

# Flower Mandala

Client Name: \_\_\_\_\_

Flower remedy taken from \_\_\_\_\_ to \_\_\_\_\_

This daisy will help you chart your healing journey. At the end of each day, colour the petal that matches the day of the month, using crayons, oil pastels, or coloured pencils (felt pens won't provide the colour gradation you may need). Let your colour choice portray how you feel about that day, paying particular attention to the issue on which you are working. You might want to note particular thoughts, key events, etc. beside the relevant petal. Note if particular colours have specific meanings for you. At the end of the remedy cycle, fill in the centre to portray how the cycle has been for you overall. *Bring this daisy to your next consultation.*

