

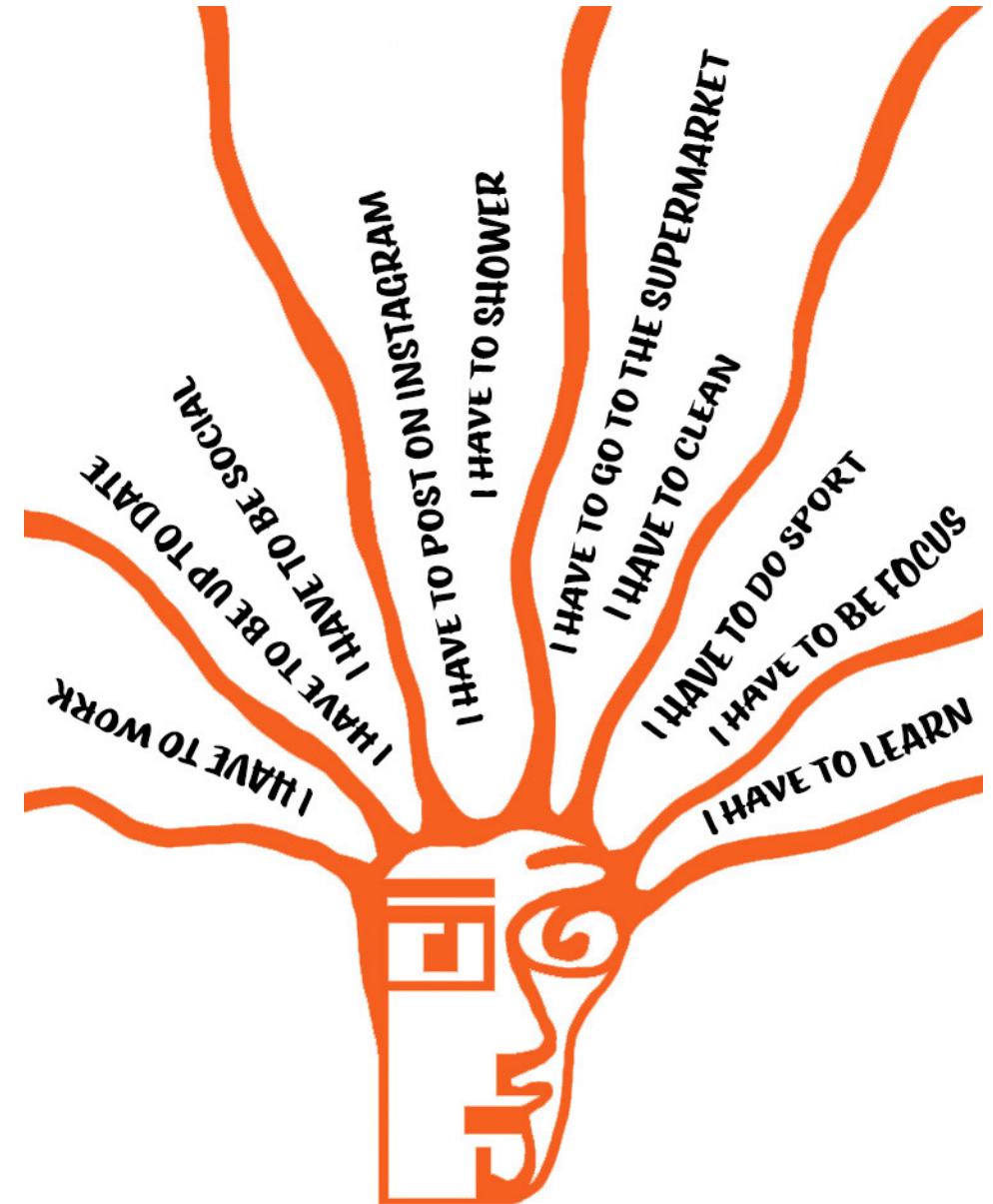
