

Episode 1 - Thriving with Nature



FULL EPISODE TRANSCRIPT

With your host

Hayley Weatherburn

Hello and welcome to **Thriving With Nature's** podcast, my name is Hayley Weatherburn and I'm really excited to be starting this journey with you all. I am creating this Thriving with Nature podcast because I believe it's time, between 2020 and 2030, we have this huge opportunity, almost *responsibility* to shift and change the direction of how this planet is heading.

At the moment the fires are burning immensely over in Australia and there's been millions of wildlife lost and millions of acres lost, and who knows what this ripple effect is going to have on the people in Australia, in regards to food, in regards to shelter, in regards to what the future is going to hold.

Once these fires eventually die down I believe Australia is actually starting to get, after about four months of burning, I believe they are starting to get a handle on it. Fingers crossed. And my heart goes out to all those that have been affected: The volunteer fire fighters, the paid firefighters, everyone that has been involved in helping the community's get together.

So I've entitled this first episode, *thrive or die*. I truly believe that we are in a place where if we align with nature, we will thrive. I mean you just have to walk away from a property and come back and you can see that it's overgrown, that it starts to grow. Nature moves in a succession towards abundance. It naturally moves towards abundance. It grows through bitumen. It is constantly growing. So, that is the natural law of nature, it is to thrive!

Even our human bodies, if we stop feeding it for awhile. it goes into a mode where it starts to heal itself. It starts to eat away at the tumours and cancers and things. When we get out of the way, when we stop pumping up with too many chemicals, with artificial foods, our body comes back to thrive. It can heal itself. If it cuts [body], it heals itself.

So, we are nature, and that's why I have called it "**Thriving WITH Nature**". We ARE Nature, and I believe if we get out of our way and align with nature. I'm not talking about, let's go back to living in caves, or living on farms or whatever (and I do think that can be a great life) but what do I really want to see is how we can **thrive in this modern world** with the technology that we have, an and come back to align.

It's just a matter of this one simple thought: **thrive or die**. Whenever we make a decision on what we're doing, what we're eating, what we are purchasing, and how we are building our homes. If we just had this thought, is this decision, is what I'm doing, aligning with nature. Will it actually thrive? or is it headed for the trajectory of dying?

So for example, I went on the journey about seven years ago to start to move towards a higher plant-based diet. I am now 100% plant-based in my diet and it was a very gradual process. It happened purely by chance. When I first moved to Bali, I was living with a vegetarian. I said "You know what, I'm going to try this for six weeks". She was cooking for me, so it just made it easier and my body felt amazing.

So, I've slowly become a plant-based and I know when I started looking into it, on an environmental affect. Society does need to move towards more plant-based. I'm definitely not saying that everyone needs to be plant-based. I believe if we lived in the law of 80/20. That is, if you were more 80% plant-based and 20% meat, if you choose to eat meat. And you chose to eat meat that was more of an organic, that they the animals have had a beautiful life, before they sacrifice themselves for your food. Even if the whole world moved towards more of that, that would just be an amazing contributor.

This whole journey that I'm embarking on with you all, is, let's move us towards in the next 10 years, I believe in the next 10 years, we can make a significant change towards a better future where we thrive.

So, I want to give you example today, actually it was yesterday, when I was thinking about creating this podcast. I was like, okay, so what can I give to people in the beginning. Is it just, when I make this decision, "Am I moving towards thriving or dying? So, I wanted to make a sign for outside my house, I know it's a bizarre example, but I said "okay Hayley, you've gotta do what you say". It was I'm going to get a plastic sign made for my house, so people can know where I am, so people can find it. In Bali, the addresses are all very random numbers, so it's quite important. But I thought, hey that's just contributing, that's just asking for more plastic, which is not going to be able to be broken down easily. So what can I use?

I sat and it just made me think for a second. And just by thinking, okay what can I use that is more **thrive or die?** Hey, I've got leftover wood that I can paint, or even carve which doesn't even require any chemicals on it. And it made me go, "Are there any eco-chemicals out there that I know that if they get washed off or whatever, that it's not going to harm the planet.

So I started looking and there is there [are] eco [paints]. I found page, you can contact me if you want, or you could just google eco-paints. It had companies, paints that are now created that are are very positive on the environment. So. I was like okay great, that's what I will use. I'm going to find the eco-paint and just start moving towards [thriving].

