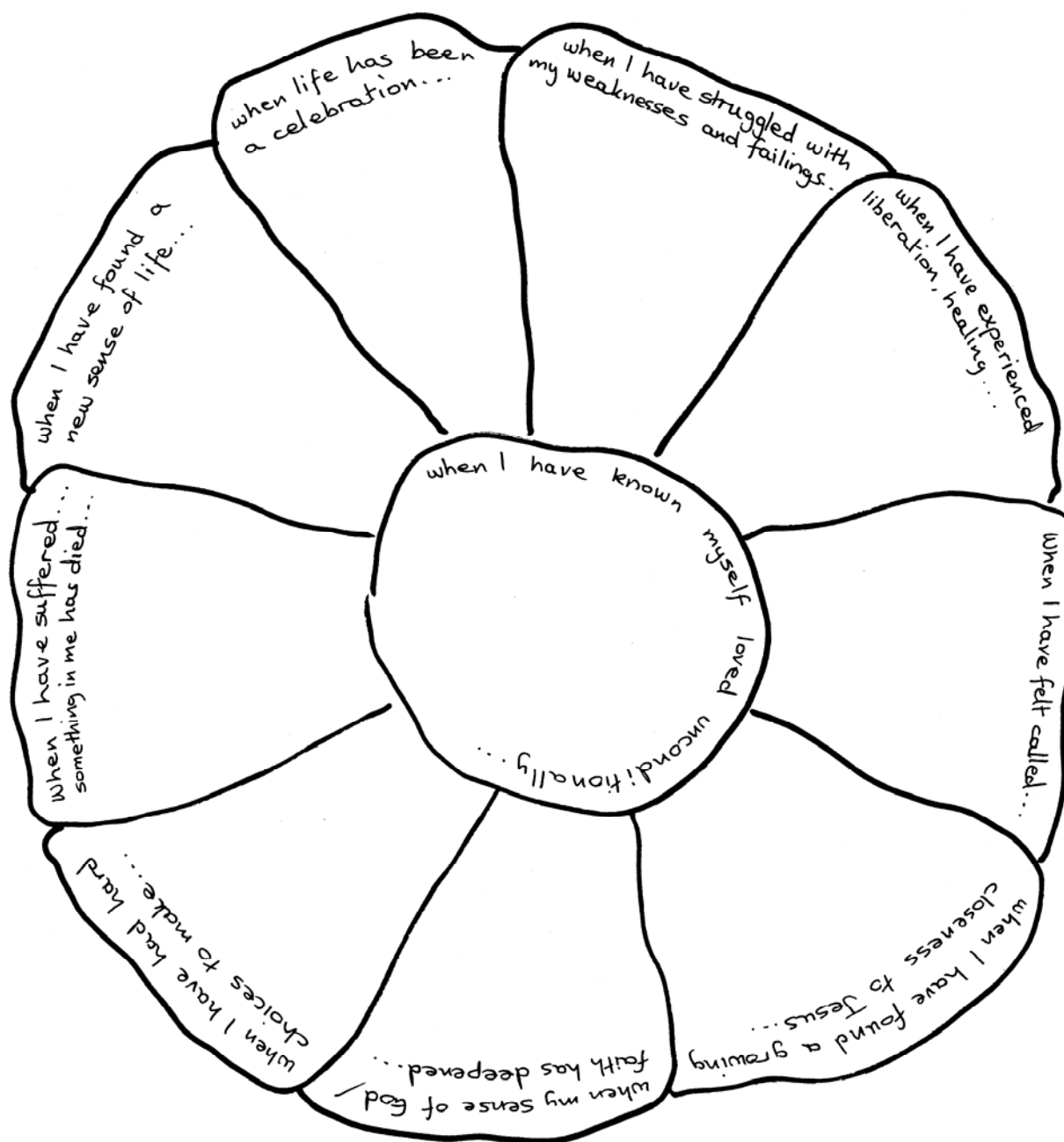


Flower of Me

Spend some time, reflecting on your life experience. Identify moments that connect with the labels on each petal.

Mark each petal with a word or phrase or symbol that describes that experience. It doesn't matter if you don't have something for every petal.



After you have done marked the flower with your experiences as many things as you want, spend some time looking over it – how does it feel to look at it all?

Looking again at your 'flower' can you see connections between one experience and another – you may like to mark the links in some way.

What is the most energising / life giving thing that you have become aware of? Enjoy this sense. Then look at what the most energy draining thing that you became aware of? Pray for enlightenment.