

# Why A Lotus?



The [lotus](#) flower is one of the most ancient symbols of our planet and the lotus also has a life cycle unlike any other. With its roots based in mud, it submerges every night into murky river water, and undeterred by its dirty environment, the lotus miraculously re-blooms the next morning without any residue on its petals. It continues to resurrect itself everyday, coming back to bloom with remarkable beauty. In addition, the lotus demonstrates an inspiring will to live proven by the ability of a lotus seed to withstand thousands of years without water and then germinate over two centuries later. The lotus has come to be known as a symbol of faith within ourselves, perseverance, revival, purity of heart and mind, enlightenment, self-regeneration and rebirth. The nature

of a lotus is considered to be a perfect analogy of the human spirit, as we have the ability to transcend and overcome great adversity.

Our goal is that along your pursuit of healing, strength and transformation you recognize your own inherent beauty, resilience and ability to transcend the obstacles placed in your way...