



THE



ORCHID

a novel

*The Secret Code
of Modern Goddesses*

Rocio Aquino



FOR THE
HIGHEST
GOOD
PRESS

Angel Orengo



Rocio Aquino & Angel Orengo

Authors' Message

Welcome.

As you immerse yourself in *The Orchid: The Secret Code of Modern Goddesses* we invite you to further enrich your Book Club experience with this companion guide. We hope it enhances your reading and encourages interesting and insightful conversations.

This Guide includes:

- Suggested **Rules and Guidelines** for fruitful discussions.
- Carefully crafted **Thought-Provoking Prompts** designed to spark deep and engaging conversations about the book's themes, characters, and your personal reflections.
- Engage in **Interactive Sessions** with unique tools and exercises inspired by the book, designed to deepen your understanding and connect more intimately with the story's themes.
- We're excited to offer virtual 30-minute **Video Calls with the Authors**. These sessions are for your entire Book Club and completely free of charge. They provide a platform to discuss the novel, delve into its nuances, and answer any questions you may have.
- A printable version of The Orchid's **Spectrum of Inner Growth** table is provided to complement your reading and activities.

Thank you once again for your purchase, and most importantly, for joining our characters on this intimate journey. May the steps you take with them resonate deeply within your own path and awaken your inner power.

With love and light,

Rocio and Angel

General Rules and Commitments

For your consideration: The Orchid is a book that aims to promote an inner dialogue and reflection. This support guide provides some ideas on how you can facilitate such an environment, if that is your goal.

Prior to initiating the conversations and discussions may we suggest that you all agree to some basic rules around them. Here are some:

- **Create a safe environment:** This is one of the book's main objectives. All it takes is a safe and welcoming space, and the presence of loving and capable hands for someone to begin the healing process.
- **Provide Confidentiality:** Perhaps you can all agree that what's said in the book club, stays in the book club. That said, it is important to remind everyone that complete confidentiality, is almost always, difficult to guarantee in group settings.
- **Ensure all views are welcome:** We all see things a bit differently. Try to keep your chats open, curious, nonjudgmental and supportive. Make your book club a place where everyone can speak their mind without worry.
- **One Voice at a Time:** To make sure everyone's voice is heard, agree to chat one by one. Maybe pass around a quirky object to keep it fun—whatever holds it has the floor!
- **Stick to the Script:** Got someone who loves keeping things on track? Perfect. Perhaps that person can help steer the group back if you wander too far from the book or topic of conversation.
- **Support:** And, just in case the book brings up something challenging or heavy, be ready to provide support as needed. Remember, sometimes feeling heard, is all someone needs to let go of something.
- **Have Fun:** A little laughter and shared stories will turn any meeting into a highlight.

These are just some basic rules and ideas. Feel free to tweak them or add your own.

Happy reading!

Thought-Provoking Discussions

Key Learnings

- What are some important lessons you took away from reading the book? How might they influence your perspective or actions moving forward?

The Orchid's Five Lessons

- Did the conversations about Awareness, Gratitude, Forgiveness, Acceptance, and Intention resonate with you? How so?

Limiting Beliefs

- What did you find most interesting about the limiting beliefs section? What limiting beliefs can you identify in your life? Where did those beliefs originate? Are any of those beliefs something you want to change? Which? Why?

Character Stories and Experiences

- Which of the many stories in The Orchid, resonate with you the most? Why?

Healing Methods

- What is your opinion / perspective on the healing methods used? Have you experienced any of the healing practices mentioned? Would you like to share your experience? Do these methods inspire you to consider new approaches to your own challenges? Which? Would you and the other book club members, consider the possibility of inviting a local healer to one of your club sessions?

Other Themed Discussions

- Organize discussions around the other central themes of the book (self-love, empowerment, overcoming trauma, etc). Encourage members to share their insights or personal experiences related to these themes.
- Discuss how self-love is attained and its significance in each characters' journey.
- Discuss how The Orchid's setting contributes to the characters' transformations? Could these transformations have occurred elsewhere?
- Discuss how the cultural and social backgrounds of the characters influence their experiences and decisions. How do these factors contribute to their journey towards self-discovery?

