

# Return To Earth

WILD EARTH COLLECTIVE



# WELCOME

*Wild One*

# Wild Earth Collective



## TO THE ONE WHO FELT THE PULL BACK TO SOMETHING REAL:

You didn't join a course, you joined a quiet movement of people reclaiming what was never meant to be lost:

- The joy of growing food.
- The power of fixing what breaks.
- The calm of shelves you filled yourself.
- The strength of community built on trade, not transaction.

This isn't about doing more. It's about doing what matters slowly, soulfully, and in rhythm with what's real.

Inside this series, you'll find:

- Practical tools and soul-deep prompts
- Grounding meditations
- Printables for trade, tending, and rebuilding
- And the invitation to begin right where you are, with what you already hold.

You're not late. You're right on time for the rebuild.

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# The Return Map

Whether you're city-based, totally new to this, or just burnt out and craving something real, this isn't about doing everything. It's about returning through small, doable shifts that rewire your world one rooted moment at a time.

**Choose Your Starting Point.** You don't have to begin in Month 1. You can jump in wherever life nudges you. Remember, This isn't about escape, it's about remembering how to live, rooted and awake.

GOAL	ACTION
MONTH 1	<b>GROUNDING</b> Start a daily morning stretch, no phone.
MONTH 2	<b>GROW ONE THING</b> Try growing a single herb or vegetable.
MONTH 3	<b>COOK LIKE YOU REMEMBER</b> Make a recipe from scratch and freeze portions.
MONTH 4	<b>FIX, MEND, MAKE</b> Learn to sew a button or mend something broken.
MONTH 5	<b>BARTER THREAD</b> Swap something you made with your neighbor.
MONTH 6	<b>SHELF RESET</b> Label jars, buy dry goods in bulk, reset your pantry.
MONTH 7	<b>SKILL SWAP</b> Teach and trade a simple skill on Zoom.
MONTH 8	<b>HOME AS HAVEN</b> Create a cozy corner with a plant and candle.
MONTH 9	<b>EARTH COMPANIONS</b> Make a small herbal remedy for your pet.
MONTH 10	<b>FUEL SHIFT</b> Enjoy a candlelit dinner with local food.
MONTH 11	<b>STORY MONTH</b> Create a little zine and tell your return story.
MONTH 12	<b>COMMUNAL RETURN</b> Host a gathering to share food and skills.

# slow start Skill Grid

## Choose Your Entry Point, No Perfection Required

Pick one square. Then pick another. Build at your own rhythm. Every skill you reclaim is a quiet act of rebellion and a step toward grounded sovereignty.

### G R O W I N G

No yard? No problem. These skills bloom anywhere. Grow 1 herb from seed (windowsill basil counts). Learn the difference between annuals & perennials. Start a microgreens tray in your kitchen. Make a DIY compost jar or bin (even in an apartment). Understand how food actually grows (follow one crop from seed to harvest). *Beginner Tip: Most people start with herbs because they're fast, smell amazing, and are hard to kill.*

### P R E S E R V I N G

Extend the life of what you grow or buy. It's more soul than survival. Try quick-pickling onions or cucumbers. Freeze leftover broth or veggie scraps for stock. Learn how to water-bath can jam or applesauce. Dehydrate citrus peels or herbs for later use. Make a salt or vinegar preservation blend. *Beginner Tip: Freezing is the easiest place to start. Jars of frozen broth or herbs feel like magic on a rough day.*

### T R A D I N G

You have something to offer—even if it's not "perfect." Trade a baked item, handmade good, or skill with a neighbor or friend. Host a mini swap circle (clothes, food, seeds, skills). Make an "Offer & Need" board for your community or DMs. Leave a small trade box in a local café or front yard. Try a "no-spend" weekend using only trade, reuse, or shared goods. *Beginner Tip: Bartering isn't about equal value—it's about mutual care. Offer what comes naturally.*

### H E A L I N G

Start your herbal and holistic care journey from the roots up. Learn 3 common backyard or kitchen herbs (like mint, ginger, or calendula). Make an herbal tea for stress or digestion. Mix a DIY salve or infused oil for dry skin or minor burns. Create a personal wind-down routine with breath and grounding. Swap one synthetic product for a simple, herbal-based one. *Beginner Tip: Tea is the gateway plant medicine. You're already halfway there.*

### M A K I N G

Hands on, heart open. Making is reclaiming. Mend a sock, hem, or shirt instead of tossing it. Make a candle, salve, or simple handmade item. Create a zine, label, or recipe card for something you made. Repurpose fabric scraps or jars into usable goods. Add art, embroidery, or simple paint to something ordinary. *Beginner Tip: Making isn't about perfection—it's about presence. Start small and let it feel like play.*

# Reset Prompts

Mini journaling invitations to help you shift from consumer to creator, slowly, soulfully, and on your own terms. These aren't about becoming perfect or productive. They're about reclaiming your energy, your rhythm, and your hands.

