

Discover Your Energy

Reflection Worksheet

One of my favorite quotes is “No Mud, No Lotus.” When I was going through significant change in my life, during my meditations, I would always describe that it felt like I was stuck in the mud. I judged this as a negative place to be in my life. Then, I listened to a meditation by Thich Nhat Hanh, and he talked about how the lotus flower needs the mud in order to thrive and bloom. This gave me whole new appreciation for the “mud,” and I realized without it, I would never step away from the things that were not working for me. In the picture below around the roots and mud, fill in what things seem to be like mud for you in your life. And then take some time to fill in the lotus flower petals below with words that describe what your spirit loves, needs or wants.



