



Cultivating an Energetic Garden

Jaclyn E. Chisholm, HTCP, HTI, CNHP

Gardening as Self Care

We live within three miles of downtown Tampa in an old established oak tree neighborhood. Most of the people who live in our area recognize the importance of working with some aspect of this natural community and are supportive of cultivating green spaces that enhance each others lives.

Some twenty-five years ago, we made a choice to forgo the lawn (and all which that implies) and created three cement block raised beds in our front yard. Each year we add oak leaves, mushroom and earthworm casings. Four times a years, when the overhanging oak branches are pruned, all the mulch is left in our driveway to be returned to the soil. All green matter is returned to the earth to renew and replenish the soil. Any large branches are cut to fireplace length in preparation for the winter. Over the years our sandy soil has undergone an amazing transformation. These beds furnish us with a continuous fresh supply of culinary herbs, tiny tomatoes, a variety of hot peppers, greens, snow peas and scallions.

During the summer growing season we harvest okra, eggplant and mustard greens. These comprise the staples of our diet, along with the seasonal local organic fruits and vegetables. Walk out our backdoor and a lush tropical jungle greets the eye. The image literally draws you inward. This area is vibrant and energetically stimulating to all five senses. It does not matter in which frame of mood you may be when you arrive -- within a few minutes you are shifted physically, mentally, emotionally and spiritually to a higher vibrational level. This shifting explains how our heart rhythm patterns are balanced to support managing our inner emotional states and stress levels.

Just sitting in this natural habitat can expand the light in your own heart. The vibrational frequency of each plant works in tandem with an array of foliage. It's running water and energy allows the alchemy of inspiration to shift your frame of reference, thereby deepening your consciousness to facilitate your own healing. Always, when leaving you find that you integrate yourself back into the environment. When you change your vibration, you will change your life. Cultivating a garden is really a form of self-care that allows us to recreate, regenerate and renew the divine union of body, mind, and spirit. It is about approaching the sacred. I have often said that we are blessed to have an herb and vegetable garden in our front yard - and one foot in Eden in our backyard. ☺

