

The language of plants

A roleplaying game about communicating with plants

By Omi-peah Ryding and Roman Schramm

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The following pages contain the game book for the role-playing game “The language of plants”. These are the instructions for the game master, who will guide players through this immersive, three-hour experience designed for 2 to 16 participants. The game takes its inspiration from animism. Animism, derived from the Latin *anima*, meaning “breath, spirit, or life,” is the belief that all entities – be they objects, places, or living beings – carry a unique spiritual essence. This perspective sees the world as alive, attributing agency and vitality to all things. Although each culture has its own mythologies and rituals, this view of the world is the most common, foundational thread of indigenous peoples’ way of living – a way of being which, for the most part, has been forgotten in the West. However, this is slowly changing as we are being reintroduced to ancient ways of communicating with the natural world, practices which were part of our ancestors’ daily lives. “The language of plants” is an example of a playful way to learn about the perspective of the world as alive and responsive. It was written by artist Roman Schramm and experience designer Omi-peah Ryding. However, from the authors perspective, the game was developed in co-creation with Nettle, Oak, Yarrow, and Mugwort – the four medicinal plants that the players encounter in the game. It came out of a process which was guided by Omi-peah’s shamanic knowledge and her gift for communicating with plants. The process included connecting with the plants both physically, through drinking teas and tinctures and spending time with them in nature, and through ceremony, by calling in the plant spirits. The result of the collaboration is this roleplaying game with its meditations, prompts and practices. With the game book in hand, anyone can organise and play the game. You can see it as an invitation from the plants.

Introduction for the game master

Have you ever spoken to a plant? Perhaps you have shared a quiet moment with your potted companions or whispered a secret to a tree? You are not alone. Since the dawn of humanity, we have sought ways to communicate with the natural world. Throughout time, people have turned to plants for support, guidance, and perhaps most of all, to be embraced by their nurturing presence.

This roleplaying game invites us to learn the ancient art of communicating with plants. Although the name of the game refers to language, it is not a game about words. It is about learning to see the more-than-human world as being vibrant, alive and having agency and that there is so much to learn if we only take the time to listen. All we need to do is to stay present and respectful in our encounter with it. In the game, players will encounter four plants: Nettle, Oak, Yarrow, and Mugwort. These plants were chosen by the authors, both for their abundance in northern Europe where the game was created, and for their long history of use in healing practices. This is linked to shamanic practices which have been carried out for thousands of years all over the world, and which were also used by the authors in the creation of the game itself. In this way, game offers a gateway into the magical world of four powerful plants, a realm of deep healing and transformation.

The roleplaying game in short

The game is designed for 4 to 14 players and lasts approximately 120 minutes. Throughout the game, players will alternate between embodying a human or a plant. In each encounter, the humans will be guided by the game master to engage with the plants on specific topics. The plants, in turn, will respond in their own unique way, represented in the game by *active presence* and *expressive breathing*.

At the end of each encounter, the humans will be invited to make physical contact with the plant by touching its leaves or branches. The player embodying the plant will extend their hands and arms, allowing the human to gently connect. Touch will only occur on hands and arms, with the option to withdraw at any point to end the interaction.

After the final plant-human encounter, all players will gather in a circle. At this moment, each person will be invited to sense which plant they feel called to embody once more. A sharing round among the plants will follow, concluding with a short ensemble where all the plants breathe together.

Pre-game workshop:

Before the game begins, players will participate in a 45-minute workshop designed to help them ground in their bodies and familiarize themselves with the core elements of the game. Through a series of exercises, participants will practice both the human and plant roles, preparing them for the experience ahead.

Props:

Prior to starting, each player will draw a card to determine which plant they will embody during the game (see below for preparation). A talking stick (in any shape or form you

choose) will be used during the plant-sharing circle at the game's conclusion, facilitating thoughtful and focused dialogue. A stone or a piece of wood works well for this.

Technical enhancements:

While not essential, the game can be enriched with the use of light and music to create an immersive atmosphere.

