

Sting me
bring me
to the
here
and *now*

*A collection of art and writing from the
workshop participants of The Little School
at Spore Initiative, Berlin 2024.*



The Little School

A Very Fertile Field

Text by Shelley Etkin

The week-long '*Little School/Kleine Schule*' experiment was a world of worlds. I could not recount it, but rather would like to invite you to imagine some of the questions, sensations, and strategies that emerged. By necessity of space and subjectivity, this will be an incomplete picture. Perhaps, as you read and imagine what may have taken place, you can join us in this practice: *value your own emergent sense-making.*



What could a school be,
beyond the ways we have been schooled?



How can we recognise
learning when it's
happening?

How is knowledge generated
together?

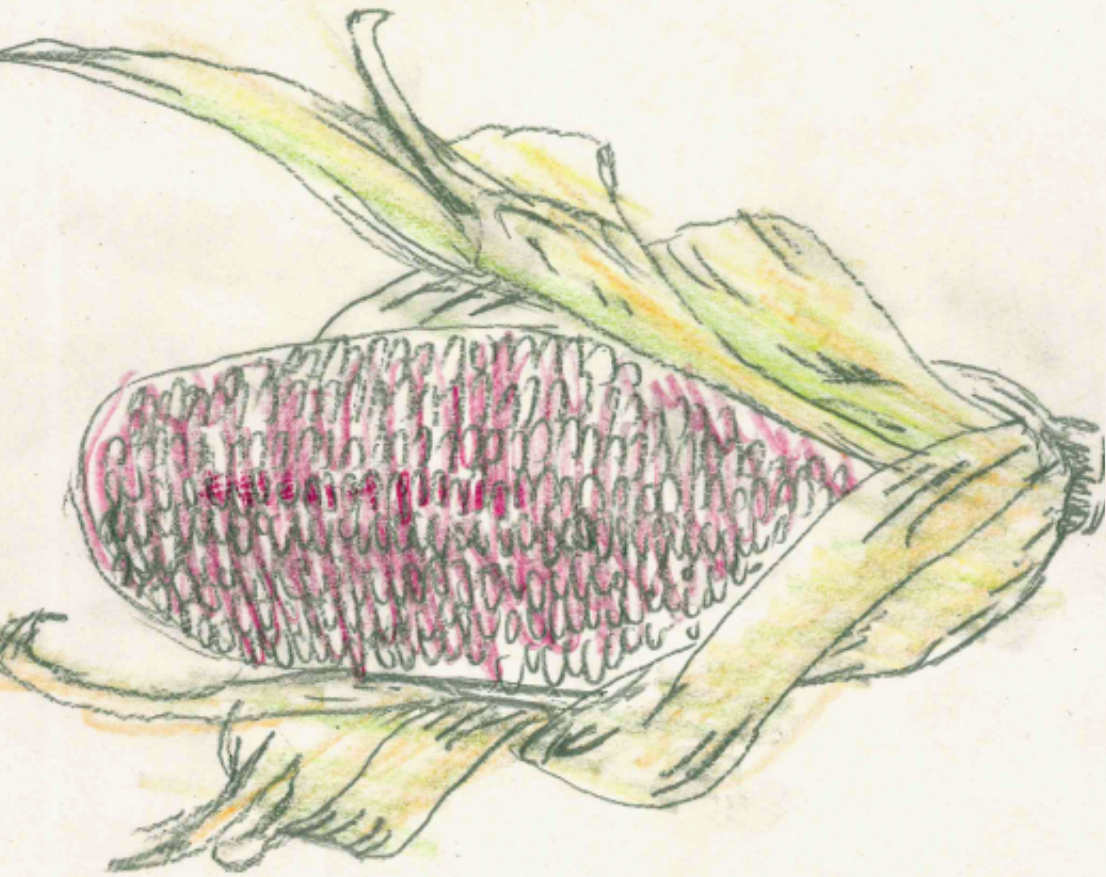
The sensations that meet the fingertips while reaching slowly towards the stem of the nettle, touching between hairs that release the burn, moving from the bottom up and negotiating the encounter.

The juicy prickle of a comfrey leaf.

A yellow flower that releases indigo dye when rubbed and transforms red when immersed in oil and memorizes the sunlight to make it available in darker times.



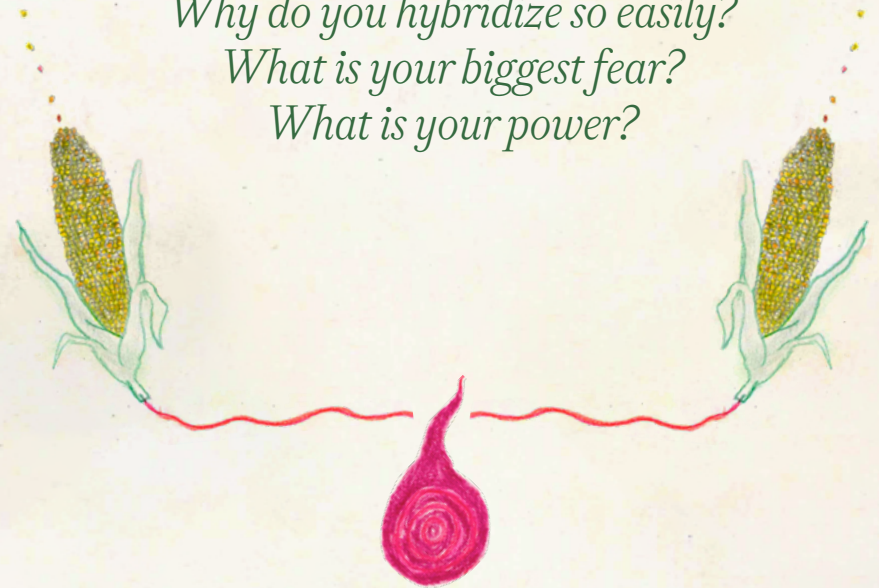
Questions to corn?



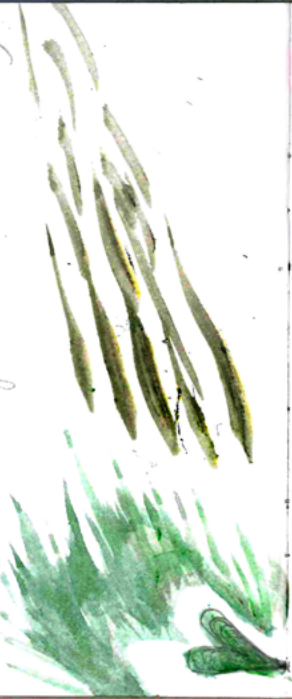
Questions to corn?