In Bali it is harder than if I was back in Australia, in the western world, I could probably find these paints easily. Getting stuff in Bali, I feel, is like we are still a little bit behind the times in some of these things.. Sometimes I will order things in, and have some people bring it in, when they come visit. But yeah so, but it's also not being so hard on yourself. If I can't find those paints, the eco paints, I'm certainly going to try and find a few of these brands of eco-paints that I found online and to use. But if I can't find it I'll find the next best thing. I already have some acrylic paints that are here that I can use. I'm not just going to waste down the drain and and get rid of, so what I may do is just paint my sign with the acrylic paints, and then while I'm waiting for the actual eco organic paints that I can get. Then I can actually paint with them, so it lasts. It is the rainy season, so the acrylics may wash off, but I will see.

So, I just wanted to give you a small introduction, like concept of making that decision of thriving or dying. Even when you eat. So let's get on a more personal level, if you eat something that's whole from nature, say an apple, or you make a salad from the garden that you're growing. Or even if you go to the farmers markets and pick some things from these amazing farmers that are they doing awesome jobs. And you eat that, You know, I mean you just have to look at an Apple. If you just left the Apple, it would rot. The seeds would eventually sprout. There is life, there is life force in that. You've all had an onion in the in your pantry that started growing. There is life in those things. So eating that way is thriving.

But if you go and get a doughnut, for example, that has chemicals that have been processed. Maybe it's even got artificial flavourings and artificial somethings, maybe it's a packet of something that's got all these letters & numbers in the ingredients, You have stepped away from the line of nature. Where Nature naturally thrives. And if you're not thriving you're dying. And so every time you put one of these artificial foods in your mouth, you ARE moving that little bit away from that line of thriving.

Now, I am not 100%, there's moments in my life where I'll grab something that is a bit more processed or have something that's not as whole food as I want, because of where I am or just due to being human and having an urge. That's okay. But my lifestyle is definitely I would say 80 to 90% more whole foods and definitely 10 maybe occasionally 10 or 20% or even 10, 5% of eating, definitely I hardly ever eat processed food, and when I do I feel it immediately because my body is so sensitive now.

So yes there's a couple of examples and I just want to invite you listening to Thriving with Nature... firstly THANK YOU for coming onto my very first Podcast. This is super exciting! I have so much I want to share on this journey! I want to learn with you. Reach out to me thrivingwithnature.com where you can contact me. If you've got innovative

ways that we can thrive with nature; maybe you've created a plastic bottle that literally can either completely be absorbed into the earth and actually give nutrients to the garden when it ends up in disintegrating or maybe even has seeds. I've seen coffee cups that you could just throw on the ground and eventually plants grow because there are seeds inside the coffee cups.

You know there's these amazing ideas out there and I believe that the human race, that if we just step outside ourselves and really think about aligning with nature. An apple falls, other apples can grow. So when we create things, TVs and I don't know any plastic bottles, any chemicals... to really think about the long-term affects. Because if we are here with 7+ billion people on this planet we can't just all be leaving a tiny little waste it just doesn't ever disintegrate, because it's it's just not possible so we've gotta start thinking in thrive or die

And so I'd love to hear from you if you've got ideas in this podcast I'm going to be talking a lot about regenerative agriculture. I'm going to talk about teaching you how to grow your own herb garden, even if you're in an apartment, even if you only got tiny little bit of a balcony. I want to give you guys ideas on how we can all thrive and become a representative of Thriving With Nature.

So far that is my goal on this on this journey on this podcast I don't know where it's going to go. I know I have a lot to share and I'm so excited to be moving through this all with you. So yeah, as I said, you can reach out to me thrivingwithnature.com I have a Facebook and Instagram all with the same name and I'd love to hear from you. Let me know what you thought of this podcast, let me know if there's something that you'd really love to learn and I'd love to, if I don't know about, it I'd love to learn it with you.

If there's people you love me to interview, this journey is about us together thriving with nature and so my my homework to you today as you leave this podcast is of course first, **hit subscribe** and rate it and you know, I don't know how it works, but rate it or give me some feedback, I'd love to hear from you. And the second is, in your movements today, try and remember everything that you're doing, and ask **"am I thriving or dying?"**, where am I headed? and start to introduce that simple concept into your life. Start to make this decision. I'd love to hear what happened did you did something happened that made you make a different decision. I would love to hear that. So, anyway, thank you so much for listening.

I believe that we can **thrive with nature together** and I'm looking forward to taking this journey with you have a beautiful day.