

ARE YOU A NATURE CREATOR?



- Rebuild nature where you are and love it so much
- Inspiring others to fall in love by finding inspiration, in prayers, meditations,
- Be a bee to collect pollen of ideas
- Make art in collaboration with nature
- Solve problems (erosion, wind control, create pollinator habitat, sequester carbon, overheating of city
- Bee in community

ARE YOU SOMEONE WHO?

- Can't stand to see nature being cleared or cut down. It is so hard to restore that!
- Learns Afforestation
- Joins organization that re-habitat, rebuild and save all habitat and creatures.
- Saves all wilted plants.
- Constantly saving dried seeds, plants and nuts.
- Uses and reuses every possible part of the plant and learns new methods.
- Constantly trying to grow plants in every available spot, which keeps moisture and carbon in the ground.
- Thinking of new ways to make art with plants to keep connected to the land.
- Joins with ancestors to find strength. We know they lived and harvested renewable resources sustaining themselves and the land.
- Wants to connect with nature through all its aspects. Rain, wind, sun, moon, climate and creatures.
- Relaxes with satisfaction when with people who are doing it in community.
- You know we can heal everyone and everything through loving great nature which is where we can all be saved and we save everything.



CAN'T STAND TO SEE NATURE BEING CLEARED OR CUT DOWN.

The tradition of interrupting nature destruction began in India. The Bishnoi tell of Amrita Devi, a sect member who inspired 363 other Bishnois to go hug trees in protest of the cutting down of Khejri trees on 12 September 1730, then they were killed by loggers. This inspiration led to the Chipko (which means to stick) to oppose to commercial logging and the government's deforestation. Protestors in the 1970s engaged in tree hugging, wrapping their arms around trees so that they could not be felled. Afforestation means the replanting trees, bringing back flora and fauna. Globally Chipko demonstrated how environment causes, up until then considered an activity of the rich, were a matter of life and death for the poor, who were all too often the first ones to be devastated by an environmental tragedy. The Chipko movement is a forest conservation movement and ecofeminist move-

ment. Women are mostly affected when deforestation leads to a lack of firewood and fodder as well as water for drinking and irrigation. This important afforestation work happens under the Chipko movement.

Powerful symbols of female warding off violence are sheela na gig and anasyrma. Lifting of the skirts, the vulva is exposed to perpetrator thus interrupting violent acts. Stripping away clothing was perceived as creating a "raw" state closer to nature than society, facilitating interaction with supernatural entities

<https://www.instagram.com/projectsheela>



I have to save all wilted plants. How to afforest How do you save wilted plants?

Plants need hydration, rainwater is the best because it contains nitrogen and doesn't contain any chlorine or additives.

The second best is adding seaweed juice. It is great thing to have on hand, just for this purpose. Seaweed gives back needed minerals in liquid form immediately to a suffering plant.

Potted plants usually come in dirt that is very cheap. Whatever nutrients it has in it has been spent very quickly. After the plant has recovered from wilting, repot into a better dirt.

Why you don't use any products from miracle grow?

Miracle grow contains very quick acting fertilizers that that over invigorate the microbes in the soil and they overproduce. When they overproduce, then run out of energy and do not sustain the plant. When they die, they release their carbon therefore increasing carbon in the atmosphere, increasing global warming.

Buy potting soil containing sustaining, not chemical nutrients.



Conversations with plants Ask for what you need, what is troubling you, ask for help? Open your heart and hear the answer. Our emotional needs can be met. I get great pleasure out of this experience. The answer can come in a response that is unexpected. Plants have healing abilities and qualities. Why do you drink tea for different ailments? Or plant trees for shade or give roses for love? All those qualities of healing are available to you in communication with plants.



I HAVE TO USE AND REUSE EVERY POSSIBLE PART OF THE PLANT.

Have you considered growing plants for tea, natural dyeing, medicine, or making art? Connecting with nature directly by using all the gifts nature provides us can be a satisfying experience. I love growing my own tea: mint, lemon balm, verbena, hibiscus, and sage.

I also grow cosmo, calendula, sumac, indigo, goldenrod, elderberry, onion, pomegranate for natural dyeing.

Plants for plant art: Plants for weaving, plants for paper making, plants for ecoprinting, plants for mandalas.

plants for glue, bamboo for sticks.

Plants like sage for ritual and burning, and connection with spirit.

Activities with plants to connect and relax, bringing down anxiety.

