

Each of the beautiful women in the [Women Healing Women Healing Earth](#) video share ways they care for self, land, and community. They contribute to the work and programs of Seeds of Solidarity locally, and have much to offer women everywhere. **Here are some ideas and practices to adapt to your own life.**

Sta speaks of the wise women and matrilineal ancestors in her life and their teachings as healers, midwives, and sources of strength. Who is a valued woman in your life- a friend, family member, mentor, or someone you admire but may not know personally? Find a quiet, comfortable place to sit for at least 15 minutes. You may want to have a cup of soothing tea in hand or a journal nearby to write or draw afterwards. Allow the image of one such woman to flow into your mind and heart. Simply contemplate their presence in your life with gratitude. Listen for any words or memories that emerge. It may be sad if they are gone, but at the same time joyful to honor and thank them.

Phyllis is a celebration artist who uses simple, found, or reclaimed materials that bring us closer to, and honor nature. Is there an element- water, fire, earth, air, space to which you feel personally drawn? Each of these take form in our bodies and are sources of sustenance, and can be found all around us. Find a moment to connect with one of these (or focus on one element a day for a week). Light a candle & enjoy that flame, or of an outdoor fire if possible. Gaze up at stars on a clear night, or catch the sunrise light if you do not usually. Plant a seed, tend a houseplant, or keep a bowl of soil or sand to sift through your fingers. Pour a glass of water, drink it slowly and contemplate its source- if you don't know, find out.

Nalini is a creative cook who learned early on to prepare dishes with simple, local, and often little food, and who now provides amazing food for others. If cooking is not familiar to you, think of what you like to eat, and try to make one thing. For example, learn one homemade dressing that can be used on salads, steamed vegetables, or basic grains. If you already enjoy preparing food, is there someone in your life, workplace, or community who would benefit or feel uplifted from a gift of a dish made with your love? Find a free Recipes for Wellness booklet at Seedsofsolidarity.org with seasonal dishes (some inspired by Nalini!), health & gardening tips. It's written by Deb; whose hands sow the seeds in the video.

Connie aka Lady Cee shares her daily practice of a health walk. She reminds us that change does not happen overnight, be it ourselves or social justice movements. Connie suggests starting health walks slowly and building up, either quietly, or with music/playlists that inspires you. Is there a friend, partner, or child in your life who might want to join you? For some, making a regular commitment of once a week with a walking partner can help you dedicate yourself to this practice or feel safer. Others may relish alone time. Pay attention to the feeling of your feet on the ground, and take in what we otherwise miss when moving quickly. A walk (or bike ride) does not need to be a journey of many miles to provide a change of scenery while clearing/refreshing our thoughts, exercising our bodies, & enhancing circulation.

Marina uses breathing to re-center and energize. Humans breathe about 22,000 times a day! Breathing is natural, yet there are many simple and advanced practices across cultures. Start simply. Sit comfortably, raised on a floor pillow or in a chair, with a relaxed but straight spine and shoulders down. Breathe gently through your nose. Let your belly fill as you count silently to four on the inhalation, then without holding the breath, exhale gently to the count of four. Repeat several times, with eyes closed or slightly open as you prefer, and with a soft smile to keep your jaw relaxed. Return to your normal breath. The breathing method Marina suggests is 4 counts to breathe in, hold for 7, exhale for 8. With regular practice, this is found to reduce anxiety, balance emotions, and support sleep. You can work up to this over time with the simpler four x four count described first. Enjoy!

Practice suggestions by Deb Habib. Video production by Deb and son Levi Baruch. Seedsofsolidarity.org, 2021