



# earthfelt

A dictionary of feelings  
inspired by nature.

Guy Lane

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## By Way of Introduction

We experience the world through our senses, primarily sight, sound, touch, smell and taste.

- What does a sight look like?
- What does a noise sound like?
- What does an aroma smell like?
- What does a taste taste like?
- What does a touch feel like?

Of the five, touch is the only sense that includes physical contact.

And yet, *feel* is also a word used to describe the emotional / spiritual influence that an experience has on us.

What does it *feel* like when someone praises you? Which of the five senses is excited by that?

Imagine the sensation of witnessing a coming storm. This can be described with respect to the senses such as *feeling* a cool breeze and the change in humidity, the sight of dark clouds, the sound of distant thunder.

The real power of witnessing a growing storm comes from how your central

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nervous system interprets the sensation to create an emotional / spiritual feeling.

These might include:

- The feeling of dread because the last storm flooded you out.
- The feeling of joy because you desperately need the rain.
- The feeling of excitement because you love to be buffeted and drenched by the storm.
- The feeling of awe because you love the power of extreme weather.
- The feeling of fascination from your love of atmospheric physics and meteorology.

You will understand that one hundred people standing on a beach watching a coming storm will all sense the storm the same way but feel it differently.

Becoming present to these feelings is a pathway **Growing Your Seed**.

More on this at the end of the book.

## Feelings Inspired by Nature

### Algaeflow

The feeling you get when you look at seaweed waving back and forth in the waves, and you see a reflection of your own life.

*“I sat on the sandstone wall overlooking Sydney Harbour feeling really algaeflow as I realized how little control I had over my own life.”*

### Ambersol

The feeling you get as the lowering sun burns bright orange light into your eyes.

*“As the road turned to the west, I felt ambersol as the setting sun streamed through the windshield.”*

### Antalot

The feeling you get at about 3 am when you realise that you have placed your sleeping bag on an ant's nest.

*“I woke with a strong sense of*

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*antalot and dread.”*

### Aqualaxed

The feeling of peacefulness at the sound of a waterfall.

*“I nodded off to sleep next to the waterfall feeling completely aqualaxed.”*

### Aquamist

The feeling when you first breathe in the cool mist of a waterfall.

*“I felt a strong sense of aquamist as I breathed in the moist air of the waterfall.”*

### Arachnopanic

The feeling of panic when you walk face first into an orb spiders web, and you realise you don't know where the spider ended up.

*“I walked through the trees in the dark and went straight into a spider web. If that wasn't bad enough, I*

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*was struck by arachnophobia as I didn't know where the spider ended up."*

## Beachalone

The secret feeling of pleasure and guilt when you realize that got to the beach early enough before anyone else.

*"Imagine my surprise to find the beach empty and I walked along with a brooding feeling of beachalone that only left when I saw someone else."*

## Buddinglee

The joy at seeing a bud has grown on your favorite pot plant.

*"I felt a rush of buddinglee when I saw the tiny green shoots on my plant."*

## Canopeace

The feeling of comfort and safety when walking under a full canopy of foliage in a

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forest.

*“As I wandered through the forest, I felt a strong sense of canoepeace.”*

## Carolldoff

The feeling of annoyance when a magpie sings and interferes with the acoustic environment.

*“I was trying to shoot a video in the little studio I under the house, but the audio was messed up by a damned magpie! Boy, I felt so carolldoff!”*

## Carolldon

The feeling of *welcome home* you get when you first hear a magpie after a time away.

*“I’d had been overseas for six weeks, and I know I was home when I heard the magpie as I was waiting outside the airport for my friend. It was nice to feel carolldon.”*

## Carterruption

The feeling of frustration you get from

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having birdsong interrupted by road noise.

*“I hadn’t really noticed the birdsong until the car drove past and I felt a real sense of carterruption.”*

## Cicada

The feeling you get when the cicadas in the bush are so loud that you can’t remember a time when they were silent.

*“I had this strange sensation of cicada and wondered if there was ever a time when they weren’t deafening.”*

## Climateache

The feeling you get when you realise that our planet faces decades of worsening climactic conditions because of the heating that is baked-in, and the longer we wait to perform a rapid transition to clean energy and drawdown billions of tons of carbon from the atmosphere the worse it will get.

