

SAMANTHA'S GUIDE TO STAYING MINDFUL

HOW PLANTS CAN HELP YOU TO TUNE INTO THE HERE AND NOW



How plants can help you to tune into the here and now

I guess in my journey through mindfulness, meditation and wanting to live a life of meaning I found something in plants that just made sense.

To be honest, in so many ways I find them to be a metaphor for life

They have basic needs - light, water and an environment in which they will be happy.



Zanzibar Gem.

Taken from my Instagram @samanthablackphotography



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As long as I satisfy those needs, they will in return give us life, space and peace. But I have to be consistent and aware of their needs always.

They can heal us and we can heal them.

They are accepting of their environment and will find ways to pare back and cope with stress. Eventually they can recover when their environment is more suited to their needs.

They try to find a way to survive when conditions are not ideal. If the conditions are too bad, they cannot thrive, they wilt, they lose strength and eventually they die.

They live in the present, there is no ego and they do not try to fight for their place. They are happy to find a way to be 'among' whilst standing their own ground. They happily share space with others. In their beauty and resilience, they show gratitude and sometimes forgiveness.



Areca Palm @samanthablackphotography



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They have allowed me to nurture them - for which I'm thankful.

They can teach us

- Hope
- Humility
- Kindness
- Compassion
- How to be more attentive
- Patience



Peace Lily@samanthablackphotography



How plants can help you to tune into the here and now

It's also no secret that plants are good for our mental and physical health. They are healers, air cleaners, creativity boosters and stress reducers.

If you have been thinking about getting a plant or two, give it a go. Start small and see how you get on. If you can keep just one plant alive, then you're probably ready for another. You'll learn a lot from them. They are teachers for the soul. And if you have children you can get them involved too. My daughter now has lots of plants, my son has a few too, and they have both learnt a lot from just having a few.

Maybe stop after a few though because I seem to have gone a little plant crazy ;-)

With love and mindfulness,

Samantha