1. Carefully select a flower at the side or the bottom of the inflorescence.

2. Tear the labellum to release the column (gynostemium) with stamen, rostellum, and stigma.

3. Insert a lemon spike (or similar tool) under the rostellum (leaflet).
4. Lift and hold the rostellum (leaflet) against the column.

5. Gently push the stamen against the stigma with your thumb.

6. The pollen will adhere to the stigma.