

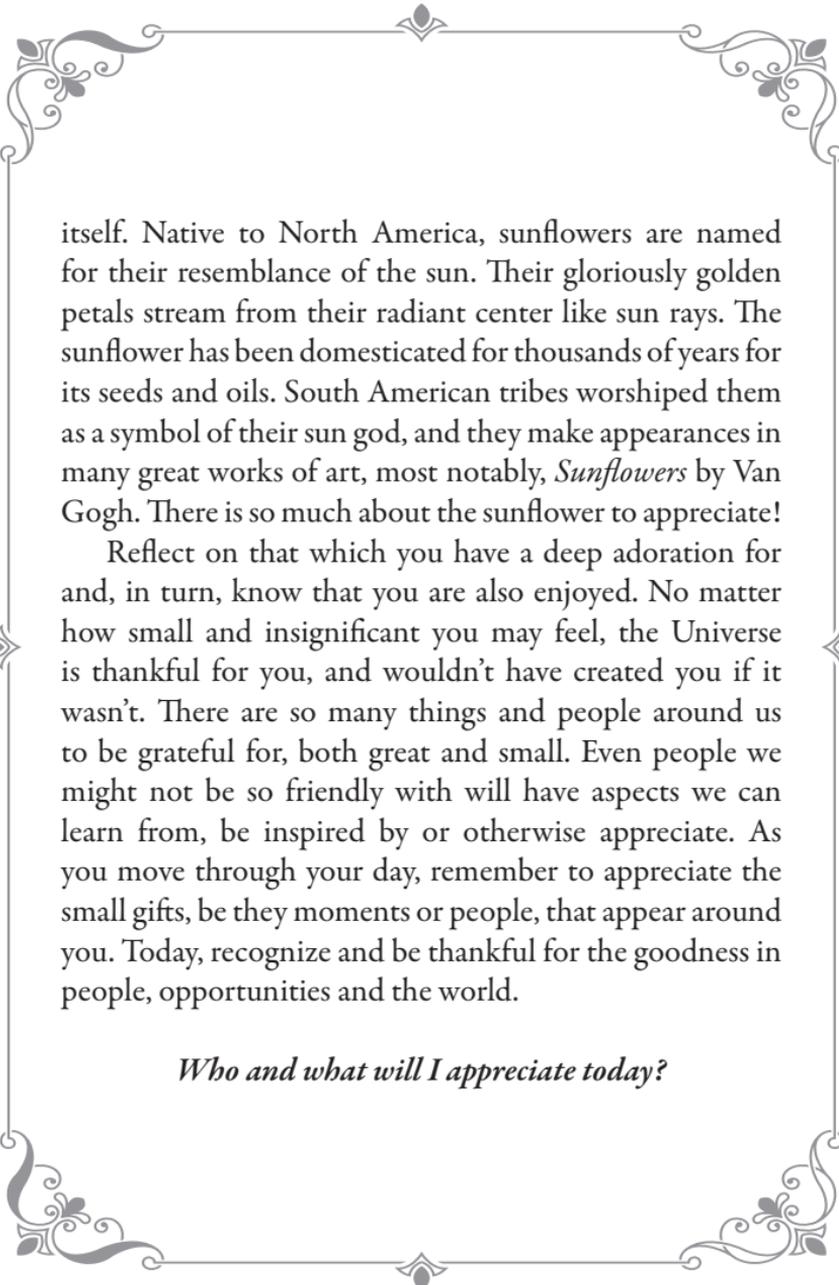


APPRECIATION

FLOWER: Sunflower (*Helianthus*)

BUTTERFLY: Diana Fritillary (*Speyeria diana*)

SUNFLOWER IS A BEAUTIFUL metaphor for appreciation. It reaches toward the sun and follows its daily trek across the sky. The sunflower seems to cherish the sun and life



itself. Native to North America, sunflowers are named for their resemblance of the sun. Their gloriously golden petals stream from their radiant center like sun rays. The sunflower has been domesticated for thousands of years for its seeds and oils. South American tribes worshiped them as a symbol of their sun god, and they make appearances in many great works of art, most notably, *Sunflowers* by Van Gogh. There is so much about the sunflower to appreciate!

Reflect on that which you have a deep adoration for and, in turn, know that you are also enjoyed. No matter how small and insignificant you may feel, the Universe is thankful for you, and wouldn't have created you if it wasn't. There are so many things and people around us to be grateful for, both great and small. Even people we might not be so friendly with will have aspects we can learn from, be inspired by or otherwise appreciate. As you move through your day, remember to appreciate the small gifts, be they moments or people, that appear around you. Today, recognize and be thankful for the goodness in people, opportunities and the world.