Preparing the cards

The cards should contain the name of the plants and their plant qualities. Preferably each card has one plant on each side. There are two types of cards: Nettle/Yarrow and Oak/Mugwort. Here is the list of the qualities connected to each plant:

Nettle:	Motherly love
Oak:	Inner strength
Yarrow:	Inner wisdom
Mugwort:	Expansion

Instructions for the opening circle

During the opening circle it is important that you as the game master take the time to ensure that all players feel comfortable (check if they need to sit on a chair and so on) and if they are okay with touch on hands and arms as this is included in the gameplay. Furthermore, make sure to introduce the game properly to the players, explaining its purpose, setting expectations and answer any questions that might arise. Here are the things that we invite you to include in the introduction:

Game structure

The structure of the whole experience is the following:

1. Pre-game workshop for around 45 - 60 minutes in which the players will go through a number of exercises to help them connect with their bodies and to prepare for the game.
2. A break lasting around 5-10 minutes before the game starts. This is a good time to have a snack and go to the bathroom.
3. Before the game starts: a quick reminder from the game master about how to play, safety and so on, and taking a card to know which plants to embody later.
4. The game, lasting around 120 minutes, in which players will participate in four encounters between plants and humans. Player will take turns in playing a human or a

plant. This will all be guided by the game master. After the encounters, all players will gather in a circle to embody a plant once more during a plant sharing concluding with a short ensemble where all the plants breathe together.

5. After the game is over, there will be a sharing circle to talk about the experience.

The magic is the encounter

The core of this game lies in the encounter between humans and the four plants: Nettle, Oak, Yarrow and Mugwort. It is about the quality of the encounter as respectful, genuine and reciprocal. This can only occur when one relates to another as a whole, unique being, without objectifying or reducing them to a category, utility, or function.

Based on shamanic knowledge and practices

The game draws upon the ancient practices of shamanism. In our day and age, it might feel strange to introduce yourself to a plant and to ask for its guidance. However, this is how shamans have worked with plants for thousands of years, all over the world. The purpose of this practice is to connect with the spirits of the plants.

Gender and Archetypes

Although these spirits are not human, they are often experienced as having a gender. However, the gender of a specific plant spirit may change from time to time or be experienced as non-binary. One way of thinking about this is to interpret what the plant spirits present to us as archetypes. An archetype is a universal symbol, theme, or characteristics that recurs across cultures and time, reflecting shared human experiences and truths. Examples of well-known archetypes are The Mother (as in Mother Earth) and The Teacher, where the former is representing nurturing, care, and unconditional love and the latter wisdom, knowledge, or moral lessons. When we connect with a plant and ask for its guidance, the specific archetype we encounter will be different depending on what is needed for our growth. In this way, we can see medicinal plants as active agents which are using their free will to assist us in our process of healing. In the game, this active presence and the expressions of the plants are represented by breathing. The reason behind this is that breath in ancient traditions is connecting us to our life-force. Although plants do not breathe the way we do, the act of breathing together with a non-human entity can help us to connect and to feel empathy. This is the first step in the process of creating a respectful and loving relationship with the more-than-human world, which is the essence of shamanism.

Safety

This game includes touching another person's hands and arms. It also asks players to share stories about intimate personal experiences; may they be real or fictional. Because of these elements, it is important to create an environment for the play which feels as safe as possible. A way to build safety together is to treat each other with respect by asking for permission and by giving ways to opt out of potentially challenging situations. We offer these ways to create safety:

- Players are always free to take a break from or leave the game at any time.
- In the game, touch will only happen on hands and arms.

- Before touching anyone, the players will always ask for permission. The other player can then gently nod or shake their heads to indicate if they are willing to receive touch or not.
- Both players who are involved in the touch can choose to withdraw their hands at any moment as a sign for the interaction to stop.
- The player who is receiving a personal story, real or fictional, from another player can make the choice to close their eyes at any time to indicate that they need a break from the sharing.
- The storyteller has the freedom to decide how closely their tale aligns with personal experiences – they can invent freely, borrow from others, draw from their own life, exaggerate or reshape events as they choose. This flexibility creates a safe, creative space where boundaries between truth and fiction are fluid, allowing each story to emerge with as much intimacy or distance as the teller desires.

