



When plants teach us what relationships need

(A blog about subtle energies between plants - and between people)

There are moments when life shows us something in a very quiet way.
Not through words, not through events, but through a subtle whisper of nature.

I recently observed two plants standing together in a pot at home:
an older aralia that had retreated, had become bare, seemed almost resigned -
and a young ivy that I had placed by its side as a "friend".

What happened next was like a small miracle.

The aralia began to sprout.
Buds formed on all the bare spots, fresh green, new life.
It came back to life, like a soul finally receiving a response.

The ivy, on the other hand, became weaker.
Its green faded, the energy drained out of it, and after a few weeks it was exhausted.

I separated the two plants physically.
The aralia dropped leaves again -
the ivy began to recover.

This experience touched me deeply.
Because plants don't lie.
They show us energies that we often only have an idea of in everyday life.



1. Plants communicate - through energy, not words

The aralia clearly showed:
It needs connection, resonance, a counterpart.
She blossoms when she has someone by her side.

But at the same time, it drew so much energy that the ivy was weakened.
Not maliciously, but out of a deep need:
the need for closeness, support, comfort and reflection.

How many people function in the same way?

Someone only blossoms when someone else gives them warmth -

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but the other person quietly loses strength in the process.

Not on purpose.

But because both unconsciously become caught in an energetic asymmetry.



2. Relationship means exchange - but not self-abandonment

We all carry within us the longing for a you.

But contact is only healthy if both are allowed to remain in their power.

The plants showed me something very human:

- The aralia reminded me of those people who blossom as soon as they feel resonance -
but are afraid to stand alone.
- The ivy reminded me of those people who give without realizing that they are emptying themselves in the process.

Relationships become difficult when someone unconsciously says:

“Please give me your energy so that I can grow.”

And the other responds without words:

“I'll give you mine because I hope that will keep us connected.”



3. The deeper message: Learn to be your own source

Life invites us all to find this balance:
between closeness and autonomy, between giving and receiving, between
connection and independence.

The plants reminded me of a phrase that is like a key:

“Become your own source - not just the recipient.”

When we can nourish ourselves, especially emotionally and energetically,
relationships become free, not obligatory.
Then there is no longer a neediness, but an encounter.

And closeness to others does not become something that feeds us,
but something that complements us.

4 What we can learn from these plants

1. connection is important - but it must not be at the expense of the other.

Plants, animals, humans: All feel imbalances.

2 Resonance is nourishment - but self-anchoring is the root.

Those who have lost themselves seek too much on the outside.

3 Energetic balance is delicate - but perceptible.

Sometimes a physical distance is enough for both parties to regain their strength.

4 Relationships need clarity.

Not all closeness is good, and not all distance is bad.

**5. the question is never: "Who gives more?"

But rather:

"Can we both remain in our own power - and still be connected? " **



5. The aralia as a mirror

Perhaps we all carry a part of aralia within us:
the part that nourishes, but also wants to be nourished.

And a part of ivy:
the part that gives, sometimes too much.

But only when we find the source within us -
our inner security, our own light, our own truth -
only then can we meet without demanding.
To love without losing.
To be connected without sacrificing ourselves.

Conclusion

Plants show us what we often overlook in everyday life:
that relationships are a finely tuned exchange of energy.
That we can grow - but not from the power of another.



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And that real connection only arises when both feel their own roots.

Perhaps the most important question that nature and life ask us is:

"Am I a source right now - or am I looking for one?"
And can I learn to be both without losing myself?"