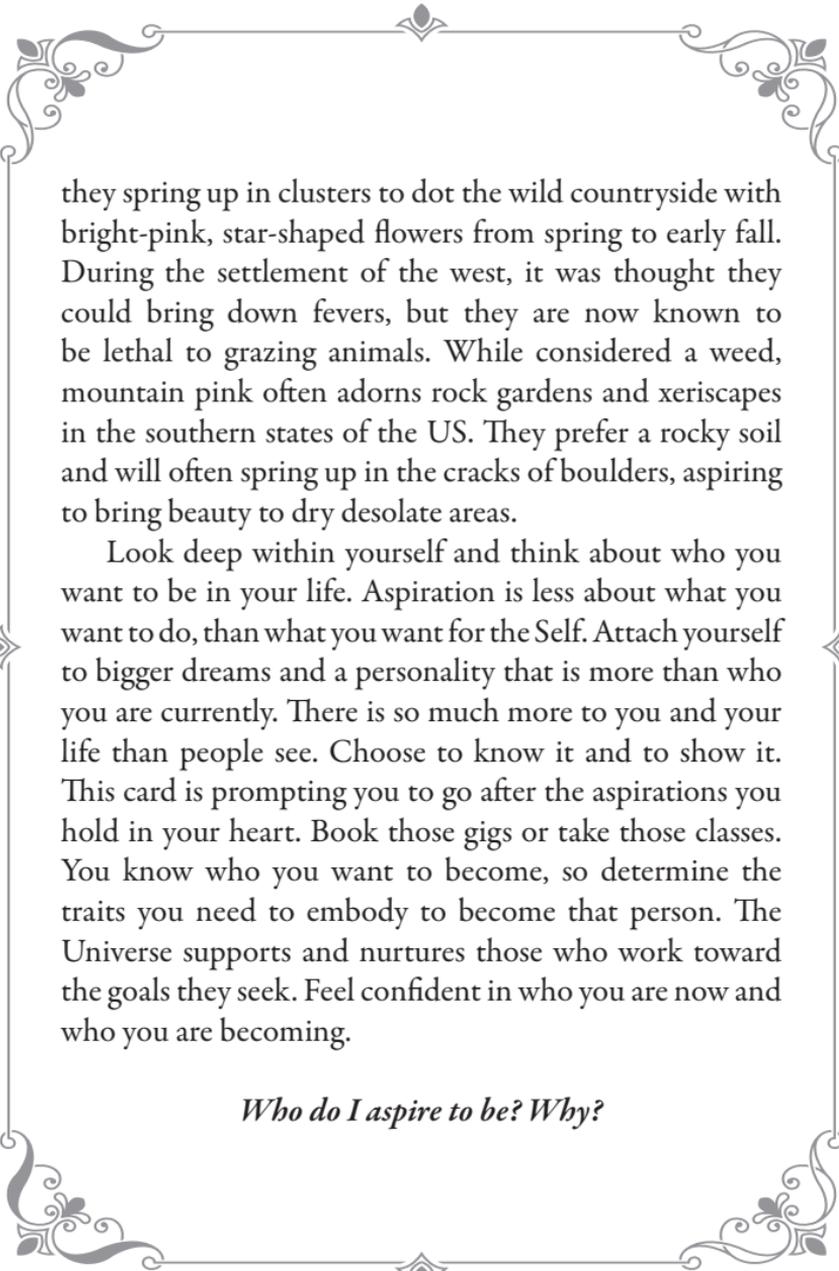
Who and what will I appreciate today?



ASPIRATION

FLOWER: Mountain Pink (*Centaurium beyrichii*)
BUTTERFLY: Large Orange Sulphur (*Phoebis agarithe*)

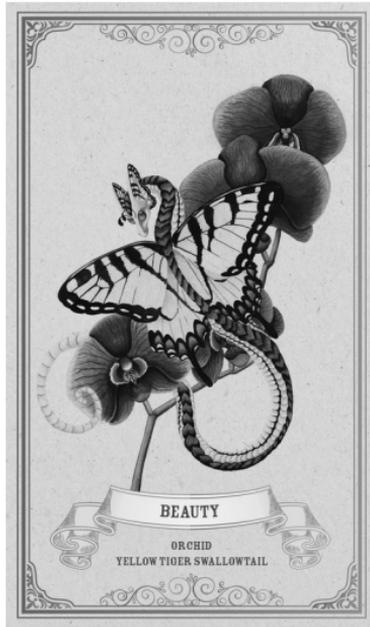
MOUNTAIN PINK, also known as quinine weed, is a group of wildflowers that grows like a small bush. It covers the plains, mostly in Texas and parts of Oklahoma, where

A decorative border with ornate floral and scrollwork designs in the corners and midpoints of the top and bottom edges, framing the text.

they spring up in clusters to dot the wild countryside with bright-pink, star-shaped flowers from spring to early fall. During the settlement of the west, it was thought they could bring down fevers, but they are now known to be lethal to grazing animals. While considered a weed, mountain pink often adorns rock gardens and xeriscapes in the southern states of the US. They prefer a rocky soil and will often spring up in the cracks of boulders, aspiring to bring beauty to dry desolate areas.

Look deep within yourself and think about who you want to be in your life. Aspiration is less about what you want to do, than what you want for the Self. Attach yourself to bigger dreams and a personality that is more than who you are currently. There is so much more to you and your life than people see. Choose to know it and to show it. This card is prompting you to go after the aspirations you hold in your heart. Book those gigs or take those classes. You know who you want to become, so determine the traits you need to embody to become that person. The Universe supports and nurtures those who work toward the goals they seek. Feel confident in who you are now and who you are becoming.

