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Some Experiments and Ways of Greater Connection
As we evolve to being Human

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BREATH (Air) (One who breathes half breaths lives half a life)

- 1 Learn to breathe and practice following your breath
- 2 Wish you hear – see the word Breath take a deep breath

WATER (Your body is mostly water)

- 3 Drink clean water
- 4 Don't drink iced liquids with foods
- 5 Drink warm water daily
- 6 Drink more water

FOOD (You are what you don't poop out)

- 7 Read the labels of what you are buying/eating
- 8 At least know how to cook for yourself
- 9 Explore different food sources/ eat variety
- 10 Eat more local seasonal organic food
- 11 Learn about fasting and try it
- 12 Eat more vegetables
- 13 Eat slower / chew more (up to 80% of digestion happens in the mouth)

14 Know where your food comes from and how many people participated in getting it to you. How feeds you?

15 Offer thanks for your food.

16 Be a good friend to your digestive system

17 Have a garden/community garden/wild forage often, eat something wild every day

SLEEP (Many Americans are sleep deprived and sleep deprivation is a major source of Disease in America)

18 Get plenty of sleep

19 Notice your dreams

20 Practice power napping

HEALTH

21 Begin developing a personal health philosophy

22 Begin developing a daily exercise routine (strength, balance, flexibility)

23 Begin developing a meditation practice

24 Use less SOAP, use less chemicals

25 Give (and get) at least 7 hugs a day

26 Find ways to access your higher self each day

27 Develop a seasonal cleansing routine

28 practice fasting from media and electricity regularly

29 Develop your artistic/creative side

NATURE

30 Have or help with a garden (smell, look, feel)

31 Go for walks in the woods

32 Learn the plants that grow around you.

33 Twelve common families contain 80% of the plants you meet

34 Learn the FOUR DIRECTIONS/ know water sources around you

35 Follow the cycles of the moon and sun and stars

COMMUNITY (We are a circle within a circle)

36 Begin exploring the community around you

37 Learn about permaculture / sustainable living

38 Balance time with others and with yourself

REMEMBER

-BE HERE NOW

-The future is a Rainbow

-You are a spark in the fire of life

-HONOR YOUR TEMPLE

-What you do affects 7 generations ahead

-We are one world

-Live simply so that others may simply live

-LOVE YOURSELF