



## Set 7 Descriptions

### 1. **Expanding Awareness** *Phaleanopsis hybrid*

Positive effect: This essence will help to expand your awareness.

Indications: Average awareness, desire to increase your awareness.

Qualities: This essence touches the inherent desire within to notice the connection you have with all of life. The way this essence works is to create a wiggle where there is a tiny opening; it wiggles and keeps wiggling creating an expanding gap, a space for awareness to expand. You may feel a quickening as this process gains momentum.

### 2. **Acceptance** Combination Essence

Positive effect: The energy of the essence can hold you in a 'pause' of time to help you be with the vibration of acceptance.

Indications: If you find you self experienceing restance, pain, reluctance to move forward, to let things go. The experience of repeating the same mistakes or lessons.

Qualities: Accept what is. If you are not accepting 'what is' in the present moment, you are resisting. Resistance does not change the present or past, but instead blocks the flow of your life. The gentle vibration of the flower essence can help you 'just be'. Allowing 'what is' creates acceptance.

To create change, accept things for what they are as a first step: then you will know what is real, avoiding illusion and delusion. From there you can make choices and take action according to what is. Acceptance requires pause in action. The essence holds the energy to pause. In the pause, see 'what is'. In the pause accept 'what is'. You will find yourself in a pool of awareness and of acceptance. Pause in this.

