

Podcast Series: Holistic Nature of Us

Episode #80 : Meet: Dr. Jean Shinoda Bolen

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Welcome everyone to my podcast series The Holistic Nature of Us. I invite you to take a journey with me into a better understanding of the concepts behind our holistic nature and how that ties us directly to the natural world around us. My intention is to be your guide for this half hour as we begin seeing our world with fresh eyes, gaining more understanding and learning how can connect the dots in practical ways that we are nature and nature is in us.

I feature a broad range of guests deeply concerned about the environmental issues of our time and more. They're authors and educators, practitioners and others whose passion for this earth, and for all species, help us create sustainable bridges of understanding. These folks are innovators. They're action oriented, creating solutions in a variety of ways that honor us and the planet's holistic nature.

I am so honored to share their stories, their projects, and their passion with all of you. So thank you once again for joining me for another engaging interview.

And today it is my deep, deep pleasure and honor to introduce Dr. Jean Shinoda Bolen. She is a psychiatrist, Jungian analyst and an internationally known author and speaker. She is the author of thirteen books and in over 100 foreign editions. She is an NGO Permanent Representative to the United States Commission on the Status of Women from the World Summit Foundation in Geneva, which also represents Pathways to Peace. She is a member of the Millionth Circle, Earthchild Institute, Women's Perspective, and the International Public Policy Institute. She is in three acclaimed documentaries; the Academy –Award winning anti-nuclear proliferation film "Women – For America, For the World," the Canadian Film Boards "Goddess Remembered," and "Femme: Women Healing the World.

So welcome Dr. Bolen. It's a pleasure to have you here today. You have so much to share with us.

DR. JEAN SHINODA BOLEN Thank you. I really appreciated the invitation because I haven't been speaking about the connection that I have had with nature and trees because I've been an activist on women's circles and mostly been talking recently about how women's circles can change the world. But now I am realizing how they are linked. The women and trees together have the potential for saving the planet. When we're shut down, *sheltered* in place because of the Corona Pandemic.

JUDITH: That's so true.; I read your book last year and I was deeply moved by it; the connection that you made between women and the deforestation of our planet. What I'd love you to do is to share with us how you began your book and what prompted you to write this book, which might be a little different from some of your other work.

DR. JEAN SHINODA BOLEN It really is different from my other work because I'm really well known for books like "Goddesses in Every Woman" and "Goddesses in Older Women" and "God is in Every Man".

The Archetype of Jungian side of my writing is known. Then I moved into my activism with the United Nations and Circle Work. So somewhere in between those two major interests of mine and expressions of mine in writing came "*Like A Tree*". "*Like A Tree*" is different from them. I revisited it thanks to your invitation to talk about it, which I appreciate very much, because I hadn't really looked at "Like a Tree" for some years now. And I realize 1) It's timeless and 2) there is something about this pandemic and the whole sense that it's up to women and trees and the *sheltering* in place which finally clears the air of all the pollution. And to see the earth from outer space now, with the pollution over the major cities going away and suddenly Gaia, the planet that we live on, our Mother the Earth, is looking healthier from outer space, not way outer space but from where you look down upon earth and you saw the big cities and the pollution over them. So, this is a marvelous time for people to connect with nature around them, because we are maintaining our distance from each other and can go out and walk.

Where I live there are lots of trees and so to be where the trees are and to be in a semi-meditative state, which people who love nature get into when we go out in nature. We know when we connect with the world around us in a different way than when we walk through the city. This book came about because I lived in a homeowners association. The issue of trees and paths

and things like that come up as a collective agenda item. And I had a beautiful tree, a Monterey Pine in front of my house, which I saw before I actually walked into my house and realized that I would live here. And maybe I actually had the thought, “I might live here for the rest of my life” but it was a tree that drew me in. It was on the side of a hill, so there’s the tree and there’s a path, and then the path deck to the house. And so, when the tree went because it was on homeowner property – the way things work is if you own your own house and the landowner needs it but there’s collective property around that is wonderful because it is maintained and quite beautiful. But what happened is that the tree got in the way of a neighbor’s side view and she worked on getting the homeowner’s association to vote its being chopped down, in part also because it was a pine tree and pine trees are inflammable.

