

February – A Time for Cleansing

from Laurie Sandeson

February is a month in which we seek to maintain stability and calm after the continuous celebrations due to the beginning of a new year. The origin of the name comes from the Latin word “februa” which was an annual purification festival held in Rome. So dedicating a month of the year to purification isn’t a bad idea. It’s always a goof thing to focus on cleaning up your body and mind.

The flower of February is the violet. Violets can bloom in cold weather. The idea of bright petals on the snow is an image of inspiration and hope. The flower’s fragrance is sweet and it has been used for centuries as a key ingredient for perfumes to help awaken love.

The primrose is another flower said to have symbolic connections with February. Like the violet, the primrose is one of the first to bloom indicating the forthcoming spring. The primrose is a symbol of courage as it faces the stark, cold winter conditions in its early phase of life.

And of course, February is the month of love. It’s too bad Valentine’s Day didn’t carry over for the whole year where love is expressed from a broader perspective. We should focus on the eternal love – the one that brings unity and strength. February’s symbolism speaks to encouragement and finding love that is pure and genuine.