Interactive Sessions and Exercises

Councils / Circles (1 Minute per person): Arrange yourselves in a circle and go around giving each person the opportunity to share. If needed, use a prompt question. “What is present for you now? / What are you grateful for?” Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

Mirror Exercise (10 Minutes): Provide mirrors to all of the participants. Allow for a 5 minute period in which all participants sit in front of the mirror saying “I Love You” to themselves. Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

Ho’Oponopo Prayer (10 Minutes): Have participants visualize a recent situation that has been particularly difficult for each of them. With that in mind, set an intention for resolution “For The Highest Good of All Concerned.” Repeat the Ho’Oponopo prayer 10 times. (“I’m sorry, please Forgive me, I love you, Thank you.” Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

Blue Tape Exercise (30+ Minutes): Have participants write their limiting beliefs on blue carpenter’s tape. Have them place the pieces of tape on their bodies. To the extent participants are comfortable, have them each stand and discuss the impact those beliefs have had on their lives. Have each person remove the tapes while the group offers support and encouragement, and while the person repeats “I forgive myself for the idea that_____”. Check in with each participant after their turn and provide additional support as necessary. If possible and safe to do so, burn the blue tapes after removal. Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

I Am (5 Minutes): Have every person repeat I Am affirmations - “I AM Love (Worthy, Safe, Valuable, Lovable, Not alone, Free, Powerful,” etc. Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

Dance (10 Minutes): Dance for 10 minutes without inhibitions and with the intention of releasing stored energy. Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

Gratitude letters (15 Minutes): Provide pen and paper to the participants. Allow for two 5 minute periods of time in which all participants write two letters of gratitude. One to someone they love, and one to someone they have difficulty expressing their love to. Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

Forgiveness (5 Minutes): Have every person repeat “I Forgive Myself for the idea that _____ affirmations”. Allow for a moment of introspection (journaling, silence, etc.) after the exercise.

LifeScript (15 minutes): Have each participant begin drafting their LifeScript, following the rules shared in the book.

Audio/Video Calls with the Authors

Book Club Zoom Calls

- Either one or both authors will join your Book Club for a 30-minute, Q&A Virtual Session.
- Zoom call to be arranged by authors.
- Flexible schedules.
- Free of charge.
- Email us at: info@theorchid.me to discuss.

*The hosts retain the right to cancel or terminate a call at any time due to unforeseen circumstances or if the dialogue turns disrespectful or inappropriate.

Potential questions:

1. What inspired the creation of 'The Orchid'?
2. How did you come up with the concept of the story?
3. How did you develop the characters? Were they based on real people or entirely fictional?
4. Can you delve into Mary's importance, both within the story and to you as authors?
5. How did you balance and blend your individual creative visions while writing the book, and did you have specific roles or did you both work on every aspect of the book?
6. Why did you choose to highlight such diverse stories?
7. Why "The Orchid"? Does the title have a symbolic meaning or story behind it?
8. What do you hope readers will take away from reading the individual journeys of Nicole, Olivia, Jennifer, Stephanie, and Sofia?
9. How do awareness, gratitude, forgiveness, acceptance and intention reflect your own beliefs or experiences?
10. How has writing "The Orchid" affected or changed both of you on a personal level?
11. The book seems to focus only on women and their unique struggles. Why did you choose this particular focus, and do you think men could benefit from reading your book as well?
12. Share one of your favorite passages or quotes from the book and why it stands out to you?
13. How has writing this book changed or impacted your own perspective on self-love, healing, and personal growth?
14. How do you hope the readers will perceive The Orchid? As a real place, a metaphor, or something else?



The Spectrum of Inner Growth

STAGE	FOCUS	LEVEL	EMOTION	BEHAVIOR
Being	Deep understanding and connection with themselves and the world.	Love	Selflessness, compassion, harmony, joy, serenity, ecstasy, peace, wholeness, fulfillment, love.	Inherent kindness, empathy, and a nonjudgmental attitude to self, others and the world.
Becoming	Begin to intentionally shape their own development and use their understanding and learning to transform themselves.	Transformation	Renewal, excitement, anticipation, hope, confidence.	Undertaking major changes in their lives (career, significant relationships).
		Intention	Determination, ambition, focus, courage, optimism, resilience.	Focused and proactive approach to life, actions align with their stated values and goals.
Learning	Begin to understand the power of positive emotions and attitudes (gratitude, forgiveness and acceptance), and how they influence their experiences and relationships.	Acceptance	Understanding, tolerance, patience, calmness, comfort.	Less complaints and resistance dealing with situations; greater ease and peace of mind.
		Forgiveness	Release, relief, sadness, vulnerability, compassion, empathy, peace.	Less anger or bitterness; more peaceful, serene demeanor.
		Gratitude	Appreciation, acknowledgment, contentment, serenity, joy.	Positiveness and appreciative attitude, even in the face of challenges.
Exploring	Exploring environment and their own consciousness. Start to ask questions and seek answers.	Awareness	Self-consciousness, frustration, realization, understanding, introspection, courage.	Interest in feedback and self-development (books, workshops).
		Curiosity	Confusion, uncertainty, anger, lack of clarity, anticipation, wonder, anxiety, excitement.	Inquisitiveness; potential periods of confusion or uncertainty.
Surviving	Meeting essential needs (food, water, shelter, safety, sustenance).	Unconsciousness	Fear, anxiety, apathy, shame, anger, confusion, restlessness, detachment, isolation, loneliness.	Self-absorption; lack of real interest, motivation, or heartfelt engagement.