



5 Stages of Spirit Gardening

with Stacey Murphy



Grow Your Own
Vegetables



Spirit Gardening

Welcome to Spirit Gardening!

This new five stage process is unlike anything else in the gardening world.

Spirit Gardening is your next step when you are ready to:

- Receive even more of nature's energy of well-being into your life
- Feel successful NOW no matter what your garden looks like
- Enjoy healthy biodiversity and the evolution of healthy humans
- Unleash the latest in quantum biology related to your garden
- Run creative, intuitive experiments in your life for more joy and vitality

Why Spirit Gardening?

We are starting to see things that were previously unseen but FELT by intuitive communities and KNOWN by ancient wisdom... we are starting to see these things quantified and measured with neuroscience, quantum biology, and more.

Quantum science teaches us that it doesn't matter if you practice organic gardening, permaculture, biodynamic, or regenerative agriculture... without linking your garden to your consciousness, your spirit, your higher being (or whatever you want to call it), you will only get a fraction of the health and wellness you want. Spirit Gardening is the step-by-step bridge between science and the unknown.

It's for you to make your own discoveries about your health and well-being so you can evolve and grow. What makes your garden most unique is YOU and the energy you share with your plants.

The Five Stages of Spirit Gardening:

1. Wonder: Your childlike curiosity
2. Ease: Allowing, receiving, listening, being open
3. Play: Have fun, don't take life too seriously, and take inspired action
4. Evolution: Communication between you and your garden (and your emotions)
5. Awe: Gratitude, appreciation, and LOVE

Follow the steps, plus anything that helps you love your garden: journaling, poetry, painting, photos, making bouquets, cooking dinner, talking to your garden, prayer.

The steps are circular, and you start all over again as many times as you like. This process will spiritually change and evolve you. You will be shocked what your garden is capable of.

Clients all around the world have had remarkable results. A ten year old who grew ten foot tall okra plants inside her house out of tiny paper cups and minimal light, and the plants are producing fruit consistently! Clients turning garden pests into beloved friends. And people experiencing more creativity, intuition, and joy in their lives.



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Stage 1 Wonder



Wonder is your childlike curiosity.

**"I have no special talent, I am only passionately curious."
-Albert Einstein**

What if you were passionately curious about your garden?

When you first thought about having a garden, you probably wondered what your garden would look like, what it would feel like, what the food would taste like, and what it would mean for your life. These "wonderful" questions are different from tactical questions (What am I going to plant? How many seeds will I need? When do I plant? etc.)

Wonderful questions help us unravel the unlimited mysteries of nature. Even if you think you know what's going on in your garden, there is always something new to be discovered.

Consider this: On the electromagnetic spectrum of light, the visible portion is only 00.0035% of the entire spectrum. There's a whole bunch of stuff going on that we can't even see...and that's just one of our senses. We only hear a sliver of the frequencies around us, between 20 Hertz and 20,000 Hertz. Porpoises and dolphins hear up to 110,000 Hertz, so there's a lot happening that we can't hear either. The electromagnetic field is the basis of quantum physics.

Einstein said: **"Concerning matter, we have been all wrong. What we have called matter is really energy, whose vibration has been lowered as to be perceptible to the senses. There is no matter. There is only light and sound."**

One of things we DO know about nature is that plants communicate back and forth underground through their root systems and the mycelium network.

When I first started gardening, people said to plant cucumbers with radishes because the radishes are kind of spicy, so the cucumber beetles don't like them. I wondered: how do we know that they're reacting to the flavor of the root? That's an assumption we're making based on our experience of what a radish is. Could it be that it's not about spiciness? I wonder if it's possible that these root systems send out certain frequencies, and that is what the cucumber beetle is avoiding. The radius of root systems are all different. Their size and shape are all unique. What if those different structures are what is creating interference, like noise? What if that is what's keeping the cucumber beetles away when you plant radishes? And what if the opposite is true, that all the biodiversity together creates a symphony of electro-magnetic energy, the frequency of which does not allow diseases to infect plants? Everything is worth testing. You just gotta wonder...



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Wonderful questions are less like, “How many seeds do I need to plant?” and more like, “I wonder...”

- * Why is this stem square and this stem round?
- * What are the frequencies of this plant?
- * Why is this plant growing straight up, and this one splits in two?

Spirit Gardening is all about getting to know the plant and not what you want from the plant. Your curiosity is what's going to drive this whole process. What makes your garden unique is that your soul will be drawn to your own unique, wonderful questions.