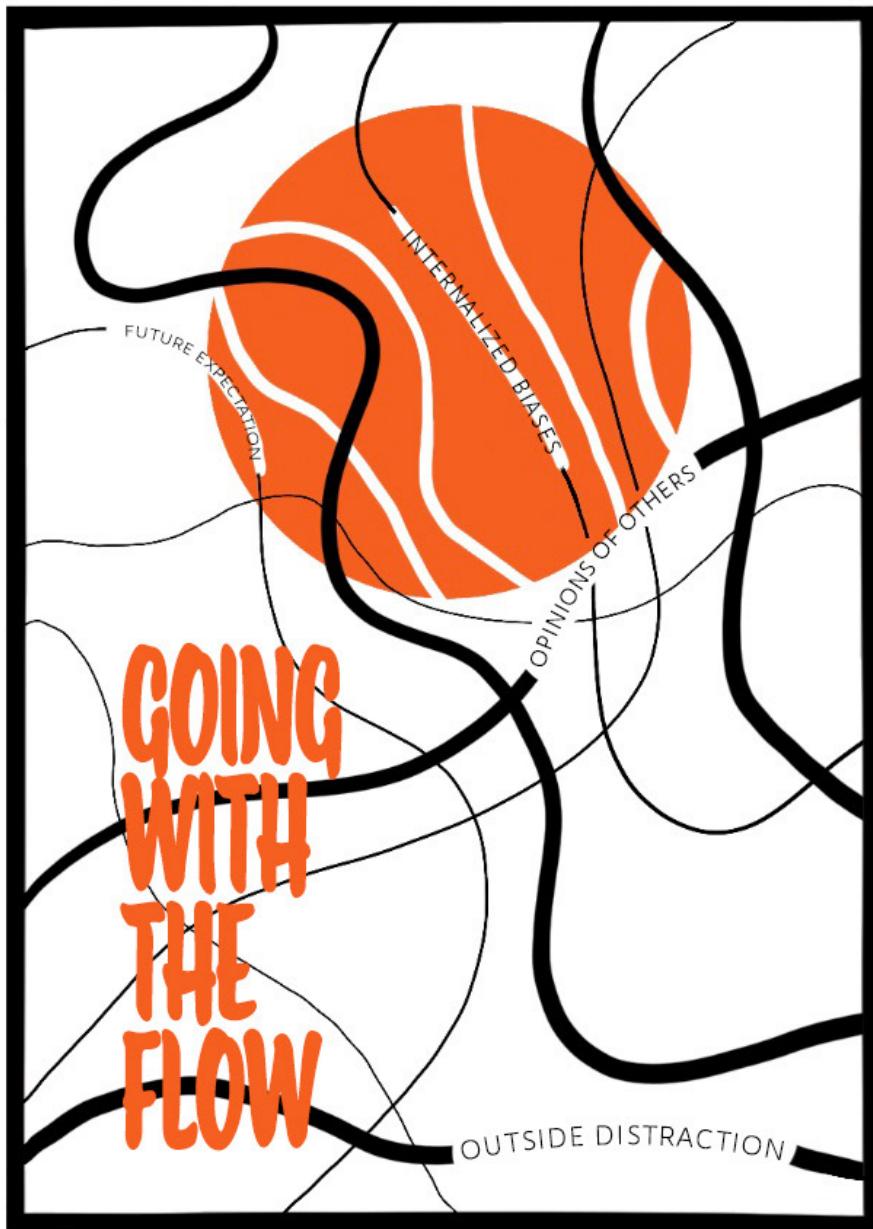