Who do I aspire to be? Why?

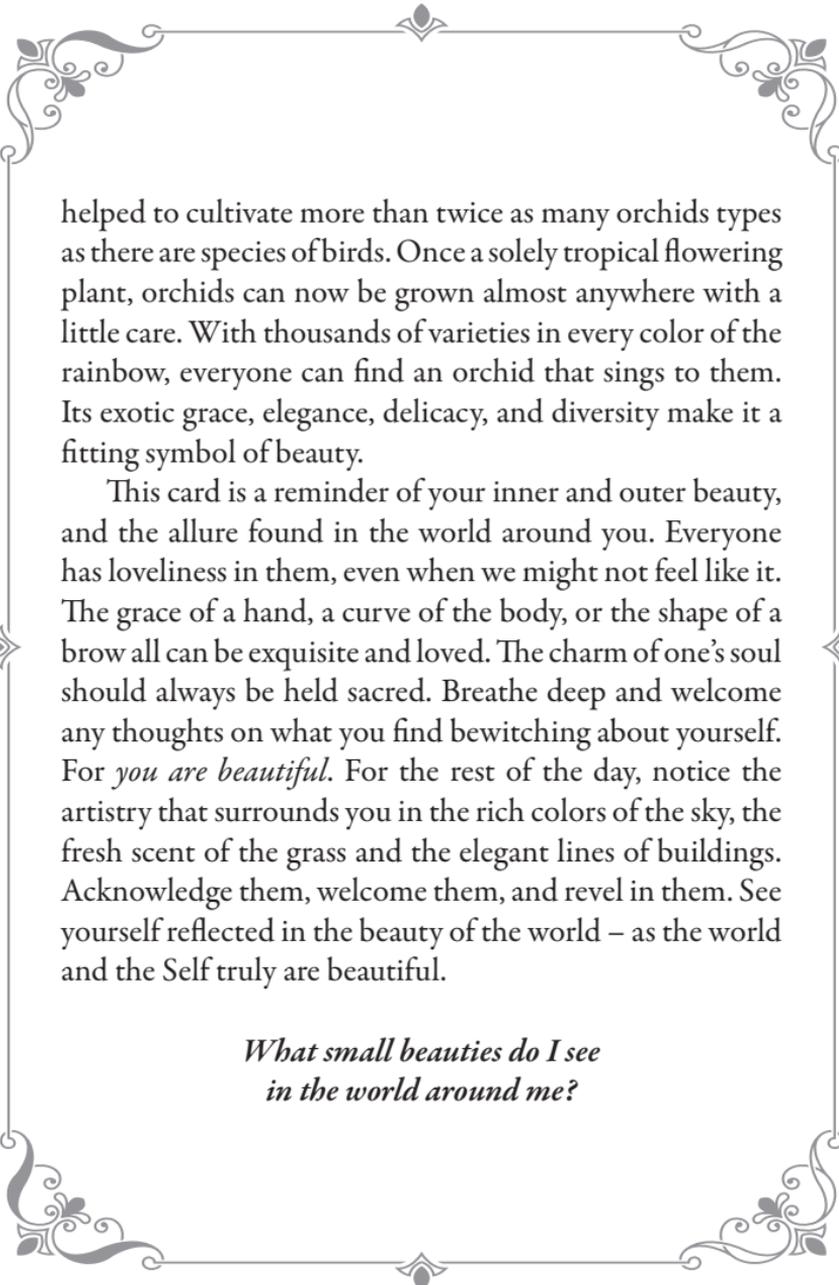


BEAUTY

FLOWER: Orchid (*Orchidaceae*)

BUTTERFLY: Yellow Tiger Swallowtail (*Papilio glaucus*)

WITH ITS SYMMETRY and fragrance, every aspect of orchid is an embodiment of beauty itself. People have fallen so deeply under the orchid's spell that they have



helped to cultivate more than twice as many orchids types as there are species of birds. Once a solely tropical flowering plant, orchids can now be grown almost anywhere with a little care. With thousands of varieties in every color of the rainbow, everyone can find an orchid that sings to them. Its exotic grace, elegance, delicacy, and diversity make it a fitting symbol of beauty.

This card is a reminder of your inner and outer beauty, and the allure found in the world around you. Everyone has loveliness in them, even when we might not feel like it. The grace of a hand, a curve of the body, or the shape of a brow all can be exquisite and loved. The charm of one's soul should always be held sacred. Breathe deep and welcome any thoughts on what you find bewitching about yourself. For *you are beautiful*. For the rest of the day, notice the artistry that surrounds you in the rich colors of the sky, the fresh scent of the grass and the elegant lines of buildings. Acknowledge them, welcome them, and revel in them. See yourself reflected in the beauty of the world – as the world and the Self truly are beautiful.

*What small beauties do I see
in the world around me?*