

coming home

a new earth book
by anna zemann

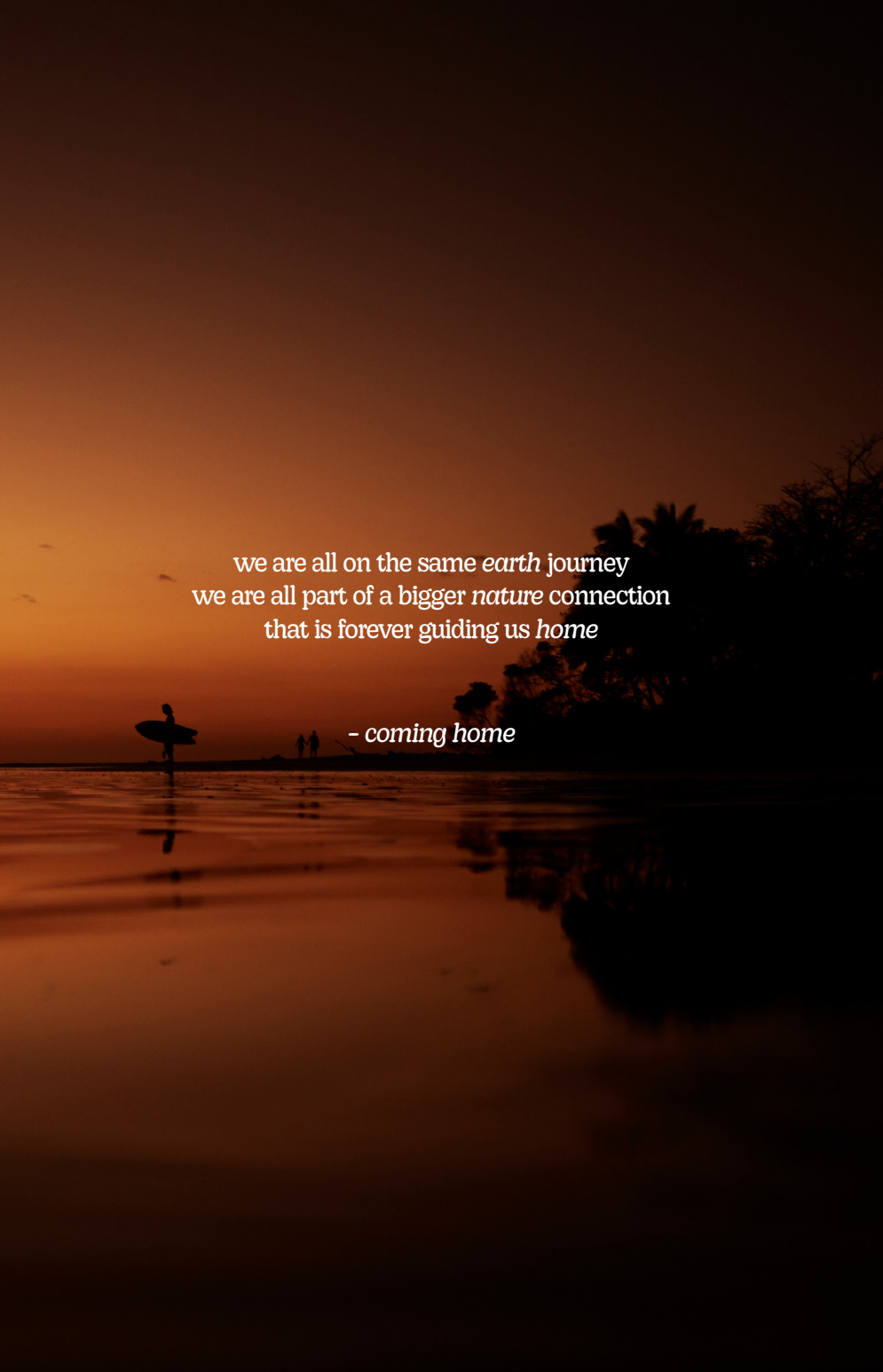
coming home

nature's wisdom on growth and connection
and how you can become medicine for earth
by healing, loving and living your true nature



after walking on endless roads
in the wilderness of life
discovering the mystery
of growing my own tree
everything falls together now
and I can see:



A serene sunset scene over a beach. The sky is a gradient of warm orange and yellow, transitioning into a deep orange near the horizon. The ocean is calm, reflecting the colors of the sky. On the left, a person stands in the shallow water, holding a surfboard. In the distance, two more figures are visible on the beach. To the right, the dark silhouettes of palm trees and other tropical vegetation are visible against the bright sky.

we are all on the same *earth* journey
we are all part of a bigger *nature* connection
that is forever guiding us *home*

- *coming home*

the story of this book is:
I wrote it for myself



It was March 2022 and I was sitting in Mexico watching whales, seeing sunsets and enjoying music and gin tonics at a bar right at the ocean when all of a sudden these words started emerging from me. And, totally unnaturally for me I started ignoring this and telling my creativity that I'm too busy enjoying life for it to visit me every night. Eventually, after one week I made a deal with that unknown source to just listen and write down whatever the hell wants to be told in order to calm my mind and be present with the whales again. And so sunset after sunset it turned out that I had created about 300 pages out of nowhere. Which was ... interesting to say the least. I went through my notes on one of the last evenings and realized that my whole journey of awakening to my nature, rewinding myself to Earth and all the lessons of the wild places I've visited the past years - like the pacific coast, the rainforest or the african wilderness - just came home to me in a jolt of inner knowing and bliss. I felt as though I'd arrived to where I'd always been - being my on tree of life as part of a bigger connection. And so I decided to share this book with notes I wrote for myself. I decided to share the wisdom of nature opening up to me and guiding me home as a reminder that it is not something I secretly became. It's something that is available to everybody. A gift I got from simply connecting myself with Earth again - and still I can't believe the magic, joy, creativity, trust and abundance I found for my own life out there. That's why I see this book as a reminder that everything is already there. And Earth is guiding us home in every step we are alive. While whales are watching us and the sun is shining on the flowing waves inside ourselves ...



May the wisdom of nature
inspire you to choose connection
over separation. And become medicine
for Earth and all its magic creatures
by growing into the full potential
of your nature. May you rise happy,
wild, free and in love with all that is.

May the sun of a new Earth
rise above your blue ocean. And shine
forever through your own tree of life
while the birds sing for you
along the way.



