

Recycle and Reuse

Interesting times we are living in, good times, time for rethinking how we are living upon this glorious planet called Mother Earth, Gaia, whatever your term is. We are being called to be more respectful. Usually I find the small acts added up to the biggest changes.

The one that has shown up for us here at Healing Spirits this past month has been bottles. Yes, bottles. We and other herbalists, and others that use bottles are running out. Most come from China or some other distant land. My understanding is the first new shipment will be at the end of May. This could be a terrible turn of events, or an old way of looking at the world.

Reuse. If you have unused bottles, take them to your local person using them. If you need a refill of something, take your own bottle. We also reuse as much packaging as we can. Love when friends bring me back our bags and say I have too many and I am sure you can reuse these. We like to see how many times packaging can be reused before it ends up in the burn barrel, compost, or worst of all the landfill. Some of us have been doing this all along, now is a good time for all of us to join in. I must say as a child of the 60's I feel rejuvenated, there is a spring in my step. There is so much we can all do, little things that make such a big difference. I think I am going to enjoy this new/old dance of recycling.

Here on the farm we also use Solar Energy, a beautiful sight to behold. We make use of the land under the solar panels to grow shade loving herbs. When we water from the lovely creek that flows through this land we are caretakers of, we use a solar pump. No noise pollution, and no nasty smells.

We also use bar shampoo a local lady makes. It smells so good. One more way to keep money local, too. No plastic bottles to recycle. We do

as much locally as possible, less miles everything has to travel, less gas, ect.