*Why do you have so many colours?
Why do you have so many hairs?
Do you have different names?
Where did you come from?
Do you realize how versatile you are?
Where do you like to live?
How do you know how to grow?
Can you forgive us?
How does it feel inside the husk?
Who are your best friends?
Do you like Berlin
How does it feel, when mushrooms grow on you?
Who brought you here?
Who is your ancestor?
How does it feel to grow in the earth
How will you survive climate change?
What are your survival skills?
Where are your friends?
What did we do to you?
Why do we eat the yellow one of you?
Do you like popcorn?
Como se siente cuando te desgranen?
What's your relationship to verticality?
Which relationships do you like the most?
Do you smell?*

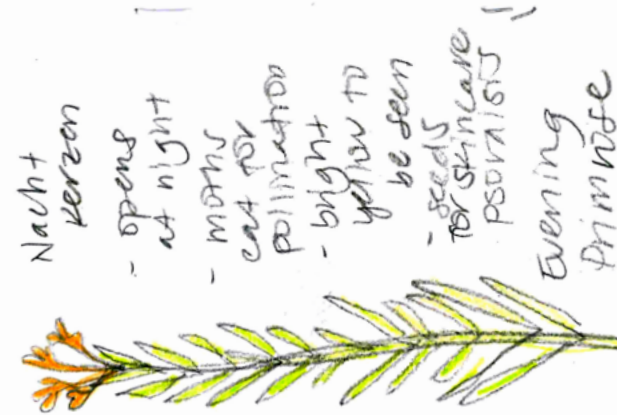
*What would be your wish to us human beings?
What would be your favorite form of being?
How long does it take for you to grow?
Are you in love with water?
Do you love the sun?
Why do you hybridize so easily?
What is your biggest fear?
What is your power?*



what is the ailments? time
 what is the offering? trust
 where does it live in
 the body, now? hugs



LIEBER BEIFUSS LASS MICH TRÄUMEN
 LIEBER BEINWELL HEIL MEIN KNIE -
 GERNE WANDLE ICH UNTER BÄUMEN
 ROSMARIN VERGESS KEIN NIE



Nacht
kerzen

- opens at night
- moths eat for pollination
- bright yellow to be seen
- seeds for skincare
- PSORIASIS!

Evening
Primrose

Klette

- root vegetable in crisis
- to grate + make tea for digestion



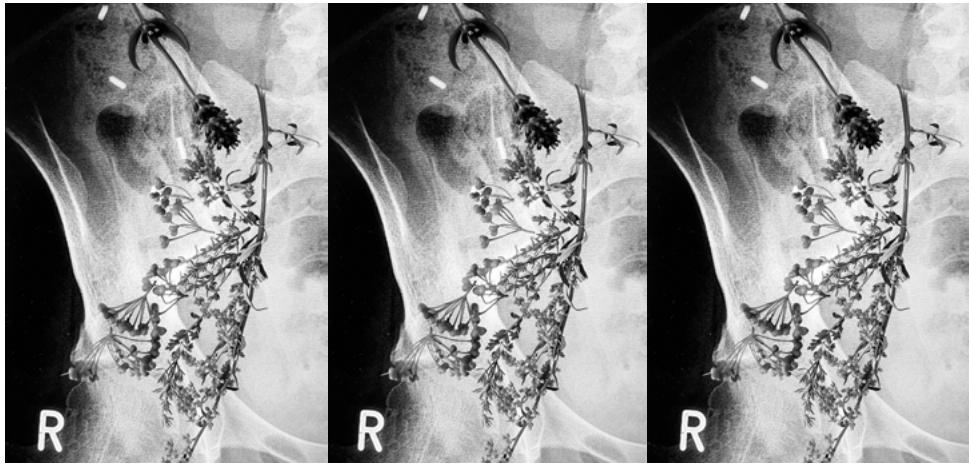
- against dementia
- vein use
- it sticks to us
- structure helps with arthritis
- strengthens circulation


How do we transmit the specificity of our teachings, rooted in specific ancestries, lineages, and cultural contexts while opening them to this moment?

How to keep them protected and respected yet alive and dynamic?

How to open them to be experienced by the constellation present now, by a collective that carries many lineages?







We meet here, in this land while within &
among & around us are so many other lands.
We are here to multiply, not to flatten.
We are here to absorb, not to consume.
We are here to resonate, not to replicate.
We are here to amplify, not to forget.
We are here together, while the topographies of
power cascade between us, rising and falling in
many



Rhythms

Blindfolded steps on graveyard meadows accom-
panied by indications of orientation within disori-
entation.

Hands tapping on thighs and palms, of ourselves
and others, feet stomping and jumping, voices
calling out words of what we want to invoke,
sequencing forwards and backwards.

The smells of

cacao,

cardamom,

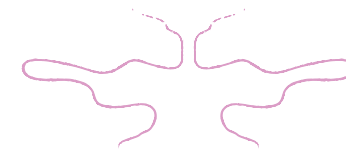
cinnamon,

coffee,

corn,

chili,

cumin and the ghosts that live among them...



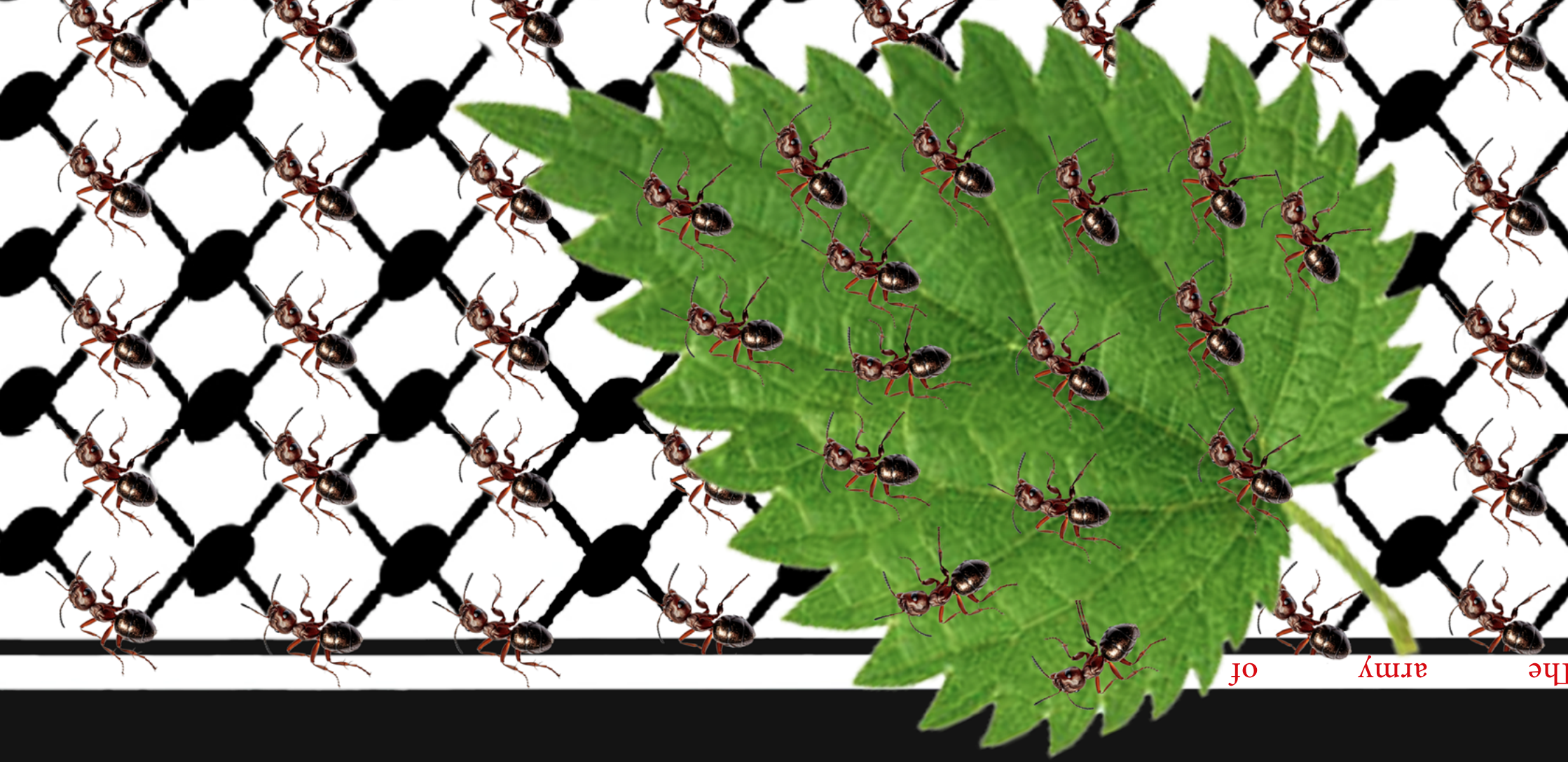
*How to focus on a common cause together
while including our differences?*

