

REGENERATION

- People often speak of finding a new story and it is a great exercise for nature connection sessions. Story making or re-working a familiar story weaving through elements of the landscape round about, encourages participants to reflect on their experience of the environment.
- It is important to remember that the old stories are with us for a reason. Many have endured for thousands of years and reflect both the collective wisdom and folly of humanity.
- When we are born, we assume what we experience in the world is how things are and how they have always been, I've heard it described as generational amnesia.
- Thankfully our stories give us context within human history and even deep time. They show us that what exists now is not what has always been and not how our world always will be.
- In the 20th century change happened faster than any other period of human history the impact humanity had on the planet from the 1950's onward led to the Anthropocene (named after our indelible impact) and as we venture further into the 21st century it's up to us to decide, urgently, the direction of future change.
- If we can "stop wasting stuff" and give our planet space to breathe, to regenerate, we may be able to enjoy life here sharing our stories for thousands of years more.

RESOURCES

- TRACS (Traditional Arts and Culture Scotland) Website has a lot of storytelling resources on a range of topics
- There are specifically environmentally motivated collections:
Botanical folk tales of Britain – Lisa Schneidau
Dancing with Trees – Alette Willis and Alison Galbraith
Forestry commission Tree Tales downloadable PDF
- Earth Stories – Grian A Cutanda (a “global seedbank” of myths from various world cultures)
- Thistle and Thyme – Sorche Nic Leodhas
- Land of the Seal People – Duncan Williamson
- Podcast “My Natural Habitat: Tales from the Forest”
<https://www.buzzsprout.com/1257818/7148326-tales-from-the-forest>