*“I lay in bed wracked with climateache trying to figure how to break the power of the fossil fuel*

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*industry.”*

## Copnocop

The feeling you get when you realise that the Paris Agreement didn't come with an enforcement mechanism and so there is no means to pressure nations to honor their climate pledges.

*“I felt a strong sense of copnocop when I read the article about how the gas company Santos had a pavilion at the UN’s climate meeting in Glasgow.”*

## Corruptopol

The feeling you get when you realise that the mainstream politicians are either too feckless or corrupt that they can't talk straight about climate change, let alone discuss ocean acidification which is also caused by burning fossil fuels.

*“I went to bed exhausted from corruptopol after watching the federal election debates.”*



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### Cosmosawe

The feeling you get when you see a night sky so dark, that the stars form a diaphanous, shimmering veil.

*“I was on my yacht sailing from Burnett River to 1770 felling cosmosawe under the Milky Way.”*

### Crepuscula

The feeling you get when you see a multitude of sunbeams breaking through the clouds.

*“I was stunned with crepuscula when the sun burst over the top of the clouds.”*

### Dampankled

The feeling of annoyance and adrenalin rush when an unexpectedly large wave drenches your legs as you are walking along the shore.

*“The rogue wave came out of nowhere leaving me wet and dampanked.”*

## Damulibs

The feeling you get when you hear politicians talk about opening new gas fields while the nations forests burn to the ground.

*“I was enraged with damulibs listening to the latest IPCC report in light of what the political elite were planning for the regions.”*

## Dangerpass

The feeling of relief and excitement when a dangerous animal comes close, sees you, and moves away.

*“I was overcome with Dangerpass when the snake finally moved across the path in front of me.”*

## Detritacalm

In a forest, you come across a fallen tree covered in fungi and moss as it returns silently to the soil.

*“In the forest I sat and gazed upon a fallen log and fell into a state of detritacalm.”*

## Dinna

The feeling you get when you see an animal holding its prey in its mouth.

*I got a real sense of dinna when I saw the kookaburra sitting on a branch with a dead mouse in its beak.”*

## Dissindugon

The emotional roller-coaster that comes from learning about dugongs (or another native animal), disbelieving what you are hearing, finally seeing one, and realising that it is all true.

*“I felt an overwhelming sense of dissindugon when I realised that dugongs actually existed.”*

## Doggodingo

The feeling you get when you realise that your pet dog is part dingo.

*“I had really strong sense of doggodingo when Spot glanced at me from the other side of the*

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*campfire. I knew, then.”*

### Endlingsad

The feeling of sadness that comes from hearing further news that an endangered species is shuffling towards extinction.

*“I have been feeling really endlingsad after reading how poorly our governments have performed at protecting the koala.”*

### Euthenate

The feeling you get when you hit a wild animal with your car, and you want it to be either unharmed or killed outright because you can't face the thought of it being injured.

*“I sat in my car on the side of the road wracked with euthenate, staring into the rear vision mirror to assess whether the animal I hit was still alive.”*

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### Featherup

The feeling you get when you find a perfect and unblemished feather lying on the ground.

*“As I retrieved the feather from the grass, I felt a wave of Featherup. What a gift from nature. I think I’ll wear it in my hair.”*

### Fireideal

The feeling of contentment you get when the campfire settles into the most perfect phase, and you are perfectly situated to get the benefit from it.

*“After rearranging the logs on the fire, I settled back to a feeling of fireideal as the campfire was now just right.”*

### Flora-awe

The awe that you get from closely observing flowers or trees or other plants.

*“I held the flower up in front of me and was overcome with floral-awe.”*

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### Fleeted

The feeling you get when you experience a fleeting interaction with a wild animal that is incomplete to form a proper confirmation of its identity.

*“My attention was distracted by a rustling noise in the dry leaves, and I felt fleeted realizing that I didn’t know what it was.”*

### Flooderglee

The pleasant feeling when you see water rising in the creek knowing there will be enough water for later.

*“I felt a big wave of flooderglee seeing that the creek had come up at last.”*

### Flooderdread

The sense of fear and dread as you see water in a creek rising and knowing it will cause havoc.

*“After dealing with floods for months, the sight of the creek rising*

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*filled me with Flooderdread.”*

### Flutterdown

The feeling you get when a butterfly lands on your arm.