*How far can I go with accepting differences that may
challenge my principles?*

How to deal with exclusion in 'inclusive' spaces?

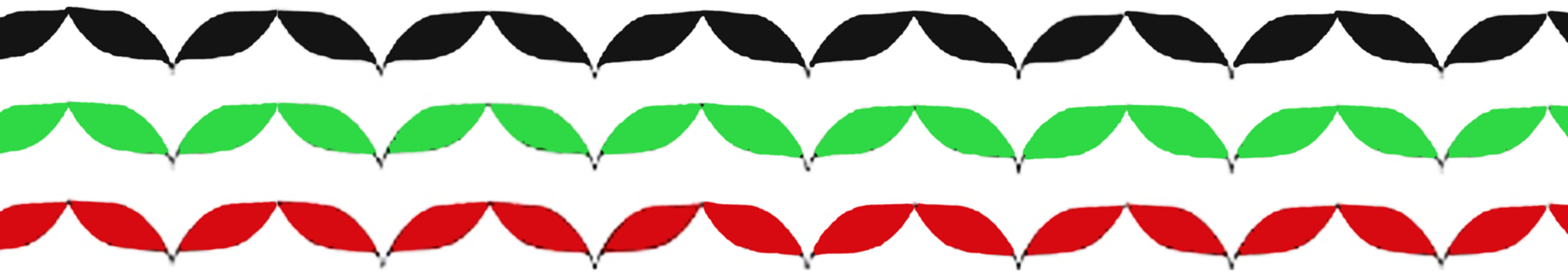


جيش المعرفة المقتلعة



of army the

knowledge unproved



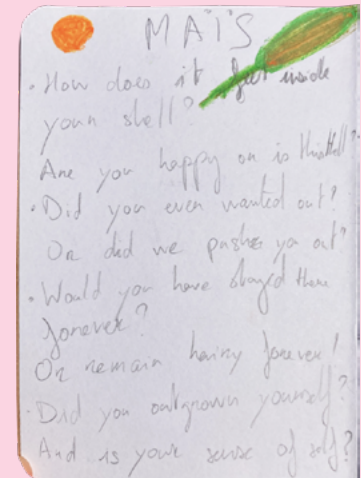
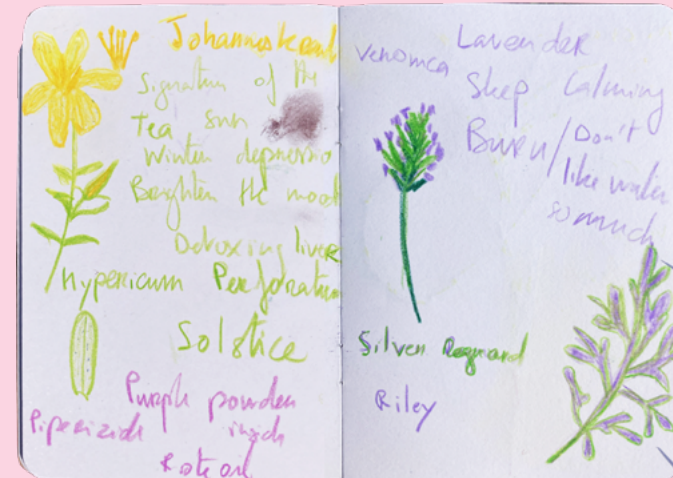


What kind of stories do we want to tell?

What knowledge have you inherited from ancestors/friends/teachers?

What knowledge have you not paid attention to?

Who do we learn from?



Deviancy

The storm interrupts and takes center stage. We move from ground to sky, exposure to containment, and still the storm is everywhere. We close our eyes.

We are touching the floor with our stomachs, soles, and sit bones. We dare to ask questions that don't have neat answers, that disrupt and displease and intrigue all at once. We let pauses have their space. We draw on top of each other's drawings.

The proposal of tasks and delivery of instructions brings us back to our beginnings – to the ways that we have been told what to do from a very early age, mostly in a world defined and regulated by adults. We recall those and bring them into the Now again and again to play with them, to negotiate them, to reflect together.



