

The more you connect with plants, the more they will guide you. I have been experimenting with nettle since spring, and now, having traversed late summer and early autumn, the plants are in different moments of their existence. So when I see the nettle in such beauty, with the wind gently dancing and moving its bright green leaves, and the sun kisses it, I jump out of joy. They notice, as nature sees it all.

### Threads of Nettle Wisdom: Weaving Nature's Tapestry

Welcome to the ethereal journey of transforming humble nettles into intricate threads, guided by the rhythm of nature and the spirit of creation. The process is not merely a technique but a communion with Earth's gifts. Let nature speak and guide you. Prepare to embark on a profound quest of transformation and connection.

#### **Harvesting the Essence:**

1. Choose a serene natural setting that resonates with you. Approach the nettle plants with gratitude, acknowledging their role in this creation.
2. With gentle hands, harvest mature nettle stalks, choosing those that stand tall and vibrant.
3. Cradle the nettle gently in your palms in a moment of quiet contemplation. Allow your thoughts to embrace the intricate interdependence of all living beings, and infuse your thread-in-the-making with a deliberate intention.

#### **Awakening the Fibers:**

1. Continue to give thanks to the plant as you gently remove the leaves.
2. Carefully crush the nettle stems, using a pair of cherished and well-worn booties that hold personal significance for you.
3. Delicately extract the wooden core from within the nettle stems, as the precious fiber for your thread lies in the outer layers of this exquisite plant.
4. Set these wood pieces aside to dry. Interestingly, once dry they serve as excellent kindling for igniting ceremonial fires, embodying both practical and spiritual significance.
5. Behold the result of your labor: the extracted nettle fibers, the foundation of your unique thread. These delicate strands carry the potential for artistic and spiritual expression.
6. Gently brush the nettle fibers to the desired level of fineness and delicacy, setting the stage for their transformation into something truly exquisite.
7. Place the nettle fibers in shaded areas for a couple of days. Allow them to gently air out and dry, under the watchful eye of an enlightened feline companion. Through its serene presence, the cat imparts a sense of tranquility and wisdom to the journey. This period of nurturing patience brings your journey closer to its culmination.

Meanwhile, take a moment to observe a master at work. I mean the spider that just entered my workspace, hehe.

8. Continue the harvest with the same intentions of joy and affection. Remember that every emotion, whether exuberant or tender, contributes to the creation of this remarkable thread. Embrace the spectrum of feelings as they intertwine with each delicate strand, infusing the thread with the richness of your experience.

9. Feel a deep connection with the plant's resilience and transformation.

### **The Alchemical Transformation:**

Enter the realm of alchemical transformation as you bear witness to nettles' evolution into enchanting threads. This metamorphosis is guided by the art of spinning. Drop spindles and their rhythmic motions, accompanied by the occasional touch of moisture, resonate with me personally. This tactile connection reflects life's profound changes. As you watch, see in it a reflection of yourself, embracing the shifts and growth that mirror the fibers' beautiful evolution.

1. Let each thread become a **manifestation of your inner calm and patience**.
2. Allow your thread to tell a story through its subtle irregularities, reminding you of the **beauty in embracing the imperfect**. Allowing your intention to guide your movements, spin not just the fibers, but your thoughts and aspirations.
3. As you spin, immerse yourself in the rhythm of creation. Feel time slow down, connecting you to the ancient hands that once created similar threads.

Congratulations, you've crafted a thread that embodies not only the physical essence of nettle but also the spiritual and artistic essence of your journey. May it remind you of the deep connection between nature, creativity, and you as a spirit. Embrace the delight in crafting this thread – a mirror of creation itself. Remember that art is a glimpse into what lies ahead, a preview of the future waiting to unfold.

**Now, enjoy a harmonious existence.**

And my beloved readers, the humble nettle may appear insignificant, but remember that within this expansive universe, every entity carries significance. This unassuming plant fulfills diverse roles – from providing nourishing sustenance to being a source of fiber, wood, and even compost for the soil. Regardless of how small you might feel at times, always recall that you are a fiber woven into the grandest tapestry, possessing your own unique beauty.

**The universe, a master of creation, kindly reminds us that your time to shine has arrived, dear friend.**