In the workshop, which will happen next, all these things will be practiced together.

Pre-game workshop

1. Warm up

Play the song 'Rare Birds' by Andrew Bird.

Instructions:

Move around the space; shift from fast to slow;
settle into a pace that feels natural to you.

Lower yourself to the floor; rise up again; shake your body.

Explore the room—feel the walls and connect with the ground beneath you.

Now move freely; what does your body need right now?

Become aware of the other players. Notice their feet; notice their faces.

2. Becoming a character

Instructions:

Now, when you meet someone, shake their hand and introduce yourself with a made-up name.

After two interactions:

Now introduce yourself and include your favourite plant.

After two interactions:

Extend the introduction to include your overall relationship with plants. (30 seconds) One version of the introduction should be based on your own life, while the other should be entirely made up.

3. Practicing touch

Instructions:

Pair up with someone and stand in front of each other. Decide who will start playing a plant. The player embodying the plant is invited to offer their hands and arms to the other player. The player portraying the human will ask, "May I touch you?" The plant will shake or nod their head.

If plant has given their consent, the human is invited to touch the other players hands and arms gently, as if they are delicate leaves that could easily break. Only arms and hands. If at

any point the touch feels overwhelming or uncomfortable, the plant player can simply withdraw their arms for a moment.

After a few minutes:

Now, it's time to swap roles. This time, the plant will be a tree, with sturdy branches that may bend but will not break easily.

The player embodying the tree is invited to offer their hands and arms to the other player. The player portraying the human will ask, "May I touch you?" The plant will respond by gently shaking or nodding their head.

After a few minutes:

Come to an ending and share with your partner how this experience was for you.

4. Plant communication

Instructions: gibberish

Stand up and find a new partner, then sit down facing each other. We will now practice communicating through making up our own language. You can think of it as gibberish or just making sounds. The important part is that you can express yourself and your emotions without speaking normal words.

Decide who should begin speaking. Now start by telling the other player something about your last holidays using only sounds and body movements.

After a few minutes expressive breathing

We will now practice how to do the same, but through expressive breathing. This means to use your breath, making it visible through the rise and fall of your chest and audible through variations in air pressure and by using soft sounds including whistling and humming. You may also include slow, gentle movements of your upper body. *The game master needs to demonstrate how to do this!*

Swap roles from before and begin by telling the other player something you would like to share about your best friend.

After a few minutes: sharing

Come to an ending and share with your partner how this experience was for you.

5. Talking to Rose

Instructions:

This time we will practice how to communicate with a plant, as you will do later in the game. Stand up and find a new partner and sit down facing each other. Decide who will start playing the role of Rose. The player who is the human will now

share a story with Rose about gratitude.

This can be about something in their life that evokes feelings of gratitude or even about challenges in feeling gratitude at all. The story can be based on real-life experiences or imagined scenarios; the choice is yours.

Introduce yourself with a name and ask Rose if you may share a story with her. When you are done with the story, thank Rose for listening to you.

Rose will stay present and listen actively with a quality of compassion.

As Rose, you are invited to look at the human during the sharing, but you can close your eyes at any time to pause the story. When the story is over, Rose will answer the human, still with the quality of compassion, through expressive breathing and slight movements as we practiced in the previous exercise.

After a few minutes:

Swap roles and do the exercise again.

After a few minutes:

Come to an ending and share with your partner how this experience was for you.

After a few minutes:

Now it is time for a break and after this we will play the game.

THE GAME

Information to players before the game starts:

In this game, you will encounter four different plants. You will take turns playing a human or a plant during these encounters. The four plants that you will work with during the game are Nettle, Oak, Yarrow and Mugwort. (This would be a good time to show pictures of the plants and talk about them some more.)