I fought it for a while, for a year, and I had my own activism but you know I lost the vote. I realized that well maybe I could take it one step further but – you know like tie myself to the tree and make a spectacle – but that’s not me. I’m actually a rather introverted activist in my way. But I was going off to New York, to the U.N. and to see my friend Gloria Steinem. I knew that while I was away the tree would be cut down. I talked to Gloria about this. It was very painful. To lose a favorite tree is like losing a friend if you’re a tree person. And so, I was telling Gloria about the saga and how I had lost, and she said to me, “Remember Jean, you are a writer. You can have the last word.”

And so, I came home in a better mind. Initially I was in this activist mode but what I got into was quite different and the book that results, “Like A Tree - How Trees, Women and Tree People Can Save the Planet”, which is so timely now in this pandemic. Any way I came back and learned about trees and the more I learned about trees – and I was pre-med and in pre-med you don’t take botany you take all the physiology and the body stuff and whatever, so I had never taken a botany course. And as I was learning about my tree and that for example it was a conifer and that there are only two kinds of trees in the world. They’re either conifers, which are like the pine trees and all the green trees that don’t bloom, and don’t have flowers. And then there’s the other classification, the angiosperm trees, that are all the rest of them. I was learning and appreciating the lineage of trees and what I was also doing was moving into my own recollection from the time I was a Girl Scout and slept out under the trees.

So, I reconnected with myself as I learned about trees and felt about them and walked among trees right over the hill from where I live, which is Muir Woods. I would among the trees in the Muir Woods, ancient, for California ancient redwood trees and feel very much like I was walking in a cathedral. In fact, there is a grove that I would walk in called Cathedral Grove within Muir Woods and to walk into a cathedral of redwood trees is very much like walking in Chartres Cathedral or one of the major cathedrals. There is something about the presence of ancient trees and the beauty of them and the soulfulness of them that I would feel when I walked in Muir Woods.

Well the book came about and it was launched in Muir Woods, right outside a federal building in Muir Woods. The first book signing was there, so it is related to all that moved me in Muir Woods. And then what I had been doing up to that point is I would walk by the stump. The redwood tree was a very large – I'm sorry the pine tree, the Monterey Pine tree in front of my house was a very large tree and the stump was very large. And I would walk out my front door and walk over the dirt walkway and look down and see this big stump and initially it made me angry; it would make me sad. I had a feeling about it. There it was but it was this stump, this wounded stump. But after I went to launch the book in Muir Woods, I had a staff person at Muir Woods with a truck bring back to put on the stump a sculpture made out of the old redwood of a bear cub. A good-sized bear cub like about 3-4' feet tall and it fit. It left room around its bottom to sit on the stump. Since then, when I walk by that stump, it's not a stump anymore. It holds up this symbolic bear cub that stands for so much.

JUDITH: Hmm, she does. She sure does. That's an interesting story because you are an activist and you did take some action to try to try and preserve it but in the scheme of things it had to come down. So now, you've transformed that into something else, and don't you have other plantings that have come up around it and kind of filled in that area. Because nature does that, it fills it in the space.

DR. JEAN SHINODA BOLEN: Well actually in the stump and with the bear I make an effort to have it sitting there looking and being quite a presence, and around it are rhododendrons and camellias and a lot of ground stuff. And so, it sits very happily there, my statue of the bear and it reminds me, as coming home to my own house among the trees, about how fortunate I am to live where the trees still are. You know this is one of the things – I was thinking about how someone described what happens to children in the

cities if they nature deficit disorder. I don't think that's an official name but it's true. If you are a child who doesn't grow up around nature, you do have a deficit disorder. And because I was child who lived among, in a number of places, but I was, I always had a sort of affinity for trees that I would not appreciate until I was much older.

JUDITH: Hmm. I agree with you there. I grew up in a suburban area where there was, we called it a forest, but it was really just a small parcel of land that had trees on it. But we were out there all the time and so your book brought me back to those memories.

