

I am a lotus flower. I am planned beneath the ground and spend my days gazing toward the sky and absorbing the sun's rays. I know my purpose and what I was created to do. I am a lotus flower.

- These are some of the thoughts that I had while meditating on the flower. I'm always ~~always~~ inspired by the way that nature seems to possess an innate sense of purpose. It just is. The lotus flower doesn't ever question or doubt. It simply exists and lives out its life in the most beautiful and purposeful way possible. The way that its petals are stretched wide makes me think that the flower is not afraid to be vulnerable and open to the world. I want to be this way as well.

Arienne Grimald.

I had many thoughts going through my mind about Nature & how beautifully it was created & how everything in Nature depends on each other. The lotus flower needs the Sunlight, rain, water, fertile soil.

I initially thought about how beautiful the flower was & a desire to possess them & have them in my room/home. Then as I began to go deeper into being the lotus flower I realized that if someone truly loved me they would let me stay in nature & come see me rather than attempt to possess me for a short time & let me die. Everything in nature works in harmony & I hope that human's selfish need to possess things we think we love does not ruin the balance needed for this planet to thrive.

The love is to allow the life to be lived & support that life. The need to possess something because its beautiful is a cheap, selfish version of love, or not quite love but maybe even fear. Fear of missing out on it b/c it is fleeting. Part of the lotus's beauty comes from how fleeting it is.

I am a lotus flower; after repeating this during meditation, I let go and was able to consider what being a lotus flower really meant. It took a while to come to that thought process because my initial reaction was: "But I am a person not a flower." Now I have a few ideas and a different reaction to the meditation. The lotus

The lotus flower is pretty, colorful (comes in a variation of colors) and inspirational. It is something that people want to write about, paint, sketch, photograph; in essence, people do want to be the lotus flower or at least capture its essence and beauty to share with others. The lotus flower is delicate, but strong. It is graceful and has presence. It causes people to stop and stare or stop and reflect. It is not hard to look at the lotus for a prolonged period of time, it is almost something that should be done. It is something that is simple and organic not complex and mechanical like many things that occupy our time and thoughts. This simplicity and organic nature give us time to reflect and focus. It reminds us that life can be simple and does not have to be complex to be beautiful or entertaining.

Sarah Woods

Being one with the lotus flower was a very peaceful experience. I imagined myself as the flower, face up towards the sun. I imagined it to be a sunny, slightly windy day. I felt my face tingle and it grow warmer. I also imagined a slight breeze that would slightly push me over, but never vicious. Towards the end of the meditation, I imagined bees visiting me as the lotus flower, but I was never afraid of them. Overall, I was very much at peace with myself.

It was hard though at first to become one with the lotus flower. It was a foreign concept to me, but after a minute or two, I eased into the meditation.

SEVERAL THOUGHTS CAME TO MIND DURING THE LOTUS FLOWER MEDITATION. 'I AM A LOTUS FLOWER!' I BRIEFLY THOUGHT ABOUT WHAT IT LOOKED LIKE, BUT THEN DECIDED I'D BETTER NOT BECAUSE A LOTUS FLOWER IS HARDLY AWARE OF ITS EXISTENCE, LET ALONE ITS BEAUTY... SO THEN, HUMAN THAT I AM, I IMAGINED WHAT IT MUST BE LIKE TO BE A CONSCIOUS LOTUS FLOWER. ~~THE~~ ITS IMMOBILITY WOULD BE ANNUTING, BUT ONLY FROM A HUMAN PERSPECTIVE. I SUPPOSE AS A LOTUS FLOWER I WOULD KNOW NO GREATER BLISS THAN TO TAKE IN SUN AND BE REFRESHED BY COOL WATERS; PERHAPS SWAY GENTLY IN THE BREEZE. THEN I REMEMBERED I'M NOT AWARE OF ANYTHING AS A FLOWER, SO I TRIED TO CONCEPTUALIZE CEASING TO BE AWARE OF ANYTHING — THAT IS, FOR HUMANS, NON-EXISTENCE, DEATH. WOULD THAT JUST BE NIRVANA? OR IS DEATH TO BE EVADED AT ALL COSTS? I IMAGINE THE POINT OF THIS EXERCISE IS TO BE FULLY PRESENT; THE WHOLE "ETERNAL NOW" BUSINESS THAT'S MADE SO MUCH OF THESE DAYS... IT WAS RELAXING OVERALL, PROBABLY I'D SAY. EXCEPT THINKING ABOUT CEASING TO EXIST ISN'T ALWAYS THE MOST FUN THING IN THE WORLD — SOMETIMES IT IS, THOUGH.

Upon hearing "I am a lotus-flower," I pictured myself as such amid a bed of rushes beside a brook in some distant vale, a great yew tree spreading overhead and the lights of heaven passing rapidly before me — the centre of the flower was my nucleus, the sun by day and the moon and stars by night. The murmur of the air conditioning became the soft zephyr which whispered through my scene. The slight sway of my body was the slight bending of my stem before this gentle breeze, the pressure of my feet on solid ground & my root in earth below. Time seemed to pass extraordinarily swiftly at one time, at another to slip into an eternity of stillness and rest. In many ways, I was just as aware of my body as in the first meditation, but in a transformed manner.

Being a LOTUS Flower

Rosie
Frank

While spending time meditating & thinking of what life is like being such a beautiful, delicate flower, my mind could not help but to imagine life. Life so blissful & peaceful, a life that is never fraught with planning & or worrying, but a life that is carried by the wind & or water.

It almost seems like a life that is too easy and in which, because lotus flowers are so beautiful are treated with kindness, gentleness, & love / admiration. The flower petals are so delicate in look & soft in touch, that one treats this flower with such gentleness yet, the lotus flower is one of a ~~delicate~~ strong nature.

During the meditation it was also hard to become this lotus immediately.

JOSHUA HAAS

~~An experience~~

Guided meditation will never feel the same. There is something calming about having meditative thoughts that have come organically from ~~my~~ own mind. Perhaps organically should be capitalized — feeling the firm grip of ~~my~~ roots in the soft earth below... experiencing the soft petals opening & closing around my pistil with the rise & fall of the sun... pollination, wind, rain, snow, all ^{these} occurring without my consent and yet with my explicit permission. — it is tantamount to a religious experience. If I had to summarize, I'd say It feels as though you've placed your fingertip on the pulse of the universe.

I AM THE LOTUS
FLOWER

SITTING AMONG A GRAND
FIELD OF LONELINESS

THE WIND BRUSHES ME
VOICES ECHO IN THE DISTANCE

I AM A TINY THING
MY PETALS CRUMPLE
AND I DISAPPEAR

Lotus Meditation



Alana
Hunter

*Tranquility

The lotus is a very clean-cut flower. Its vibrant colors are eye-catching and upon observing it, it causes one to feel a sense of inner peace. During the meditation I felt very at ease and much more in balance physically and mentally. The lotus is beautiful yet simple, and imagining yourself as one is pacifying. My breath slowed and it was a pleasant experience. The lotus also makes me think of yoga, and the 8 different paths in Buddhism, followed to achieve enlightenment. I see the lotus as a symbol of a divine presence.