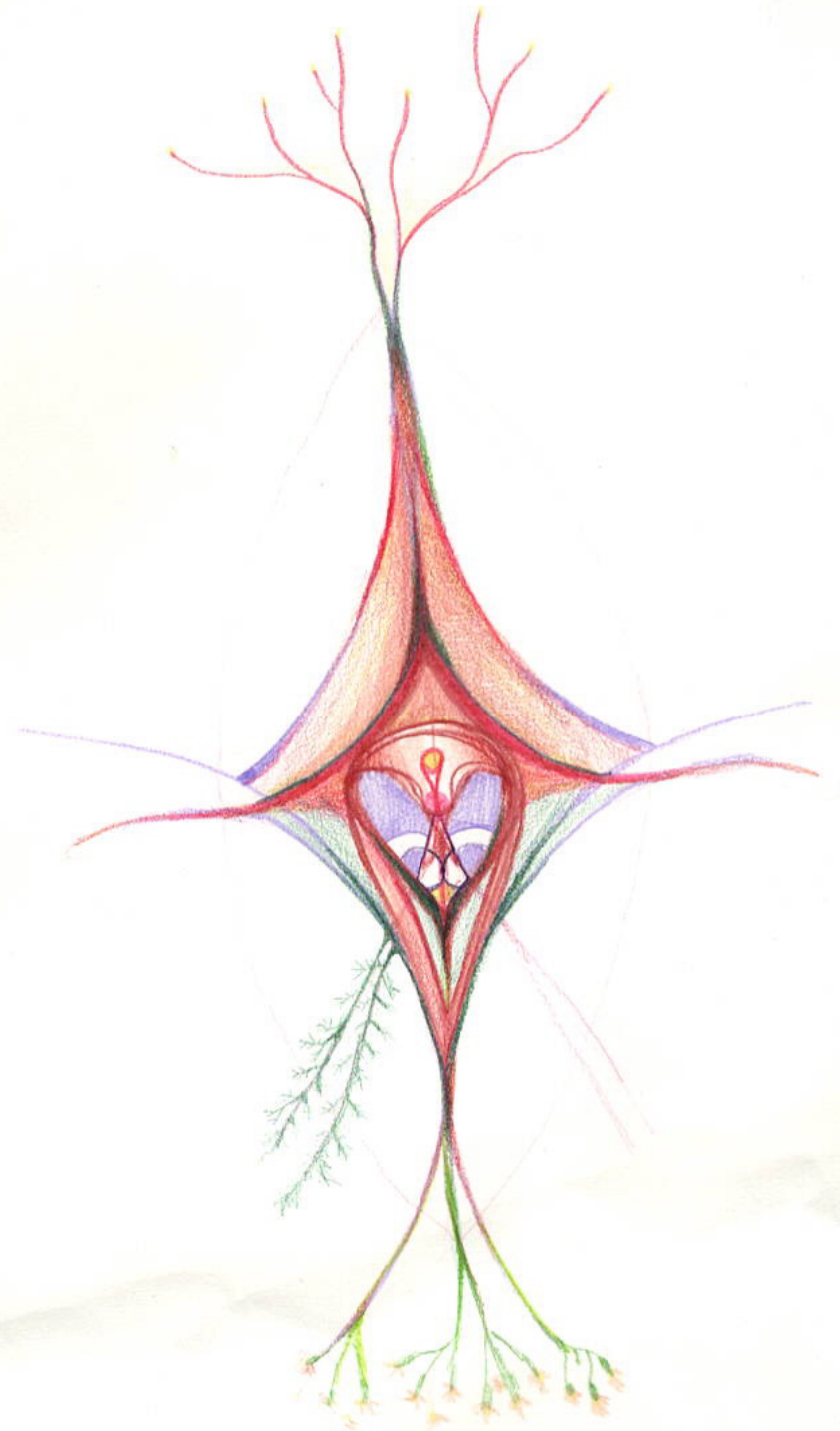
How to shift focus between what I am against and what I love?

*What are different forms and roles of disruption?
Of peace? Of tension? Intention?*

What is the minimal agreement needed in order to be willing to show up for an experience?

What structures are being facilitated and how can we navigate those with our integrity in many ways?

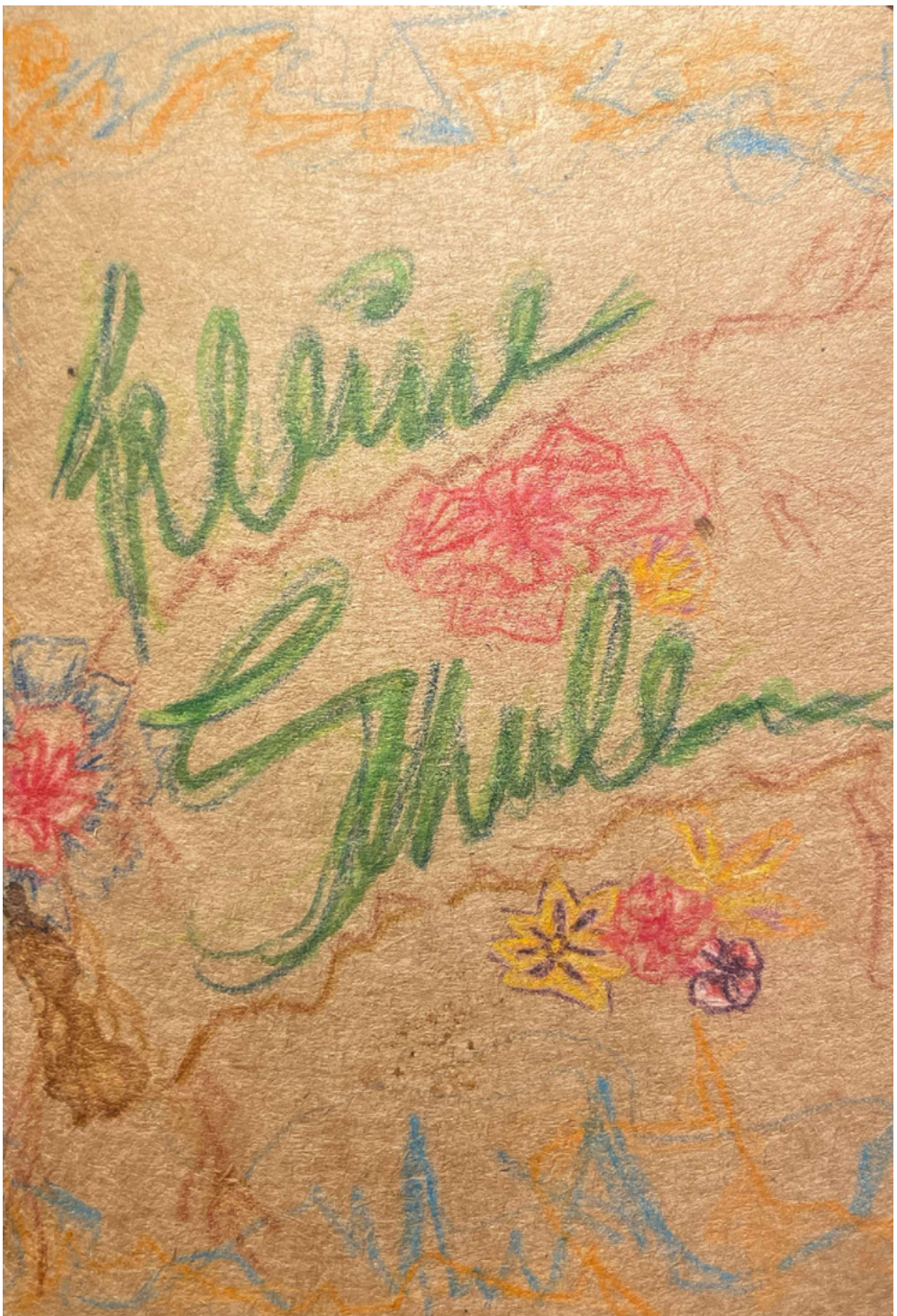






Resonance & Dissonance

The breath that turns to hum that turns to tone that turns to all the tones at once. The water that memorizes the imprints of the flower's offering to the emotional body. The pulse of age-old labor that other melodies and verses can ride on. The agreements and negotiations of how to traverse together through the other side of a grid. The spaces in between. The invisible power structures among everything.



