

# FLOURISH REFLECTION EXERCISES

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*Flourish Reflection Exercises* are based on Biblical principles integrating cutting edge new research in Neurobiology, Faith Based Positive Psychology and Contemplative Christian Spirituality.

Powerful questions, reflections and imagery facilitate insight and access processing emotions which lead to growth and change.

Each Flourish Reflection Exercise includes:

Reflection materials and exercise description card.

Individual reflections \$10 each

Complete set, get two free \$ 180

To order email

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**Visio Divina** Experience God by reflecting on images, art, symbolism or scenery.



**Flowering Tea** Observe a blossoming tea pod open up slowly in hot water, reflecting on how this relates to your own life softening and opening up.



**Praying with a Prayer Shawl** Enter into a quiet sacred sanctuary under a prayer shawl



**Anointing with Biblical Oil** Anoint yourself, others and items in prayer, as a sign of sacred consecration, dedication, blessings and being set apart for special purpose.



**Gratitude Blessing** Consider what you are grateful for, placing stones or notes into a bowl, writing in a journal, sending thank you notes and letters



**Daffodil Principle of Fruitfulness** Plant daffodils symbolic of cultivating good seed.



**Relaxation and Christian Meditation** Listen to a relaxation and meditation CD helping you to breath deeply, relax your body and calm your mind



**Scripture Meditations and Biblical Affirmations** Listen to relaxing music along with scriptures and biblical affirmations for tranquility and to reduce stress and anxiety.



**Potter and Clay Exercise** Create with clay, representing how you are with God.



**Surrender Stones** Write words on stones you want to surrender to God and let go.

## INTEGRATING FAITH AND SCIENCE

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### INTEGRATED WELL-BEING IS THE ANTIDOTE

We are created as whole persons, with all our life systems designed to work together. Our spirit, mind, brain, emotions and body all interact in a highly complex and harmonious way. We cannot be spiritually healthy if we are not emotionally healthy. Our thoughts and emotions impact our physical health. When we live within this divine order of faith and science, we flourish.

Love and relationship system

Joy and gratitude system

Peace and tranquility system

Hope and resilience system

### LIFESTYLE IS THE MEDICINE

Our daily habits and the intentional rhythm of our life determine the choices we make for our growth, happiness, health and well-being. Most of stresses and modern diseases are preventable through lifestyle. Intentional living for wellness and will change your habits, change your life.

### CONTEMPLATIVE SPIRITUALITY IS THE CURE

In the midst of the busyness of life, with so many distractions and stressors, it is essential to make time to slow down, be quiet and connect with God. Regular spiritual practices such as prayer, meditation, study of the word, community, serving etc, that draw us close to God and others, help us be attuned to God's presence in our daily life. Sacred rhythms calm our mind, change our heart rate and brain states providing joy and tranquility.

## FLOURISH IN LIFE AND RELATIONSHIPS

### RELATIONSHIP WITH GOD AND ONE ANOTHER

*Faith, Prayer and Spiritual Practices*

Our brain and heart are hardwired for love. We grow and flourish in well-being through relationship attachments with God and one another. Connecting with God through spiritual practices not only transforms our heart and life,

but provides healthier brain states. Pray, read scripture, meditate, spend time in quiet appreciating the beauty of nature and reach out to others. Connect with others individually face to face and in small groups. Loving God and loving others lights up our brains, sustains our health, well-being and gives longevity.

## **JOY AND GRATITUDE**

*Appreciation, thankfulness and positive emotions*

Nurturing a grateful heart leads to a healthier body, a happier mind and relationships that flourish. The practice of gratitude can actually change the state of your brain, right down to your neurons. Anger and gratitude can't exist together. Gratitude leads to infusing daily life with happier moods, more optimism, better sleep, lower levels of chronic stress, fewer physical symptoms of illness and pain and the ability to avoid emotions that cultivate bitterness, envy, stress and depression when faced with life challenges.

Gratitude and positive emotional vitality expand our mental ability, creativity, and problem solving skills. Gratitude and joy builds physical health and good relationships which support us through life challenges. The benefits from counting blessings are tangible both emotionally and physically. Joy and gratitude bring alive what is good in life and may be even more valuable in hard times. Gratitude and joy are a contagious gateway to other positive emotions, creating an upward spiral effect, even facilitating forgiveness.

## **PEACE AND TRANQUILITY**

*Relaxation and Christian Meditation*

We are created with a parasympathetic system that stabilizes us with peace and tranquility after the sympathetic system responds to stress. It is up to us, with the help of the Spirit of God, to maintain this harmonious state, managing our stress response system, worries and other factors that interrupt this serenity. Learn to relax your body and calm your mind.

## **HOPE AND RESILIENCE**

*Surrender and Purpose*

Without hope and a vision for the future, we languish. Although we are created with an amazing capacity to cope and bounce back, hope isn't innate. But the Bible and now science proves we can learn to cultivate hope to equip us through struggles. We can even grow, develop character and become better people through challenging times. Our ultimate hope for all things in life is in God. He gives us the desires of our heart, direction for each day and into tomorrow. He is our strength through struggles and the keeper of our hope and future. As we learn to surrender our lives and trust God to reveal His ways to us, He promises to mature us and build our character, see us through, giving us His love, joy, peace and hope.