**STOP TRYING SO HARD AND  
GO WITH THE FLOW**

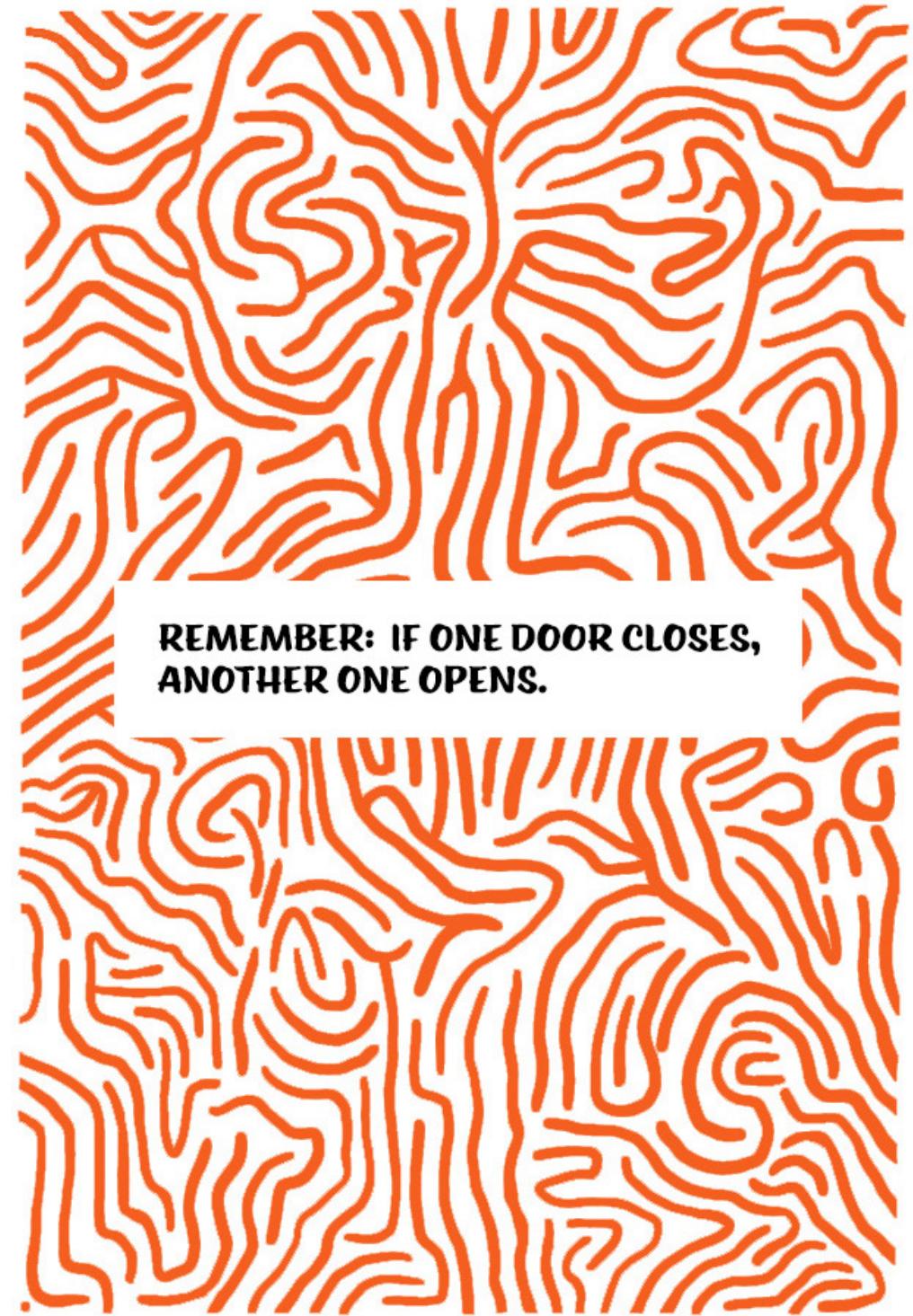


GOING WITH THE FLOW MEANS LEARNING TO ACCEPT THE THINGS WE CANNOT CHANGE, AND FOCUSING ON THE THINGS WE CAN. IT MEANS BEING OPEN TO NEW OPPORTUNITIES AND EXPERIENCES, EVEN WHEN THEY MAY NOT BE WHAT WE EXPECTED. IT MEANS BEING KIND TO OURSELVES AND TAKING CARE OF OUR MENTAL AND PHYSICAL HEALTH, EVEN WHEN IT FEELS LIKE THE WORLD IS AGAINST US.

