



**FROG ORCHID**  
**LOVE WITHOUT ATTACHMENT. CLEAR SEEING. INTUITION**

**REFLECTION QUESTIONS**

When do I find myself trying to 'figure it out,' mentally, with life's challenges? Instead of 'being with' or observing what arises and how the situation evolves?

When or in what areas of my life do I love *with* clinging, wanting or attachment?

If I typically do not get ah-ha moments by 'thinking,' what am I doing when I get them?

What are the practices, places, experiences and people that most encourage me to be in a 'being' state vs. a 'thinking' state?

With a constant dedication to bringing myself back into a moment-to-moment awareness, what is possible?

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**

Practice mindful-awareness meditation daily - even if only for five minutes!  
Set a timer and simply commit.

When you find yourself going into 'figure it out' mode in your mind, relax your body, take a deep breath and notice the world around you.

Keep your awareness on releasing tension in your body, breathing and observing to release the mental propensity to think-think-think, creating tension and exhaustion in the body.