*“I go so flutterdown when the Blue Ulysses chose me as its perch. I have been calm all day.”*

### Flyingrace

The sense of calmness and awe when you are moving, and a bird flies alongside you - keeping pace - giving you the time to contemplate the detail of a flying bird.

*“I was on the bow of a tuna boat in the Coral Sea when a brown booby bird flew alongside me. I felt such flyingrace as I watched the bird flying just a few meters from me.”*

### Foamation

The feeling of excitement and freshness as ocean waves crash onto the rocks or beach, or just rolls past close to you.

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*“I walked out on the sand pumping  
jetty in a storm and felt a rush or  
Foamation as the waves rolled  
underneath me.”*

## Fomofish

The feeling that comes from watching a distant bait ball being plundered by seabirds and the frustration that you aren't out there with them.

*“I saw the booby birds falling from  
the sky, hitting the baitfish, and I felt  
fomofish that I didn't have a boat  
close by to join in.”*

## Frangipeace

The feeling you get when you walk into the scented veil under a frangipani tree.

*“I was walking through the park and  
was overcome with frangipeace as I  
saw all the white and yellow flowers  
on the grass.”*



## Frogglee

The joy at finding a frog has taken up home in your pond.

*“When I found the giant barred frog had taken up residence under a log next to the pond, I was filled with frogglee.”*

## Frogloom

The feeling of anxiety that comes from the fear that the loud noise made by the frog that took up residence in your pond will annoy your neighbors and they will complain to the local council, and you'll be forced to fill the pond in.

*“When the giant barred frog started calling at midnight, I was struck by a sense of frogloom.”*

## Flyedoff

The feeling you get when you pull a fly out of your wine and aren't sure whether it is socially appropriate to keep drinking the wine, meanwhile you notice the fly has no such confliction as it sits on the table-top

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happily wiping the wine off its face and into its mouth.

*“I raised the glass to my mouth and felt a pang of flyedoff as bartender looked my way.”*

## Glitterglee

The feeling as dappled sunlight glitters through a forest canopy.

*“I felt all glitterglee as the sun came out and the spangled rays penetrated the leaves.”*

## Glitterthrill

Seeing the multicolored glow of a rainbow in a waterfall’s mist.

*“The clouds parted, and the sunshine streamed down, I felt a sense of glitter thrill as a rainbow formed in the waterfall mist.”*

## Gotimone

The feeling you get when a bird swoops on you and steals food from your hand.

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*“I stepped out of McDonalds in Surfers Paradise and walked down the steps to the sand with this awful burger and this damned seagull swoops in and leaves me feeling all gotimone.”*

## Harderhail

The sense of anxiety as the intensity of hailstorm picks up sharply causing you concern about your property that could get damaged.

*“The hail really started hammering the verandah roof and I felt a pang of harderhail thinking about my car parked in the street.”*

## Horseremorse

The feeling you get when you swat a horsefly for biting you and then realised that you have killed an animal with the most extraordinary are its emerald-green eyes.

*“I felt really horseremorse when I examined the fly that I had just killed.”*

## Jellyfreaked

The feeling you get when something brushes against your legs in the murky waters of coastal North Queensland, and you think it might be a box jelly fish.

*“I suddenly felt jellyfreaked and got the hell out of the water.”*

## Kickinfish

The feeling you get when you think you've caught a spanish mackerel, but it turns out to be a barracuda.

*“I had five minutes of expectant glee reeling in the mackerel which quickly turned to kickinfish when I saw what I had actually caught.”*

## Kiddingme

The excitement and joy that comes from seeing an animal or plant you thought you'd never see in real life.

*“I never thought I'd see a White Shark in the flesh, but when it came to the surface, I was overcome with*

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*kiddingme.”*

## Kookacatch

The feeling of anxiety as you stare into the pond looking for your fish fearing that a kookaburra might have eaten them all.

*“I stared into the pond, avidly searching for my goldfish, and feeling a sense of kookacatch as I pondered their fate.”*

## Kookatheft

The feeling of confliction you get as you watch a kookaburra sitting on a branch with one of your goldfish in its beak; on one hand cursing the bird for stealing your pet fish, and on the other glad to have fed the native wildlife.

*“I looked up from empty pond and felt distinctly kookatheif when I realized where my fish had gone.”*

## Lamina

The feeling you get when you walk along a

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fast-moving creek and hear the river change to a hiss as the laminar flow is broken by branches of a fallen tree.

