

## **The Journey of the Seed**

### **Part 1: Your Exquisite Heirloom Seed**

In these days of increasingly available GMO seeds which are bred in laboratories through gene splicing to increase agricultural yields, heirloom seeds by their very nature have rootedness in soil and evolutionary history. Heirloom seeds, like you and me, have history, families that go back in time, and can be known through storytelling. To restore our broken human and ecological systems, we must return to valuing the very nature of life that has manifested itself as each of us -- born in a particular time with particular gifts to share. Part 1 of this experience will focus on identifying our heirloom nature through deep listening, self reflection, story telling, and self love.

### **Part 2: Original Plantings**

Where we were born, lived, and had our early experiences in life shaped us in ways that are unique to each of us. Often these "shapings" were painful, but not always, and with each pressure affecting our thoughts, beliefs, what would become our core values, and most importantly our capacity to understand love.

In Part 2, we will continue our journey of reflection and storytelling in order to be able to "retrieve" our seed and recognize clearly its full nature of beauty and depth. Using deep acceptance, we will move beyond the binary way of looking at each human "seed" as good or bad, successful or not successful, etc. to embrace the full value of our experiences and how the very gifts that we have to share in this world, our local eco and human communities, need our full selves as participants.

### **Part 3: Conscious Transplanting**

Now that we are adults, we have choice as to where we are rooted, what ecosystems we participate in, and how our understanding of belonging and deep acceptance can nurture the fullest expression of life in our communities.

How do we, as conscious heirloom seeds, help shape new spaces of care and belonging? How do we use listening and loving skills as our primary tools of construction? How do we move from a hierarchical leadership model to one where we help each person in our human ecosystem feel a sense of belonging and value? As we come to fully embrace the complex yet beautifully designed heirloom seed that is each of us, how does this way of seeing and being dismantle the destructive human systems that have taken us away from what is natural and interconnected? How does seeing our true nature help us build an alternative vision for our future -- one in which the natural world is our guide and teacher?

## **Part 4: Understanding Our Mycorrhizal Network of Interconnection and Interdependence**

In our final time together, we will each map our own complex network of connection and care -- our own mycorrhizal network -- the community we have chosen as our home. Drawing from the work of Suzanne Simard's "Finding the Mother Tree", we will think about the quality of the soil of our community, what type of ecosystem it is, how it fared over the past years in this time of human systems upheaval. We will end our time together by recognizing the role each of us -- seed, plant, bacteria, pollinator, fungi--play in maintaining a healthy and vibrant ecosystem (community). What are the hubs? Where are the Mother Trees? Who are the carriers of water and nutrients? Who are the sick who need nurturing? What is our unique role and how can we more fully embrace it?

Limited to 12 Women

Program Cost: \$100

Some scholarships will be available if others can give more than the program amount. Please, if you can, pay by Sunday, January 8th. Your payment can be by check: First Light Farm, Business Office - 720 North 84th Street, Seattle, WA 98103, or online at: [firstlightfarm-upick.square.site](http://firstlightfarm-upick.square.site) And certainly let me know if you need flexibility in payment.