



EPIDENDRUM ORCHID

LOVE IS ALL AROUND. FORGIVENESS. ADDRESSING THE HEART.

WRITING PROMPTS

When are you worried that things won't turn out as expected?

When have you experienced fear of the unknown?

When do you avoid something because it worries you?

In what situations do you find yourself shutting down?

Which relationships in your life would benefit most from being more open and curious?

When do you feel at ease? When is it effortless to open into the present moment?

When do you go right to the heart of the matter?

Take a moment each day, or even a set time once a week, to reflect on how you're feeling, right now. It can be just one or two words!

Carving out time for reflection, even just a minute each day, is important self-care and can help us follow our growth with flower elixirs.

WEEK 1						
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WEEK 2						
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WEEK 3						
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WEEK 4						
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EXQUISITE PRACTICES

Take a few deep breaths with your eyes closed. Where in your body do you feel tension? Where in your body do you feel ease?

Notice when you're afraid that things won't turn out the way you expected or when you're afraid of what's coming next. Note the dialogue in your head with curiosity.

When you notice yourself shutting down, or fearing your alone-ness, practice sinking into the present. Focus on your breath. The way the air feels on your skin. The colors you see. Open into the richness of what is right here, right now.

If you find yourself wanting to run, turn away, shut down or distract from a situation or emotion, try simply saying to yourself, "Stay." Make it into a game: How long can you stay with it? Know that you can run away whenever you choose, but see how long you can stay with what's arising. Stay. Stay. Stay. *Or tell yourself: I'll stay with you no matter what.*