What I liked about what you said earlier though is when you walked among those redwoods you connected with the soul of things. And the soul is drawn to what is soulful. So, I think the questions we're asking along this line is, "where is soul in our world today with Climate Change, the Covid virus, with us being brought up against the folly of our ways if we choose to look at it. Your book, "Like A Tree" goes through the understanding of what the tree family is all about and some of the gifts that they give us. And they give us tremendous gifts. And voices like yours are raising our awareness to those gifts in the environment they provide for us. And we have just wantonly chopped them down.

DR. JEAN SHINODA BOLEN: Like the trees in California, the remnants of the great redwood forest, they represent 3% of what used to be here. And the Amazon Forest is being cut down and all over the world trees are just viewed as property to be logged. And as trees are cut down – I mean what's fascinating is that trees are cut down at the same time that women are not given the rights for their own reproductive rights. The whole notion that women have to bear children whether it is their calling or not because patriarchy requires that they not have dominion over their own bodies on one hand and forests that are just cut down and affected by both when we are so intimately as human beings and trees together that the trees make the oxygen for us to breathe. And we in turn breathe out our carbon dioxide, which the trees take in, and makes into their wood and the substance of them. We have actually, in many ways, the trees of the world are like an umbilical connection with the human beings on this earth. And if the trees all disappeared, they wouldn't make the oxygen any more and we would have a lot of trouble surviving. In fact, that's the direction that Climate Change is taking us. And of course, Climate Change occurs when there is

less and less green in the world and more and more cities and people, and pollution.

So they're all linked and the more we realize that we are part of Oneness, which is not part of many religions but it is part of an innate spirituality that human beings have. And human beings have always been spiritual and have tried to contain it within what is religion. When you go back into history and you see that human beings used to create art, for example, and used to have rituals and all the religions – I came back from Egypt in March just before the borders were closed. I came back on the 10th of March and on the 13th of March travel from Egypt, from Europe, unless you were an American citizen, was banned. In Egypt we would see religions that went back 5,000 years and you'd see that there were images of their divinities like a bird-headed god, a crocodile-headed god, goddesses. We have made divinity images in how we perceive them throughout the history of human kind because humans have had an innate – there's something about how we come into the world with a soul and this is, whatever the soul is we try to put it into a religious framework and forget that it is so evoked out of nature quite naturally. A soul links us with everything. Everything is alive. The soul responds to beauty. It's a mystical experience that moves us. When we are in this nature deficit disorder, if you can't take kids out to a summer camp for example – to look at the Milky Way under the stars, you've missed a major, major experience of nature as a teacher of what is amazing, mystical, spiritual that there is a Oneness that actually exists throughout nature. Our Indigenous Peoples of North America seem to know that. They talked about "the Great Mystery" which comes from the word mystic, and actually, you know, before it gets drugged out of us, we are innately mystical, we human beings.

JUDITH: I love how you bring that out as a major point to really consider in today's day and age. We have the time now being home. We have the time now being more one on one. We have to time now to breathe differently and as you mentioned, I can feel it. I can feel the calmness of the business of the world has eased up. It's as if the earth is breathing differently, or sighs differently through this. And to me that's absolutely mystical and magical too. To go outside and feel the calmness again that's been so missing from our airways, you know? We don't realize how we're impacted by that mass consciousness of airwaves that bombards us on a daily level in very, sometimes subtle ways. It's not always obvious ways. So that to me is just such a beautiful connection to get back into nature, to remind folks to get

back into nature and to have that kind of experience. I like to remind my friends when they go out and breathe in the forest to remember that when you breathe out, the tree is breathing in. There is a real relationship there and your book talks about that so beautifully about not only the breath of the tree but the ways that the trees are interconnected, the way that trees communicate with each other. There's a real community out there that we haven't really been taught about. And to get back to the indigenous beliefs, my understanding of other world medicine such as Ayurvedic and Traditional Chinese Medicine, they started with nature and our medical system here seems to be broken. There hasn't been a holistic component.

