

# Herb Fairies Classes

## *A bridge between indigenous and contemporary times – Hands on Biophilia*

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My life in the 1990s was under the strong influence of Max Freedom Long's book *"The Secret Science behind Miracles"* The tohungas knowledge from Hawaiki. The superconsciousness of all living forms, trees, rocks, weather. Everything is alive and interconnected. We are all one. The force keeping us together is love.

When the opportunity to emigrate to New Zealand appeared – I was ready. With permanent residency status I landed in Auckland in 1996 more than sure that everybody in New Zealand knew and used the tohunga's knowledge.

What a surprise and disappointment. Tohungas'/ Maori wisdom? What does it mean? It's not cool – NZ is a contemporary Western civilisation country.

Then it was a visit by Neale Donald Walsch, the author of "Conversation with God" at Aotea Centre. During the event, Barry Brailsford's talk recalled again my almost forgotten memories of Max Freedom Long's tohunga wisdom creating a bridge between indigenous/Maori tradition and contemporary Western understanding of the world. Then came a dark time of *fear*, long years of terrorist hysteria and repeated by media, the mantra; *safety, safety, safety*.

### Where we are now?

I will quote here from Christchurch scientist Bronwyn Hayward's Children Citizenship and Environment book.

"Children growing up without access to wild or risky play are at risk of a nature deficit disorder. Deprived access to the outdoors, effectively living as "pampered prisoners under the anxious surveillance of helicopter parents who hover in the background anxious to ensure their children's leisure time is used productively to develop skills they will need to succeed in a competitive global marketplace".



"Children growing up without access to wild or risky play are at risk of a nature deficit disorder..."

Bronwyn Hayward

It is not surprising that children more and more choose to escape into virtual reality.

A few years ago I found a little paradise close to Nature. Not the kind of Nature to only watch and admire, not a manicured one, but one to feel close to, feel part of and to interact with, ordinary, safe place without usage of chemicals - a Community Garden.

The first task when children come to my Herb Fairies classes at Ngataranga Organic Garden in Devonport is to play with one another using a short back massage technique from my Children Massaging Children (CMC) programme. A few easy strokes that makes an atmosphere of relaxing and integrating the group.

There is a large variety of natural resources here: herbs, bees, butterflies, birds, quails and chickens, and not forgetting worms and other compost creating bugs.

The main aim of the Herb Fairies programme is that participating students develop an attachment to nature. They are taught about certain herbs and ways of using them, and have the time to observe nature and later share their discoveries with other participants. They create group bonding, connecting with nature and spending time together. Lots of drawing, listening to the stories of dancing Fairies etc.

Our discussion on global warming finished with the idea of creation of a "CO2 Catcher Plot". Yes – we have it. Based on Regenerative Agriculture principles and research, the children chose YARROW to be a Carbon Catcher Hero. Why? It is perennial with a very dense root system, responds very positively to additional care, tastes delicious in a banana smoothie and is very healthy,

Apart from teaching practical and academic skills, Herb Fairies allows time for reflection and the feeling of the unity with nature – Children love it. Just listen to this song, Glynn Lehmann; <https://www.youtube.com/watch?v=TNTmqStVRo0&list=RDA11U29SHA9E&index=4>

I am The Earth

I am the river flowing

I am the desert dry

I am the four winds blowing

I am the sunset sky

Herb Fairies has created for me a hands on bridge between indigenous wisdom I learned from "The Secret Science behind Miracles" – and my everyday life in New Zealand. ✨

For more details visit [www.nog-garden.com](http://www.nog-garden.com) By Eva Scherer  
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