*“I walked along the riverbank listening to the soft murmur of the flowing water but felt lamia when I came the fallen tree.”*

## Lichenlook

The feeling that comes when you closely examine the color and texture of lichen on a rock.

*“I kneeled down on the ground to peer closely at the lichen and was overcome by lichenlook.”*

## Lightningawe

The feeling of awe and reverence from seeing sheet lightning go on and on.

*“We were struck by lightningawe when the sky lit up for so long with the lightning moving left to right.”*

## Lookamee

The feeling of annoyance when a wild animal refuses to even look at you when you waggle food in its direction.

*“I was left feeling lookamee when the goose swam away having totally ignored the bread I offered it.”*

## Lordmown

The feeling of annoyance that comes from having to cut back the vegetation that you purposefully allowed to grow as you exit a rental property.

*“I’ve been feeling cranky and lordmown all day after having to cut my little rewilded area out of the garden.”*

## Malcomed

The feeling you get when you dive on the Great Barrier Reef and only see a single piece of unbleached coral.

*“I got back to the boat feeling malcomed having been in in the*

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*water for an hour and seeing only  
one bit of live coral.”*

### Moomazed

The sensation of being taken aback by the sight of the rising Full Moon. It was even more awesome than you thought it would be.

*“We had been waiting for the moon  
to rise for a little while and when it  
came up, we were all totally  
moomazed.”*

### Moonarize

The feeling you get when the Full Moon rises above the ocean horizon on a cloudless night at the very time and place as predicted by the Moon rise table.

*“We positioned ourselves to look  
110 degrees true north at 6.39pm as  
per the information on the website  
and felt really Moonarize when the  
moon appeared as planned.”*



## Mosquitobust

The feeling you get when you are conflicted about whether to kill a mosquito or let it go and risk being bitten again.

*“Just as I was about to splat the mosquito that had settled on my arm, I got a pang of mosquitobust.”*

## Nettlesad

The feeling of despair and sadness when you find that someone has cut down plants or a tree that were meaningful to you.

*“When I saw what the lawnmower men had done to the wildflowers, I was overcome with nettlesad.”*

## Newcohort

The feeling of joy when you see that one of your aquarium fish has given birth.

*“In amongst the water plants I saw tiny objects moving and I felt a pang of newcohort as I realised these were baby fish.”*

## Pandapole

The feeling that comes from the sight and sound of bamboo stems and leaves clacking and rustling in the breeze above you.

*“I lay on my back in the bamboo thicket, overwhelmed by pandapole as the wind picked up”*

## Pebblestumped

The feeling of exasperation you get on a beach when you are spoiled for choice of which pebble best matches your mood for a souvenir.

*“At every step on that beach there were so many awesome pebbles I couldn't choose between them, and I was left totally pebblestumped.”*

## Permianpath

The feeling you get when you feel that no matter how hard you try, the planet keeps shedding species and gaining atmospheric CO<sub>2</sub> and we are on a path to rerun the Permian Extinction.

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*“As I read the new science about what climate change is doing to the oceans, I felt really permianpath.”*

### Penguinhole

The feeling you get when you learn that *Little Penguins* swim tens of kilometers offshore to feed, and return to sleep in small, muddy holes in the dunes, while you need a ten-minute hot shower and a coffee, just to wake up. Penguinhole is the feeling that we western humans have it easy.

*“I was on Phillip Island where I heard the story about the penguins, but it was not until I saw them scampering under the decking to the little holes in the dunes, that I had the chilling feeling of penguinhole.”*

### Phytoglee

The feeling you get when you stare, fascinated at the intricate detail of electron microscope images of phytoplankton.

*“I came across these amazing photos on the internet and felt all phytoglee*

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*when I realised they were actually tiny plants from the ocean.”*

## Possumwalk

The feeling you get when you see a possum walking across powerlines.

*“I was struck with wonder at the dexterity of the possum walking along the powerline. I turned to my friend who asked, ‘I am feeling Possumwalk, what about you?’ I was, too.”*

## Pyrogloom

The feeling of anxiety when you hear that a wildfire is out of control in a place of great ecological significance.

