



The Rose

We are diving deep into your
internal Rose.

If you were a flower of the most
valuable and Beautiful nature, we
would be tempting your Petals
open. Asking each layer to show
herself so we can know you -
(w)holey.

We are going to be looking at you
as a Rose. Your roots, stems,
leaves, thorns, buds, blooms, and
hips.

What makes you a Rose?

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Roots:

What connects you to this Earth?

How do you water yourself?

What keeps you grounded in Life?

What nutrients do you need to
feel nourished?



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Stem:

What allows you to stand tall,
strong and confident?

What does being "supported" feel
like to you? Support from
yourself and others?

How do you hold all pieces of
yourself together?

What is your center? What does it
feel like?



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Leaves:

What feeds you in this life?

How do you photosynthesize
what you receive from the
external world?

What do you crave to receive to
feel loved, nourished, turned on?

Do you allow yourself to receive?
How does the thought of full
surrender feel in your body?



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Thorns:

What is True safety to you?

What makes you feel safe?

How do you stand up, speak up,
and watch over yourself?

What is True, loving Guardianship?

How do you respond to thorny
situations?

How can you use your connection
to center to cultivate spiritual
thorns?

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Buds:

What inspires you about living?

What makes you feel creative?

What connects you to a sense of
possibility and wonder?

How do you nurture your inner
child?

What makes you feel well tended
too and safe to grow?



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Blooms:

What does openness feel like in your body?

What feelings does being Seen evoke from you?

What in your life is ready to bloom open?

How do you celebrate and honor your Beauty? Your success?
How do you crave to?

How can you lean into the feeling of Being a Gift?



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Hips:

What is asking to be let go of in your external/internal life?

What is asking to be started/planted/nurtured in your internal/external life?

What is your relationship to transitions? How does it feel?

Do you Trust your own cycles?

Do you Trust God/Spirit to guide you?