

# Lamorinda

# OUR HOMES

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Lamorinda Home Sales

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## *Digging Deep with Goddess Gardener, Cynthia Brian*

### **Plant for Peace**



Marsh rosemary (Limonium), also called sea lavender makes an excellent dried flower.

**By Cynthia Brian**

*“Lose yourself in nature and find peace.”~  
Ralph Waldo Emerson*

Between the pandemic, the Russian-Ukrainian war, and, for me, a frightening family medical emergency, 2022 has been tumultuous and tough. Everyone is feeling the pain regardless of any city, county, or country residence. Anxiety and stress mount daily as news of the world become ever desperate, depressing and diabolical.



Buttery, yellow freesia are also fragrant.

Increased research indicates that nature-based activities are an excellent therapeutic intervention to ease our mental and physical stress. Whether it is a walk in the park, forest-bathing, hugging a tree, smelling the jasmine, or weeding your garden, taking a break with the beauty of the natural environment is an essential element in keeping us well. Listening to bird songs, the croaking of frogs, the lapping of waves, or the trickling of a fountain all have positive effects on our health. We'll lower our blood pressure and decrease levels of the stress hormone cortisol



A walk around the Emeryville harbor yielded these spectacular cobalt spires of Pride of Madeira.

as we awaken our senses outdoors.

Standing in solidarity with the people of Ukraine, I continue to embrace the colors of blue and yellow. Perhaps because I'm looking for those colors, they seem to be everywhere, and I am shooting photos. This week I'm enjoying the tiny, starred cerulean of Blue-Eyed grass as well as the ubiquitous buttery blooms on freesia. Marsh rosemary (Limonium, sea lavender), nasturtiums, and sedum carpet hillsides and paths reminding me of the courage of the Ukrainians.

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