

## Ways to Plant a Seed Zine

Seed Zines are tactile, held in hands. They move by touch, not by algorithm.

Here are some ideas:

- \* Mail one to a friend
- \* Pin it to a bulletin board
- \* Leave one in a Free Little Library
- \* Gift one to someone
- \* Carry it in your pocket until the moment is right.

Every seed knows when to sprout.

## What do I do with it?

- Read it. (lift the tray!)
- Photocopy or print more
- Fold it
- Plant it in your community

Sharing ideas is one way we nurture soils for forests to grow. (And, seeds spread in many ways — through presence, energy, and care.)  
Need help folding?  
→ [Seedzines.com/fold](http://Seedzines.com/fold)

## Things to Know:

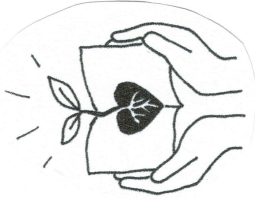
\* Seed Zines are meant to be shared physically — not digitally.

- As such, kindly, do not post or email images of the pages inside. Thanks!

\* Copy and plant as many as feel right.

- These are gifts meant to ripple.  
- If your heart feels a joyful yes to adding back to the soil, you can Venmo @RebeccaThering

Let them travel.  
Let them take root.  
Let them unground.



A Seed Zine is a mini-zine made to be shared.

Whether you received this in the mail or printed it yourself, you're holding something pulsing with presence.

Folded from a single sheet of paper, Seed Zines become a small offering — an idea, a story, a spark of truth to share hard to hand, heart to heart.

Like a seed, it may seem tiny, but carries the potential to take root and grow. You are part of its journey now.

## What is a Seed Zine?



• a Seed Zine by:  
• Rebecca Roots

This project is rooted in a living, fluid relationship with truth, creativity, + Mother Earth. Each zine carries a different texture — shaped by what's moving through me, asking to be shared.

These are offerings from my human body, my lived experience and limited lenses (held loosely, knowing tomorrow may likely reveal something new!)

(Return to Earth is actually part of the Seed Zine Life Cycle — see it at [seedzine.com](http://seedzine.com))

Some are light. Some speak to the heart. Some ask questions. Some show natchings or openings.

They all grow from the same intentions:

- \* to gently remember the world's tender, magical, raw sacred experience of being human — alive in a sensing body woven into the great mystery of life on this place we call Earth
- \* to feel Earth's wisdom speaking through our bodies' sensations
- \* to spark curiosity and compassion
- \* to share ideas that stretch beyond, widely accepted narratives
- \* to thicken stories & invite in nuance
- \* to encourage authenticity and the power of living what's true for you

This is a Seed Zine.



Copy it. Fold it. Plant it.  
([Seedzines.com](http://Seedzines.com))