What you’ll need:

- 3x parts clay
- 3x parts compost
- 1x pinch of seeds
- 2x parts of water to start

Connect

Find a nice spot outdoors. Sit down and relax.

Take a deep breath.

Close your eyes, imagine you are the seed.

What land or thing would you heal, and how?

Tell someone about your seed, tell the land!

Yalla Seeding - Let’s Seed!

Use your palm to hold and slowly add clay, compost, seeds and water with your hands

Note: Curl your fingers gently around them, it should feel like playdough. Wet your hands if the mix is too crumbly (too dry) but also don’t make a soup (too wet)

Roll a ball the size of your nose between your hands – and form it into a shape you like

Whisper a magic spell to prepare your seed bomb for a journey

Wait and Plant...

Let the seed bomb dry whilst you sleep and dream for one more night

Find a home for the seed bomb. Throw the seed bomb on top of soil in a garden, or your favourite spot

Let nature do the rest and wait until your seed ball wakes up and sprouts