

PLANTING  
STORIES.

7/11

# THE STORY OF SEVEN

...AND WHAT WE NEED FOR GROWTH...



# 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:



## When you feel ready, let's start!

Sit with a plant in front of you and take a moment to connect to the plant.

Observe its shape, colours, dimension, vibe.

Touch its soil, smell its leaves.

Take your time.

Think of a skill or a trait you would love to develop.

Close your eyes and visualize it as a little seed resting in the palm of your hand. When the image appears, open your eyes.

Got it? Amazing!

When you are ready, open your palm with this imaginary seed towards the plant.

Slow down and observe.

What connections can you see between the imaginary seed in your hand and the plant in front of you?

This is what we will explore.

## Welcome to the Story of Seven Elements.

The story of what it naturally takes for all seeds to root and shoot.

Leave your imaginary seed with a plant for a while and...



# LET'S BRAINSTORM!

Write out, draw or doodle all ideas, associations or images that come to your mind when you hear these words. Even the funny ones! Everything is allowed!

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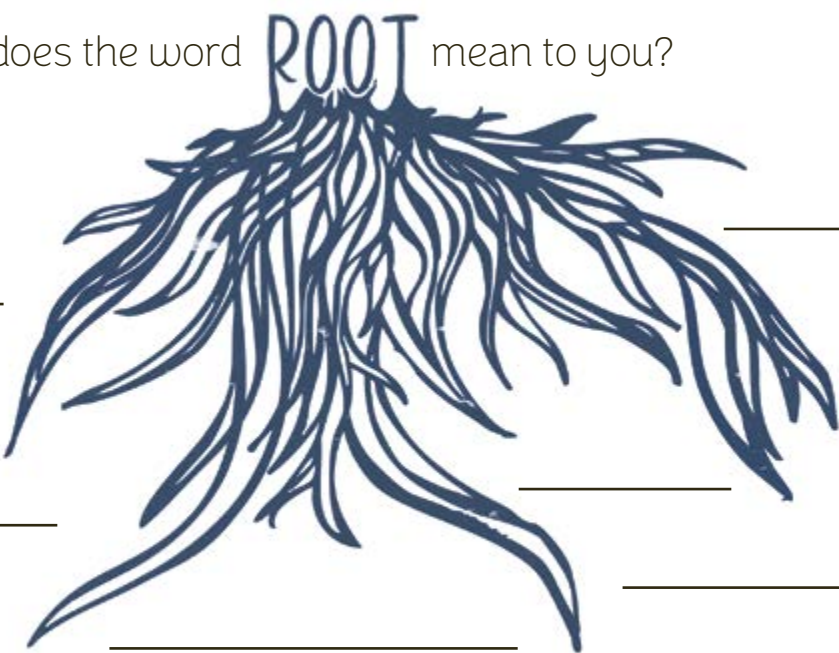
What does the word **SHOOT** mean to you?

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What does the word **ROOT** mean to you?

## THE SEVEN ELEMENTS

Deep down in the Earth, curled in silence, the seed waits for seven elements: **Water** that softens its shell, **Soil** that holds it steady, **Air** that finds its way in, **Warmth** that seeps through, **Time** that unfolds its rhythm, **Light** that reaches out and **Care** that watches over it. When all seven elements arrive, the wait is over. Then, and only then, does the seed dare to transform.

First comes the root, reaching down, anchoring itself in the unknown. The depths are dark but rich and every root hair soaks up minerals and the truth of the Earth. The seed cannot see. However, because of sacred code written inside, it knows: Down is where strength begins.

Then, a tender shoot breaks through the soil's skin, stretching towards the light. It doesn't rush – it senses. Light means possibility:

**Growth is not a race. It is a conversation.**

Just like that, our skills or traits that are still hidden or waiting, need the same elements to grow. We water them with our thoughts and words; we make them warm with our feelings and ownership. We give them light through our vision. We give them stable immediate surroundings (soil) and kind wider conditions (air). We show up, consistently (time) and we listen and adapt our behaviours (care) to make them grow. When all is present, they root deep and rise true, becoming undeniably strong.

Sometimes, it's easy to forget: Growth isn't a race. It is a conversation – letting the elements speak, and sensing what the next answer is.

### WARMTH

Feelings & ownership

### WATER

Words & thoughts

### SOIL

Immediate surroundings

### AIR

Wider conditions

### TIME

Consistency

### LIGHT

Vision

### CARE

Listening & adapting behaviour





Reflect on the following questions.