Cards

Before we begin the game, you need to take a card. There are two types of cards: one for Nettle/Yarrow and another for Oak/Mugwort. When you receive your card, take a moment to reflect on the qualities of your plants that are stated on your card, but please keep them to yourself. These qualities will guide how you receive and respond to the human visiting you later in the game. If you forget the qualities, you can always look at your card again if you need to.

Communication

During the game, it is important to remember that plants do not communicate with words but express themselves through breathing and slight movements, as we have practiced together. When prompted during the game to respond to a human or interact with one another, your communication will be conveyed solely through expressive breath and slight movements.

The plants will look at the humans as they share their stories. If a plant begins to feel uncomfortable with what the human is expressing, they can choose to close their eyes, indicating that the human should pause. The same goes for the situation where humans are invited to touch the plants. If you feel uncomfortable during this interaction, simply withdraw your hands for a moment to pause. Together we will do our best to respect each other's and our own boundaries.

We will have four encounters between humans and plants. Each encounter starts with a short introduction which should last around 1-2 minutes, then two stories which can last up to 4 minutes. Some couples will be finished before others. In this case, sit together in presence and silence until the next prompt is given. Remember that just sitting in openness with a plant is part of the encounter.

Are there any questions about how you are expected to play during the game? Please know that you are always welcome to remain silent and that you can take a break or step away from the game if you feel the need. Now the game will begin.

First encounter: Nettle

Instructions:

The Nettle players will spread out across the room and find their own space to sit. The humans are invited to gather in the centre of the room. Take this moment to rest. If you like, you can lean gently into each other. Form a circle, facing outward. If you like, you can lean gently into each other.

Grounding in meditation for the plants:

Close your eyes. Feel the ground beneath you, notice which parts of your body are in contact with it. Take a deep breath. Allow yourself to fully experience the support of the earth, feel how it holds you up.

You are now becoming Nettle. Say aloud: “I am Nettle” You are small or large, you stand proud together with your nettle family, all green with heart-shaped leaves with tiny hairs that sting fiercely. You and your family thrive in the hidden and in-between spaces such as meadows, parks, the fringes of parking lots and in the dark corner of the backyard. Your body provides a nourishing home for many caterpillars and other insects.

Envision your roots extending into the ground, delving deep into the dark, nourishing soil beneath you. Take another deep breath. Sense the nourishment from the earth rising up through your roots and into your body.

Now, feel the warmth of the sun shining upon your leaves, encouraging them to grow toward its light. Inhale deeply. Allow the energy from the sun to permeate your surface and fill your being.

Imagine how the vibrant energy of the sun and the nourishing energy of the soil converge in your centre. This is where life is born. Feel the warmth radiating from this core, nurturing and sustaining you.

Finally, turn your attention to your heart. Invite the unique quality of Nettle into your heart. Allow it to spread throughout your entire body. Sit with this quality, let it radiate from you. Open your eyes and say: “I am Nettle.”

Instruction to the humans:

Humans! During the night you had wild dreams. Your grandmother appeared in one of them. She had a clear message to you. She looked at you and said: “Go and visit nettle!”

As you woke up you were a bit shaken by this dream, but now you are getting ready to go out in search for Nettle. As you walk around the room, memories of past encounters with Nettle surface. Some of these memories might be a little uncomfortable or unsettling.

Find a quiet spot where you can sit in front of Nettle. Approach her with a sense of curiosity. Introduce yourself and tell her that you have come to talk and to learn from her.

Begin by sharing a short story of an experience you have had with Nettle – perhaps a memory from your childhood or a more recent encounter. This will last for 1-2 minutes. Nettle will listen.

After a few minutes:

Now, share with Nettle a story of pain from your life (3 to 4 minutes). This can be about experiences of physical pain or emotional pain. Nettle will listen. When you have done speaking sit together in presence and silence until the next prompt is given.

After a few minutes:

Now, Nettle is transformed into your pain. This is an invitation to talk to your pain directly. Begin by saying, “Dear pain, I have something to tell you”. When you feel complete, conclude with the words: “Dear pain, thank you for listening”. At this point, Nettle will respond to you by expressing what is in her heart.

