

You are the Lotus!

Visualization*



You may wish to record this and play it back so you can fully relax into this visualization. Speak slowly in a soothing voice.

“Find a position that is comfortable and close your eyes. Take three deep cleansing breaths, pausing between each in-breath and out-breath. Know that you are safe in this visualization- a viewer watching a movie or attending a play.

Feel your body in the space where you are sitting. Slowly relax your shoulders, your face, your belly, and anywhere that feels tense. Take three more deep cleansing breaths.

Go back through your life and select a memory where you faced a challenge and overcame it- something you feel safe in recalling. Notice your age, where you were, and what was happening. Notice how you felt in that moment, facing that challenge. What was the challenge? Did anyone else support you? A teacher? A friend? A family member? Someone else? How did you support yourself? Perhaps you spoke up courageously. Perhaps you had a sense of humor. Perhaps your spirituality gave you strength. Perhaps you used creativity and imagination. Perhaps you used your intelligence to think of a way to overcome the challenge. Somehow, you DID overcome that challenge. Feel the relief, the happiness, the satisfaction of getting out of that mud and blooming like the lotus.

Take a few moments to recognize your ability to grow and thrive, in spite of the challenges.

Now, take three deep breaths. Move forward in time to your present Self. What is holding you back, keeping you down, or making you feel small and vulnerable? Perhaps there is just one challenge. Perhaps there is more. Note what concerns you in the here and now. Do you have people around you who are supportive? Can you visualize others helping you who you may not have considered before? What tools do you possess to help you rise out of the mud? Creative expression? A meditation practice? Yoga? Gardening? Exercise? What else can you think of? What qualities are within you to help you rise out of the mud? Patience? Courage? Humor? Intelligence? Self-love?

Visualize that you have everything you need to get out of the mud again. Really focus on ALL that is available to you. When you are done, take three deep breaths and return to this time and place. Wiggle your fingers and toes; stretch your arms and legs; move your shoulders and neck. Then, open your eyes.”

Return to this visualization any time you need reminded that you have been in the mud and have risen before. You can do it again!

*You know your Self better than anyone. If this triggers any strong emotions, please use your best judgement and give yourself the care you need. Seek professional advice if you need it.

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Directions for Worksheet



Gather the “You are the Lotus!” worksheet, a pen or pencil, and whatever you want to use to color your lotus. I’ve created a sample to inspire you. It’s a blend of things that clients have shared in my workshops and my one-on-one Creatively Fit Coaching sessions.

1. Sit in a comfortable position, somewhere quiet and peaceful. Take three deep breaths. Always go back to focusing on your breath when you need to.
2. Reflect on the current challenges that hold you back, make you fearful, or keep you feeling small. Write them in the mud layer of the “I am the Lotus!” worksheet.
3. Think of all the people who can help you or are helping you with the challenges. They encourage you to rise out of the mud, grow, and bloom. Add them to the water layer of the worksheet.
4. Think of all of your skills and the qualities that you possess... things that help you get out of the muck. Add them to the water layer of the worksheet.
5. Consider all the positive things that have come out of these situations- lessons, gifts, other things you are grateful for. Also consider all the positive things that can come out of these situations in time. Add them to

the petals of your lotus. It's ok if you don't fill in every petal. Give yourself permission to come back to this and add more at another time.

6. Color your picture.

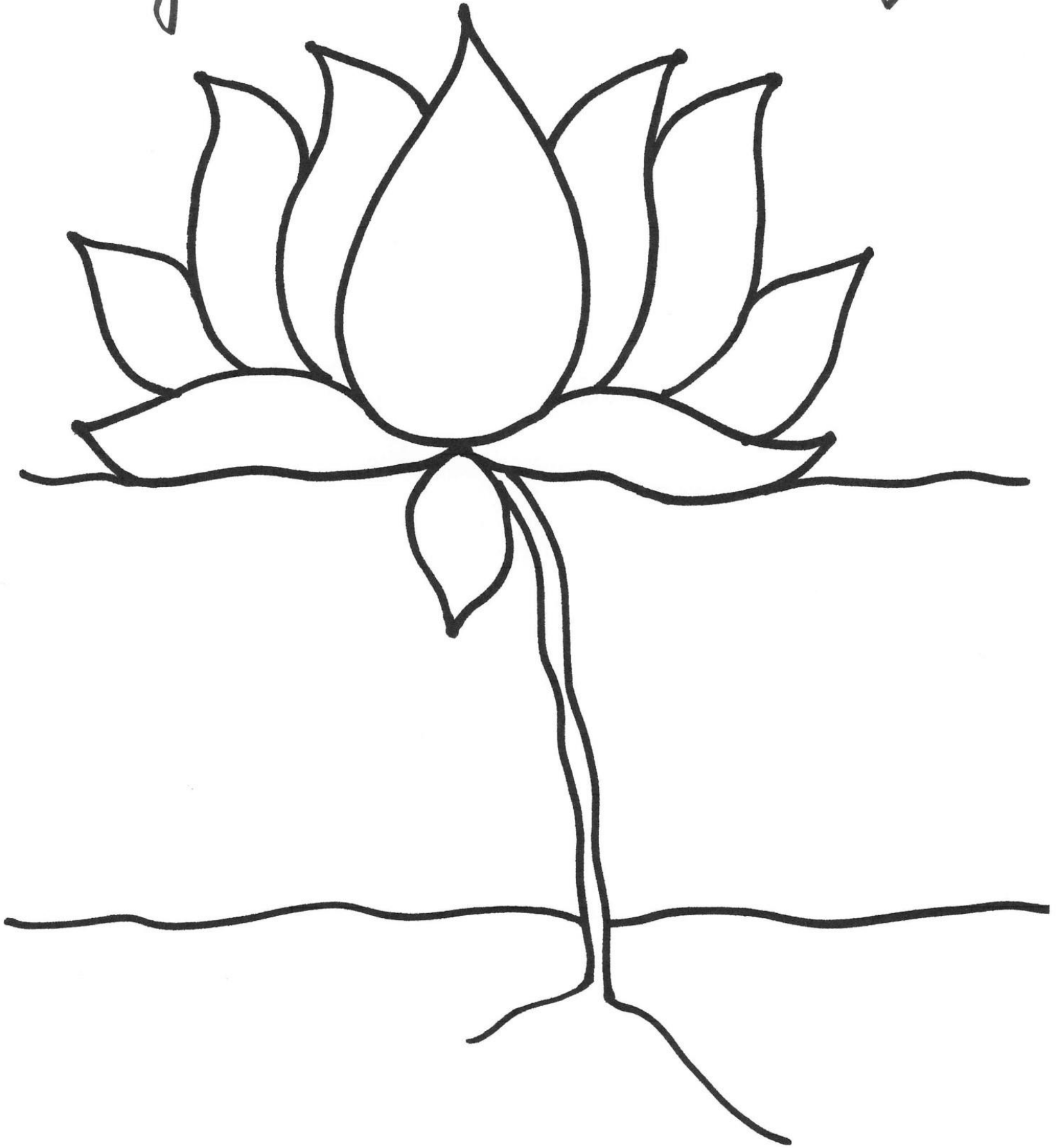
7. Do something nurturing just for you- a bubble bath, time to paint, go for a walk, play your favorite song and dance in the kitchen, whatever makes you feel loved!

Know that you are the lotus. You can rise out of the mud and bloom!

Hugs,

Susan

You are the Lotus! ♡



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