



2021

12 seeds for a better *more human* future



Trust in the process  
powered by nature

Seeds need a holding space and soil in order to grow,  
as well as nutrients, water and light.

Every seed carries enormous transformative power within itself.  
Seeds combine the genetic memory of the earth and the universe.  
This old wisdom is in our DNA, too.

Seeds will become trees and trees will produce seeds again.

Enjoy planting your seeds in 2021 and watch them growing.  
For this process, I wish you lots of caring love and nice company.

Andrea

Wake up  
Prepare the soil  
Plant seeds  
Nurture your seeds  
Build fruits  
Harvest  
Pause

# Be present

Wake up! Be present!  
Put yourself in a state of being.

*"Every moment,  
a voice,  
out of this world,  
calls on our soul,  
to wake up and rise."*

Rumi

Wake up

JANUARY

Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

be inspired

Video: Charles Eisenstein A new story of the people

In the world were 100 people

# Listen

Be quiet enough to listen and receive.  
Listen to nature. Listen to her intelligence  
Listen to the information of the earth.  
Listen to the ground you are standing on.

*"Nature never breaks her own laws."*

Leonardo da Vinci

Wake up  
FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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be inspired

Video: Nature speaks

Reading: Joanna Macy, Molly Young - *Coming back to life*

# Prepare the soil

MARCH

Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
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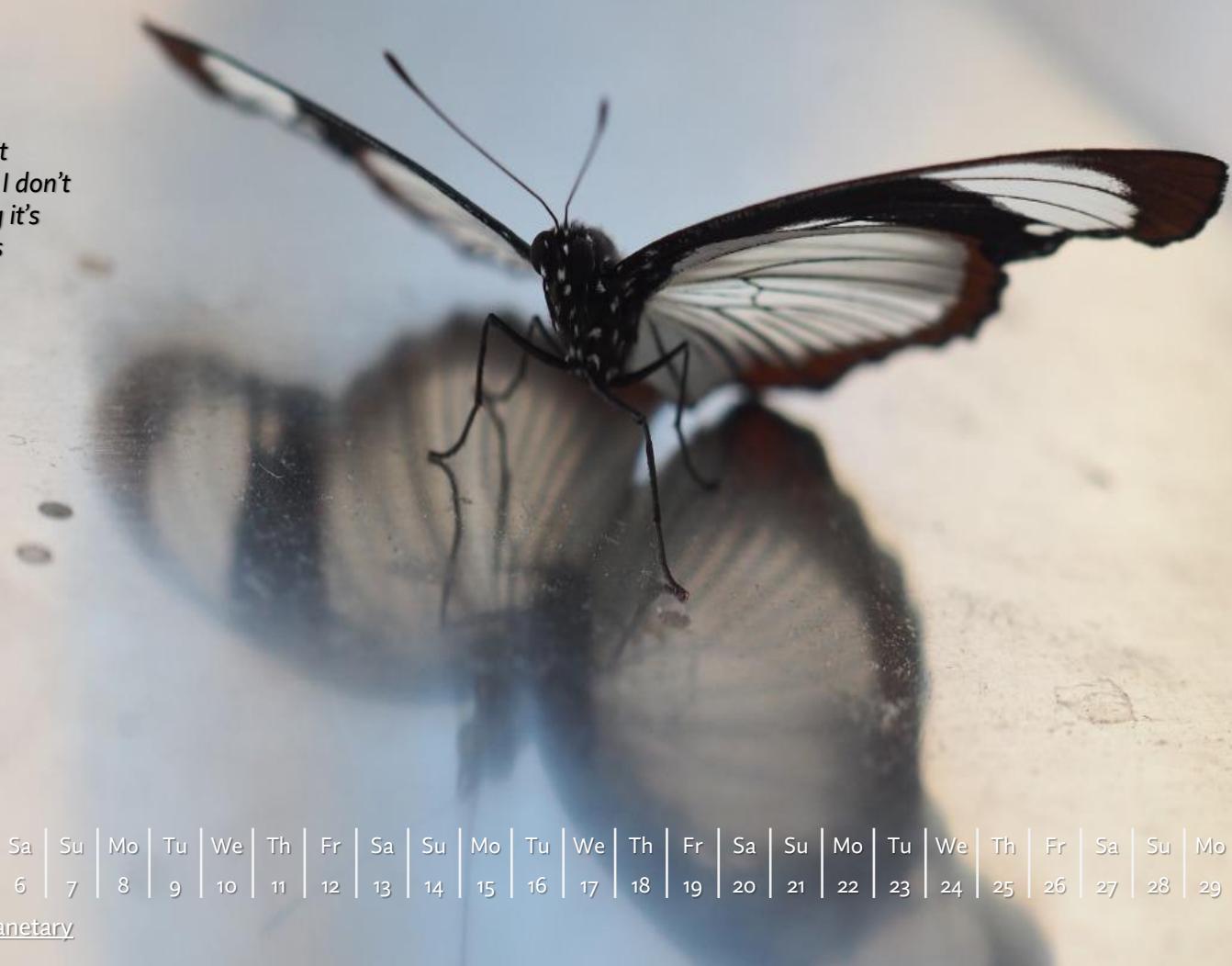
be inspired   Movie: [Planetary](#)