After a few minutes:

Now, Nettle offers her leaves to you. After you have asked for permission, you can touch the leaves, fully aware that they will probably sting you. Embrace this sensation, knowing that Nettle will support you in staying present with the pain.

After a few minutes:

It is now time to thank Nettle for her teachings. Then everyone closes their eyes and takes a few moments to feel into what has just happened.

When ready, the Nettles slowly transform back into humans.

Everyone opens their eyes and begins to move through the space again.

Second encounter: Oak

Instructions:

Oaks spread out in the room and sit down. Humans, you are invited to rest in the middle of the room for a moment. Form a circle, facing outward. If you like, you can lean gently into each other.

Grounding in meditation for the plants:

Close your eyes. Feel the ground beneath you and which parts of your body are touching the ground. Take a deep breath and feel into the support of the ground and how it is holding you up.

You are now becoming Oak; Say aloud: "I am Oak". You are steady and dense, with rough bark and leathery leaves. Perhaps you are in your youth, big and grand with branches that reach the sky, or old, wide and gnarly, decorated with cobwebs. You thrive in the forest, but you are also happy in the meadows and in the parks, in the school yards and at the end of the street. Your body provides a strong structure for many small animals and insects to make it their home.

Now, envision your roots extending into the ground, delving deep into the dark, nourishing soil beneath you. Take another deep breath. Sense the nourishment from the earth rising up through your roots and into your body.

Feel the warmth of the sun shining upon your leaves, encouraging them to grow toward its light. Inhale deeply. Allow the energy from the sun to permeate your surface and fill your being.

Imagine how the vibrant energy of the sun and the nourishing energy of the soil converge in your centre. This is where life is born. Feel the warmth radiating from this core, nurturing and sustaining you.

Finally, turn your attention to your heart. Invite the unique quality of Oak into your heart and allow it to spread throughout your entire body. Sit with this quality, letting it radiate from you. Open your eyes and say: "I am Oak."

Instruction to the humans:

When you woke up this morning, you remembered that your favourite teacher or mentor appeared in your dream last night. In the dream, this person told you to go and visit Oak. This took you by surprise, but now you are getting ready to start walking outside looking for Oak. As you walk, you remember your previous encounters with Oak, how you have touched the thick bark with your small hands as a child and how you climbed into the strong branches when you were older.

Find a quiet spot where you can sit down with curiosity in front of Oak. Introduce yourself to Oak and tell him that you have come to talk to him and to learn from him.

Tell Oak a short story of an experience you have had together with him. This can be from your childhood or from recent years. Oak will listen.

After a few minutes:

Now it is time to share with Oak a story about your inner power, when you have felt it in your life or when it was missing. Oak will listen.

After a few minutes:

Now Oak is transformed into your inner power, and you can talk to your inner power directly. Begin by saying: "Dear inner power, I have something to tell you". When you feel complete, conclude your message with, "Dear inner power, thank you for listening". At this point, Oak will respond to you by expressing what is in his heart.

After a few minutes:

Oak now invites you to connect by offering his branches and his leaves to you. After you have asked for permission, you are encouraged to touch the leaves and perhaps even to lean into the branches for support for a moment.

After a few minutes:

It is now time to thank Oak for his teachings. Then everyone closes their eyes and takes a few moments to feel into what has just happened.

When ready, Oaks slowly transform back into humans.

Everyone opens their eyes and begins to move through the space again.

Third encounter: Yarrow

Instructions:

Yarrows spread out in the room and sit down. Humans you are invited to rest in the middle of the room for a moment. Form a circle, facing outward. If you like, you can lean gently into each other.

Grounding in meditation for the plants:

Close your eyes. Feel the ground beneath you and which parts of your body are touching the ground. Take a deep breath. Feel into the support of the ground and how it is holding you up.

