very helpful for deepening meditational practice, to access a more profound inner perspective.*



# *Living Tree Orchid Essences*



## **Fire of Life**

*Masdevallia ignea*

*The masculine complement to Furnace of Life. Its yang energy helps the highest of universal energies to incarnate into consciousness, and sets this energy flowing into the centre of one's being. Fire of Life gives courage and purpose to the journey of the soul. It is the yang energy to the yin energy of Furnace of Life. Breathes new life into the (dwindling) flames of the Ming Men point, thereby strengthening the will of the individual to make choices more in line with highest universal intentions, providing a revitalised opportunity to fulfil ones deepest spiritual destiny.*



# *Living Tree Orchid Essences*



## **Furnace of Life**

*Masdevallia veitchiana*

*Through various means the fires of the Ming Men point ("Gate of Destiny") can grow dim, which leads to polarised dualities within one's energy system, which in turn will create further painful challenges within the body and psyche. Furnace of Life helps to clear the mist from the lens of perception of the observer, enabling the truth of any given situation to reveal itself. This essence restores the female aspect of the flames of the Ming Men, which enables us to reconnect with our soul's deep purpose in incarnating.*



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## Night Soul

*Paphiopedilum Wössner's Black Wings*

*A powerful essence to help in the darkest of times, or to help heal from the darkest experiences of the soul. When one experiences inner or outer devastation, deep imprints are left at profound levels of the psyche. Night Soul is a commanding spirit, a warrior-Emperor, healing these deep wounds to help make one focused & whole again, moving forward in your life. Remember that you are the captain of your soul, no matter the challenges which experience in this world may bring.*





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## **Voice of Courage**

*Stanhopea Havre des Pas*

*A major essence for healing deep levels of the 3rd chakra, as well as energizing the throat chakra. Brings strength of courage as well as a renewed commitment to the soul's deep purpose in this life. The 3rd chakra is likely to take many 'hits' in the course of our life, and these minor and major impacts on it can often remain buried deep within. Voice of Courage brings healing to these deep levels, and by so doing (and despite being a very 'yang' essence), it also helps one's sleep to be deeper and longer.*



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## **Violacea Veritas**

*Phalaenopsis violacea var. Mentawai*

*Opens and expands the brow chakra. Helps bring awareness of the angelic aspects and connections of our being. Rewires the brain for the person to be able to fulfil their higher potential; facilitates links to higher levels, for accessing inner wisdom. Best used when one is intending to meditate. In some circumstances best used in combination with Defender from the Dark (see Defender of the Light).*

*Native to the Mentawai Islands off the coast of Sumatra in Indonesia, the orchid has a lovely cinnamon-spicy fragrance; the bloom persists for many weeks.*



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## Heaven's Gate

*Brassia Rex*

*Protects & enables the communion of Love, as we journey to find the gates to the mystic castle within. The only essence in the range to act in all 6 primary categories (see the “higher alignment” star): physical; sexual; heart; mental; protective; and spiritual. When mastery of each area is achieved, the inner temple is complete, and our soul moves in Love towards our ultimate spiritual union.*