



CALENDULA

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The plant spirit who can help support and guide you right now is CALENDULA (*Calendula officinalis*)

Calendula is a common garden plant that has such a cheerful presence. She brings gratitude and joyfulness to the forefront of any experience, shining light on the positive.

Her flowers can lift your mood and your spirits, and they beckon you to bring a bit of playfulness back into your life. Just looking at this plant can make you smile and feel child-like again.

Calendula's medicine has been documented historically to help ease depression and wintertime blues. She soothes inflammation, and cools any overworked or fried energy pathways, or any places that feel depleted and exhausted.

Calendula is also one of the premiere lymphatic support herbs that helps to move and clear the lymphatic system of the body, the water ways, and supports elimination of toxic buildup in the body. So she helps you get on your feet again after you've been sick, or just feeling sluggish or stagnant.

One of the places calendula shines is in wound-healing, both internally and externally. She helps soothe and repair your gut lining, and can aid in the healing of skin conditions, cuts, and wounds.



Energetically this translates to her ability to mend spiritual wounds, bringing her bright light of remembrance that you are a powerful, creative being that is so much greater than any trauma, pain, or what has happened to you.

She helps you spiritually digest your life experiences so you can move forward, without being bogged down by overwhelm, exhaustion, and lethargy.

Calendula can help you feel lighter and more able to flow with the situation at hand. Lighter and brighter. Moving fluids, clearing out stagnation, soothing inflammation, and helping to uplift the spirit, the overall impact is that you are healthier and happier, and have more access to your pleasure and joy.



And finally, another gift from calendula is that she helps you speak your heart's truth. She will help you connect your heart chakra with your throat chakra, so you are able to courageously express your true heart's desire. This, in turn, can help you outwardly create the life you long for, and make progress in aligning with this joy.

Working with plant spirits

When working with plant spirit medicine, or the energetic medicine of a plant, it is important to use small doses. This means taking drop doses of a tincture, ingesting the flower essence, or simply putting the medicine on or near your body. Similarly, you need only sit next to the living plant, or take a small nibble of flower or leaf in order to connect spiritually to the plant medicine.

Smaller doses allow the medicine to work at the subtle level, rather than the physical level. The medicine can work its way into the smallest of spaces this way, accessing energetic patterns rather than honing in on the physical symptoms.

Ideas for working with Calendula

- Add calendula flower petals to your bath water
- Add these colorful flowers to your salads or soups, or garnish any dish with them
- Drink calendula flower tea
- Scout out calendula in your area to sit with or harvest
- Plant calendula seeds with a specific intention, and watch her grow, as your intention does too
- Place some fresh or dried flowers on your altar
- Draw or paint the calendula plant
- Look at calendula flower imagery and track your body to notice how you feel
- Meditate with calendula in person or with tea, tincture, or flower essence, and ask her what she can teach you



**This information is not a substitute for medical advice. We recommend working with the plants in energetic and spiritual ways. Always do your own research and request advice from an herbalist, naturopath, or other medical provider regarding taking these medicines internally for your own unique constitution.*



Amy Terepka, founder of Groundwater Healing, is a skilled and experienced bodyworker, energy healer, and plant medicine practitioner with over 15 years of experience in the healing arts. She has a deep understanding of the connection between the body, mind, and spirit, and has completed extensive training in Bodywork, Energy Medicine, Earth Medicine, and Plant Spirit Medicine. Amy is passionate about helping individuals reconnect with their bodies and the Earth, and offers a unique, holistic approach to healing, which includes an embodied approach to spiritual medicine. You can find out more about her and her offerings at groundwaterhealing.com.

