

Herbs



- Lots of claims are made for the healing properties of herbs; many such as lavender, sage or mint are meant to reduce anxiety, increase energy and memory function or promote a good night's sleep.
- Most herbs have to be crushed to release their fragrance, as you'll know if you've brushed against them in a garden or used them in cooking.
- Do you ever feel crushed by life? Is it one particular event, or a general feeling of being overwhelmed?
- Are people more 'fragrant' if they've been battered and bruised by what life has thrown at them? Perhaps it depends on how we respond to life's setbacks.
- Is there something – or someone - that gives you hope, even when you're feeling crushed? Next time you smell basil or lavender, remind yourself that it's only when the herb is bruised that you can enjoy its scent.