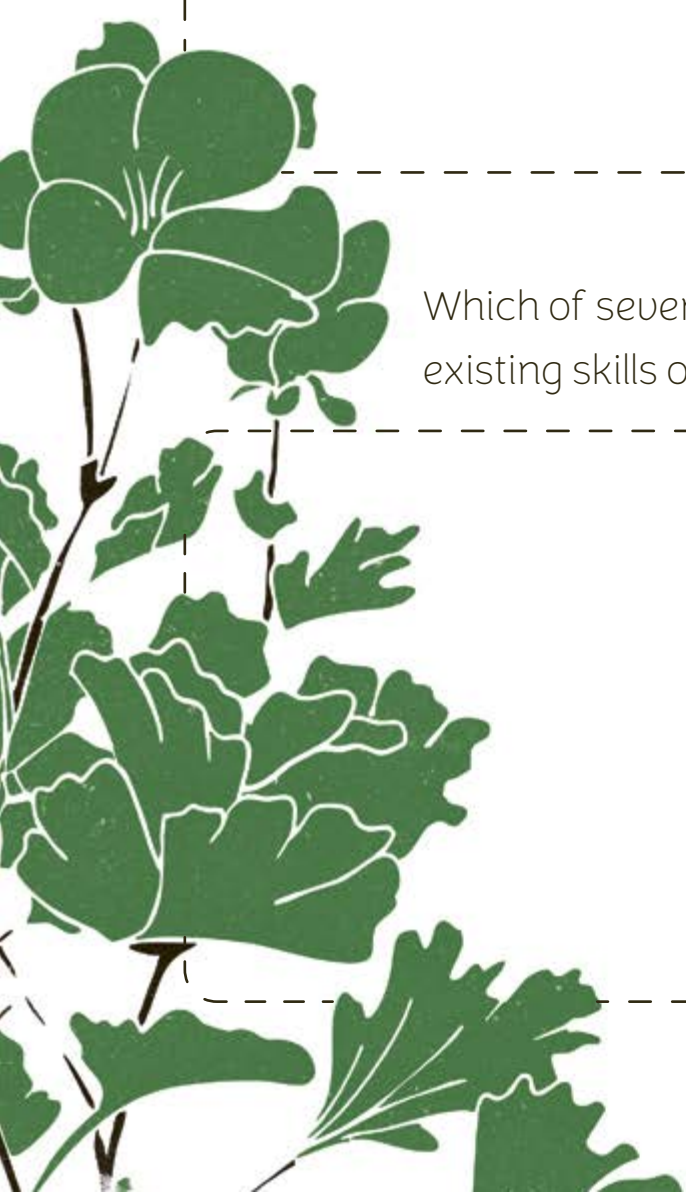
Notice what feels true for you, and write down your answers—or simply make notes or sketch your thoughts.

Remember your imaginary seed that you left with the plant? Imagine you can plant that skill or trait you want to develop. What do you think, what can grow out of it? Who could you become?

A large rectangular area enclosed by a dashed line, intended for the user to write their reflections on the first question.

Which of seven elements would you like to add to your existing skills or traits? How can you do so?

A large rectangular area enclosed by a dashed line, intended for the user to write their reflections on the second question.



Water is the primary regulator of germination, as the process begins with seed imbibition. The absorbed water causes the seed coat to swell and rehydrates the embryo cells, initiating root and shoot growth.

Just as water activates a seed, which words of support

'water' you and which words do you use to 'water' your friends?

Water for my friends:

Water for me:

You've got this!

"WHAT YOU WATER -  
GROWS"

~STEVE MORGAN~





What brings you energy, direction and strength?



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

- 1 What are some small actions you could do today to see growth of your skills or traits, not only in your mind and heart, but in your reality as well?

Today, I could \_\_\_\_\_

If opportunity presents itself, do them.



- 2 What you water - grows.

Check if your plant or you need some water. If you do, please give some water (and some kind words) to your plant and to yourself.

Thank you for taking this journey of  
growth and connection.

**Check for other resources at:**  
[kulturnest.org/socio-cultural/planting-stories/](https://kulturnest.org/socio-cultural/planting-stories/) or [udruga-tilia.hr/planting-stories/](https://udruga-tilia.hr/planting-stories/)

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Lead Illustrator & Graphic Designer:  
Nevena Moslavac



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