

## PLANT ASSIGNMENT 1 CALENDULA DUE JULY 2023

Calendula Officinalis is a friend to whoever gazes upon her. She is bursting with light and love as is reflected in the vibrant colours of her petals. Calendula brings so much joy to the heart of anyone that looks upon her bright yellow orange flowers. She is a great reminder that spring has arrived with the budding renewed energy that it brings.

The colour of the Calendula flower often brings up the image of the sun to me, but as I found out she has done this to many over the ages. The sun that the earth rotates around sends out this amazing healing light which makes the Calendula sparkle even more! Just like the sun, Calendula has her own healing properties which she so generously shares with those around her.

The wisdom of Calendula has been recognized amongst humanity for a long time. In Greek mythology there is a legend about the young Caltha who waited every morning for the first light of the day, because she was in love with Apollo, the god of the sun. However, she burned out of her passion and turned into a flower-sun, Calendula. In Indian healing, thanks to the sunny shape and colour of it's blossom, Calendula is connected with Fire energy, Sun energy, and the Solar Plexus or Third Chakra. While Traditional Chinese medicine considers Calendula as energetically neutral and drying. Regardless, Calendula is incredibly powerful in it's many uses.

Clever little Calendula reaches out to the cosmos and draws down the light so that she can help others and attend to her own needs as well. The magic of Calendula flowers is used in homoeopathy and topical herbal preparations to promote healing of wounds and prevent infection. The fiery power of this beautiful warrior is used to help quell the fire of inflammation both on the skin and internally in humans.

Yes the powers of Calendula are not limited to helping humans heal skin conditions of all sorts including slow healing wounds, dry skin, eczema, burns, skin infections, nappy rash and the list goes on! Calendula's energetic powers also dive internally into the human to assist with quelling the fire of inflammation that is associated with many conditions of the lining of the gastro intestinal tract. For those afflicted with conditions such as gastrointestinal inflammation and ulceration Calendula will assist you.

Internally in humans Calendula shines it's light into other areas to help us return to good health. Calendula has been used in conjunction with other herbs to help with cleansing the lymphatic system so that the fluid energy in the body can movement more effectively.

But our love for calendula is not limited to humans. Calendula extends her hospitality to attract pollinators such as bees and butterflies. Calendula nectar, along with the pests that it traps, attracts beneficial insects such as ladybugs and lacewings.