

# Using Houseplants as Anchors



By Eve Menezes Cunningham



**W**hile I've been enjoying some gardening with herbs in planters, I now have dreams of a future garden and am making the most of every window sill and available surface with houseplants.

Not only do they look lovely, but each plant has an additional benefit. I use them as visual and kinaesthetic anchors for a wide range of goals.

We can use houseplants to remind us of our well-formed outcomes and intentions, pondering other steps to take each time we water or move them.

Using houseplants to anchor our intentions literally brings them to life as we watch them grow.

We can write our goals down and bury them in the earth and even add crystals (see 'Want to add crystals?') to support their and our growth.

## We can all use houseplants to remind us of our well-formed outcomes and intentions

When we plant cuttings or grow from seed, we get to exercise our faith muscles, caring for them and taking the practical steps in the direction of our intentions without digging them up to check they're growing.

As the nights draw in, houseplants are a lovely way to bring more warmth and life into our homes. And no one else need know about their special meanings.

Looking up traditional meanings can help you choose but we can be creative. Mine include lavender for peace and harmony, rosemary for concentration,

sage for protection and abundance, bamboo and succulents for more abundance and good luck (popular in feng shui), spider plants to promote healthy boundaries and cacti for balance. My current favourite is a glorious stromanthe sanguinea tricolour prayer plant which is a calming reminder to be more present.

We can make it as simple or complex as we want. Yuliya, an Energetic NLP practitioner, is working with a yew tree behind her house to work on healing family constellations. 'I was drawn to that tree because it is young, and if all goes to plan, my ancestors have an unlimited amount of time and support whilst the tree is alive and growing.'

'I am using my garden to invite fairies and elementals into my life,' says Cate. 'I send healing energy around my house





## Different groups of houseplants need different care

and my garden and it feels like my sacred place to land and ground. I also have a tree nearby that I communicate with daily.'

Houseplants are brilliant, if you have a garden, you can expand on it and even if you lack the room for houseplants, you can make use of parks and other outdoor spaces to give a particular plant some extra TLC and your goals a boost. In terms of houseplant care, it doesn't have to be arduous.

'There is a houseplant for everyone,' says Zoe Willis, Houseplant Expert at Perrywood and creator of beautiful Instagram houseplant pics.

'Buying the right plant, from the right places can mean you have months, if not years of enjoyment from your houseplant.'

Look to buy from a quality garden centre or houseplant shop, where it will come with care instructions. Whilst in store you can talk to experts who are on hand to help you.

When it comes to watering, 'every plant is different, some need checking daily, others monthly. Choose a plant that will work around you and your lifestyle. The easiest thing is to place your houseplant (out of its pot cover) on the draining board and water from the top allowing the water to run through and drain out the bottom. Hardly any houseplants like to ever sit in water so letting them drain is essential for good results.

'There are different groups of houseplants that need different care. Succulents and cacti will love a hot and dry spot, whilst ferns and other damp loving houseplants will prefer a shadier spot. As a general rule, most do not like full sun and do better in a well-lit room with no direct sunlight. This can cause damage to the leaves and flowers.

'Remember, like people, all houseplants have different needs. With a little research, it is easy enough to find the right one for you. Everyone should have at least one houseplant in their home.'

Why not choose one intention or goal and see what plant you're drawn to in order to help nurture its growth as you move towards fulfilling your goal? ●



### Want to Add Crystals?

Simply ask to be guided to a crystal to support your goal or intention, cleanse it by running it under the cold tap, visualising energies no longer needed being cleared from it.

Sit with it, meditating on your intention and then add it to the earth.

### Keep Pets Safe

Make sure whatever plants you choose enhance your life.

Many are toxic for pets.

As well as researching in advance, smartphones mean we can check whether things are safe with our animal companions as we walk around the garden centre.

### Plant Care

There was a scene in *28 Days* where one of the characters from rehab tries to return a houseplant explaining he'd been singing to them and all sorts but they kept dying.

The plant person asked if he'd been watering them and he slunk out.

Sometimes, we can get hooked into what plants represent and forget about the basics, that they just need good light, water and care.

Recently, I noticed one of my plants was struggling. I immediately wondered if the practical steps I was taking associated with this plant's intention weren't good enough.

When I picked the poor thing up, I saw I'd practically drowned it so instead of thinking too much about my intentions and goals I released the excess water.

We can use our sensory acuity to see if the plants might be better suited elsewhere in our homes just as we keep an open mind around our goals and intentions, adjusting our approach as necessary.

