

In the Garden with Anastasia III
(Location: Property of David and Mona Lewis)

June 16, 2016

Morning Session (10:00 am–12:30 pm)

Practicum with Mona—“First Steps in Creating a Polyculture Food Forest”

- **Tour of property, noting recent improvements and changes**
- **Sharing by Mona of Permaculture strategies and techniques used on property**
- **With David, a ritual of birthing a polyculture guild, or food forest, in a circle of love...**
 - **Special prayer while holding hands in a circle around the guild/food forest**
 - To the four cosmic forces for a special blessing of grace
 - To the devas and nature spirits for permission to co-create with them
 - To the gnomes, undines, sylphs and salamanders for any insights they desire to give
 - **Short gratitude meditation and dance with the nature spirits**
 - Express gratitude for their sacred work
 - Dance the Paneurhythmy movement of giving and receiving
- **Discussion of permaculture principles, before beginning, related to...**
 - The food forest matrix
 - The importance of planting as nature desires
 - Tree planting instructions, amendments, watering, mulching, etc.
- **Creation of the food forest**
 - Positioning, transplanting, watering, mulching, etc.
 - Celebration and blessing of the food forest

Intermission (15 minutes)

- **Discussion of your experience and the food forest co-creation process, questions, sharings of insights from your own attunement with the elementals and plants**

Lunch 12:30-2:00 pm (Bring your own lunch or visit a local restaurant.)

Afternoon Session (2:00 to 5:00 pm)

Darshan with Anastasia

- **Anastasia discourse through David—topic: “The End Game of Planetary Transformation through Permaculture”**

Intermission (15 minutes)

- **Questions for Anastasia from participants**