~ harmony ~ Similarity ability to being able to see the differences
 ≠ harmony
 ~ resonance is co-vibration mirroring resonance
 ~ polarity is not the opposite change empathy
 ~ it's a spectrum
 ~ understand where the energy of the take comes from and how energy from them more young with meeting where they are
 ~ energy of the take comes from them more young with
 ~ where the energy of the take comes from them more young with
 ~ the more the more it enters the system
 ~ the more the more it enters the system
 ~ the more the more it enters the system
 ~ the more the more it enters the system

DE COLONI-
SING PLANTS

Makes energy

Stinging nettle

Energy

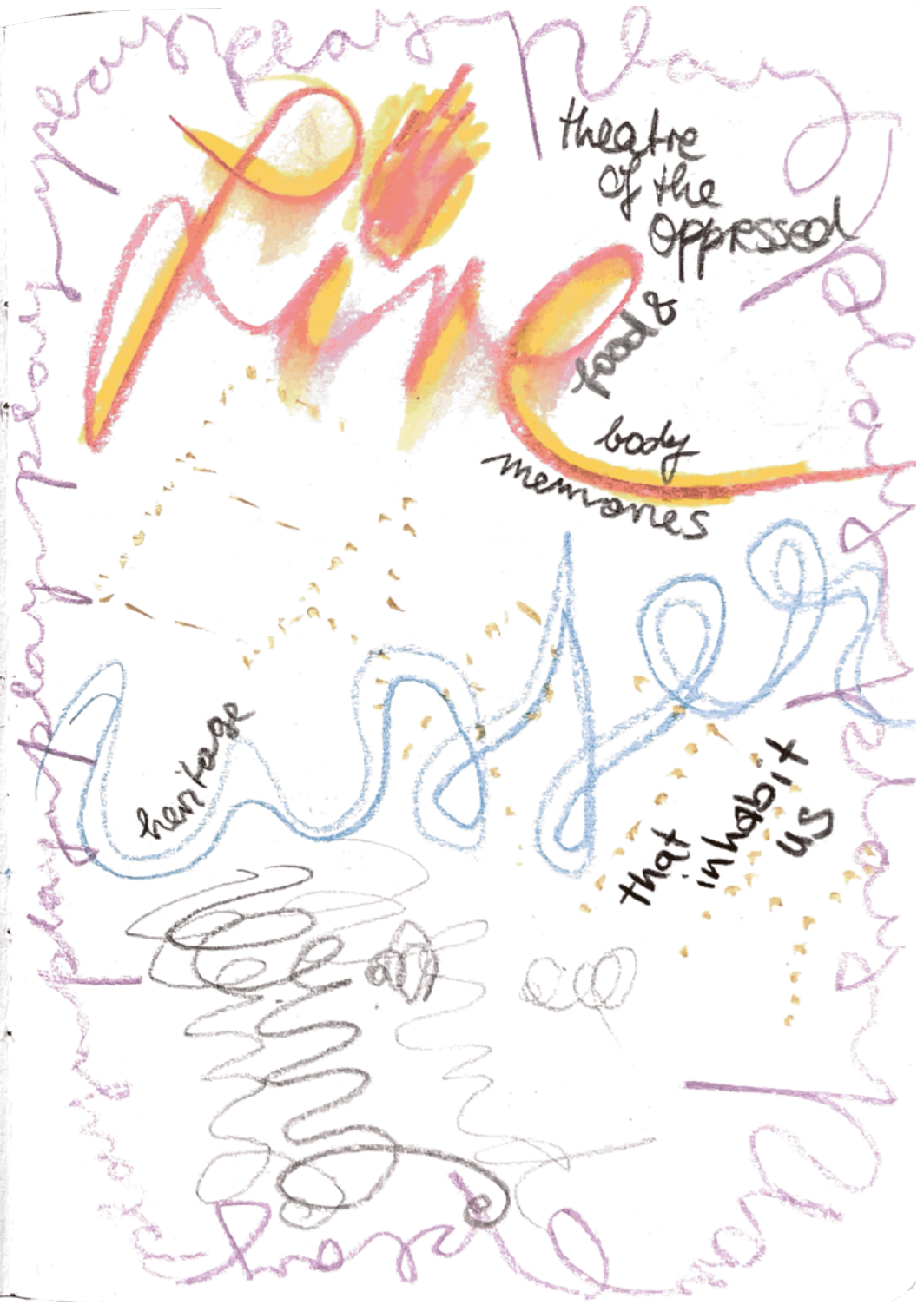


HO HO HO!

ants

Apprentice

BOTTOM → up i yes!



theatre of the oppressed

food & body memories

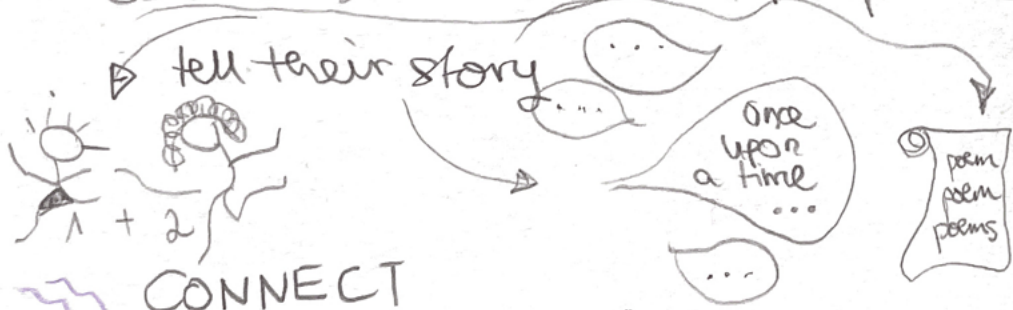
heritage

that inhabit us

EMPOWERMENT & POWER SHARING



2 natural beings
Connect & share their super powers



STORY = TELLING
 BUILDING
 PERFORMANCE
 WORK

INTRO REFLECTION

moving empowerment
 PROJECTIONS?
 non-understanding
 alienating OFF
 each other
 LIMITEDNESS
 IMAGINATION
 SYMBIOSIS
 EXCHANGE
 I AM NATURE
 ONE Deviance
 HUMILITY
 SYSTEM
 ANTHROPO-
 MORPHIC
 SERVICE?
 but what else?
 ship

Reflections

- experience vs. tasks fulfilment
 - enjoyment
 - pragmatism/ solutions
- when does a team become a community?
- from obstacle to playground
- "you don't have to do it on your own!"
- personal needs and community goals
- all ambivalences
- bodies & capacities could be
- blindness is not a single condition
- trust & appreciation of differences
- what was it that didn't fragment/divide us?
 - assumptions of sameness
 - shared principles
 - trust-building over the days
- negotiating trust the process & individuals
 - giving up a bit of your ideas & feelings (fear, curiosity...)
 - willingness to take risks
- growing together & adventure together

- We were allowed to think outside of the box, experiment -

- fail w/o punishment
 - go new ways
 - try different things
 - will to commit & build/create together
 - joy can spark
 - allow you to be present
- trust can grow
 - who judgement/evaluation

How do we create communities?
 overcome obstacles?
 communicate to build trust?

What do we share?
 &
 what powers do we have?

How can we focus on a common cause with all our differences?
 all kinds of bodies to FE? to FE?

How can we be strong? collective/team

How can we be strong? create conditions to allow

When do we be strong? it become "more complex"?

