



Wildflower Wisdoms™ presents:

For the Wild at Heart & Wise in Spirit

Coloring & Journal Sampler

A FREE GIFT for Our Online Community!





Wildflower Wisdoms™ Coloring & Journal Sampler
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Contact: Monique@WildflowerWisdoms.com

We love sharing our creative work, but we also believe in honoring the integrity of storytelling and original art—thank you for respecting the wild within!



A Special Thank You to Our Early Supporters!

With this **free gift**, we thank you for your early support on **Facebook & Instagram**. Your presence is helping us grow a creative, heart-centered community.

Something exciting is coming! Announcing the ***weekend of January 11!***

Know someone who'd love this? Invite them to join our social media community and grab their own free download!

🌿 **More Wildflower Wisdoms™ free gifts & exclusives—stay tuned!** 🌿

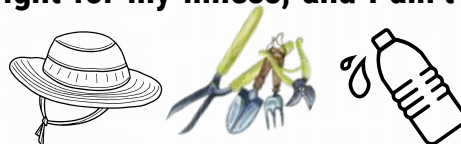




Mountain Momma Mo's Mosquito War of 2024

You know I'm a wild one, but I got me a case o' that there **myalgic encephalomyelitis**. You know, that **ME/CFS**.

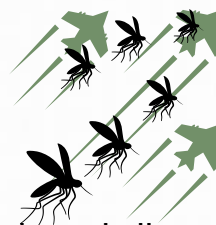
I mean, I'm a garden gal and all, but the **hot day sun ain't quite right for my illness**, and I ain't got spoons to burn.



That means I gotta **garden with smarts**—wait out the sun, grab my **water with electrolytes**, throw on a **big broad hat**, and let a good **rain soften the ground** before I get on out there.

Only one thing...

Dark, rainy nights? That's how them 'squitoes 🦟 **like to roll, too.**



The Battle Begins

Had me the bright idea to garden the other day—rainy, mid-summer night and all.

Figured the cool drizzle would keep things pleasant, make the soil soft, and save me some sweat.

Only one problem.

Them mosquitoes had the same idea.

Soon as I stepped out, I heard the call go up—little high-pitched voices hollerin' like it was **happy hour at a five-star buffet**.

"Ooooh, this restaurant serves dark meat!"

Felt a tickle on my neck. Another on my arm. Lord have mercy. **War had been declared.**



Well, I ain't one to back down.

Tied my hair back. Tucked a **mosquito repellent sachet** down my bra—ye-e-s, it made me smell like **citronella and lemongrass**, but dang, it felt right! Armed myself with a **fully charged electronic mosquito swatter** and stepped into the battlefield.

Them first few fell easy—zap, zap, slap! But soon, the little devils sent in their best squad—**fresh, virile teenage mosquito boys**.

Took another good look at that million-mosquito swarm and figured I **might need to upgrade my ballistics**.

Gotta say, **I was glad I'd whispered to my guy 'bout putting pink peonies on my coffin**.

Then I had that **flash of insight**. Ran back inside, grabbed a **mosquito coil** and set it ablaze.

The **smoke rolled out thick and fragrant**.

Sent them boys into a tizzy. **Buzzing away, staggering in all directions**.

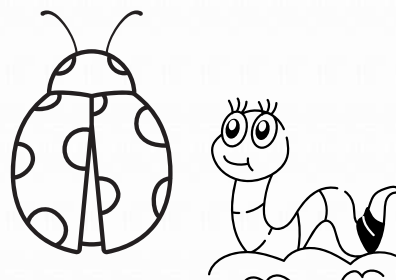
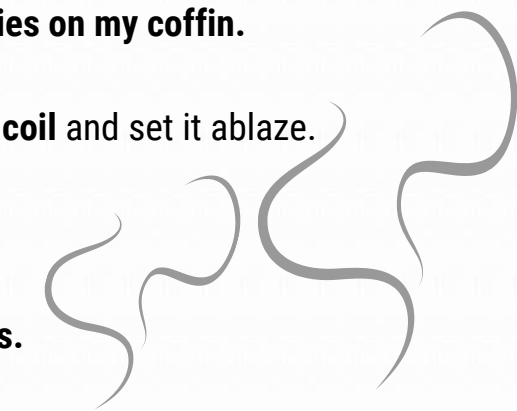
The trap worked. They went from **the smoke to the zapper**! Zap! Zap! Crackle! Rapid fire. AK-47 in zap form. Ahhh, the smell of **barbecued wings of the insect carnage**...

A few of them had sense enough to **hoist teeny-tiny white flags**. I saw one mosquito whisper to another, "Retreat, cousin. We ain't built for this."

Earthworms and ladybugs had started takin' notes.

There are laws in the natural world, and **I was fittin' to break 'em**.

So, I . Put the zapper on standby. Sometimes you gotta heed when it's was time for peace talks.





Another Moment in the Garden with Mountain Momma Mo

Mountain Momma Mo's Garden Stories are part of a growing collection of humor, wisdom, and wild adventures straight from the dirt.

Her tales—sometimes rowdy, sometimes reflective—capture the unexpected battles, sweet victories, and quiet lessons that unfold in the garden. Whether she's outwitting critters, fighting off mosquitoes, or breaking a few natural laws, she reminds us that nature is always watching... and sometimes, watching back.

 Find more of Mountain Momma Mo's Garden Stories in Living ME Magazine's free booklets for subscribers!

