

Digging Deep with Goddess Gardener Cynthia Brian

Sheltering with Mother Nature



Make a bouquet of fall flowers, including Black-eyed Susan and echinacea.

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Or tune in to the cooing doves or the whistling cockatiels. Nature sounds quiet our beating hearts and quiets our blood pressure.

2. **CREATE** a bedtime spray that will alter your emotional and physiological mood. Gather fragrant roses petals and lavender in a glass jar. Pour boiling water over the petals, cover, and allow to sit in the sun for several hours to make a floral tea. Add a couple of drops of alcohol, strain the petals, and pour the clear liquid into a sprayer. Spray your pillow before going to bed. Lavender alleviates tension and the fragrance of roses stimulates your immune system. You'll



Photos Cynthia Brian

Bright red leaves of a pistache tree flanks succulents.

slumber soundly. Experiment with other florals. Jasmine mitigates anxiety and bergamot increases positivity while reducing stress.

3. **EAT** fresh. Harvest fruits, herbs, and vegetables as needed. Instead of picking a bushel of tomatoes, only pick what you need immediately. Apples, figs, beets, radishes, arugula, eggplant, and peppers are ripe.

4. **PICK** a bouquet of fall blooming flowers such as Black-eyed Susan or echinacea to lessen anxiety. Add a small branch of pistache as it turns red. Just seeing fresh flowers and colorful leaves intensifies luxury and joy.

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