

Dear friends,

By this letter I like to express my gratefulness to all the great people who share their wisdom with others. By making their *Youtube* films and writing their books. And my gratefulness for all the good things Nature, or Mother Earth, have provided for.

My special thank you's go to three very special **Wise Women**, who are living all the three of them on the West coast of Ireland.

Terri Conroy from *Danu's Irish Herb Garden* for her very practical advises. She shows the beauty of her garden and environment. Finally I succeeded to make mead with Mogwort. I followed her exemple to go barefoot in November. To make a Mullein thorch for New Year. Making Christmasdecorations from materials on hand, also inspired bij:



Hanna van Aelst, who showed me the easiest way to do the basketmaking I always wanted to do sometime. I



wove a basket from Blackberrie briars. I admire her for using the old crafts.

Colette O'Neil of *Bealtaine Cottage*, also for her hard work and sharing her thoughts.

And other Youtubers who taught me a lot, about plants, trees, the beauty of the earth:

Jonna Jinton from Sweden

Rita and Frank Lüder of *Kreativpinsel* from Germany.

Pflanzenvielfalt and **Markus Burkhart** from Austria

Christophe de Hody of *Le Chemin de la Nature* from France

And the Authors of books, from which I recently learned a lot :

Peter Wohlleben: (U.M. Das geheime Leben der Bäume)

Wolf Dieter Storl: (Einsichten und Weitblicke)

Merlin Sheldrake: (Entangled Life)

Harold Macgee: Nose Dive: (A Field Guide to the world of Smells)

Eckhart Tolle: (Stillness speaks)



A happy, healthy and beautiful New Year!

The sense of life: Your senses

Rita van der Kant-Klomp Amersfoort The Netherlands (NL) www.ritavanderkant.com