

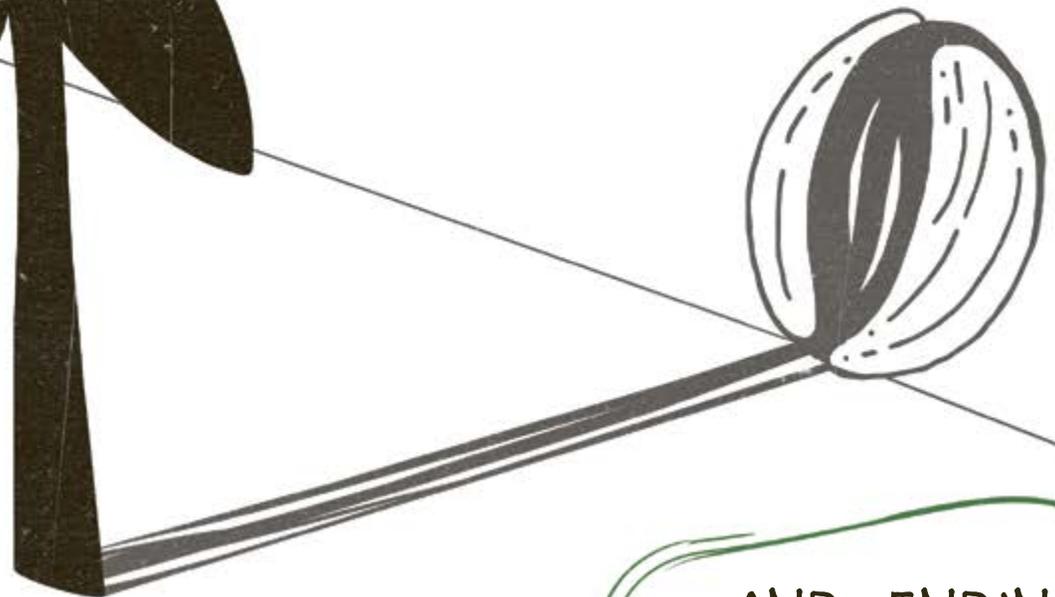


PLANTING
STORIES.

10/11



THE STORY
OF CYCLES



...AND ENDINGS...

HELLO!

This zine is inspired by plants and lovingly adapted for self-discovery work with indoor plants. It is part of a larger collection of educational materials titled Planting Stories, aiming to explore and embrace the relationship between potted plants and humans.

A zine is a small, homemade magazine that people create to share their thoughts, art or interests. It's usually made by hand or on a computer, then copied and shared with others (self-published). For audio information on the background of this zine and how to use it, please scan this QR code:



Let's begin:

Sit with a plant in front of you.

Get to know it a little bit better:

Gently touch its leaves, check its roots, stems, shape, colors...

Take a few deep breaths while doing this and take your time.

Now, think of how small this plant used to be. Visualize how it grew from one little leaf to this size.

Amazing, right?

Do the same about yourself:

Think about how small you used to be and visualize how you grew from a tiny baby to this adult human being.

Pretty amazing, right?

All nature has cycles in which everything grows. Not only day and night cycles or different seasons, but the biogeochemical and nutrient cycle, also known as "nature's recycling system".

This is what we will explore here.

Welcome to the Story of Cycles.

The story of what endings actually mean.



Senescence

The word *senescence* (n.) comes from Latin *senescō* “to grow old, decline with age” (*senescō, senescere, senūi*), derived from *senex, senis* “an old man, old person.” The term entered the Oxford English dictionary in the early 18th century, first in the context of human aging, and later adopted in biology to describe aging in plants, animals, and cells.

Plant senescence is a programmed ageing process in plants, where specific cells, tissues, or organs gradually lose function and actively break down to recycle nutrients and support reproductive success or new growth. It’s a genetically regulated, orderly process rather than a random decline. It’s more of a strategic life phase than just decay. It also represents the final stage of plant development, often involving the transition from nutrient assimilation to nutrient remobilisation.

Leaf senescence plays a crucial role in nutrient recycling, especially of nitrogen, moving valuable resources from aging tissues to growing parts of the plant.

 What feelings or thoughts come to you after reading this?

“SOME OF US THINK HOLDING ON MAKES
US STRONG; BUT SOMETIMES IT IS
LETTING GO.”

~HERMANN HESSE~



Let's create neurographic art!

This is the process of drawing random lines which loop and swirl over themselves. We then strengthen the intersections of the lines we have made with curves. Amazingly, our brains calm down whilst making these abstract drawings and they turn out very nice. Feel free to add colours.

How to:

- Draw over dotted lines
- Add more curvy lines freely, as you feel inspired
- Find an intersection of lines
- Curve intersections like this 
- If you wish, add color in each section
- Enjoy!

When you are ready, read the next story.

The story about...



THE CYCLES

When the last petals fall, when fruit ripens and scatters its seeds, the plant turns its work inward.

Sunlight once poured into flowers and fruit now flows through quiet veins to the roots. Minerals and sugars sink deep, building strength below. Around them, the soil becomes richer—ready to cradle new seeds.

The season of comparing blossoms is over now. There is no rush to outshine, no need to prove itself. Now the work is quieter, yet more lasting—enriching the roots that bind the soil, carrying stability and balance for generations to come.

It is quite similar with people, not just plants. In later years, the body may ask for gentler rhythms, but the mind and spirit often reach their greatest clarity. Decades of experience have distilled what truly matters.

In this phase of life, one carries the steady truths that can keep a whole community aligned with its values. This guidance is not a fleeting flower, but the enduring ground from which others grow strong.