How do we be strong? create conditions to allow

HOW DO WE FOCUS ON A COMMON CAUSE ALLOWING DIFFERENCES TO BE?

there's no absolutism - allowing different contexts, times multiple ways

what do we need? Denshul celebrate?

what matters? makers, what's in it for them?

be for sth against sth

there's no absolutism - allowing different contexts, times multiple ways

IT'S THE SPOKES

Common or central approaches

nominate - emerge

What are my boundaries towards openness which go against my own principles for a common cause?

focus on what's aligned? love & → align?

community ↓

what is important to me?

What to ignore in cancel culture? - this exact concrete situation?

making space for failures?

What about cancel culture?

What about CLASS?

How Do We DEAL WITH EXCLUSION IN INCLUSIVE THINKING?

Canceling is different from exclusion

we also need space to protect the ones who cannot be / don't have space

Canceling is different from exclusion

is punishment? →

Why do we punish? - quick way danger? →

how can we protect each other differently? →

What are other mechanisms? to show / allow disagreement & differences? →

going through process together

THERE'S NO SIMPLE SOLUTIONS,

IT'S ABOUT RELATIONSHIP - 1

TRUST - BUILDING & PROCESSES

(TIME, SPACE, COMMITMENT...)

DECOLONIAL PLANT KNOWLEDGE



• MORNING CIRCLE

- connecting to the 4 elements with movements & affirmations
e.g. water - flowing movement

fire - "I am fluid as water"
- circling hips
"... abundant as fire"

earth - "hands balancing plates"
"... solid and balanced/
heavy as earth"

air - "swinging hands from left to right creating wind"
"... light as air"



~ experienced-based knowledge ~

• PLANT WALK & TALK (30 min) sound

- how does plant look, feel, smell, taste, ...
- what does it tell me, how does it make me feel.

Wegwarte, du wartest den Weg & du wartest auf mich um dich zu sehen, die Schönheit des Lebens, und die Relativität der Zeit

leaves = bitter
flower = clock
*clock

gemeine / gewöhnliche Wegwarte
- Zichorie - Cichorium
- wild zichoree - coffee replacement w/ the roots

Flower opens
Shadow it closes

- Spitzwegerich / Plantain -

tea w/ dry leaves - Hustensirup - Toy / weapon - vinegar
eat fresh, dry leaves & cut real small + add honey -> put it in a dark, cool spot - 2 weeks (clean jar!)

mosquito bite remedy
for external wounds - put it on wound
-> seeds for digestive use (maybe Breitwegerich seeds?)



PLANTAGO

Queen

- Ann's Race / Wilde Möhre - wild carrot

abortions (tea or chewing seeds or tincture)
* grow your own abortion - book *
-> some of this family is very toxic (Schierling)



black / dark red dot in middle
(ähnlich wie Schafgarbe)

- BEETROOT -

veins Eisen
Lubod
one of the oldest plants
fossil like
Schachtelhalm - Zinkkraut

Salat Juice
Blätter mit Öl + Knoblauch
Menstruations drink
Tea
gut Kiesel säure
good for nails
legs, warm
takes water of tissues

dry & dry
for swollen nose, legs etc.



NACHTKERZE - PRIMROSE (LEILA) "8 o'clock flower"

flowers open at night

close during the day
looks oily & feels samtig

moths / Nachtfalter eats / pollinates
Seeds - oil for skincare (Psoriasis, Neurodermitis)

evening
(opens at 8 pm)

... wie eine ...

KLETTE

bist du!

friends with Kugeldistel

- tea w/ roots - grated & dried
digestion

symbolically: because it sticks - against dementia
- root vegetable - smells like baby powder

improves circulation & arthritis - large amount of tea of roots
(see leaves Adern) - against Akne

GUNDERMANN

gives energy salad

tea



- minty

LÖWENZAHN

detoxing
against hangover

takes water out e.g. swollen legs

Johanniskraut St. John's word



sun - yellow
happiness
for winter depression

- detoxing for liver
- Secondary property: Hypericin + perforated leaves
- if you squeeze the buds it bleeds -> red-purple color
- leaves are dotted & perforated

bring the light back

tea, start to drink in Nov (not everyday)
-> collect in July

⚠ Bipolar people should be careful

oil "Rosol"
(Massage oil, only indoors as it's very sensitive to sun + Schmerzöl)

Lavender

doesn't like water - sandy soil
lots of sun
sweet

Tea
oil - essential
calming
good sleep

good for burns
Cooling



rotklee / clover

nitrogene-fixing plants
has fito-hormons

helps w/ PMS
facial oils - anti-aging
good for post-birth partum
gut für Wechselschwe

Silber ragwort



ornamental usage

the cure lies
in the wound

every plant
is always
many

beyond
binaries
contradictory
paradoxical

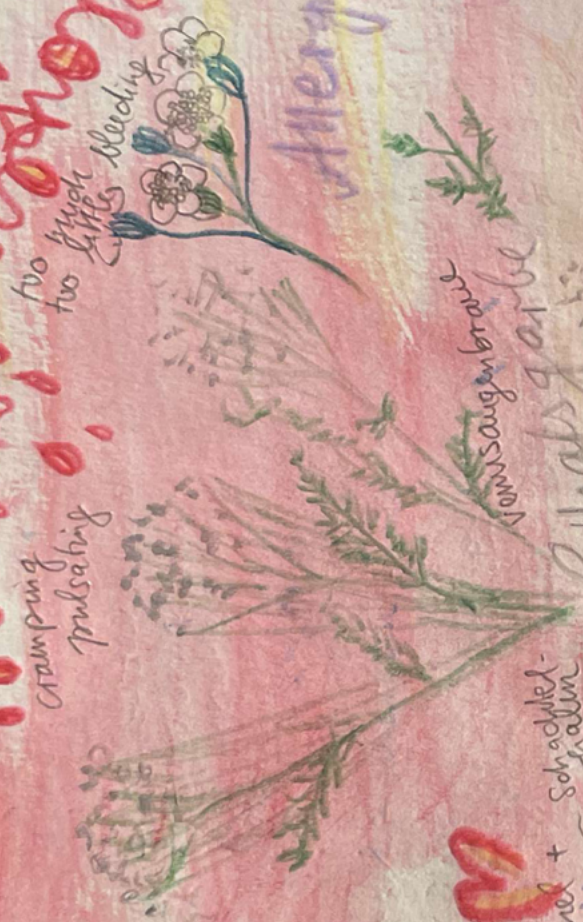
Mensuration

cramping
pulsating

diving
or cloud
watching

Nivola

Hirtentäschel + Schachdel-
kraut + Schafgarbe
Sitting bath
to mediate bleeding



two high
two little
bleeding

Merger

Vermischung

Schafgarbe
Sindur

skin-treating
as interface

flower

essence
drop

lines

hard

fluid

Abzomb
Abzentrifugung
open

energetic

tiny
Sandkorn

organic
universum

bridehead - kribbeln

they CORN,

I remember how you and your family
were
the forest we hid in
and
the forest we ate from.

I miss hanging out with you.
It's been a while
that I came to visit you.
I have been away ...

... in all CORNERS of the world

-- Oh hey! --
I just realize that CORNERS

COMES FROM
CORN!