# Shift perspective

Make a shift from planet earth to planet self.  
Change starts within us. Look at yourself.

*"The thing that really surprised me was that it [Earth] projected an air of fragility. And why, I don't know. I don't know to this day. I had a feeling it's tiny, it's shiny, it's beautiful, it's home, and it's fragile."*

Michael Collins, Apollo 11



# Prepare the soil

APRIL

Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

be inspired

Video: Charles Eisenstein - The More Beautiful World Our Hearts Know is Possible

Movie: My biggest little farm

# Dream BIG

Nourish your dreams and dream big.  
Our dreams have to be big in order to face the problems we have.

*"If you can dream it, you can do it."*  
Walt Disney

Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

be inspired

Video: Amnesty International - Looking into the Eyes of the Other

Movie: Fantastic Fungi

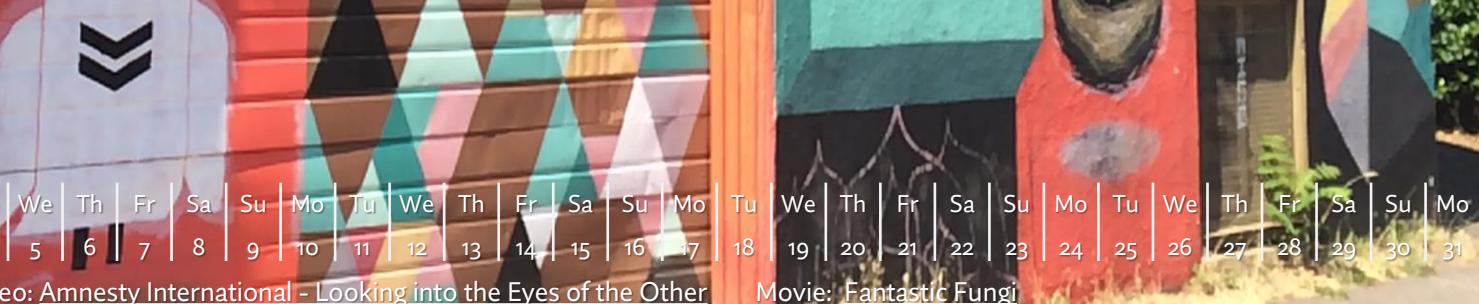
## I am because you are

We depend on connection, community, and caring — simply, we cannot be without each other. This philosophy requires a conscious shift in how we think about ourselves and others, especially at a time when we are more divided than ever.

