

LEMON BALM



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The plant spirit who can help support and guide you right now is LEMON BALM (*Melissa officinalis*)

Lemon balm, like most mints, grows prolifically, incessantly giving of its harvest and nourishment. Lemon balm's spirit is light, playful, generous, and cheerful, yet soft and soothing. She offers a warm and ebullient welcome, as if you've arrived at a dear friend or relative's home for dinner.

If ever you feel unworthy to receive, or are having a difficult time asking for help, sip on some lemon balm tea and allow her to gently and lovingly remind you of your worth. Let yourself unravel the wound up tension in your body, and give way to ease.

Lemon balm will have an uplifting yet calming impact on your nervous system. The medicine feels like a warm sunlight waterfall that invites worries to slip down into the earth, and help you feel like you're not alone.

She can help you if you're having trouble sleeping, especially when you're feeling overwhelmed by all you're doing and holding. At the very least, she will help you relax, and help you lean into the support that's all around you.



This spirit helps lift heaviness off of your heart, and helps relieve tension and contraction in the body, inviting in an overall state of release, relaxation, peace, and joy.

In addition to being a loving, generous and giving spirit, her wide array of medicinal uses is another form of generosity. One of lemon balm's nicknames is "Cure-All." From soothing the nervous system and helping aid in memory retrieval, to relieving digestive troubles, to wound healing and being a strong anti-viral, this plant has such a variety of uses you'd be hard-pressed to find something she truly can't support you with.

The only precaution with lemon balm is for those with hypothyroid tendencies, as its been shown to prevent the production of Thyroid-Stimulating Hormone (TSH). It is a great ally for an overactive thyroid.

You'll recognize lemon balm by touching the soft leaves that look like a mint (square stem, opposite leaves, etc.), and smelling a delightful lemony scent.

Working with plant spirits

When working with plant spirit medicine, or the energetic medicine of a plant, it is important to use small doses. This means taking drop doses of a tincture, ingesting the flower essence, or simply putting the medicine on or near your body. Similarly, you need only sit next to the living plant, or take a small nibble of flower or leaf in order to connect spiritually to the plant medicine.

Smaller doses allow the medicine to work at the subtle level, rather than the physical level. The medicine can work its way into the smallest of spaces this way, accessing energetic patterns rather than honing in on the physical symptoms.

Ideas for working with Lemon Balm

- *Scout out lemon balm in your area to sit with or harvest*
- *Make a sun tea out of the leaves*
- *Add some fresh leaves to your bath water*
- *Make lemon balm pesto*
- *Place some fresh cuttings in water on your altar*
- *Draw or paint the lemon balm plant*
- *Look at lemon balm imagery and track your body to notice how you feel*
- *Meditate with lemon balm in person, with the tea or tincture and ask her what she can teach you.*



**This information is not a substitute for medical advice. We recommend working with the plants in energetic and spiritual ways. Always do your own research and request advice from an herbalist, naturopath, or other medical provider regarding taking these medicines internally for your own unique constitution.*



Amy Terepka, founder of Groundwater Healing, is a skilled and experienced bodyworker, energy healer, and plant medicine practitioner with over 15 years of experience in the healing arts. She has a deep understanding of the connection between the body, mind, and spirit, and has completed extensive training in Bodywork, Energy Medicine, Earth Medicine, and Plant Spirit Medicine. Amy is passionate about helping individuals reconnect with their bodies and the Earth, and offers a unique, holistic approach to healing, which includes an embodied approach to spiritual medicine. You can find out more about her and her offerings at groundwaterhealing.com.

