

## **PART ONE - 2024**

### **Tree of Peace**

An entrance and an explanation.

### **The Power of Bluebirds & Writing**

Baby bluebirds teach me to combine nature and writing.

### **Lessons from a Turtle on Writing & the Body**

I watch a snapping turtle give birth. One of her lessons: don't take shortcuts—slow and steady wins the race.

### **Learning to Write in the Forest**

The forest teaches me to write—braiding is the right way, one story at a time.

### **Mysterious Healer in the Forest**

A healer arrives in the forest and shows me a story that I carry in my leg

### **First Aid in a Foxhole**

My slasher-editor gets healed in a foxhole.

### **What Invasive Vines Have Taught me about Toxic Shame**

Invasive vines are a lot like toxic childhood shame—they don't have your best interests at heart.

### **How to Break Out of a Chrysalis**

Forest creatures work together to help me break free from childhood defenses.

## **PART TWO - 2025**

### **Visit from a Red-Shouldered Hawk**

A red-shouldered hawk gives me advice on my novel.

### **Writing and the Forest**

Nature brings me a stick that looks like a hip bone.

### **Lessons from Bittersweet**

Invasive bittersweet vines teach me about my slasher-editor.

### **Fire in the Hole**

Stored trauma is revealed through a prescribed burn on my land.

### **Bridge to the Imagination**

At the intersection of civilization and imagination.

### **A Roomful of Threes**

Visitors from a dream teach me about creativity and communication.

### **A Fox among the Vines**

An animal's eyes have the power to speak a great language.

### **Novel in a Bird's Nest**

A bird's nest provides a safe space for me to write.

### **Grace among the Birches**

I hang out with birch trees and get advice on how to heal.

### **Healing with Grandmother Tree**

Grandmother Tree gives me forgotten memories of my mother.

### **Stepping into a Graveyard**

When a tree tells me to do something, I follow through.

### **Birch Tree Stories**

Birches lead me through childhood memories and share memories of their own.

### **Yellow Snow**

I notice yellow snow at the base of oak trees, and fawns tell stories of fairies and tannins.

### **The Arrival of Wings**

An angel appears and lifts me out of an illness.

**Magic of a Vernal Pool**

Fairy shrimp,  
fingernail clams and  
spotted salamanders  
lend me their magic.

**Learning to Write  
in the Forest**

The forest helps me  
grieve, and birds  
show me how to  
write about it.

**Lights in the  
Forest**

Three lights lead me  
to a supernatural  
connection.

**Between Two Pines**

Pines help me heal  
through memories  
of a childhood  
kitchen.

**Waking Up with  
Deer**

Mama deer and  
fawns help me to  
slow down.

**Bat, A Messenger  
of Change**

I sleep in a bat cave  
and learn how to  
transform.

**Shakespeare in a  
Stone**

Shakespeare visits  
my land and tells  
me where he got the

idea for *As You Like  
It*.

**Writing with a  
Witch in the Forest**

I wrestle with a  
witch who lives in  
my right leg.

**My Temple is a  
Swamp**

Swamps are full of  
contradictions and  
characters—and so  
am I.

**Hephaestus,  
Rocks, and a  
Library Scene**

A very human  
Greek god helps me  
understand my  
writing.

**The Power of a  
Pine**

I lead an imaginary  
client through a  
forest therapy  
meditation, and find  
myself healed by a  
pine tree.

**Nature's Threshold  
Guardians**

I head out to talk  
with the vines in  
Death Row.

**Hamadryads and  
Me**

I learn about  
hamadryads—  
magical figures

connected to trees—  
and realize I might  
be one of them.

**How Characters  
are Born in a  
Forest**

A new character  
emerges from my  
body and makes her  
way into the forest.

**Understanding  
Nature's Codes**

A butterfly and a  
plant teach me how  
to translate nature's  
messages.

**Athena's Owl**

An owl teaches me  
how to defend  
myself.

**Feathers Lead to  
Stories**

A feather in the  
forest leads to  
stories and a  
childhood angel.

**Door to my Wild  
Self**

The universe gives  
us characters when  
we get wounded.

**Writing with a  
Vine**

A vine takes me  
back to a painful  
experience in  
college.

**I Saw My  
Teenaged Self in a  
Therapist's Office**

I find myself *going  
to* and *coming from*  
therapy at the same  
time.

**Skin like Bark**

Trees heal my  
adolescent self.

**PART THREE -  
2026**

**Advice from a  
Dark-Eyed Junco**

A dark-eyed junco  
advises me not to  
run away from pain.

**Salamander, O  
Salamander**

Salamanders teach  
me how to absorb  
wisdom through my  
skin.

**Melpomene and  
the Vine**

The Greek muse of  
tragedy tries to  
educate me on the  
vines.

**Magic of the Red  
Dragonfly**

A red dragonfly  
teaches me about  
the importance of  
shedding your  
exoskeleton.