

# 17 Rose

Key words: smelling

We are awakened by the sweet scent of roses. We keep our eyes closed and we let memories come into our mind.

We call to us our breakfast bread, our coffee or tea, the perfume our mother or loved one wears. We call our favorite meal, the smell of our favorite place. And we smile, at peace.

We realize that we are never alone, that our senses make sure that we carry their memories wherever we are. They are part of us, and smell can bring us instant peace, instant love.

As we get up to see where this sweet scent comes from, we let our body guide us. We may stop several times, because we perceive other flowers, that we will visit later, but right now, we need to find this rose that made us feel so good this morning.

We finally reached it. Its colors are unusual, and it seems to call us to come closer, to let its scent conquer our soul. Nothing too heavy, nothing too soft. Just another way to express beauty and vulnerability. It may fade away quickly, but it will last in us, as we try to refrain our will to touch it, to feel it meet each of our senses.

Smell is the way fragile things, instants last in our memories. When our emotions can't describe it. Smell brings us that comfort we need when we remember them.

We then understand that even the most vulnerable things or moments have a really strong power on us. And we can decide when we need their healing memories to bring us comfort or peace.

The time has come to explore further. We take our bag and caress the rose petals a last time before going on our path.



You need to recall memories that would instantly bring you comfort.

Close your eyes and think about a loved one, a moment you really cherish. And let your body bring to your mind the sweet scent it associates with it.

Ask yourself how you feel when you smell the perfume of your child, your loved one, your favorite place, your favorite moment of the day. And let the memory be created.

Try to make a list of your favorite scents, and note why they are so important to you, what they mean to you.

Take a walk in your favorite natural place, and close your eyes to decipher its scent. Let your senses guide you to what most attracts you and discover what it is. Take a picture, or try to keep it in your memory.

The time has come to remind you what makes you feel good.