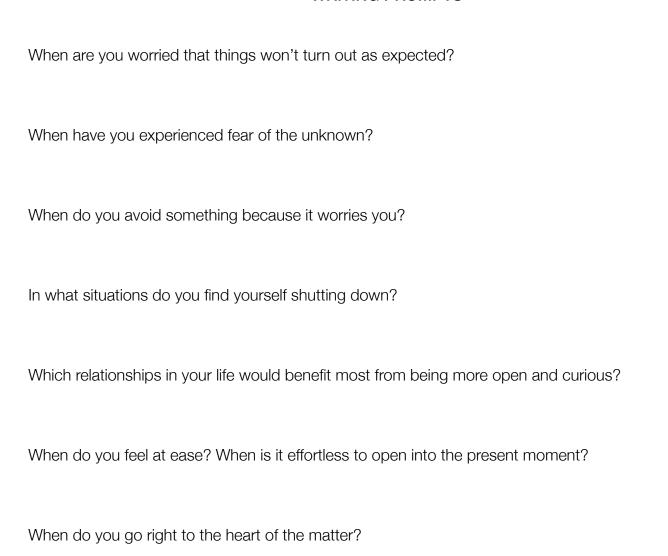


EPIDENDRUM ORCHID LOVE IS ALL AROUND. FORGIVENESS. ADDRESSING THE HEART.

WRITING PROMPTS



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

WEEK 2

WEEK 3

WEEK 4



EPIDENDRUM ORCHID

LOVE IS ALL AROUND. FORGIVENESS. ADDRESSING THE HEART.

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.