



Today, let's embark on a journey into the intriguing world of the Nasturtium (*Tropaeolum majus*), a plant that is not only a delight to the eyes and taste buds but, like many others, may also hold interesting spiritual and energetic properties.

Nasturtiums are annual or short-lived perennial plants, hailing from the lush landscapes of the Andes. They

are known for their big round leaves and dazzling, showy flowers in a riot of colors - yellow, orange, red, and cream. These sun-loving plants thrive in well-drained soil and a wide range of climates, making them an easy addition to any garden or windowsill.

Nasturtiums are packed with beneficial compounds that have earned them a place in herbalism for centuries. An interesting group being Glucosinolates: These compounds, found in nasturtium tissues, break down into mustard oil upon damage or chewing, giving the plant its pungent, peppery flavor and aroma.

Nasturtium leaves and flowers are rich in vitamins A, C, and K, as well as minerals like calcium, iron, and potassium. As a special treat they can be crystallized or candied for a decorative touch.

Nasturtiums are not only delicious and nutritious but also incredibly useful in the garden and around the home. They can improve the growth and flavor of many nearby plants and are also known for their ability to repel pests like aphids, whiteflies, and beetles. Plant them near

vegetables like beans, cucumbers, kale, lettuce, and tomatoes to help protect from pests.

Nasturtiums

have been revered throughout history for their spiritual and energetic properties as well as their culinary uses. In many cultures, nasturtiums were associated with love and fertility. In

Victorian England, they were a popular gift to

express romantic feelings (Hunt, 1985). In some folklore, nasturtiums were thought to bring good luck and prosperity, and were often planted near doorways or windows to invite positivity into the home (Cunningham, 1988). This is in alignment with practices of Feng Shui energy enthusiasts as the round leaves and bright colors suggest welcoming.



In the language of energy medicine and alternative healing, the aura is the subtle energy field that surrounds living beings, reflecting our physical, emotional, and spiritual well-being. Nasturtiums' vibrant colors are each associated with specific energies and emotions in the view of color therapy and chakra healing.

For instance: Orange: Stimulates creativity, enthusiasm, and joy.

Red: Encourages vitality, passion, and courage.

Yellow: Promotes happiness, optimism, and mental clarity.

When you consume nasturtiums or grow them in your space, these colors and their energies interact with your own aura, potentially influencing your emotional state and overall vitality.

Some traditions, such as plant spirit medicine, believe that plants have unique energies and consciousness that can interact with and influence human auras. In this context, nasturtiums, with their vibrant colors and energetic properties, might be seen as plants that can help clear, strengthen, or balance one's aura. Nasturtiums have natural antibiotic properties due to compounds like benzyl isothiocyanate. found also in plants like horseradish, wasabi, and mustard, In energetic healing terms, this could be interpreted as nasturtiums helping to "cleanse" or "purify" the aura by protecting it from negative energies or influences.



Interacting with these plants, such as through gardening, spending time around them and allowing their energies to interact with your aura can stimulate a sense of connection to nature and the earth. This connection can help ground and stabilize one's aura with calm and centered-ness. As you can now see the humble nasturtium is more than just a delightful addition to your garden and kitchen - it is an ally in the quest for natural , spiritual health, growth, and energetic balance. By embracing the wisdom of this vibrant plant, we can nourish our bodies, enrich our spirits, and cultivate a deeper

connection to the natural world around us.



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Cunningham, S. (1988). *Encyclopedia of Magical Herbs*. Llewellyn Publications.

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