You are now becoming Yarrow. Say aloud “I am Yarrow.” You are small and slender, with gentle feathery leaves and clustered white blooms. You thrive in all the in-between places, in the meadows and in the parks, and next to the small path towards the beach. You are everywhere, yet not many people notice you.

Envision your roots extending into the ground, delving deep into the dark, nourishing soil beneath you. Take another deep breath and sense the nourishment from the earth rising up through your roots and into your body.

Feel the warmth of the sun shining upon your leaves and flowers, encouraging them to grow toward its light. Inhale deeply. Allow the energy from the sun to permeate your surface and fill your being.

Imagine how the vibrant energy of the sun and the nourishing energy of the soil converge in your centre. This is where life is born. Feel the warmth radiating from this core, nurturing and sustaining you.

Finally, turn your attention to your heart. Invite the unique quality of Yarrow into your heart and allow it to spread throughout your entire body. Sit with this quality, letting it radiate from you. Open your eyes and say: “I am Yarrow.”

Instruction to the humans:

Humans! You had a strange dream last night – a dream in which you were visited by a creature. Somehow you know this creature very well, but you cannot remember where you have seen it before. In the dream the creature looked at you and somehow you knew what it was trying to say. It urged you to go and visit Yarrow. Now you are getting ready to walk outside looking for Yarrow.

Find a quiet spot where you can sit down with curiosity in front of Yarrow. Introduce yourself to Yarrow and tell her that you have come to talk to her and to learn from her.

Begin by telling Yarrow a short story about an experience you have had with her, perhaps one of all the times when you passed her by without noticing her. Yarrow will listen.

After a few minutes.

Now it is time to share with Yarrow a story about your intuition, when you chose to follow it or when you ignored it. Yarrow will listen.

After a few minutes:

Yarrow is now transformed into your intuition, and you can talk to your intuition directly. Begin by saying: “Dear intuition, I have something to tell you”. When you feel complete, conclude with, “Dear intuition, thank you for listening”. At this point, Yarrow will respond to you by expressing what is in her heart.

After a few minutes:

Yarrow will now offer her flowers and leaves to you. After you have asked for permission, you are invited to touch the flowers and leaves gently in order to connect more deeply with her.

After a few minutes:

It is now time to thank Yarrow for her teachings. Then everyone closes their eyes and takes a few moments to feel into what has just happened.

When ready, Yarrows slowly transform back into humans.

Everyone opens their eyes and begins to move through the space again.

Fourth encounter: Mugwort

Instructions:

Mugworts spread out in the room and sit down. Humans you are invited to rest in the middle of the room. Form a circle, facing outward. If you like, you can lean gently into each other

Grounding in meditation for the plants:

Close your eyes. Feel the ground beneath you, notice which parts of your body are in contact with it. Take a deep breath. Allow yourself to fully experience the support of the earth, feel how it holds you up.

You are now becoming Mugwort. Say aloud: “I am Mugwort” You are slender and small or in late summer you are quite tall, with inconspicuous clusters of flowers and with irregular leaves. Your leaves are dark green on the upper side and silver underneath as if the moonlight was lingering on them, but only visible for those who know how to look for it. You thrive in all the in-between places, in the meadows and in the parks, behind the fences and along the motorways.

Envision your roots extending into the ground, delving deep into the dark, nourishing soil beneath you. Take another deep breath. Sense the nourishment from the earth rising up through your roots and into your body.

Next, feel the warmth of the sun shining upon your leaves, encouraging them to grow toward its light. Inhale deeply. Allow the energy from the sun to permeate your surface and fill your being.

Imagine how the vibrant energy of the sun and the nourishing energy of the soil converge in your centre. This is where life is born. Feel the warmth radiating from this core, nurturing and sustaining you.

Finally, turn your attention to your heart. Invite the unique quality of Mugwort into your heart and allow it to spread throughout your entire body. Sit with this quality, letting it radiate from you. Open your eyes and say: “I am Mugwort.”

Instruction to the humans:

When you woke up this morning, you decided to start the day by going for a jog. You start jogging around the room.