# YOU BUILD

*"What if, what you want to be will only come about when you ensure that others get to be that as well? And what if all of humanity was on your team, working toward your good?"*

Nelson Mandela



"Me, We"

(Supposedly the shortest quote in the English language delivered at a Harvard graduation)  
Muhammad Ali

## From Me to We

We all operate in the content of social fields.  
Are we able to sense our social field from the  
viewpoint of others, even the ones we are not  
interested in?

To transform from an "Me" mentality to a "We"  
mentality, we have to work for the good of all.

Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

be inspired   Video: [This is Me to We](#)

Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

be inspired

Video: [Rumi says: I am you](#)Movie: [The Serengeti rules](#)Reading: [Thich Nhat Hanh - Together we are one](#)

# Being one

We are all one and the oneness is in us.

*"You are not a drop in the ocean,  
you are an entire ocean in a drop."*

Unknown

*"We are one species.  
We are starstuff."*

Carl Sagan

A large, intricate sand drawing on a beach. It features a central heart shape with many radiating lines and loops, resembling a mandala or a complex map. Below this, the word "LOVE" is written in large, bold, block letters. The entire drawing is set against a light-colored sandy background.

# Caring Love

Take some time for yourself.

*"How you love yourself is how you teach others to love you."*

Rupi Kaur

*"Love the things you do and do the things you love."*

Steve Jobs

Nurture your seeds

AUGUST

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

be inspired

Video: [How do animals love](#)

Nurture your seeds

SEPTEMBER

*"Hope arises in action."*  
Old German Proverb

# Hope

Active Hope strengthen our capacity to face this crisis and respond with unexpected resilience and creative power.

