

FENG SHUI PLANT SHIELD

12 Sacred Plants · Air Science · Energy Wisdom · Simple Rituals

◆ SNAKE PLANT

- **Superpower:** Night Guardian — cuts through stagnant energy
- **Science:** NASA 1989 — releases O₂ at night; absorbs formaldehyde & benzene
- **Plant It:** Bedroom, indirect light, water every 2-3 weeks
- **Zen Note:** Wipe leaves each full moon. Release what no longer serves you.

◆ GOLDEN POTHOS

- **Superpower:** Abundance Vine — attracts unbroken prosperity
- **Science:** UGA 2009 — top performer for removing formaldehyde indoors
- **Plant It:** Hanging pot, far left corner from entrance, water weekly
- **Zen Note:** Tie a red ribbon around the pot. Place three coins beneath the soil.

◆ LUCKY BAMBOO

- **Superpower:** Fortune Bearer — channels specific blessings by stalk count
- **Science:** UH 2013 — dracaena genus reduces psychological stress in indoor spaces
- **Plant It:** Water or soil, filtered water, indirect light, change water biweekly
- **Zen Note:** Touch each stalk while watering. Speak one intention per stalk.

◆ LAVENDER

- **Superpower:** Sleep Purifier — repels negative energy and anxiety
- **Science:** ↓Cortisol · linalool + linalyl acetate calm neurotransmitters · deeper sleep
- **Plant It:** Sunniest window, 6+ hrs sun, water when soil dry, no misting
- **Zen Note:** Cut dried flowers into a small fabric bag. Place under your pillow.

◆ JADE PLANT

- **Superpower:** Wealth Tree — its coin-shaped leaves attract material abundance
- **Science:** Removes toluene from indoor air (Wolverton) — found in paints & glues
- **Plant It:** Right side of entrance, bright light, water only when soil fully dry
- **Zen Note:** Tie a gold ribbon around the trunk during a waxing moon. Three coins at base.

◆ CHRYSANTHEMUM

- **Superpower:** Joy Flower — each color carries a specific blessing
- **Science:** NASA #1 at removing ammonia + benzene + formaldehyde simultaneously
- **Plant It:** Kitchen or bathroom, 4+ hrs indirect light, water every 2-3 days
- **Zen Note:** Yellow blooms at breakfast. Start the day near joy-attracting energy.

◆ PEACE LILY

- **Superpower:** Harmony Maker — absorbs conflict energy and transforms it
- **Science:** Removes 5+ toxins at once — formaldehyde, benzene, TCE, xylene, ammonia
- **Plant It:** Bedroom or meditation corner, low-medium light, water when leaves droop
- **Zen Note:** Hold the pot with both hands while watering. Set an intention for peace.

◆ ROSEMARY

- **Superpower:** Clarity Guardian — purifies space and sharpens the mind
- **Science:** Northumbria 2012 — ↑memory ↑processing speed · 1,8-cineole boosts brain
- **Plant It:** Main entrance or desk, 6+ hrs direct sun, water every 3-4 days
- **Zen Note:** Light a sprig like incense. Walk through your home. Start fresh.

◆ HOLY BASIL / TULSI

- **Superpower:** Sacred Threshold — 800+ years of doorway guardianship
- **Science:** Adaptogen — ↓cortisol ↓inflammation · Ayurvedic nervous system tonic
- **Plant It:** Near any entrance, bright light, water when top inch dry, pinch flowers
- **Zen Note:** Touch the leaves each morning before stepping out. Five seconds of clarity.

◆ ALOE VERA

- **Superpower:** Living Pharmacy — neutralizes bad energy; signals home health
- **Science:** 75+ active compounds · proven antibacterial, anti-inflammatory, wound-healing
- **Plant It:** Kitchen or bedroom, bright light, water every 2-3 weeks when fully dry
- **Zen Note:** Keep it accessible, not hidden. Cut from the base when you need healing.

◆ ORCHID

- **Superpower:** Spiritual Beauty — fertility, abundance, and perfection
- **Science:** Produces O₂ at night · Rutgers 2005 — lasting flowers ↓depression for weeks
- **Plant It:** Bedroom dresser, bright indirect light, soak weekly, never direct sun
- **Zen Note:** When it reblooms after months of green patience — acknowledge the return.

◆ VERVAIN

- **Superpower:** The Holy Herb — blessing and sanctifying thresholds
- **Science:** Verbenalin + hastatoside — ↓inflammation · mild sedative · calm nervous system
- **Plant It:** Front garden or entrance, full sun, self-seeds and spreads over time
- **Zen Note:** Steep flowering stems for vervain water. Bless your doorways and thresholds.

SACRED COMBINATIONS:

◆ ALOE VERA

- **Superpower:** Room-by-Room Energy Map
- **Bedroom Sanctuary:** Snake Plant + Lavender + Orchid
- **Entrance Shield:** Rosemary + Holy Basil + Vervain
- **Prosperity Corner:** Jade + Pothos + Lucky Bamboo
- **Zen Note:** Three rooms. Three intentions. Nine plants working as one living energy system.