

PLANTING
STORIES.

6/11

THE STORY
OF WISDOM



WHO
WERE YOU
BEFORE THE WORLD TOLD YOU:

"HURRY UP"?

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:



This little badge is for you!

If you wish, cut it out and keep it close - you'll need it for a secret mission as part of this journey. What kind of a mission? Something simple and beautiful. You will see!

But first...

**Sit with the plant in front of you.
Just for a moment.**

Let your breath slow down.
Let your attention settle.

This isn't just a story of a plant. It's your story, too - the story about something small inside you, full of quiet potential.



Look closely - at its roots, stem, leaves, flowers. Can you tell if it came from a seed?

**Welcome to the
quiet world of
seeds.**



DAN_A_ION S_ED



MAP_E SE_D

LOOK OUTSIDE!

...Add letters, colour the seeds...



ACO_N



PO_CO_N



A_OCA_O S_ED



WA_ERM_LON SEE_



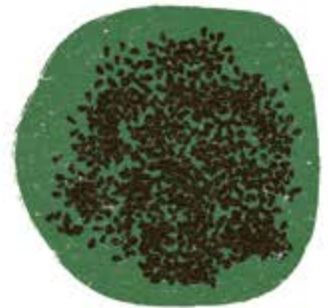
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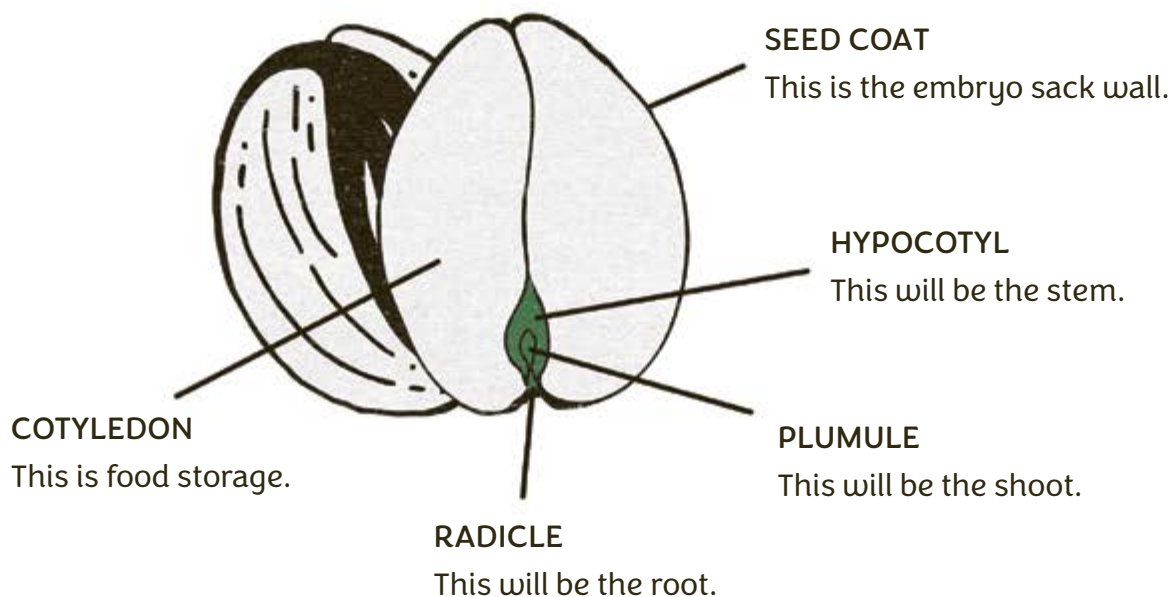
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ST_AWBE__Y
S_ED

ANATOMY OF A SEED:

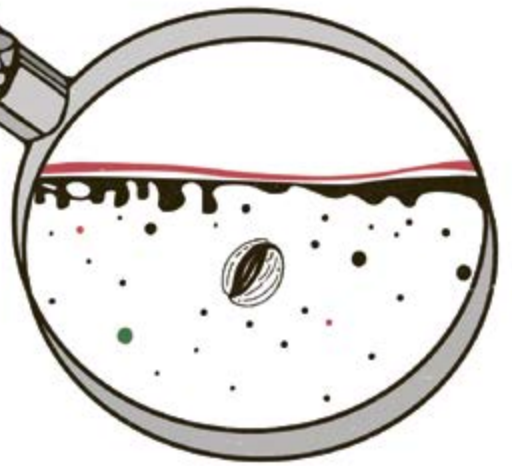
LOOK INSIDE!



THE WISDOM OF POTENTIAL

Deep beneath the surface, hidden from view and far from the noise of the world, lies a seed. Small, quiet, almost invisible – and yet, there's an entire universe that lives inside it.

Not just future leaves, not just a flower. It carries the codes of color, the blueprints of shape, and the whispers of time itself.



Every seed carries its own unique code, like a secret map pointing toward the possible. And no, not every seed sprouts – but each seed holds the full instructions for what it might become.

Some seeds can survive for thousands of years without sprouting. Thousands!

They hold life, patiently, while the world rushes by.

As if they're waiting for the right moment.

As if they're listening.

