

SEED PROGRAMMING AND PLANTING

For our sacred ritual this week, I wanted to share some of Anastasia's wisdom for planting seeds. If you haven't heard of her, Anastasia is the woman described in Vladimir Megre's series, [The Ringing Cedars](#). Megre met Anastasia in the woods of Siberia, and was so intrigued by her, he decided to chronicle her wisdom regarding living in harmony with nature.

Anastasia says that within each seed there's an enormous amount of information, and that seeds know exactly how and when to grow, how to make use of the subtle energies, and what fruit to bring forth. The fruit itself is designed to sustain us and can counteract any disease. To do so, the seed must first gain an understanding of the individual and his or her condition, so that it can create a healing response as it grows. To communicate this information to seeds, she instructs:

- 1. Before planting, place the seeds into your mouth and hold them under your tongue for at least nine minutes. Information about you, including any illness or disease you're experiencing, will be transmitted to the seeds through your saliva.*
- 2. Stand barefoot on the place where you will later plant the seeds and hold the seeds between your palms for thirty seconds. Information, especially regarding toxins in your body, will be transmitted to the soil through your feet.*
- 3. Raise the seeds to your mouth and lightly blow on them, warming them with your breath. This will communicate everything else the seeds need to know about you.*
- 4. Hold the seeds, with your palms open, presenting them to the heavens. This will help the seeds determine the exact time they should awaken to make the best use of celestial energies.*
- 5. Use your fingers and bare toes to soften the soil. Plant the seeds in*

the ground, but don't water them for three days, or you'll wash the saliva off. The seeds should be planted on a day that's appropriate to the type of plants they are, using the principles of lunar gardening. (You can read my blog post about [Lunar Gardening](#) below.) If you're not sure about moon phase timing, err on the side of planting too soon, as you won't be watering for three days.

6. Communicate and meditate with the plants at least once while they're growing, preferably more. Meditate and touch the plants during a full moon. Walk around the garden barefoot from time to time.

7. Eat the fruit within three days of harvesting.

Anastasia suggests that plants grown in this way are capable of curing disease, slowing the aging process, increasing mental abilities and bringing a sense of inner peace to the person who planted them. By infusing your garden with information about you, the plants grow to create the most effective healing medicine. Additionally, she says that it doesn't matter what you plant, but that every garden should have at least one sunflower, two square meters of cereal grains like rye or wheat, and an island of wild growing herbs to keep things balanced.

Although I don't yet have personal experience with this ritual, I believe all of life is relational, and the practices Anastasia shares are deeply relational. In my work, I've seen many relational "contracts." These contracts are always loving in nature, even if they don't appear that way on the personality level. There's always an even exchange of energy over the lifetime of the contract.

I think what Anastasia is describing is a specific relational contract that can exist between you and your garden. As you care for your garden, it's caring for you in return. As you communicate and lovingly tend to its needs, it lovingly communicates and tends to yours, completing the circle.

Although I won't be walking barefoot in my garden anytime soon (mainly because it's still buried in 4 inches of snow!), I'm eager to try deepening my relationship

with my garden and with the sacred seeds I intend to plant there. Happy gardening!

P.S. If you want to start some seeds indoors using the principles of lunar gardening and you live in the northeast, here are the dates you need to know:

Best time for general planting (new moon to full moon) = April 16th to April 28th.

- *For annuals that bear their seeds **outside** of fruit (lettuce, cabbage), ideal conditions are between April 16th and April 22nd, with perfect celestial conditions April 20th-22nd.*
- *For annuals that produce their seeds inside of fruit (tomatoes, melons, etc.), ideal days are between April 22nd and April 28th, with perfect celestial conditions April 27th-28th.*

Best time for planting root crops like beets, carrots and bulbs (full moon to new moon) = April 30th to May 7th. Ideal days are May 3rd through May 6th.