DR. JEAN SHINODA BOLEN: Well the remedies – I mean if you realize that animals such as bears and others seem to eat certain herb like foliage from time to time when some part of them is hurt or inwardly upset by something they ate, or something. There's something about what people have learned and what animals have learned, you know kind of like catnip and things. And there seems to be an innate something, a knowledge that we can tap in to. I love the image; the tree image is a major human art form and it stands for so much. There is so much symbolism in a tree. When you see just the trunk and the arms of the tree and everything you see something that resembles like a standing human figure at one level but then to realize that what is above is below as well. That the root system and the branch system are very much the same under most trees. That there's, as one said, as above so below, there is something about the tree as an image of a religious image. It's an image that Carl Jung used at times as an image of the complexity of us as the bigger self. That we are connected to the Collective Unconscious in much the way the roots go down into the earth. That we in our psyches are connected symbolically to so much. I mean if you start listening to dreams, which is part of the work as a Jungian Analyst, what sometimes is amazing is that people come up with symbols that they have not encountered in their own lives. They tap into some deeper human layer, which Jung called the Collective Unconscious and who should with a lot of studies lot of species called the morphic field for our species but that every single species has its own morphic field. What the species learns goes down into the equivalent of the root matrix and then becomes instinctual.

Haven't we always after a long fight for example I truly appreciated how when real change happens, it happens because there's been a struggle, often against oppression and this is actually what is probably happening now. And as women who have – who I obviously am most connected with in the

struggle for equality and I recall reading about and thinking about how we got the vote and how I didn't appreciate it. I thought haven't we always gotten the vote? Well no, back in 1850 the struggle began, and it didn't end until 1919 when it was finally part of the Constitution as the 19th Amendment. So – and then once it happened, once a critical mass of our species in the United States, human beings, decided women could have the right to vote after all. Then haven't we always had the right to vote? My initial reaction is what is the reaction once there is change in the species. We behave differently now. Haven't we always behaved this way? No. It's when we grow through the changes that we make and as women who are currently pushing against the system we have, which tends towards exploitation of us and the plane. So anyway, that's why I started to bring my activism and my Jungian symbolic thinking and everything sort of together.

JUDITH: Well yes and you do it so beautifully because until I read your book I hadn't thought of the deforestation of the trees and the forest in terms of the oppression of women and the gross disregard for women and women's rights around the world, you know? And you bring that to the forefront in there. You talk about – I love your example about the micro-loans in there and how there's a difference between how a male potentially operates in the world versus the way a female potentially operates in the world. And you give us examples on the differences. Would you mind sharing that with us?

DR. JEAN SHINODA BOLEN: Well it began with talking about the micro-loans. They thought they'd start out fair, that they would loan to men and to women, which was a major step to loan to women as well. But then what the banks found was that women paid them back and men did not as a whole, because men spent their loans often on things that had to do with status. Women also had a way of working with each other when they got a loan and would spend the money on something that would create a micro industry and would support the family. And so finally what the first bank that did major micro loans to poor people all over the world, what they did was require that the woman have like 3 or 4 other women who would be like her circle. She would get the load based on what she would spend it on. They would be like her advisors and when she paid it back, they in turn, then two more of them could also get their micro loans. And so, I found it interesting. I used it more as a circle metaphor because of how we learn from each other in circle and support each other.

And then starting from the anatomy as the difference between the male brain and the female brain. There's some really good research on the difference between the two types of brains and how women more naturally are not only nurturing but collectively work together much more naturally than the way – well they're basically there are two instincts that are different between male and female and we have male and female aspects in everybody, so it's not that separate.

But the male part of the brain that has to do with fight or flight is much larger than the same part of the women's brain that also has fight or flight. But it has a large section of the brain that has also been called tend and be friend, which is not like a large part of the male brain. So, tend and be friend has to do with that quality of nurturing and a sense of connecting with others. And so, the idea of instead of hierarchal kinds of arrangements, it would be more like the equal idea of circle.