Plants to connect with specific energies. plant ceremony, plant connection energy

I am constantly saving dried seeds, plants and nuts.

How to be a seed saver, plant dryer, uses, seed starter.

The art of saving seeds is an ancient one. Seeds can be eaten, plants can be planted where you live. Everyone sees a plant that they want to take home. Seeds are the most portable way of transporting a plant. Seeds first need to be dried out if you want to save them. I put mine in a basket in a cool dry place out of the sun. after they are brittle. You can put them in a envelope or jar in the fridge. Some insects will eat some seeds. If you watch a plant carefully and it is flowering, you can wait till the plant makes the seeds to collect them,

Plant them in the appropriate season when you want them the next year. In the fall, I plant seeds like winter veggies, trees, wildflowers. In the spring, after it stops freezing, I plant summer veggies and summer covercrops.





I join organization that rehabitat, rebuild and save all habitat and creatures. How do I find like minded people to rebuild nature? Once your change your mindset about extracting from nature, you will naturally gravitate towards people who want to create. People are born to be creators. It makes us happy, it is our natural state. What are your interests? Do you like to grow stuff? Join people who are wanting create habitat like treefolks, creek conservation, garden clubs. Are you more of a helper? Volunteer to recycle art supplies, redistribute clothing, or clean-up riparian areas. They are many opportunities.

I am constantly trying to grow plants in every available spot. How to be an afforestor. How do you plant bio intensively to maximize space and resources, sequester carbon and plant in layers as well as climbers. Things are drying out and weather comes in waves of too much or too little. How do you plan and plant for this? Keeping plants in the ground and water on the property with no bare areas is the key. We want to utilize natives, grasses, berms and swales. The more plants you have the more moisture you will have. Trees help with shade, but are not the whole picture. Afforesting is also the habitat and understory of plants that keep creatures alive and the ground cool.



I am constantly trying to think of ways to make art with plants. How do you weave, dye, tint, glue, cut up, grind, boil, steam, hammer?

Our ancestors had no store or plastic or packaged glue or paint! They had to make use of every possible material available to them. We really take for granted the hard work of those that have come before us. I envy that everything they did, did not endanger something, make trash or use up a valuable resource. It is hard to get back our self esteem in this way. Let us start

now. Make your own non plastic glue. I use nori rice glue, hyde glue, methly cellulose., wheat paste. The smell of plastic glue gives me a headache. This is a signal to your body of its toxicity to your self and the environment.

I use flowers leaves and plants for art materials, some have dye colors in them. They can be hammered or steamed or boiled to use the color. With natural dyes you can color paper and fabric. With plants from the garden you can weave and make twine.



I am always thinking about how to connect my activities with nature through all aspects it like rain, wind, sun, moon, and creatures. This increase my awareness of the living world and my connection with it. First I Find comfortable position and take a few deep breaths, allowing my body to fully relax and be at peace. This allows my emotions to become calm and releases all tensions.

I feel roots growing out of my feet and into the earth, connecting me with the center of the earth, and feel my connection to the divine nature creator goddess. My heart opens like the petals of a beautiful flower, my heart lies all open in this safe space. I feel how all of us are all connected thru our hearts. The big web of life all around nature that has come to you, and feel how we are all apart of nature.

We are nature. See this dream of life force energy that running thru nature also runs thru us and connect us all.

With our wide open hearts, I invite you to connect to where we are in nature now and with (the plants you're going to use for art, in front of you) or what plants, animals, smell and sensations you have right now.

Really put yourself inside what it feels and looks like to be the plant you are connecting with, you are one! Really bring yourself really into this moment. Where are you, what do you see, what do you feel, hear, smell or taste. Seeing the plants view of the world. What does it feel like in your body to cross the threshold (tell the plants what you are experiencing) Into this feeling of expansion wholeness, the connection with the divine Where did you feel this feeling in your body? Tell them Where in your body. When finished, ground yourself in the present moment and thank the plant for its precense in your life!





Now I can finally relax with satisfaction when I am with people who are doing it in community. How to have a Ladies prayer flower group. Bring together people of like mind who want to do healing modalities together. Making art with people and plants is a bonding experience releasing endorphins, smelling calming plants. This is continuing ancient traditions of plant human coexistence and cooperation. What are some cooperations in human nature that you can use as examples. Ants, bees cooperate. We can too!

I believe we can all be saved when we all love it. I believe that we can love ourselves through loving great nature. Love heals all and forgives all.



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