



ICELANDIC VICIA
INNER MAGIC. PLEASURE. WHIMSICAL SPACIOUSNESS

REFLECTION QUESTIONS

When do I experience resistance or tension?

When does my heart feel closed off or hardened?

When have I felt magical?

When have I felt that the world around me was magical?

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						
--------	--	--	--	--	--	--



ICELANDIC VICIA
INNER MAGIC. PLEASURE. WHIMSICAL SPACIOUSNESS

EXQUISITE PRACTICES

Take time to rest + do nothing.

Pour a bath, hang out in the sauna or go to an Asian-style bathhouse to relax your muscles, dissolve tension + nurture yourself.

What makes you feel like you are surrounded by magic? Do more of that.

Decorate/update your bedroom or living area in a way that feels magical to you. Choose the colors that are the most nourishing to you right now! Enjoy the freedom of wrapping yourself up in what expresses YOU!

FLOAT! Float on your back or on a floaty in a pool or body of water ~ let your ears sink below the surface so that the only thing your hear is the sound of deep inhales + soothing exhales.

Lay on your back and look up at the sky. Gently notice the leaves of trees, clouds, birds, anything that may cross your path of vision.