And one of the inspirations for circle in a sense for me since I walk among trees, was watching and seeing how redwood trees have burls on their roots and when a redwood tree, like a mother tree. The first tree let's say would be the mother tree and as it sends it's roots out and burls often grow on that, and as that mother tree dies what happens is that the burls that reach out, radiate out from the central tree then send up shoots and what you have, as I would see, would be a circle of trees that has the daughter trees and the mother tree. And there's something about those sacred circles, and this is also a human kind of quality. You know when you collect around a campfire, everybody is equal in a circle, more differently and the idea that a family could operate like a circle, organizations can, this is the sense of how memory,... what I'm talking about in this time of pandemic where it's as if nature herself has stepped in to change the direction that we are going in. We were going in the direction of maybe two or three more decades before Climate Change would be devastating. Well now it's quite different. If we are out walking and we are *sheltering* at home and we need to walk out from time to time, not interact with other people, what we're doing is we're going inward and we're relating to the nature around us. It's an amazing sudden change in not only the actual atmosphere, which is clearer. The sky is clearer but the atmosphere of us being able to find the still point in ourselves, which is soul.

JUDITH: Yes, and it takes quieting the business to touch into that. You know God speaks to us in the stillness. That's how the Divine reaches us

and it's interesting because the Divine, my understanding is, works in paradox. So, you have to look at the light and the dark and the quiet and the busy to see the paradox of how we had to stop the world in order to gain this so we can move forward, hopefully in a healthier way. You know deciding what's really important out there. We need voices like yours and mine to be strong and to remind everyone about these beautiful connections with nature and the answers are there. I really believe nature has all the answers if we take the time to look at it. But our society's models have separated us from that, and this is an opportunity for us to rethink the program. To rethink how we want to be outside. How can we create that in the day especially if the engine starts back up again?

DR. JEAN SHINODA BOLEN: Well this timeout might be very profound for lots of people, shifting - we are in a time, which the word liminal applies. Liminal is a word that comes from the word threshold. And when you're in a liminal time, it's like being on a threshold between two large rooms for example and there's a doorway in between and the threshold is what you have to crossover to move from one space to another space. Well once this pandemic hit and all of the changes occurred, we stepped into an unknown liminal threshold because we don't know what we will step into after we get through this period. Nor do we know for sure how long this liminal period will last. But everybody in this time is aware that they or someone they care about could die.

So, this is a sudden realization that an elder or parent could die, or a vulnerable person they love could die, or they could die, or they could be a carrier and responsible for bringing the pandemic to somebody they care about. And suddenly there is - I mean if you feel that it's stopping you in your tracks too like much of the cancer diagnoses. I have seen how people change and transform at the thought - we know we all die but we don't get it until we get a diagnosis that says we could die of "this". And then there's a sense of, well what really matters if possibly we're going to die, what really, really matters? And then all kinds of soul growth happen. All kinds of communications with people you really care about begin to happen. You come up against your dream life. It could be profoundly deep at the same time that it scares you to death because it's reminding you of your mortality and to be reminded of both mortality and soul together is an enormous potential for a quality of soul or conscious raising could be going on now.

JUDITH: Well that's an interesting way to frame it because the soul is, from my understanding, is not tied to the physical body. It is while we live but the soul goes on and the soul is the director of our show, even though we think we are. So, if you're talking about facing our mortality, I think our society is basically afraid of it. I worked in cancer nursing. I worked in geriatrics. I was witness to people crossing over, which was really a privilege and an honor to be there with them. So, for me, I see the world a little bit differently but that's not the case out there. You know that's not the discussions out there. Folks are, afraid of their mortality and we, and I think our culture perpetuates that fear. I don't know if you agree.