Postscript: The Saga Continues...

You'd think that'd be the end of it. But no.

Had myself a Bluetooth speaker and floodlight setup—solar powered, mind you. Thought I'd enjoy a little **music under the moonlight and call it a win.**

That's when the **wasps showed up.**

Guess they heard about my barbecue.

So, I hand-fed the spiders toasted wasps for our little holiday cookout.

Fireworks? Oh yeah. We had 'em. **Wasps cracklin', music blastin', and the garden party in full swing.**

 **Updates coming.**



SUGGESTED COLOR PALETTE for Hellebores

Hellebores bloom in a stunning range of natural hues, offering a rich palette to work from:

Leaves & Stems:

- Deep green, olive, muted sage, silvery green

Flower Petals:

- Soft pinks, dusty rose, blush
- Deep burgundy, wine, plum
- Creamy white, pale yellow, soft ivory
- Speckled varieties: a mix of pale tones with freckles of maroon or purple
- Green-tinted varieties: chartreuse, lime, moss green



Centers (Stamens):

Warm yellow, goldenrod, soft cream



A Wild Invitation: Create Your Own Magical Hellebore!

Nature's palette is just the beginning! What if your hellebore bloomed in the colors of the sunrise? Or glowed with moonlit blues and purples? Maybe it carries the fiery hues of autumn or the soft pastels of spring dreams.

✨ *Your hellebore, your magic.* ✨

Color it as it feels to you.

SHARE YOUR CREATION & BE FEATURED!

We'd love to see your masterpiece! Tag us on social media using **#WildflowerWisdoms** and **#ColoringWithME** for a chance to be featured in The Wild Community and on our social pages
.Tag us on Instagram/Facebook!



Incluso en el silencio más profundo del invierno, **el eléboro** se atreve a florecer. Nosotros también lo hacemos, encontrando nuestra propia estación, nuestro propio ritmo, nuestra propia resistencia tranquila."

~~La Mujer Sabiduría de las Flores Salvajes

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"Even in winter's deepest hush, the hellebore dares to bloom.
So too, do we—finding our own season, our own rhythm, our own quiet resilience."

~The Wildflower Wisdom Woman



Why Journal Prompts?

At Wildflower Wisdoms™, we believe that reflection is a powerful way to connect with nature's wisdom—and with yourself.

Just as wildflowers bloom in their own time and way, your personal growth, healing, and insight have their own rhythm.

Our journal prompts are designed to guide you through that journey. They are rooted in the Wildflower Wisdoms™ philosophy and inspired by the reflections of THE Wildflower Wisdom Woman—whose words appear regularly in our magazine and on social media.



"Même dans le silence profond de l'hiver, l'hellébore ose fleurir. Nous aussi, nous trouvons notre propre saison, notre propre rythme, notre propre résilience tranquille."

~La Femme Sagesse des Fleurs Sauvages



JOURNAL REFLECTION PROMPT A:

Blooming in Your Own Season

Hellebores bloom in the heart of winter, when most flowers are waiting for spring. They remind us that growth isn't about following the seasons of others—it's about embracing our own timing.

Reflect:

- Think of a time when you bloomed (grew, thrived, found joy) in a season that might have seemed “out of sync” with what others expected.
- How did that moment shape you? What did you learn about your own rhythm?

Write:

- What season of growth do you feel you're in now? Is it one of blooming? Resting? Rooting deeper? How can you honor where you are today?



JOURNAL REFLECTION PROMPT B:

The Quiet Strength of the Hellebore

Not all strength is loud. Some of the strongest things—like hellebores, like deep roots, like still waters—exist quietly. Strength doesn't always look like pushing forward; sometimes, it looks like standing firm.

Reflect & Write:

- How does quiet strength show up in your life?
- What is something you've endured, healed from, or learned without others realizing the depth of your experience?

How can you honor and celebrate the strength that isn't always seen?

Take your time. Let the wisdom of the hellebores guide your reflections.

"Some days, I plant. Some days, I prune. Some days, I just sit in the shade. But always—I am a MEG, My Energy Gardener."

Mountain Momma Mo reminds us that tending to your own garden—your energy, your needs, your joy—is a revolutionary act. You don't have to ask permission. You don't have to explain. You just are.

✨ MEGs already know. MEGs are already growing. Are you one of us yet? ✨



"Every MEG's garden is unique—so is their art!"

Color this in, make it yours, and tag us with **#WildflowerWisdoms** & **#MEGmovement** so we can admire your masterpiece!"

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THANK YOU FOR BEING HERE

Thank you for spending time with this booklet, for exploring these reflections, and for bringing your own creativity into the world.

This is more than just a collection of pages—it's an invitation to bloom in your own way, in your own time.

May you find inspiration in the wisdom of wildflowers, strength in their quiet resilience, and joy in every small moment of growth.



With gratitude,

Monique Susanna Simón

also known as THE Wildflower Wisdom Woman



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If this is what we offer for free, imagine what's waiting inside in our
Full Premiere Issue.

A New Subscription Special Coming Your Way January 2025



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Wildflower Wisdoms™

Living ME

**FULL PREMIERE
Launch Issue 2025**

Welcome to the Wild!

Introducing
The Wild Within Crew
&
Nikki Nightshade
in the Spotlight

WISDOM * LAUGHTER * BEAUTY * COMMUNITY

The lifestyle magazine for the chronically ill, yet wildly resilient you