Write down 100 questions about your plants, 100 questions about your soil... get reconnected with your curiosity.

The life lesson from stage one if you practice this daily is that you will always discover something new when you wonder. You are nature, too. There is always something new about you. You are limitless.

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How do you DO ease?



Stage 2 Ease



It's all about allowing and receiving and being open. It is the divine feminine part of this process. It may sound passive, but it is an action and a choice.

Consider nature for a moment, and notice what nature is really all about. Nature is flourishing around us. Nature is thriving without us. There are trillions of cells in our body that know exactly what to do. They breathe at night without us having to think about it. They pump blood, they digest, they repair and rejuvenate. But most of the world is focused on what is *wrong*. The DIS-ease. It's a choice to focus on what's going well.

Neuroscientists are seeing that neurons that fire together, wire together. The more we practice focusing on EASE, the more health we experience. And the more we focus there, the more those neurons continue to wire together for more health. Dr. Joe Dispenza is doing research that shows people have essentially reversed aging and disease in their bodies by meditating in a state of EASE and satisfaction.

And in the garden this is true, too...If there is a seed, the right temperature, and some moisture, that seed is going to sprout, and it's going to flourish. It doesn't need us, really, for much of anything.

The hardest part about being a gardener is knowing that your job is to sit back and allow your garden to grow. You're really doing very little if you focus on healthy conditions.

Notice that you probably attract a certain kind of plant to your life. Maybe in the store, you're drawn to certain types of plants. Maybe you're drawn to certain kinds of colors. Whatever the case may be, notice what blooms for you. Cultivate those plants in your life because they probably have lessons for you. They're probably going to work really well for you.

Many farmers told me that growing celery is a waste of time... and for years, I listened. But I really wanted to grow some celery, and I discovered that it is one of the plants that I love growing most.

Notice when you're drawn to something. It means something.

Here's an interesting phenomenon: Throughout history, people have been growing vegetables and herbs. Before the global community, people separated with no connection to each other discovered the same things about the same plants and what they were good for. How is that possible? They listened to the plant and themselves.



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We all have the innate ability to work with plants and to hear them. We've just forgotten. So it's really just about awakening your senses and clearing your antenna. I talked about frequencies in the first segment about wonder and tuning into what your frequency says about your garden— clearing the cobwebs of your brain so that you can actually hear these things.

So how do you do ease? Take a couple deep breaths in your garden each day. Notice the peace and perfection of your cells knowing exactly what to do and the plants knowing exactly what to do to thrive. You are exhaling carbon dioxide for them, and the plants are exhaling oxygen for you.

The lesson here is that you are a gift just by being, you give and share generously with all life.

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This is where you get to have fun and not take life too seriously.

Take the curiosity and wonder of the first step and the listening of the second step, and you allow an inspired action to emerge, something that you intuitively want to do to communicate with your garden.

What are you inspired to do now?

This is what makes Spirit Gardening different from learning from a book: it's when you're inspired to try something and see what happens, playfully.

This is how things like hugelkultur happen. This is how different gardening practices take off in the world. People try things out, and then they share it with other people. It's not about thinking; it's about receiving inspiration. Take what you're perceiving, and try something on for size. You're decoding and deciphering the language of these plants. Trust it and try it. It'll be a lot of fun.

Everything really is play. We don't have to be so serious about our gardens. Learning comes from playing.

The reason why play is so powerful is that there's no failure in playing. When you play, you have no expectation of outcome... it's just the fun of the play. Often, we beat ourselves up because somebody tells us what to do to get success, and when we don't get it because our circumstance is different, we feel like a failure.

Playing always feels like success. It feels like fun. It feels like you're asking yourself a question and finding the answer yourself, for yourself. And guess what? You're excited to come back and learn more.

We are all a little weird, and this is an opportunity to show off your uniqueness. Our garden is really weird and wild, too.

Quantum biologists are finding out just how weird plants are. Did you know that photosynthesis is the most efficient engine on the planet? Unlike all of the engines humans have conceived, it is 95% efficient. The best humans have ever done is maybe 50% if we are lucky, and nature does photosynthesis at 95%.

What's responsible for that efficiency? A concept called quantum tunneling, where photon particles do the impossible and wiggle through matter as waves inside chloroplasts. It's the equivalent of tunneling through Mount Everest in a single moment versus the time it would take to climb up one side and down the other.

It's weird and wild, and we could learn a lot from it.





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One of my friend's kids used to put dinosaurs all over the garden, and it looked like Jurassic Park.