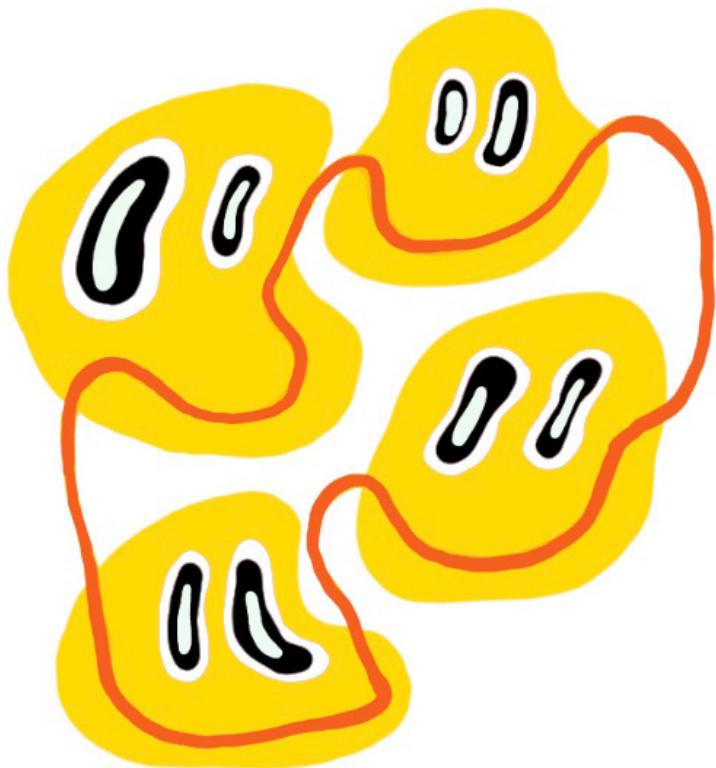
PLEASE STOP OVERTHINKING LIFE LIKE YOU HAVE TO HAVE AN ANSWER TO EVERY FEELING OR SITUATION. THAT'S NOT HOW LIFE WORKS. WE FIGURE IT ALL OUT BY JUST LIVING, BY FUCKING UP, BY MISSING AN OPPORTUNITY, BY SEEKING ADVICE AND NOT TAKING IT. WE LEARN WHAT'S IMPORTANT AND WHAT ISN'T. SOMETIMES WE HAVE NO FUCKING IDEA WHAT TO DO AND IT'S SCARY BUT IT'S OKAY. ALWAYS TRUST YOUR GUT AND KNOW THAT EVERYTHING WILL WORK OUT EXACTLY THE WAY IT IS SUPPOSED TO BE. IT ALWAYS DOES. RELAX, WE WERE NEVER IN CONTROL ANYWAY.



**SET ASIDE SOME TIME AND  
DON'T FILL IT WITH ANY PLANS.  
DO WHAT YOU WANT TO DO AT THAT MOMENT.**



# HAPPINESS COMES IN WAVES

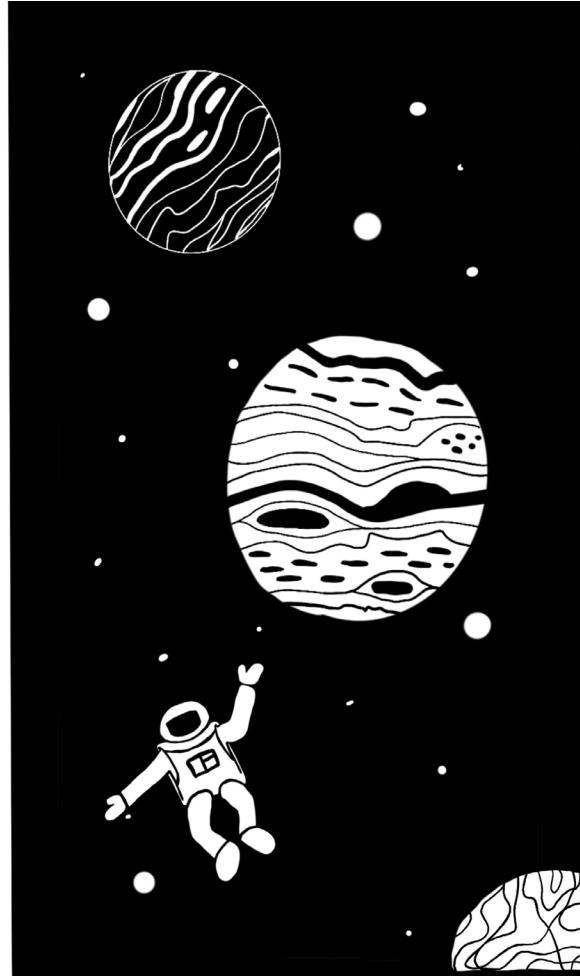


IT WILL FIND YOU AGAIN

WHEN WE LEARN TO GO WITH THE FLOW, WE ARE ACCEPTING WHAT IS AND LETTING GO OF OUR ATTACHMENT TO SPECIFIC OUTCOMES. THIS CAN HELP US TO BE MORE PRESENT AND MINDFUL IN OUR LIVES, AND TO CULTIVATE A SENSE OF INNER PEACE AND WELL-BEING. BY FOCUSING ON THE PRESENT MOMENT AND TRUSTING IN THE UNIVERSE OR A HIGHER POWER, WE CAN REDUCE STRESS AND ANXIETY AND CULTIVATE GREATER HAPPINESS AND CONTENTMENT IN OUR LIVES.