As if they believe.



We were seeds once, too.

In childhood – when we asked endless questions, talked to clouds, made friends with trees, and believed everything was possible – our inner code was the loudest. Not a code of behaviour, not of expectations, but of pure potential.



Everything we could become was already inside us. Not as a plan, but as a possibility.

A seed is not an unfinished plant. It is a miracle of waiting. A drop of wisdom that knows when not to rush, that knows how to simply be. And when the moment comes – it does not become something else. It becomes more of what it already is. Each of us still carries a seed within.

The wisdom of our full potential.



Draw what you imagine could grow from this seed.

You can see it as a literal seed—or as your goals, plans or vision. What might grow from it?



“A SEED NEITHER FEARS LIGHT
NOR DARKNESS, BUT USES
BOTH TO GROW.”

~MATSHONA DHLIWAYO~



Reflect on the following questions.

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



Which parts of me are already full of life, even if they're not visible on the outside?

A large rectangular area with a dashed border, intended for writing or drawing answers to the first question.

What did I know about myself as a child that I have forgotten now?



A large rectangular area with a dashed border, intended for writing or drawing answers to the second question.



Reflect on the following question.

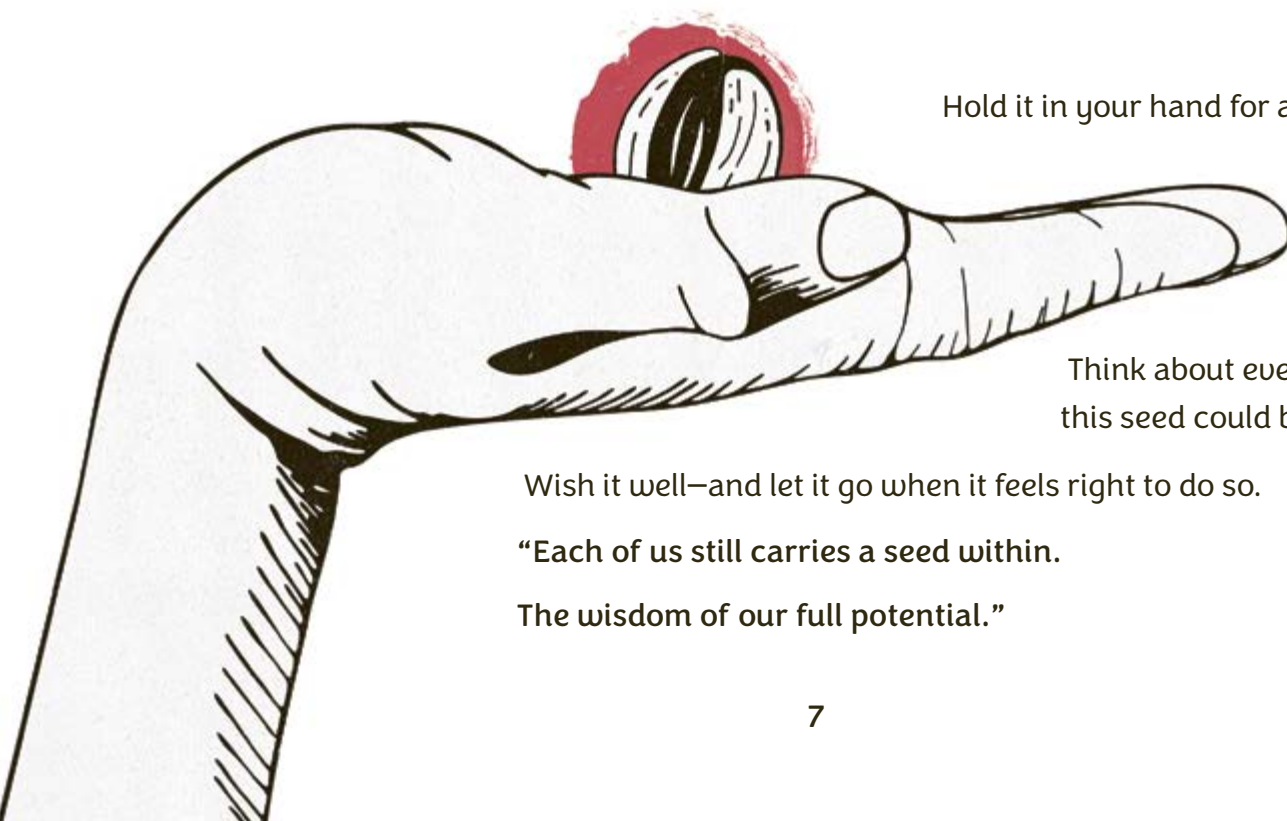
Notice what feels true for you and write down your answers—or simply make notes, doodle or sketch your thoughts.

How can I stay in touch with my potential, even when I don't see immediate results?

A large rectangular area enclosed by a dashed line, intended for writing or drawing.



MISSION OF THE DAY:
Find a seed and observe it for a while.



Hold it in your hand for a moment.

Think about everything
this seed could become.

Wish it well—and let it go when it feels right to do so.

“Each of us still carries a seed within.

The wisdom of our full potential.”

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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**PLANTING
STORIES**

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