**Pick one that speaks to you. Write for five minutes. Let the rebuild begin**

# 1

## *DAILY LIFE & CONSUMPTION AWARENESS*

1. When do I feel most pulled to consume and what am I really craving beneath it?
2. What would I still do, make, or share if no one ever saw it?
3. Which 3 things do I own that feel truly nourishing and why?
4. What purchases or habits have I outgrown, even if they once felt exciting?
5. If I made something instead of scrolling today, what would it be?

# 2

## *RECLAIMING RITUAL & RHYTHM*

1. What is one small thing I can make part of my weekly rhythm that costs nothing, but feeds me deeply?
2. What is my personal definition of "enough," and how can I honor it today?
3. What would it look like to live one day in slow motion? Where would I begin?
4. What does rest look like in a world that taught me to hustle?
5. What's one area of my life where I can swap convenience for care?

# 3

## *DAILY LIFE & CONSUMPTION AWARENESS*

1. What did I love making as a kid and when did I stop?
2. What skill have I always admired in others, and how could I begin learning it with joy instead of pressure?
3. If I were rebuilding the world with my own two hands, what would I plant first? What would I teach others?
4. What's one thing I've fixed, made, cooked, or grown that reminded me I am powerful?
5. How can I remind myself daily that consuming less doesn't mean I'm missing out, it means I'm tuning in?

# Sovereign Start

You don't need a homestead or a perfect plan. Just pick one thing and begin. This pack is about returning through rhythm, not rushing.

## GROW ONE, GROW YOU

- Plant one herb (basil, mint, thyme) in a jar or tin.
- Water it each morning while taking 3 deep breaths.
- Write a sticky note for the jar: "I grow with ease."
- Bonus: Sketch its growth once a week in your Return Log.

## MEND SOMETHING, MEND A MOOD

- Choose one item: a sock, button, tote, or even an old thought.
- Play calming music and repair it slowly, with care.
- Whisper this as you sew or tape: "I can restore what matters."
- After: Reflect on what else in your life wants mending.

## ONE TRADE, ONE THREAD

- List 3 things you can offer (cookies, plant cuttings, skills).
- Text or DM someone: "Wanna trade something today?"
- Complete one swap, even if it's tiny.
- Reflect: How did that trade reconnect me to others?

## CLAIM A PEACE POCKET

- Pick one corner in your home.
- Add a candle, a plant, and something that makes you exhale.
- Give it a name: The Quiet Shelf, My Grounding Nook, etc.
- Use it once a day, even for 2 minutes, to return to yourself.

## WORDS WORTH LEAVING

- Fold a single page into a tiny, handmade story guide, fill it with reflections, recipes, doodles, or thoughts from your return journey.
- Use drawings, tape scraps, or write one powerful sentence.
- Leave a copy in a café, library, park bench, or friend's mailbox.
- Your story might be the nudge someone else needs.

## SHELF OF SOVEREIGNTY

- Choose one shelf in your kitchen.
- Clear it, wipe it, relabel jars, even just 3 things.
- Add 1 beauty item (a sprig, a candle, a charm).
- Take a photo + caption it: "I can feed myself with peace."

# NEXT STEPS

## Unlock the Wild Earth Vault

- ✓ Guided sessions to help you come back to yourself
- ✓ Short soul messages for the moments in between
- ✓ A soft path out of burnout, mapped gently
- ✓ Tools to download, try, leave behind, or keep close


Access it all in one place → <https://57fb-hello.systeme.io/4588e066>

**THE PATH FEELS LESS  
LONELY WITH YOU HERE.**

*Thank you*



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You don't have to go back to who you were. You just have to return to who you actually are. This isn't a quick fix. It's a quiet exit. A steady return. A soft rebellion. You ready? Good. Let's rebuild.