I AM THE CREATOR  
OF MY OWN REALITY



THE UNIVERSE IS OFTEN SEEN AS A FORCE THAT IS GREATER THAN OURSELVES, AND THAT HAS A PLAN OR PURPOSE FOR OUR LIVES. WHEN WE LEARN TO LET GO OF OUR ATTACHMENTS TO SPECIFIC OUTCOMES, WE CAN TRUST THAT THE UNIVERSE WILL GUIDE US TOWARDS OUR TRUE

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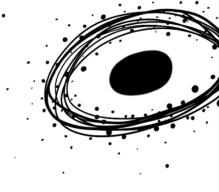
# TRUST THE UNIVERSE

WE'RE ALL  
JUST  
PEOPLE



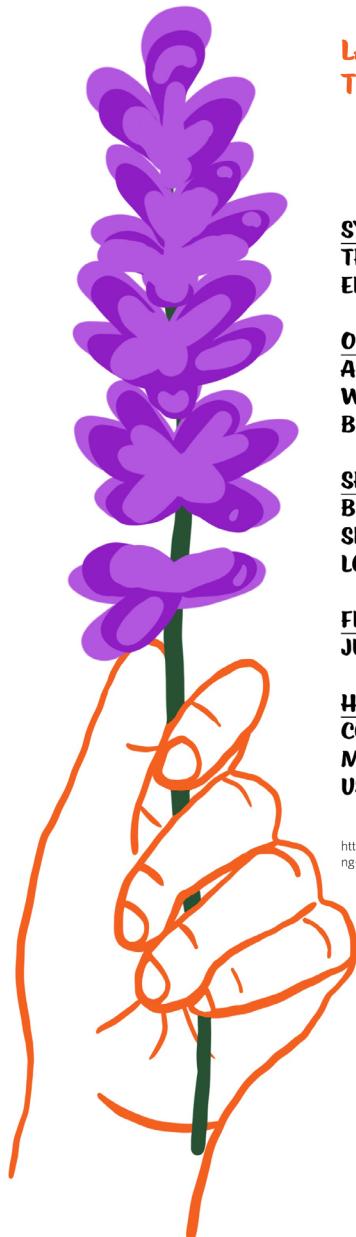
ON A  
SMALL  
ROCK

IN AN  
ENDLESS  
UNIVERSE



SO DON'T GIVE  
A FUCK WHAT  
PEOPLE THINK  
ABOUT YOU





## LAVENDER: TENDERNESS AND APPRECIATION

**SYMBOLIC MEANING:** LAVENDER REPRESENTS TRANQUILITY AND BALANCE, BUT ALSO ELEGANCE AND FEMININITY.

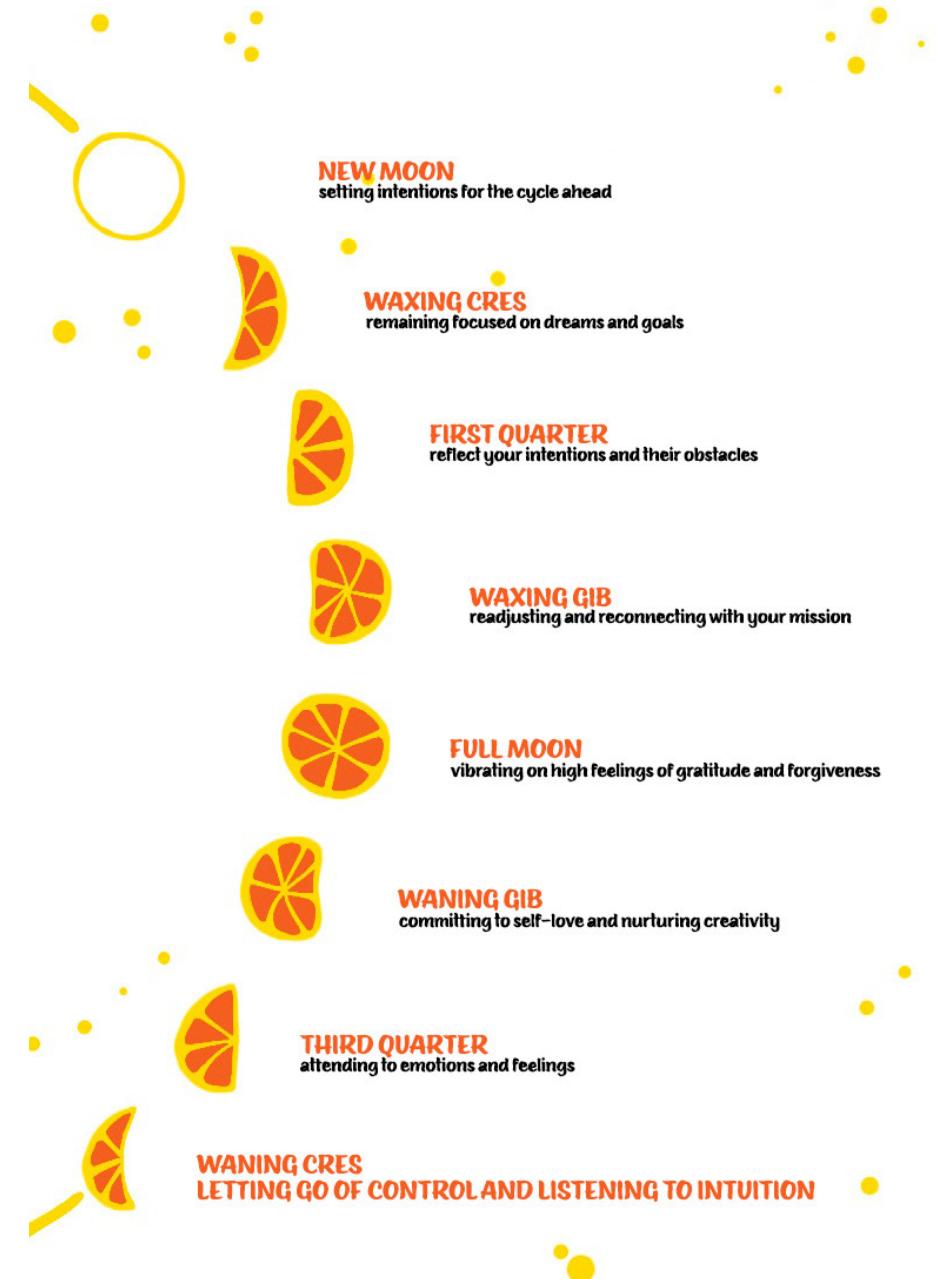