You might even take a different approach to pests and diseases by having more fun. My sister became a squirrel whisperer using this approach. She can hold an acorn, and the squirrels will crawl up her leg, sit on her shoulder, and eat acorns. Now they don't disrupt anything in her yard because they have this bond. I'm not saying that's right for everybody; that just happens to be her relationship to that animal.

That's what Spirit Gardening is about. You might find that you develop a special bond with some of the beings you considered pests in your garden.

Not everybody's going to want a squirrel on their shoulder. Guess what? If you don't want that, it's never going to happen because that squirrel knows that my sister is willing and is excited to have her there.

Your relationship to whatever you're going to play with is going to be unique to whatever it is you were curious about.

The life lesson of stage three is you are weird, so go and have some fun!

How much better could it get?

Challenge yourself: How much more playful can you get in your garden? How might that feel more successful? It might not even be about growing more food. It might be about just having more fun.



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Stage 4 Evolution



In stage three, you took your playful action, and now your garden responds to your playful action...

This is communication unfolding between you and your garden.

You may have thought your inspired action would lead you to something that you wanted more of. If it didn't work out the way you hoped, you may find yourself feeling a bit sad or ashamed, guilty, or frustrated, and that's normal. We get attached to the outcomes we want, but remember the playful action was *without expectation of outcome*. When you take an inspired action and then nature responds, you grow and evolve, not only in your understanding of how to work with the plants, but in how you respond to life.

Some of the most important life lessons come from a garden because *the garden is life*. We learn directly from nature. It is a DIRECT experience with the energy that creates life. The garden is a wonderful place to deal with emotions like shame, guilt, anger, etc. that happen from situations outside the garden, and inside as well. Here are some examples:

Guilt and Shame of Killing Plants in the Garden: We feel good about our garden when we harvest something and eat it because it's going to use. It's a feeling of, "Thank you for this nourishment. Thank you for this replenishing of my life force. Thank you for nurturing me." But when something dies and we don't get a chance to eat it, we feel guilty because we're like, "Was it really worth it?" But all life is worth it. Nothing is wasted in nature.

Anger: A rat came along when I was living in San Diego, and I had a yard full of food. All the plants that I actually cultivated, those are the ones that they killed. I had a bit of anger around that. The garden is a place where you can work through some of these emotions in a really practical way, and you can decide how you want to respond. Do I want to erect a fence so that my food is protected, so I don't have to feel that anger? How does this reflect how you treat people you might be angry with?

Your emotions are really all about the relationship between *you* and *you*. Negative emotions are a sign that you could love yourself even more in this moment.

Where else have you been feeling these emotions, and what can this experience with your garden teach you about the rest of your life?

I like to think of this as quantum UN-entanglement. Everything you touch has a bit of your energy on it. You are entangled with everything in your life. If you transmute emotions in your garden, then you sometimes transmute those same emotions with romantic partners, colleagues and friends simultaneously.



Ashes to Ashes...

In Brooklyn, I taught hundreds of youth how to garden, and I will never forget Sean, one of my favorite students. He hated school and was forced to take a gardening class. His response was, "What is this stuff good for anyway, this gardening stuff?"

During composting lessons, I told them to bring in whatever they wanted to compost. He brought in an orange peel. We made our compost pile, and Sean threw his orange peel in. We turned the compost pile in winter, but Sean wasn't a part of that process.

In the spring, we were discussing the importance of fertility in the garden, how compost is the fertility for the next generation, and the importance of how life regenerates. We went out to the pile, and Sean was confused.

"Ms. Stacey, there's a problem."

"What's the problem?" I asked.

"My orange peel. It's gone."

"It's right there."

"Where? I don't see it."

"Well," I said, "It's compost now. It's broken down. Remember, we talked about this, that the microorganisms digest all of that material. They break it all down, and they blow off steam in the process, and it turns into this dust, and then we feed it back to the earth."

"I get it!" he exclaimed, and a look of realization washed over his face.

"That's great! I'm so glad you get compost now," I replied.

"No, Ms. Stacey, I get *life*...I've heard them say at funerals 'earth to earth, dust to dust, ashes to ashes.' This is ashes to ashes. I get it. I understand."

He was never going to be the same again.

He was appreciating life and being in his physical body. He had a reverence for nature, his nature. And that emotion made him pay attention. What a valuable lesson to learn at 16! He was coming to terms with his own fear of death. It was a beautiful sight to see. Every day after that, he was glued to that class, wanting more.





