



Hidden Lotus

MY JOURNAL 2026

Week 1 : The Gift of the Dark

WHEN YOU SIT IN TOTAL SILENCE OR DARKNESS, WHAT IS THE FIRST THOUGHT THAT RUSHES IN TO FILL THE SPACE? CAN YOU ACKNOWLEDGE THAT THOUGHT AND THEN LET IT SINK INTO THE SOIL?

IF YOU ALLOWED YOURSELF TO BE "FALLOW" THIS WEEK—MEANING YOU DIDN'T HAVE TO PRODUCE, IMPROVE, OR FIX ANYTHING—WHAT IS ONE ACTIVITY YOU WOULD STOP DOING IMMEDIATELY?

THE ROOT SYSTEM VISUALIZE YOUR ENERGY PULLING INWARD TOWARD YOUR CENTER. WHAT PART OF YOUR INTERNAL LIFE (YOUR CREATIVITY, REST, SPIRITUAL PRACTICE) NEEDS MORE "NUTRIENTS" RIGHT NOW?

FINDING SANTOSHA (CONTENTMENT) NAME THREE THINGS ABOUT YOUR LIFE RIGHT NOW THAT ARE "QUIET" OR "IN-PROGRESS" RATHER THAN "FINISHED." HOW CAN YOU FIND PEACE WITH THEM EXACTLY AS THEY ARE TODAY?

A VOW TO THE DARK WRITE A ONE-SENTENCE "PERMISSION SLIP" TO YOURSELF FOR THE COMING WEEK. (EXAMPLE: "I GIVE MYSELF PERMISSION TO GO TO BED EARLY WITHOUT GUILT.")

JOIN THE JOURNEY

IT IS NEVER TOO LATE TO STEP INTO THE QUIET. WHETHER YOU ARE A SEASONED YOGI OR SOMEONE JUST LOOKING FOR A BIT OF PEACE DURING THE WINTER MONTHS, THERE IS A SPACE FOR YOU ON THE MAT.

EVERY THURSDAY 7-8PM@ PARKFEILDS COMMUNITY CENTRE, MOLD
COME AS YOU ARE ♥