**OCCASIONS:** AS A SOPHISTICATED FLOWER ARRANGEMENT FOR OCCASIONS WHERE A WOMAN IS THE CENTER OF ATTENTION, E.G. BIRTHDAYS.

**SHAPE/COLOR:** LAVENDER HAS MANY SMALL BLUE OR PURPLE FLOWERS ARRANGED IN SPIKES ON A LEAFLESS STEM THAT GIVE OFF A LOVELY FRAGRANCE.

**FLOWERING TIME:** THIS PLANT BLOOMS FROM JUNE TO AUGUST.

**HISTORY/ORIGIN:** THE WORD LAVENDER COMES FROM THE LATIN *LAVARE*, WHICH MEANS "TO WASH", WHICH IS WHY THIS PLANT USED TO BE CALLED "WASHING HERB".

<https://www.manomano.de/beratung/blumensprache-20-blumen-und-ihre-bedeutung-9232>





LIFE CAN BE HARD, BUT WE CAN CHOOSE HOW WE RESPOND TO THE CHALLENGES WE FACE. BY LEARNING TO GO WITH THE FLOW, WE CAN FIND PEACE, STRENGTH, AND RESILIENCE EVEN IN THE TOUGHEST TIMES. WE CAN FIND A WAY FORWARD, AND WE CAN THRIVE, NO MATTER WHAT LIFE THROWS OUR WAY.