


Everlasting
Perseverance

Planting for
Health & Vitality

More is for Resurrection

Remembrance

Rosemary for
Softness

Fireweed
for
Regeneration

Thimbleberry
for
Serenity

Irises
for
Communication

- Goals for the Season:
- Companion planting (cultivating spiritual companionship)
 - Making space for growth (thinning out priorities)
 - Weeding out:
 - Letting the earth lie fallow (rest)
 - need most:
- Consider the needs of your Soul Garden. Circle what you

PLANTING

MAP P I N G

your Soul Garden

Include vulnerabilities & sources of strength, external & internal factors that contribute to, or impede, growth:

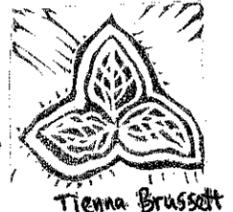


"The difference between a place and a garden is the gardener."

Sam & Elise Maupin
Holden Teaching Faculty '23

PLANTING

- Glacier Lily for COURAGE
- Comfrey for Comfort & Compassion
- Strawberries for abundance
- Carrots for Vision
- Salmonberry for Hope
- Love for Tomatoes



Tending the Garden of the Soul



Gardener's Almanac

Names:

LISTENING

How is it with your soul?

What supports your growth?
What impedes it?

What are your seasons?



What internal or external factors impact you?