*“When I heard that Kangaroo Island was on fire, I felt a deep sense of pyrogloom.”*

## Releaf

The feeling of relief when stepping into the shade of a tree on a hot day.

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*“I was sweating like a piglet but felt instant relief the moment I stepped into the shade of the gum tree.”*

## Plasticated

The feeling you get when you think you've seen a beautiful, colorful shell in a rockpool, and it turns out to be a chip packet.

*“I felt annoyed and plasticated after getting my arm wet in the rockpool only to retrieve a damned chip packet.”*

## Platypussed

The feeling you get when you see a platypus and silently creep up on it to get a better look only to realise it's a log.

*“We crept quietly around the edge of the creek to get a better look at the platypus only to feel platypussed at the sight of a log.”*

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### Quarky

The feeling you get at the sound of a crow calling.

*“I felt really quarky when the crow started calling from a tree.”*

### Redlist

The feeling you get when your cat comes home with an animal that is listed on the International Union for the Conservation of Nature Red List of Endangered Species gripped tightly in its jaws.

*“I felt really redlist when Mr. Poo Poo came in with a freshly chewed Eastern Quoll in its mouth and dropped it at my feet.”*

### Rooping

The feeling you get when you are driving, and kangaroos are bouncing alongside your car, and you desperately hope that one doesn't decide to jump in front of you.

*“I was doing 60k when the roos appeared alongside, and I got*

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*rooing, hoping they went away.”*

## Seashellease

The feeling you get when you find a beautiful seashell on the beach.

*“I left the beach with the colorful shell in my pocket feeling a strong sense of seashellease.”*

## Scorpiofreak

The feeling you get when you realize that there are scorpions everywhere.

*“I knew there were scorpions in this part of the country, but I got totally scorpiofreak when I realised that they were actually under the rock I was sitting on.”*

## Shimmyclatter

The feeling you get from the sensation of air bubbles rising above you in clear water when scuba diving.

*“I was at fifteen meters down and I became present to the bubbles from*

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*the divers rattling and sparkling to the surface. It made me feel really shimmyclatter.”*

## Sharklight

Like gaslighting, this is the feeling you get when you learn that humans kill tens of millions of sharks every year, driving many types of sharks to extinction, and yet you never hear about sharks on the news until a human gets bitten by one.

*“I got so sharklight when all I heard on the news was the surfer got bitten, and nothing about the shortfin mako being declared endangered to extinction.”*

## Skinkoff

The feeling you get when you see a skink, then it scurries out of sight and you are left wondering whether you actually saw the skink in the first place.

*“I had to slap myself. Was I seeing things? I had that odd feeling of skinkoff.”*



## Slumbersong

The feeling you get when you wake to the music of songbirds in the trees.

*“I lay in bed for hours drifting in and out of sleep, feeling a blissful sense of slumbersong.”*

## Smoulderchar

The feeling of relief and exhaustion when you hear that a wildfire in an ecologically sensitive environment is finally extinguished.

*“When the news came that the fires ravaging Frazer Island were finally out, I felt an overwhelming sense of smoulderchar.”*

## Snakeawake

The feeling you get in the morning when you go to take a pee and find an eight-foot python has taken up residency in your bathroom.

*“I kept checking the clock as I lay in bed feeling snakeawake wondering if*

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*the massive reptile had left the bathroom, yet.”*

## Sparklesea

The feeling you get when you see speckles of white light sparkling off the surface of the sea.

*“As the sun was lowering, the sea surface danced with tiny wavering pinpricks of light making me fall all sparklesea.”*

## Spiderfreak

The feeling you get when you realize that a huge red back spider has devoured a dozen monstrous huntsmen spiders.

*“I felt a chill of spiderfreak run up my spine when I found the empty shells of the huntsmen and saw what had eaten them.”*

## Spiderglass

The feeling of wonderment and perplexity about how a spider could possibly live in

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your wing mirror of your car.

*“I came away feeling completely spiderglass, scratching my head wondering why the spider would choose my wing mirror for its home.”*

## Spinningguilt

The sense of guilt that comes from watching an orb spider tirelessly spin a large web after you had accidentally destroyed its previous web by walking into it.

*“The spider had been toiling away for hours on that web and it left me feeling quite spinningguilt.”*

## Springlee

The excitement and happiness with the first evidence of the arrival of spring.