The bloom may pass, but the roots remain. And in the patient dark, they weave beginnings. Such is the story of cycles—where every ending becomes the ground for what must grow next.

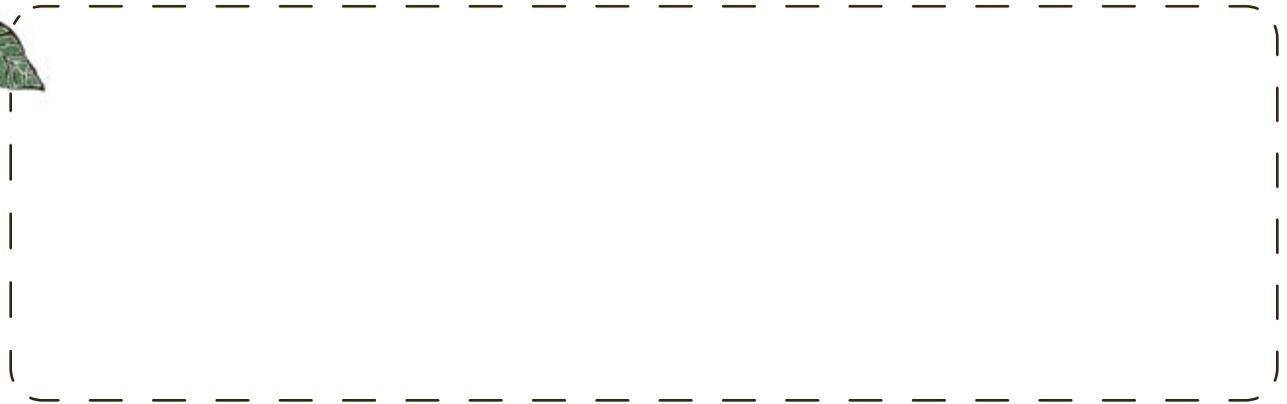


Reflect on the following questions.

Notice what feels true for you, and write down your answers—or simply make notes or sketch your thoughts.



Who do you want to transfer your experiences and wisdom to? Why would you choose them? How would this wisdom benefit them?

A large rectangular area enclosed by a dashed line, intended for writing an answer to the question above.

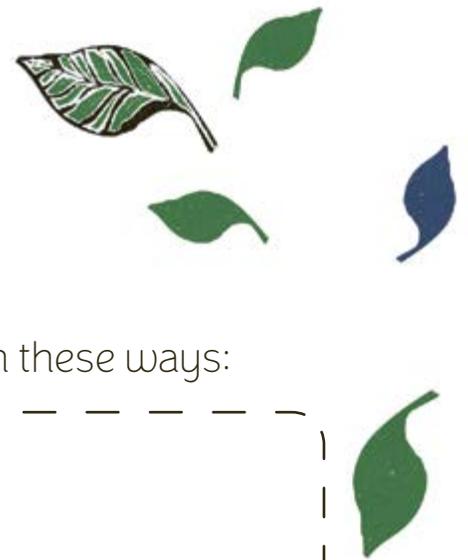
Which fruits of your life make you happy today? In which way?

A large rectangular area enclosed by a dashed line, intended for writing an answer to the question above.

In what ways can you help your family and/or community grow more easily from their own experiences?

A large rectangular area enclosed by a dashed line, intended for writing an answer to the question above.

Before you leave this zine, check for two important things:



1

What are some small actions you could do for your community?

Today, I would love to contribute to my community in these ways:

[A large dashed-line rectangular box for writing answers.]

If opportunity presents itself, do them.

2

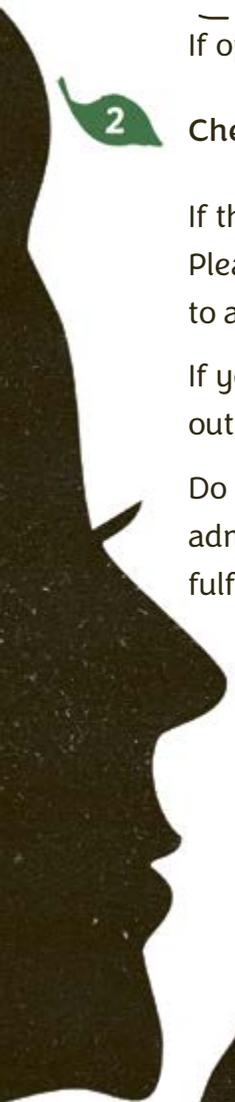
Check if your plant has some brown leaves.

If they are a little bit brown - be aware that this is your plant redirecting its nutrients. Please don't cut short this amazing process by plucking them out. In fact, take some time to admire them! Their role in plant life is still so important.

If your plant has leaves that are very, very brown or are about to fall out - Pluck them out. Thank them and let them go. It will make your plant healthier and stronger.

Do the same for yourself: If there is something in your life that may not be perfect - admire it for a moment. If there is something you are ready to let go, that has completely fulfilled its purpose in your life - release it. In your mind, give thanks to it and let it go.

Today, it feels good to let go of: _____



You can imagine letting it go, as you would throw away the plant's old leaves.

When you are ready, while closing this zine, think about something that would make you feel complete.

Thank you for taking this journey of
growth and connection.

Check for other resources at:

kulturnest.org/socio-cultural/planting-stories

or udruga-tilia.hr/planting-stories/

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Lead Author: Elizabeta Petersdorfer

Lead Illustrator & Graphic Designer: Nevena Moslavac



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**PLANTING
STORIES.**

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