While you are jogging you see mugwort plants next to the path and you remember that your best friend appeared in your dream last night and gave you a message: “You need to go and visit Mugwort”. Why your best friend would tell you such a thing you don’t know.

You decide to stop and to find a quiet spot to sit down in front of Mugwort.

Introduce yourself to Mugwort and tell him that you have come to talk to him and to learn from him.

Tell Mugwort a short story about an experience you have had with him or perhaps a fantasy about the two of you. It doesn't matter if it is real or not. Mugwort will listen.

After a few minutes:

Now, share with Mugwort a story about your dreams; the dreams you have or have had for your life. Tell him about when you followed a dream or about when you gave up on a dream. Mugwort will listen.

After a few minutes:

Mugwort is now transformed into your dreams, and you can talk to your dreams directly. Begin by saying: "Dear dreams, I have something to tell you". When you feel complete, conclude with, "Dear dreams, thank you for listening". Mugwort will now respond to you by expressing what is in his heart.

After a few minutes:

Mugwort now offers his leaves to you. After you have asked for permission, you are invited to touch the leaves in order to connect more deeply with Mugwort.

After a few minutes:

Find an ending and thank Mugwort for his teachings. Then everyone closes their eyes and takes a few moments to feel into what has just happened.

When ready, Mugworts slowly transform back into humans.

Everyone opens their eyes.

Plant sharing circle

Instructions: back to plant

Come together and sit down in a circle. Close your eyes and take a deep breath. Come back to one of the plants which you have embodied in the previous encounters. Invite this plant back into your body and take another deep breath.

Feel once again how your roots are growing into the soil and how the sun is shining on the surface of your body. Feel the warmth in your centre.

Open your eyes and look around to see the other plants in the circle. Receive their presence.

After a few moments: gust of wind

Suddenly, a gust of wind sweeps through the circle, and you all start to sway together in the wind.

After a few moments: talking stick sharing

The wind calms down. A talking-stick will now travel between you in the circle. When you receive the stick, it is an invitation to express what is in your heart in this very moment. Connect with your heart before you begin. When you are done sharing pass the talking-stick to the plant next to you.

After the sharing has ended: gust of wind

Now another gust of wind sweeps through the circle, again causing all of you to sway.

After a few moments: concert

As the wind fades, you are invited to join a collective plant concert. Listen deeply to the expressions of your fellow plants and express yourself.

After a few minutes:

Come to an ending. Take a deep breath and come back to your human self. Close your eyes and breathe deeply in and out.

Feel your body touching the ground or the surface beneath you.

Notice how you are now — as a human, fully here, fully present.

Let your journey with the plants resonate within you.

What was special? What was different?

What do you wish to carry with you into your life?

Take a moment to sense into your body —

where are you right now, physically, mentally, emotionally?

Allow whatever feelings arise to simply be there,
without judgment.

When you are ready, slowly open your eyes —
and let us come together again in the circle.

Sharing circle after the game

Instructions:

We now invite you to share the experiences you had during the game. Several rounds.
In the first round, please say just one short sentence about how you are feeling right now.

In the second round, you are welcome to share highlights from the game. And in the third round you may share in more detail, for example about what from the game would you want to take back with you into your ordinary life.

It is completely open —

you may also choose silence.

There is no pressure,

only space for whatever is present within you.

Authors of the game

Omi-peah Ryding is an Experience Designer based in Copenhagen. She has a PhD in Human-Computer Interaction, and as a researcher she has explored how to design for ritual, play and more specifically for ‘affective critical play’ – a form of play which has the capacity to challenge power relations, norms and conventions by offering ways to explore social and material constraints and possibilities in our encounters with the world. In her most recent work, she has turned to ancient shamanist knowledge and practices in order to design experiences which can help to connect people more intimately with the more-than-human world.

Roman Schramm is a multidisciplinary artist based in Berlin, with a background in photography and fine arts. When not creating visual art for exhibitions, Roman is a facilitator who encourages people to explore their identity by embodying different roles, such as a plant or the money on their bank account.