



Set 5 Descriptions

1. **Internal Marriage** Combination Essence

Positive effect: Integrating and bonding of the inner male and female, of various facets of self to develop harmony.

Indications: Feeling duality and inner conflict.

Qualities: This essence is like walking hand in hand with someone you love and know intimately; that someone is yourself. This essence is about integrating dualities, complementary opposites, female and male energies within; internal marriage. It's not effort, it is creative intention, just let the energy flow, it's so delightful; imagine the joy of falling in love and the experience of the coming together of your energies like this.

2. **Infinite Patience** Paphiopedilum rothchildianum

Positive effect: Re-patterning to be in a deeper level of patience than that of the mind and ego; patience borne of gratitude for life experiences beyond judgmental notions. Bear this within your heart, within your being. Slip into this fluid energy. Sip the ambrosia. Being in the moment, to actually see what is before you to experience the richness of the present moment.

Indications: When faced with great or lasting challenges; feeling impatience, even sense of hopelessness for having to endure something so long. Missing the moment at hand, mentally being in the past or the future, not in the now.

Qualities: This essence embodies a pattern of consciousness directly accessing the "gap" between thoughts; drawing from the limitless creative intelligence a deeper level of patience than is generally experienced in life. Patience to carry one through great or lasting challenges. This is deeper than the patience of the mind, this is like drawing in an endless breath. The limit of capacity is not reached. There is the patience of the mind which is familiar, there is patience of a deeper nature, (in fact the very patience of nature) that is drawn from as an endless well. The essence is rich with ambrosia for sustenance.

3. **Higher Levels** Paphiopedilum parishii

Positive effect: This essence works with the subtle bodies in the process of changing form, or releasing form. If allowed, this can be a fluid act. Accept that the form can change, will change, and that it is natural to change. Higher Levels essence supports transformative growth by embodying the intention of assisting you in releasing the present form to which you have become accustomed, and in moving toward the newly forming, next higher level.

Indications: You are required to take a leap of faith. You have resisted change too long and life seems to be disintegrating all around you now. Instead of being a process of co-creation, leaving the present level may be an act of desperation and essentially, an act of abandoning ship.

Qualities: Higher Levels essence supports this transformative growth by embodying the intention of assisting one in releasing the present form which one has become accustomed to and moving towards the newly forming next higher level.

From a physical realm perspective it feels like, looks like there is limbo in between, but in reality there is an energy current that is being formed by intention, that is of the Oneness, therefore omni-telligent. It takes courage and trust in the truth of one's heart, soul and limitless being to release the known and move to a higher level. Experience creates trust in the process of one's own evolution, the more one does this the easier the process becomes.

4. **I Like Being Me** Restrepia guttalata & A Piece of a Mountain

Positive effect:

The essence and the song's energies confront any feelings of self loathing, challenging the illusions that activate such feelings.

Indications : Feeling badly about oneself for any reason. Lack of self worth, self love or self appreciation.

Qualities: I am the embodiment of self love and acceptance. I look to nothing outside of myself for reference as to my self worth, acceptability, loveability, inner wealth, and inner health. I like being me. That which I am is my unique expression of all possibilities. There is no other like me.

5. **Devic Awareness** Miltonia hybrid Jean Sabourin 'Vulcain'

Positive effect: Devic Awareness to lead you into an expanded experience of the elements, into the essence of nature in your surroundings. Awareness that all aspects of life are intelligent, gleaming, shimmering, vibrating with life force energy and creative cosmic intelligence.

Indications: Lack of awareness that all things manifest are alive and intelligent in their own unique ways with the ability to communicate with those who are able to listen from within. Desire to live in relationship with luminosity, with the elements of nature.

Qualities: Devic Awareness essence is touching into the fundamental elemental awareness of the life force all around you, within you. Do you wish to expand your awareness to sense the nature, life and consciousness of the objects that surround you in life? This essence may change the ways in which you experience and perceive the world around you.

Devic Awareness is the essential being in you that knows its connection to the elemental forces of nature. All aspects of life are intelligent; gleaming; shimmering; vibrating with life force energy and creative cosmic intelligence. At what level do you wish to be aware? Turn your focus there.

6. **Stepping Ahead Now** Combination essence

Positive effect: Stepping confidently into the future you have prepared, co-created. Being open to making your mark on the world just as you have set out to do. Trusting in your own efforts being appropriate and feeling comfortable with them.

Indications: You've prepared yet you resist, fear of embracing the new, discomfort with changing circumstances and environments.

Qualities: You've done the work; now it is time to go forth into that which you have newly created, that which you along with Creation have prepared. The elements are in place, the atoms and molecules are arranged correctly; in alignment with your intentions. The canvas is prepared, ready to receive your brush strokes. The mud is perfect, ready to receive your foot prints. Step ahead now. This essence embodies the vibrations to encourage you to do just that.

7. **Heart to Heart** Combination essence

Positive effect: This essence assists in attuning to one's truest source of navigation, the heart. Letting your heart be your guide and trusting this inner truth.

Indications: Lack of trust in following one's own heart.

Qualities: This essence assists in attuning to one's truest source of navigation, the heart. There is an energy that emanates from the heart that another heart recognizes as true. Let your heart be your guide is an expression based in truth of experience and being. Get to the heart of the matter. Touch into the essence of that which you are exploring. Let this essence assist you in going deeper within, through the gateway of the heart to the heart of the Self. Herein dwells not words, simply being, herein lies peacefulness and the essence of love.