*“When I saw the tiny green buds on the trees, I felt really springlee knowing that winter was over.”*

## Splatterdox

The feeling of inner turmoil associated with the Bugsplatter Paradox when you realize that the massive amount of roadkill in Tasmania is because there is an abundance of wildlife.

*“I drove from Hobart to Bicheno in the early morning and was left feeling quite splatterdox from the experience.”*

## Swimlizard

The feeling you get when you see an animal do something strange, *“That’s odd, I didn’t know they could do that.”*

*“I had a strong attack of swimlizard when the I watched the water dragon walk down to the edge of the pond, get in, and swim away. I guess that’s why they call them water dragons.”*

## Splatterlack

The dread you feel at end of a long car journey about how little bug splutter there is on the car. The absence of Bugsplatter is

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an indication of the *insectapocalypse* – the mass die-off of insects around the world.

*“I drove from Tamworth to Brisbane and was wracked with splatterlack to see how few bugs were on the windscreen.”*

## Swimmingrace

Sense of calmness when you swim into a current and the fish swim alongside you at the same pace so that you can watch them swimming, motionless.

*“I was swimming against the current alongside the wreck of Yongala, when I noticed a school of trevally doing likewise. I had a sense of swimmingrace come over me.”*

## Thundercrack

The fear that thunder is so loud it will damage your ears.

*“The thunder was so loud that I got a bad case of thundercrack.”*

## Thundercome

The feeling that comes from sensing a coming storm.

*“Watching the grey clouds rising on the horizon, speckled with dashes of lightning, I had the feeling of thundercome.”*

## Turnbooll

The fury and rage you feel at politicians and world leaders when you hear that the Great Barrier Reef is bleaching again.

*“I caught a glimpse of a news broadcast about another bleaching event on the reef and I felt the turnbooll rising in me.”*

## Vistaease

The elation you feel when gazing across a wide vista of healthy, natural environment.

*“I glanced out of the car window and felt a strong sense of vistaease at seeing a forest in the wide valley,*

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*below.*”

## Wildening

A two-way interaction with a wild animal. Includes pre-empted wildening when you encourage the animal to interact, and un-pre-empted wildening when the animal interacts with you spontaneously. There are also dangerous-wildening and safe-wildening.

*“I reached my arm through the scupper on the boat to hold out a mackerel frame to the Hammerhead Shark and I felt the wilderning as it raised its head from the surface and took the fish in its mouth.”*

## Wessacrab

The feeling you get when the soldier crabs run away from you on the beach and dig themselves into the sand leaving you wondering where they all went.

*“I went to take a picture of the little blue crabs but when I got the camera app open, they all gone. Leaving me feeling wessacrab.”*

## Wildercome

The feeling of privilege that comes from an interaction with a wild animal where they seem to revel in being watched.

*“I was driving back to the mothership and this dolphin started cavorting around me like it was showing off. It was so awesome that I could sense of wildercome.”*

## Zooconfliction

The feeling of inner turmoil you feel at the zoo knowing that the animals are not in their natural environment and yet they serve a function of supposedly educating the public about wildlife.

*“I watched the chimpanzee listlessly eat a carrot and I felt zooconfliction knowing how different this cage was from its natural habitat and that they probably don’t eat carrots in the wild.”*





## Grow Your Seed

The motivation behind writing this book is the Verdant Age, a potential future time when humans and the Living Planet thrive in synergy.

Given that our Sun's energy output will remain relatively constant over the next billion years or so, it is possible that Earth could remain habitable for humans for a very long time into the future.

To get to the Verdant Age, it is necessary to navigate the many traps of the Anthropocene Crisis - the climate and ecological crisis that moves upon us like a tsunami wave.

A pathway to resolving the Anthropocene Crisis is to nurture our innate spiritual connection to our Living Planet.

All humans have this connection because we evolved in the ecosystem, just like the trees, bees, the whales, and the snails. However, exposure to western culture erases our connection to the Living Planet.

To nurture our innate spiritual connection to nature, this book seeks to make up for a shortcoming in the vocabulary of Western

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people.

- There are many things that we feel with respect to nature that we don't have names for.
- In the absence of a name, we can't freely talk about these things.
- In the absence of a free conversation about these things, we can't develop a deeper understanding of these things.
- In the absence of a deeper understanding of these things we become disconnected from the Living Planet that is our life support system.
- When we become disconnected from our life support system, the chances of us - individually or as a race - passing on before our rightful time increases.