*"We are the ones, we have been waiting for..."*  
Prophecy by HOPI elders

We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

be inspired

Video: Karim Sulayman – I trust you

One Day

Movie: 2040-We save the World

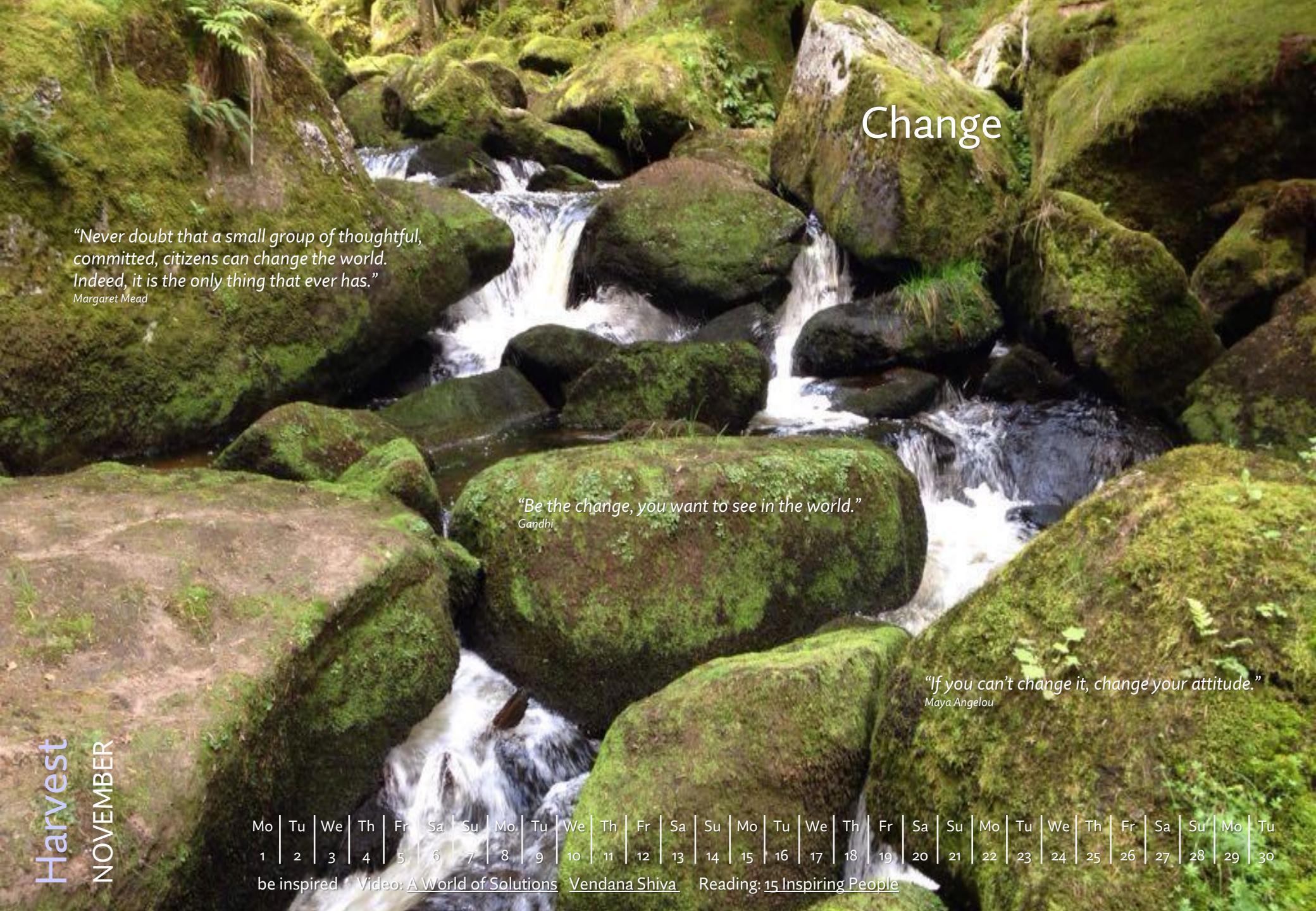
Tomorrow–A world of solutions

Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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# Take action

I am the source of action.  
My action is poor,  
when I am not open enough  
to the sacred powers.

*"Activism is the rent  
we pay to the planet."*  
Alice Walker



# Change

*"Never doubt that a small group of thoughtful, committed, citizens can change the world.  
Indeed, it is the only thing that ever has."*

Margaret Mead

*"Be the change, you want to see in the world."*  
Gandhi

*"If you can't change it, change your attitude."*  
Maya Angelou

Harvest  
NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu
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be inspired

Video: A World of Solutions

Vendana Shiva

Reading: 15 Inspiring People

*"Taking a break can lead to breakthroughs."*  
Russell Eric Dobda

## Take a break

Stop and take a break,  
when your actions are not taking you to a  
place of wisdom.

*"Those who don't want to change, let them sleep."*  
Rumi

We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

be inspired

Reading: Drew Dellinger - Love Letter to the Milky Way

Thich Nhat Hanh – Call Me by My True Names

# be inspired

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## Personal impact on the planet

Food calculator

<https://www.bbc.com/news/science-environment-46459714>

Tips on daily life

<https://www.wwf.de/aktiv-werden/tipps-fuer-den-alltag>

Ecological footprint

<https://www.footprintnetwork.org/our-work/ecological-footprint/>

## Alternative Search Engines

DuckDuckGo

<https://duckduckgo.com>

The search engine that plant trees

<https://www.ecosia.org>

The search engine without tracking

<https://swisscows.com/?region=de-DE&uiLanguage=de>

## Best Practice

Barefoot college

<https://www.barefootcollege.org/tag/solar-mama/>

Jaipur rugs

<https://www.youtube.com/watch?v=9-Sl7gRgVTs>

The good news network

<https://www.goodnewsnetwork.org>

Local Living Economies

[https://www.youtube.com/watch?v=M\\_BN7S5Xpw&feature=youtu.be](https://www.youtube.com/watch?v=M_BN7S5Xpw&feature=youtu.be)