

#### How I harvest:

As a settler in these unceeded territories I bring sincere thoughtfulness and awareness to my actions. I give thanks to the many ancestors who have lived and cared for these lands, and to my teachers who have shown me how to harvest in a good way, bringing forth right relationship:

ASSESS a local plant population before harvesting, to make sure it is healthy, thriving and abundant. Never take more than half, some say not more than 20 percent. For sure don't take more than you can use or give away.

ASK the plant if it is ok to harvest some.

LISTEN for an answer and trust what you hear.

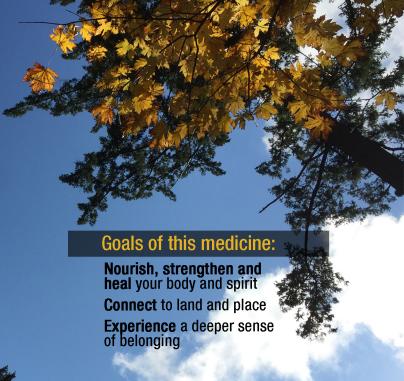
SHARE your story with the plants of why you are harvesting.

LEAVE a personal offering.

CONNECT with your hearts gratitude in your interdependence with these living beings.

GIVE BACK through harvesting practices that strengthen the local population, such as layering, scattering or leaving seeds in place, skillful pruning, separating roots or bulbs.

USE what you harvest in a honouring way.



## **Stinging Nettles**

Greens. Spring Bear Food. Vitamins & Mineral richness.

## **Body:**

Reduces inflammation and promotes a release of uric acid from joints

High in iron (and vitamin C, which helps the body absorb iron)

Helps relieve seasonal allergies by reducing histamines

Helps asthma sufferers

Stimulates the lymph system to boost immunity

Helps support the adrenals

## Spirit:

Be present and calm
Ground, and put your roots down
Settle ego anxiety
Can be used to help claim and hold boundaries



I learned from my teachers to the varvest in a good way (see inside the variety). Same age as my kid, I and rave a four-year relationship with direct his particular nettle patch, which two lives on top of a spectacular cliff this alongside and amongst giant trees. Their below the cliff is the Salish Sea.

Daily practice erritory, and it means personally take tinctures diluted a teeny glass of water per day for wellness

their tood fish and bird carcases wind direction here is often

## Begin or continue to move into > right relationship with all things

Investigate your relationships to things and people. Move towards them being known, consensual, and mutually beneficial.

> Non-human ASK: Do I need this? Does someone have one that I can borrow? Can I find it used? Can I share it? Who made it? Out of what? What happens to it when I am done with it? What are the social relations that bring it to me?

> Human ASK: Am I unintentionally reproducing racist, classist, colonial, or exploitive ideologies? Am I part of a group that does? These ideas are often internalized at a young age, and may remain invisible to you. Make space and be graceful with your own healing work. As we do not turn away, as we shine the light on our dark parts and hidden patterns, all beings benefit from our liberation.

## **Practices that Connect**

#### Land-connection medicine.

The plants in these tinctures are from this place. If you take them into your body, your body becomes made of them. You slowly grow threads of relationship with the plant.

I take this medicine nightly. When I take it I pause and feel the threads of knowing between myself and the place of the plants. Sometimes I think about the earth below me and the air all around me, thus expanding my sense of self to include all directions. Breath. The land I am.

#### Ride a bike. Or walk outside.

world.

Notice: Wet leaves, slippery decomposition.
Cold wind blowing hard in your face: arctic air outflow comes to us either Skwx wú 7mesh (squamish) way or Stó:lō (fraser river) way.
Crows gathering, lifting, heading home.
The quiet sound of wet bike tires on road: the roar of waiting to cross four lanes in the rain.
On your bike or walking you can be aware of so many things. We are present and alive in the

# Support indigenous front-line land defenders.

Find our what front lines are in your community and get involved in direct support. Start by listening to their existing needs. Locally try protecttheinlet.ca

#### Sit or sit spot.

Sit on a cushion inside, or sit somewhere outside. Sit in the same place every day. Pay attention to what you see, hear, smell, taste, feel. Breathe in and out, and notice that you are breathing in and out. Sitting is a way to settle down, cultivate presentmoment awareness and a quieter mind, and to observe the flow of reality occurring around you. "Sit spot" is an actual thing and you can look it up to learn more.

# Directly care for and intervene in system level injustice

Our responsibility must extend beyond the personal, beyond the pleasure of distractions, and beyond the anaesthesia of intoxication culture. We must look at the world, seek to understand a small part of it beyond ourselves, and take part. I urge you not to turn away. Ideally our belonging to a place translates into a felt and understood sense of responsibility to tend, protect and give back. Join forces and work with others. You are not alone! It will lift your spirits.



"We have to
extend our concern
with exploitation of
labour to other-than-human
communities. Exploitation is
an instrumental relation to
the other. It's a condition
that views all other things
as existing for our
consumption and
gain.

exploitation is a lack of consideration of others as agents themselves, and a corresponding lack of informed consent to the power relations that affect them."

-Glen Coulthard as quoted by Matt Hern and Am Johal in Global Warming and the Sweetness of Life.

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