This is what has happened in the Western World: the deep understanding of our connectivity with nature has been severed by Western Culture.

The same has happened in other cultures, but I can't speak for those cultures as I am not from them.

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And as a result, we Western People have become numb to the pain of Mother Earth, who nurtures us. She is dying, and we don't know what a dying biosphere looks like.

This book seeks to right that wrong.

This book doesn't have all the answers, but it has many. It is a bold attempt to create stepping-stones from where we are to where we want to be.

Like stepping-stones across a river, they are not always perfectly spaced, and some are slippery or loose or periodically covered in water. Being mindful of the possibility of imperfection allows us to pass swiftly and safely to the other shore.

Another challenge to overcome is the language that precedes us. The word *spirituality*, for example, is heavily loaded towards the concept of *spirit*. And yet for some, spirit – the idea of an inner entity that is separate from the host entity – does not exist. So, for them, they discuss spirituality despite not believing in spirit.

### **Introducing Seed**

Another difficult word is *eco-spirituality*

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which is ultimately what this book is about.

Look how many letters it has. It is so convoluted.

*Eco-spir-itu-ali-ty.*

So complicated. How are we supposed to connect people to nature when the entranceway requires one to navigate a hyphenated fourteen letter word?

Think of the important words that come from ancient history: fire, earth, sky, rain, water, cloud – three to five letters each.

So, we need a word that has the same meaning as eco-spirituality but only has 3 – 5 letters.

Here, I forward the idea of the word *Seed*.

Eco-spirituality = Seed.

Consider for a moment how a seed is like our eco-spirituality.

- Just like the physical seed, it is something that can either grow or remain dormant.
- For a seed to grow it needs sunlight and water and nutrients from the soil – there are things that help us

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- grow our relationship to nature.
- Seeds need fertile environments to grow, and we humans can foster those environments.
- When a seed is allowed to grow freely, it can create flowers and fruits, beauty and shade and many practical things like wood.
- There are many different types of seeds, and even seeds of the same type look subtly different.
- So, each seed is unique, and yet they all can be fostered to grow with the same basic inputs.
- A seed that has not grown can grow later unless it has been neutered.
- Seeds represent new growth, and the next version of a species.
- Seeds can grow extremely fast.
- A growing seed can break open rocks and boulders and concrete.
- Seeds can destroy cities and grow forests in their place.

Let us talk about growing our seed instead of growing our eco-spirituality.

**A new approach**

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This book offers a whole new take on the idea of nature spirituality with a view to mainstreaming the idea.

To-date, all that goes under the name eco-spirituality has been unable to foster anything by a minute fringe following. Most people don't even know what it is.

Vita seeks to mainstream seed to hundreds of millions of people around the world.

This is what is necessary to beat the extinction clock that is mercilessly ticking against us.

Scientists have pleaded with us for over fifty years to wake up to climate and ecological collapse. For over fifty years they have been ignored as inaction by governments and industry has bought our planet to the edge of the abyss.

If we are to avoid a global meltdown, the necessary changes are now so vast that they defy conception. For example, we need to cut half of the carbon emissions from western countries in eight years to meet the carbon budgets.

Really?

Is that really going to happen with all the

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institutional inertia, misinformation, the intense lobbying of fossil fuel corporations?

It is impossible if we assume the lacklustre spiritual defence of Earth's biosphere conducted by the Western people to date.

Spirituality is a hugely powerful motivation of human behaviour. Religious institutions have been tapping into this for millennium.

So, if it is possible to caress the spirituality of hundreds of millions of Western people by *growing their seed*, the transition to the Verdant Age will be under way in no time.

Then we call all stop fretting about the future, and just get on with our lives.

## Finally

Where did these words come from?

These words are simply the conceptions and mental formations of the author trying to make sense of things that are difficult to talk about.

They have been conceived, written down, edited, shared, discussed, edited again, and eventually laid down on an electronic or paper page.

In writing them down, they don't become 'truths' or 'right' or 'accurate'. This are just an attempt to give a name to something important and use words to help convey the idea to others.

These words aren't right, they are just the best guess at this point in time.

These words aren't here to tell you what to think, but to help share insights into how you feel and how to grow your seed.