

So I decided to continue on the subject of “Cheaper than Therapy”. And if you missed it, here’s the link:

https://www.belanaturenc.com/files/ugd/51ee09_f8a767bef295454db86faafcb20079d6.pdf

We covered how nature has a powerful effect on our soul and mind. And hopefully you gave it a try if you haven’t already discovered the gardening / nature therapy before.

As I was creating new terrariums with the plants today, I realized that I should have mentioned that in addition to observing and soaking up nature, you can also create your own art with it!! And it feels very relaxing. The result is a fun “piece of art” that will make your heart smile!

You can make it as fancy or as simple as you desire. You can probably find all you need in your home, or you may be in the mood for something new and refreshing – just follow your heart!

So let’s start:

*Pick a plant – maybe there’s one in your home that needs a bigger pot, or one that could use some stem cutting, or a side shoot cutting, or you may want a new one!

*Pick a pot that fits that plant – do you have a cup you are not really using anymore but would like to keep? Any bowl maybe? Or check the thrift store!

*Now you will need some potting soil that is suitable for the plant you want to plant.

Time to get your hands in the dirt and get connected to the Earth and pot the plant.

*Got any rocks, gravel or glass pebbles to place around the plants now? You can also go outside and find some small, dried branches which you can break in little pieces to scatter around (kind of like wood chips in a miniature way). Or maybe you just want to leave the look of the soil – whatever your heart desires!

*And if you are out there, see if you find a “special” rock or a pinecone or anything that catches your attention and would make a good addition to your potted “terrarium”.

*And then maybe you have a little figurine, a shell or a crystal around your house that you want to place in your terrarium.

This is just one way to be creative with the help of nature. And being creative is one more way to give your soul some “cheap therapy”. So, make sure that you take time to be creative!

Note: as I mentioned before, these “cheap therapies” are great to make us feel better but will not substitute professional therapy when needed.



I’m also preparing some workshops for us to get creative together, so stay tuned!!

PS: Even this miniature terrarium made me immensely happy!