

# intuitive flowers:

empowering your emotional goals



By Susan Jane



please use this workbook to help you interpret what your  
intuition is telling you about achieving

# your emotional goals

Welcome to Intuitive Flowers	3
Persona	4
Motivational Outlook	5
Personality	5
Knowledge	6
Relationships	6
Background	7
Behaviour	7
Path or Journey	8
Guides	8
Protection	9
Attraction	9
Emotions	10
Love	10
Balance	11
Influences	11
Conclusion	12



intuitive **flowers**  
*by Susan Jane*



# welcome to intuitive flowers

*Intuitive Flowers* will help you to develop your intuition, using a physical (floral) image to practice on. Meditation, deep breathing and the right environment are the optimal way of receiving intuitive signs clearly and thus developing your intuition. However, we often do not have the space or the personal freedom to grab an extra five minutes to sit quietly, let alone meditate with the incense burning and soft music playing in the background! Life has become so full of information that it is hard to decide what you want to take on board and what you want to let go of. *Intuitive Flowers* stimulates you to trust your intuitive decisions as you focus on a neutral flower image, representing your emotional aspirations towards your goals in life.

Using images allows us to make emotional decisions without affecting anyone around us, or the situation. It gives us the ability to understand who we are just that little bit more, and when our intuition shows us the signs, it guides us in the direction we need to take to achieve it. This gets us used to seeing, hearing and feeling the signs given to us and lets us practice using and trusting our intuition, while growing towards our goals.



## intuitive flowers: empowering your emotional goals

Work your way through each section taking notes as you go along. This is the best way to work out what your intuition is telling you and helps keep you on track as you go along. Some answers will be quick and easy to see others will take a little longer to understand or follow. Enjoy the process at every step and let me know how you go.

### persona

This section is the most important area regarding how you develop trust in using your intuition. It is where you allow yourself to openly express what you are feeling about the image before gathering all of the logical information. By doing this, you permit yourself the ability to start reading an image and to have aspects of it confirmed by digging down into the image.

Write down your initial feelings when looking at the flower image.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## motivational outlook

They say, 'A picture is worth a thousand words', and the way that your picture is formatted will assist you with understanding what your motivational outlook is to attain your goal.

What is the format of the image telling you about motivation towards the goal?

---

---

---

---

---

---

---

---

## personality

The personality is characteristic of 'who' the person is behind closed doors and consequently, some of these traits may only be displayed when the individual feels comfortable within a relationship or the situation.

What is the size of the subject revealing about the personality?

---

---

---

---

---

---

---

---



## knowledge

Understanding how we think and gather our knowledge is a crucial part of interpreting how we make decisions in our lives. We make most of our decisions using our emotions, however we need to assess those decisions by using our knowledge to make sure we are on the right track.

How is the information about achieving the goal coming to us?

---

---

---

---

---

---

---

## relationships

Relationships are a major part of people's lives, from the simple to the complex. The relationship relayed in the reading will relate to how the individual sees themselves within the larger scheme of things.

What sort of relationships are required to achieve the goal?

---

---

---

---

---

---

---



## background

The image a person chooses is likely to show a bloom with a background. We aim to use this information to provide us with an insight into the 'background' of the individual and how they go about achieving their goals.

What is the background telling you about the image?

---

---

---

---

---

---

---

## behaviour

We will look at how to break down an image to reveal the deep symbolic and behavioural meaning of a shape. Shapes can explain why an individual uses certain behaviours to achieve their goal or potential.

What shapes are apparent in the image?

---

---

---

---

---

---

---

---



[Index](#) path or journey

The stem of the plant is synonymous with the journey or path the individual has taken, or will take, to reach their destination or goal. It is well known that to reach your goals or desired results, you must start with the first step on the correct path.

What is the stem representing about the journey towards achieving the goal?

---

---

---

---

---

---

---

**guides**

Guidance is in reference to those who have helped us, or will help us on the journey to the desired results and is relevant to the leaves that may be present in the image.

Are the leaves of any significance?

---

---

---

---

---

---

---





## protection

In the early stages of flower development, leaf-like structures called sepals will wrap around the flower bud in order to provide extra protection to the developing flower parts. This protective structure is called the calyx.

Does the goal need early support or protection?

---

---

---

## attraction

The underlying principle for the petals is to attract insects and birds into the flower, thus promoting the possibility of cross-pollination and fertilisation. The petals in the selected image correspond to attracting what we require to achieve our goal using our natural assets.

Describe the type of attraction required to achieve the goal?

---

---

---

---

---

---

---

---

---

---



## emotions

Colours have a direct link to our emotions. They can have significant meanings to each person, as situations in your life can reflect your attraction to or retraction from to particular colours. The colours within the image represent emotional elements that the presenter may not realise they are revealing.

What is being revealed in the colours within the image?

---

---

---

---

---

---

---

---

---

---

## love

For the benefit of reading flowers and attaining your goal, the heart centre is expressed as the 'love' or 'drive' you have towards achieving your goal. Love is an emotion that can only be determined by the individual and at a level that the individual understands.

What is happening in the heart centre?

---

---

---

---



## balance

A balanced life is essential for peace and harmony, and numbers play an important role as to how balanced your life is. Numbers do not need to be even to be balanced, the number of fingers on each hand is odd yet together they are balanced.

What are the numbers telling you?

---

---

---

---

---

---

---

## influences

Some flower images will have inclusions that are not covered in the rest of the book, which can have a significant influence on the goal or the understanding of the goal.

Are there any other influences in the image?

---

---

---

---

---

---

---



## conclusion

As you read over the details of each section you will notice patterns or themes coming through. To further enhance your intuitive abilities write down your answers together here and watch the answer above join up into the concluding results below.

As you write the answers again beware of thoughts and feelings that come to you as your intuition steers you towards your emotional goals in life.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## the workbook



I hope you enjoyed doing your flower image reading. Reading an images gives you the chance to reflect on what your intuition is trying to bring forward for you. Intuitive Nature now has on line Flower Reading Courses that teaches you how to read flowers that you hold in your hand.

It is a fun and interactive way of sharing your knowledge with your friends and the course options give you the chance to create your own small business doing paid workshops.

Flowers reflect our goals in life ...  
So pick profusely

By Susan Jane

The Intuitist



For more information about the on line courses please go to  
[www.Intuitive-Nature.com](http://www.Intuitive-Nature.com)