Cauz you were everywhere
I was!

You have Relatives all across
the Planet.

I can visit you everywhere!

Your CORNY mates

had a hard life where

I come from.

They were enslaved for
the meat industry.

Since I have seen you
in different homes
with different homies,

I wonder who are
actually your besties?

Let's hang out soon!

I wanna meet them!

CORNY HUGS, THÚY





玉米

你从哪里来？
晶莹剔透的美玉
哪朝的微笑？

Where do you come from?
Your smile is shining like a jade
From which year million?

How to offer specific proposals and containers while allowing for whatever needs to emerge?

How to make space for multiple bodies and capacities inside any given frame?

*What is collaboration?
Collectivization?*

What does it mean to share:

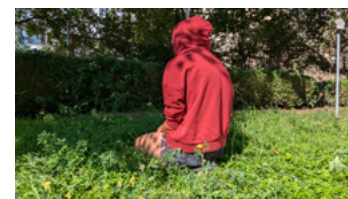
Resources

Plant medicines

Time

Attention

Teachings?



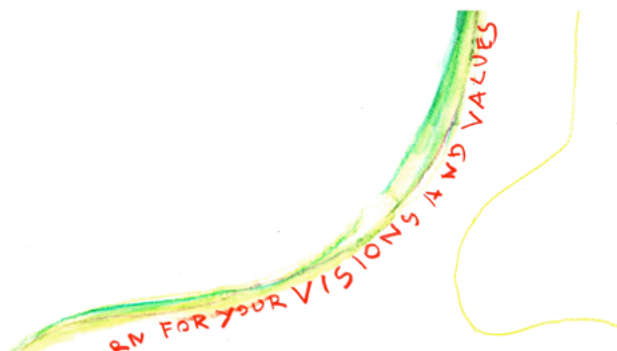
Those present in the room on these days are holders of other spaces where circulation of knowledges and practices are ongoing. How can this experience nourish and ripple outwards, not simply as a temporary experience, or an indulgence of self-care, nor as a reproduction of specific forms.

How do these exchanges inspire the how(s) of facilitation methods in varying communities and contexts?

This returns us again and again to the questions of how learning can take place and what is considered knowledge, inviting us to shape this in ways differently than we may have been schooled.



We have responsibilities to carry these impulses and multiply them sensitively in other containers – to let them *adapt, change, morph, reshape and transform*, onwards and otherwise. These ways of being together are, perhaps in small and subtle ways, world-making practices in the subterranean space of pedagogical considerations.



A path / a Journey
long one
alone one

Discover

Walk

Touch / Hide

Smell

In one with

animal, in one
with plant

searching answers

Asking, Butning

Transforming

Absorbing

the green fox

Wise one

Non Narrative / Narrative

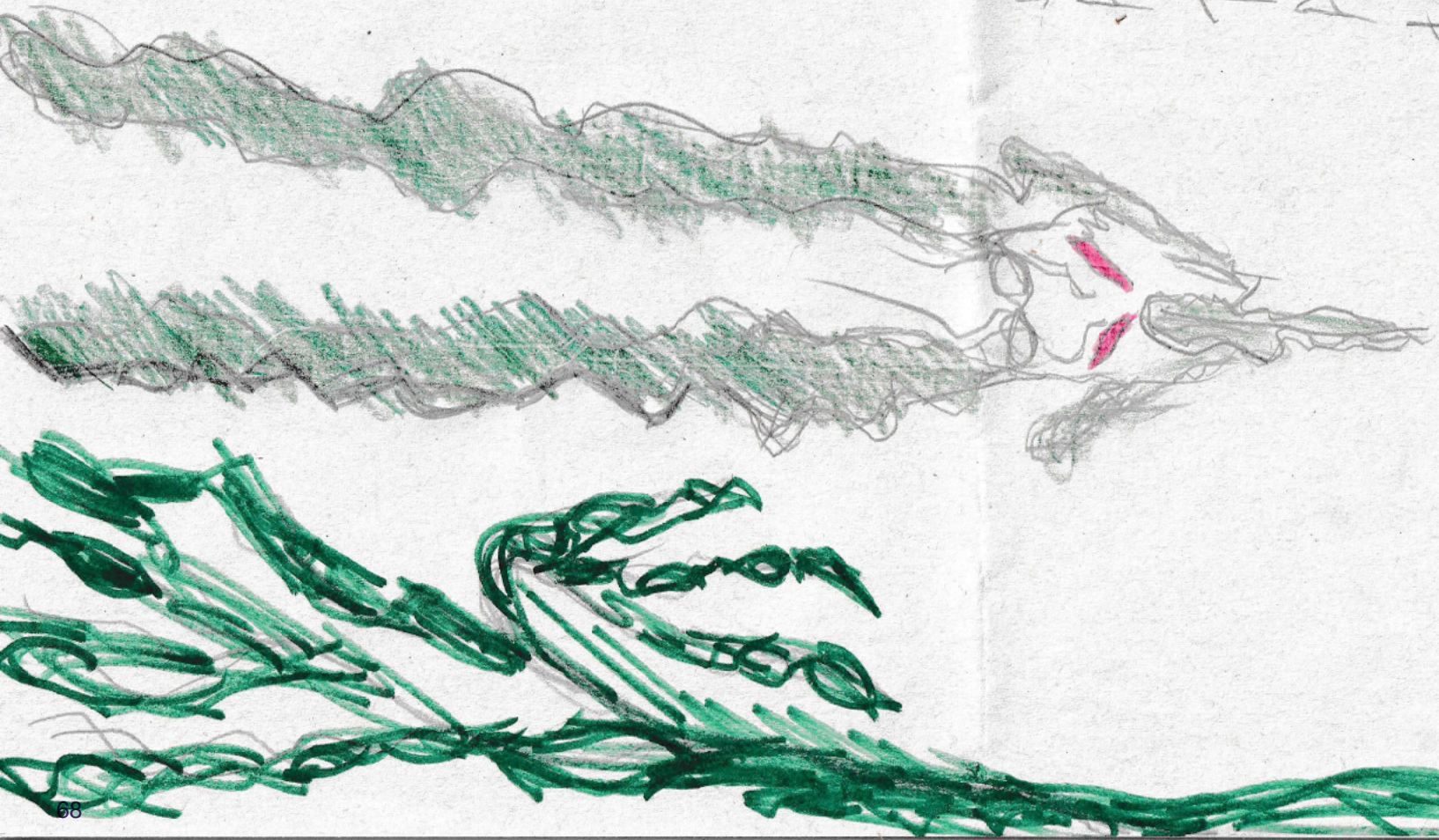
World

Lost

Imagination

Dual cultural approach to

the nature



This is certainly not limited to those who participated in the Little School/Kleine Schule, but extends here as an invitation to you.