DR. JEAN SHINODA BOLEN: I think it varies a lot and I think that women, especially women who have born children and gone through labor and delivery and realized that the liminal time for a baby and the mother is when the baby is coming out of her and it's going to go under the pubic bone through the birth canal into the world and that's a liminal time. Before the baby was in the mother and was carried in the womb in the uterus and then there's the outer world. And it is the most dangerous time for the mother or the baby to survive as it goes through the birth passage, or the liminal time into the world. And the sense of profound vulnerability and yet being a part of the miracle of life, I think is an innate part that can occur in some or in many women who have a sense of their giving birth to new life or carrying new life into the world. And having, somehow, the ability to do that may make women as a gender less afraid of the life that we live that has a beginning, a middle and an end. And then the question is, if you are mediumistic or psychic or pay attention to your dreams, you do have a sense that death itself is not the end and that is something that all religions have made a point of making, but they've often put all kinds of conditions as to how it is that you could get through to the other side. And so, it is happening with lots of people is having to think about these profound things.

JUDITH: I agree. I agree and as you mentioned before, it often takes a tragedy or something that scares us to push us to the threshold so that we can wonder about what's on the other side and what does that mean? And many co-create some of that. We have that power. We have the power to co-create a better world. There is so much happening on a grassroots level. Your book, again, gives many situations, from the tree huggers and the tree people and what they've been doing to promote the importance of trees. You have the hidden life of trees in Germany and what the author has done with the forest out there. The simple act of taking away machines and

putting in oxen has made a tremendous difference to the care taking of the forest. So, I see a lot of innovation happening, but I don't hear it easily available, and that's the time that we're in.

DR. JEAN SHINODA BOLEN: Well you know if people started to have time to be in circle conversations and if one of the subjects that comes up would be to remember back to when you were a child and what kinds of rituals and what kinds of feelings did you have toward trees, towards nature, towards – I mean there's something about remembering who we used to be and to learn from the child we were, as well as to have an innate wisdom in us. So, this is, we don't come into this world as a total blank slate. We come into the world as a soul who has to learn vulnerability from the very get go because we come in as vulnerable little babies. And we are treated well or treated badly, we suffer. You can't get through life without suffering and along the way what do we do with that? Does it make us more compassionate to others? Do we then deny our feelings and identify with aggressors and act just as badly as other people who have treated us, what do we do on this soul journey that is this human experience? If people could really appreciate that they have been given, what used to be called a Magnus Opus, the great work, that each of us has our own great work to do with what we came in with, with this one life. It may be just one chapter in an ongoing longer story that we don't remember because we come into the world with no memory of the past, if we had previous lives. And I think that there is an ongoing connection that is part of this ability to tap into the collective unconscious in such a way that there's a wisdom there. I think that if we all sat together in wisdom circles, for example, and considered if we invited a wise person in us what would the wise person say? If we invited up the child who ventured into new adventures and asked ourselves, well what did that child have to say about this place in between, we would be reconnecting with parts of ourselves that we haven't time for. So, this is a wonderful time to be connected with all kinds of parts of ourselves and our own mystery in this time of having to be sheltered in place.

JUDITH: Hmm, that's beautiful. I can see families maybe taking up that clarion call and even doing something fun with the children. Have them describe going from one room to the other and standing under the doorway. That could be a great family time, but also to remind everyone to talk to the elders in their family so their stories are not lost, because the stories have a way of being the glue, the fabric of who we are, where we came from, where we're going. You know what our things are at work to do in the world.

There are nuggets in there. It might not be the actual story itself, but it could be the determination in a story. It could be the passion in the story that ignites a family member to take up the reins of their passion and what is their determination. You know? That's how I see the family connections in the circles.

DR. JEAN SHINODA BOLEN: We have time has gone by , zip, I've noticed.

JUDITH: It has. It has and there's so much more we could talk about. I would love you to just perhaps leave us with some connections for your women's work. I know you're involved with the UN. There's something coming up in 2022 in India that you're hopeful about. If you could talk to us a little bit about that before we say good-bye.

DR. JEAN SHINODA BOLEN: Well, I'm sensing – you know when I watch the Corona virus charts and it talks about geometrical or exponential growths, it starts out with an interconnection. This is why it's spreading so speedily through the population and why *sheltering* in place so that we don't infect each other is so important. Because of the way a good idea can pass as fast as the Corona virus, and it's maybe not as fast but in the same way exponentially.