Learning to savor the lessons you learn as you grow and evolve is a feeling of success is powerful because it only relies on you.

It's worth taking a moment and writing down your experiences. How you feel, what you want to do about it and how you're going to respond, as well as any related stories in the rest of your life. You may find a message for yourself to improve the relationship between *you* and *you*.

The life lesson of stage four is that success is cultivating the relationship between you and you.

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Awe is bliss, gratitude, and appreciation...



**Stage 5
Awe**



The number one fertilizer in your garden is gratitude.

Consider the IKEA study. They had two identical plants, grown identically.

One of the plants, they had kids bully every day: "You're such a jerk. You're ugly. You suck. You're weak."

The other plant, they loved every day: "You're so beautiful. Look at you. You're amazing. Oh my gosh, you're growing so fast."

Guess what happened? The one that got bullied, not surprisingly, did not look as good as the one that they loved. The one that they loved really thrived.

Imagine what this means for your body and the thoughts you have about yourself.

In your brain, in your heart, in your body, you have neurons, and they're always firing. When neurons fire in the brain and your heart, they have an electromagnetic field. Even though the number of neurons in your heart is smaller than the number in your brain, the magnitude of that electromagnetic field is 5,000 times bigger around your heart than around your brain. That's powerful to understand.

Remember we started in stage one talking about everything is electromagnetic frequencies first. Your mind sets intentions... that is the electronic impulse of what you want.

But your heart is the magnetic pull.

When you feel like you already have what you want, and you are grateful and appreciative, it's the frequency of those emotions that pulls it to you. We think we can think our way to success... but it's about loving our way to success.

And a concept in quantum physics is important here in Stage Five: Quantum Coherence. Coherence means that frequencies are aligned. Imagine a whole stadium of people clapping all at the same time.

When your mind and your heart are energetically aligned in coherence with the feeling of gratitude... this is what AWE is.





The lesson from Stage 5 is to be brave and love unconditionally.

Savor the process.

Be weird

You are a gift, just by being.

You are unlimited.

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Take Your Garden to the Next Level

It's our mission to support new growers all over the globe create successful vegetable and herb gardens for a happier, healthier YOU, and a greener planet. It's our passion to remove any obstacles standing in your way so you have the opportunity to harvest organic, nutrient dense food for a lifetime of health and wellness.

Do you want to grow delicious, nutrient-rich, organic vegetables and herbs at a fraction of the price of store bought food, but lack the know-how, time, and budget to bring your garden vision to life?

Regardless of the size of your garden space... you've come to the right place. Our self-paced, step-by-step online programs are here to guide you from garden site and design all the way to harvest.

Whether you're just getting started planting your first seeds, in the process of honing your garden skills, or ready to start doubling your vegetable and herb harvests, Grow Your Own Vegetables can help! With done-for-you templates and step-by-step guides with easy explanations, you'll get all the tips and tricks you need so you can get on the fast track to garden success!

From the Grow Your Own Vegetables Community:

*"I grew hundreds of pounds of produce. **Your class has been extremely helpful to me, an amazing value for the money.** I honestly have not had this much progress planning an annual garden before this class, and I can't thank you enough for your clarity, support, and optimism!!!" — Lenna*

*"Your class was transformational! **I am growing so much more vegetables and have a plan of action.**" — Laura*

I have been so impressed with just how much you guys do for us. Thank you, thank you. I will reach out with any questions. — Barbara H.

*"The biggest impact for me is **having a better sense of confidence that I can grow organic produce successfully**, and also the knowledge that I have a safety net if I have questions or problems in the future as an alumni who still has access to question/answer sessions. At this point, **I feel it was definitely money well spent.**" — Michele*

*"Now I understand why yields were poor in the past: I now know how to find the best space to grow veggies, what to not bother with, and what's easiest for us. It's a far more rewarding experience now! **Saving agony is a highly valuable outcome for us. Money well worth spending!**" — Kei*

Meet our Dedicated Team



Stacey Murphy
Master Gardener Trainer



Denise Beins
Chief Operations



Lauren Groves
Tech Support



Crystal Meserole
Garden Support

"Lauren, Thank you so much for your replies. Your replies are exactly what I need. Thank you 🙏 I will always support your group and you can count on my involvement with your incredible journey. You and Crystal are **AWESOME** customer supports and great human beings. I am grateful and appreciate all your help! Have a great Labor Day weekend!!" — Lisa

"Hi Crystal! Thank you so much for your lovely note. It really made me feel valued to have all my concerns addressed."
— Jill