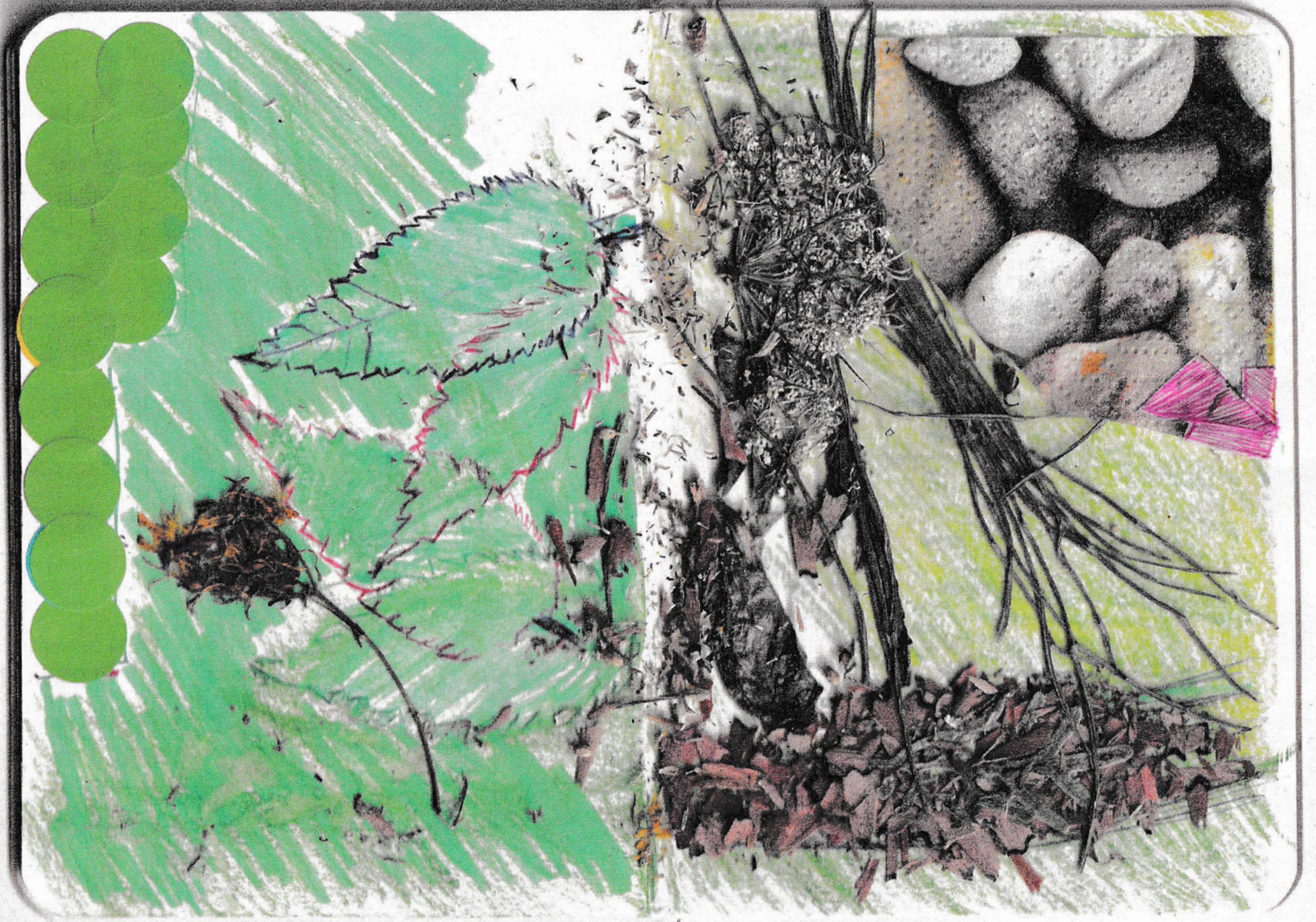
*What impulses can you take into your practices?
How applicable are processes and principles of learning and knowing-together in the spaces you move through and hold? How might those interrupt and change our assumptions around how learning takes place, enabling other understandings to grow?*



These questions are meant as bridges, as tunnels, as ramps, as stairwells, as loopholes, as elevators, as ropes to swing on and wormholes to slip through. They are meant to encourage and empower, to transport and challenge us, whoever this us includes, and may we let that expand and reconfigure. These impulses are meant to inspire and to trouble, with trust that each of you, each of us, have our own ways and spaces to work with these.

So, the question is then: *what is possible when we all do that? What can education become?*





Sting me bring me to the here and now is a zine of collective reflections, an active memory of and for the group of participants that shared their time, their knowledges, practices and learnings during the week-long Little School, a project that took place in Summer 2024 in Berlin Neukölln, at Spore Initiative. The Little Schools' invitation was to create a space for practical learning and exchange on topics such as environmental justice, health, and food sovereignty. A focus was put on those practice-based, diverse forms of knowledges, that enable different relationships to the land, forests, water, biodiversity and the plants that feed and heal us, while often being marginalised or not recognized as “valuable knowledge”. Over the course of one week, participants took part in a variety of workshops for creative new methodologies and knowledge sharing.

We thank everyone who has contributed to the Little School and hope this booklet will continue to serve as inspiration for future collective and playful ways of learning and unlearning.

The contributions to the Little School were:

Decolonial Plant Knowledge, with [Abeni Asante](#)

Empowerment and power sharing in nature education, with [Anthony Owosekun](#)

Singing and community. Workshop exploring the voice as an instrument for collective expression, with [Carolina Riaño](#)

Food and Body. Memories that inhabit us, with [Chepita](#)

The decolonial tomato. Picture stories about seeds, migration and the healing self, [Sarnath Banerjee](#), and [Mikhail Lylov](#)

Plant allies for tending transformation, by [Siegmar Zacharias](#) & [Shelley Etkin](#) (SocialBodyApothecary).

Food by [Jasmine Al-Qaisi](#), [Fatma Savun](#), [Aline Winchester](#)
Design by [Aditi Kapur](#)

Participants of The Little School:


Adriana Gahona, Alex Moore, Carolina Riaño, Cristina Leoni-Osion, Eva Prieckova, Hanna Baum, Julia Kohen, K'mour Wintz, Laila Dhimane, Misha Lylov, Riley Cavanaugh, Selina Giorgio, Sina Schindler, Thanh Hiền Vū, Thúy Nguyen, Tuline Gülgogen, Xiaoqing Xu, Verónica Troncoso, Yanna Varbanova.

Glossary

(Participants' names and corresponding page numbers of their contributions)

Adriana Gahona	05-06
Carolina Riaño	09, 14-15
Collective drawing 1	10-11
Marco Clausen	12-13
Cristina Leoni-Osion	16-17
Collective drawing 2	19
Hanna Baum	20-21
Julia Kohen	22-23
Laila Dhimane	26-31
Selina Giorgio	34-36
Thúy Nguyen	38-57
Tuline Gülgögen	61
Xiaoqing Xu	62
Collective drawing 3	66-67
Collective drawing 4	70-71
Yanna Varbanova	65, 68-69, 72-73
Collective drawing 5	77



The background of the page is a soft, abstract watercolor wash. It features a mix of muted purple, dusty blue, and pale pink tones, with the colors blending into each other in a textured, organic way. The bottom edge of the watercolor wash is irregular and feathered, revealing a white background underneath.

For more information about the Little School and to
get your digital copy of the zines, [click here.](#)