When women get together with men who feel themselves as part of brother/sister equals at some soul level that we are siblings, men and women, and when women trust and speak from the heart, speak from the soul and learn from one another, we deepen ourselves and we create an energy, much as a tree creates an aura or an energy around it, we create energy within circles with us and we reach down into the collective knowledge and wisdom of everybody in that circle. And we help, each of us then in being a circle, seeds other circles and what happens, I believe, may be happening now. Because what I see now is that circles are forming online for example. You can remember, oh I can connect with my good friends from high school, from college, from some other point and then decide it's exciting to meet each other and have conversations. And then let's do this regularly for a while and especially if you put some symbols, you bring your symbols in. Even a basic symbol as a candle, for illumination at the center of a circle. And then what happens is, the idea of circle, each circle that forms adds energy to the collective unconscious which makes it easier and easier for all over the world for circles to form.

And this has been a principle that has been described quite a bit actually. And you don't see it until it reaches a tipping point that it has after you change the culture. **I mean I used the women's right to vote as just a small example of something that the idea spreads, and spreads and then it becomes part of the innate culture and then once it does, it's taken for granted. Well the idea that a culture in which the feminine and the masculine are balanced, that we are connected like the Indigenous folks do, that we are connected to Gaia the earth and that we are part of a Oneness that sustains not just us but our planet, because we treat each other and the planet as important because we are all interconnected. Once we get the sense of interconnectedness, we as humanity will make a major shift in consciousness that could be profound and touch into a major spiritual sense of Oneness that underlies everything.**

JUDITH: Well that is so beautifully said and it's a hopefulness for the future too. You know I do a lot of meeting people and interviewing folks, such as Doug Tallamy who is a bug guy, and he has not so good statistics for us today but yet he said our hope lies in nature. And that's the name of his latest book that just came out this year, you know, "*Nature's Best Hope*". And again, your work, his work, others are saying: let's learn and observe nature better. We have the time to do it and I think our answers are there on so many levels, and you touched upon several of them today in this beautiful, beautiful discussion.

DR. JEAN SHINODA BOLEN: Thank you for inviting me to bring these ideas forth because I feel this is partly something that is mine to do. And so, it felt a bit like a synchronicity to be invited to speak to whomever it is that your podcast reached, because this is how synchronicity works. That as long as you put out something into the world, the possibility that it will land like a seed, you know like a dandelion that blows dandelions out and they float away and if they land in fertile soil, it will grow. The podcasts you do are like seeds. They go out into the world and somebody who is fertile ground, because whatever that particular podcast is about, it's exactly what that person needed to stimulate something important in themselves. So, this is what I see you doing with these podcasts. And how podcasts or books or ideas reach people at just the right time. And the gratitude I have whenever that happens to me or when I hear from somebody that an idea that I put forth in a book that went out decades ago, for example, and it landed just at the right time to inspire something. This is how things work and this is why I say yes to the podcast, because oh gee, you wanted me to talk about "Like

A Tree”, well I haven’t done that for quite awhile. And this was perfect timing for this liminal Corona virus lockdown or sheltering. I like the world *sheltering* much better than lockdown.

JUDITH: I agree with you. I like it much better to because there’s a sense of being cared for in that sheltering rather than locked down which means isolation, separation, at least that’s how I hear it. So, thank you for that reminder.

Yes, and synchronicities to me are so incredibly magical. You know we forget how they unite us in that spur of the moment when something connects, and I love your reminders there too.

Well Jean, I’m going to say thank you for joining us the Holistic Nature of Us and I can only say again that I am very inspired by your book, by your body of work, as well as our discussion today.

This is Judith Dreyer. I’m the author of “At the Garden’s Gate”, book and blog. My book is available through my website www.judithdreyer.com as well as several distribution arms such as Amazon, Nook, Goodreads and more. I’d like to remind all of you that a transcript is available for each podcast. Please like and share them. Let’s support each other and get the word out.

And remember, **now** is the time for practical action and profound inner change, so we value our world again.

Enjoy your day.