

FREE WINTER PLANT CHECKLIST

5 Powerful Spiritual Plants to Boost Immunity Before Winter

SEPTEMBER: GATHER & PREPARE YOUR PLANT ALLIES

- Sage: Fresh bundles or dried leaves (for home cleansing & protection)
- Thyme: Fresh sprigs or dried (for immunity & respiratory comfort)
- Rosemary: Fresh branches or dried needles (for memory, focus & energetic shielding)
- Lavender: Dried buds or essential oil (for peace, sleep & gentle energy)
- Garlic: Fresh bulbs (for immune strength & banishing negativity)

CREATE YOUR WINTER WELLNESS ALTAR

- Choose a cozy spot (kitchen, living room, or bedside)
- Place each herb in a small jar, bowl, or bundle
- Add a few garlic bulbs in a rustic dish
- Set out white or purple candles for healing vibes
- Include a favorite crystal (clear quartz or amethyst) for extra spiritual boost

OCTOBER: DAILY IMMUNITY & SPIRITUAL RITUALS

- Morning Immunity Tea: 1 tsp thyme + pinch of rosemary, steep 10 min
- Evening Calm Tea: 1 tsp lavender buds, steep 5 min before bed
- Weekly Sage Cleansing: Burn dried sage to clear negative energy
- Garlic Immunity Shot: 1 minced clove in warm water with honey, 2–3x per week
- Light a candle on your altar as you set your intention for health and protection

NOVEMBER: ADVANCED PROTECTION & WELLNESS

- Craft rosemary-infused oil for anointing doors/windows
- Make lavender sachets for restful sleep & dream protection
- Prepare garlic-thyme honey for immune support
- Hang sage bundles by entrances for energetic shielding
- Refresh your altar weekly and express gratitude to your plant allies

DECEMBER: WINTER SOLSTICE CEREMONY

- Gather all 5 plants on your altar with evergreen branches
- Light 5 candles (one for each plant's unique power)
- Speak a blessing: "These sacred plants protect and strengthen me through the winter."
- Brew a special immunity tea blend as a winter blessing
- Gift mini herb sachets or tea blends to loved ones for shared protection

JANUARY–FEBRUARY: WINTER MAINTENANCE

- Continue daily herbal tea rituals for sustained immunity
- Refresh altar and intentions weekly
- Journal your energy and mood—note which plants help most
- Plan your spring herb garden, using your favorites from winter

SAFETY REMINDERS

- Consult your healthcare provider before internal use if pregnant/nursing
- Test small amounts first for sensitivities
- Only use herbs from trusted, organic sources
- Never use essential oils internally without professional guidance

WINTER WELLNESS ENERGY TRACKER

Week	Energy (1–10)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Which plant was your winter MVP?

■ Sage (cleansing) ■ Thyme (respiratory) ■ Rosemary (clarity) ■ Lavender (calm) ■ Garlic (immunity)