contents

lost

growth

healing

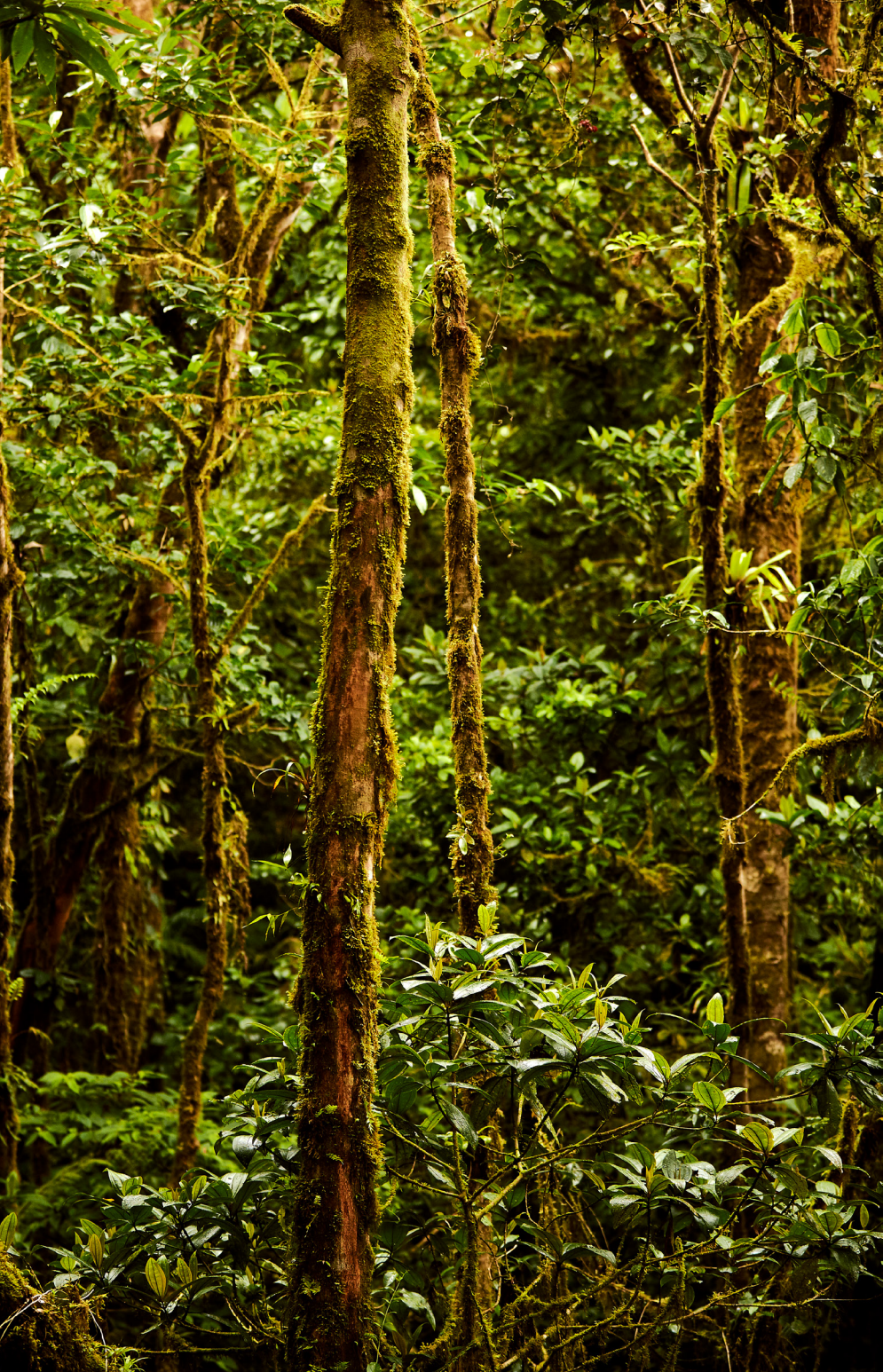
balance

trust

found

coming home

lost



still there

Your heart is still beating with the rhythm of the waves.
Your body is still acting like a lion in the bush. Your inner voice is still pushing you to grow further than you want. Your soul is still shaping light through the darkness into a shining star. Your nature is still more resilient than you think. Your fear is still not as strong as your hope. And your dreams are still bigger than everything standing in their way. No matter how far you've gone off track. No matter how lost you got in the wilderness of life. You are still here ...

... and you can come home in every moment you are.

coming home

lacking the web of life

Not opinion, color, culture, age, sex, distance, emotion ...
separates you from others.



It's when you have forgotten about the connection
to yourself and all life on Earth.



coming home

what connection is not

expectation
attachment
dependance

separation
in a world telling you
not being enough

awake to the difference

Awake to the difference between connection and separation. It all starts in the same way. You see. You meet. You feel. You connect. But as time passes like a tree changing with the seasons you will notice the difference. Connection will make you feel bigger than you are. Separation will do the opposite. Connection will support your growth. Separation will block it to keep you small and not blooming fully. Connection will love you for everything you are: the mess, the dirt, the light. Separation will use your mess and dirt to stop the light. Connection will stand by your side. Separation stifles you. Connection will make you feel empowered to follow your unique path . Separation will increase anxiety and distraction. Connection will love you from the inside out. Separation will love your position and what you represent. Connection lives on self-love and consciousness. Separation is a lack of self-love and grows from the unconscious. Connection will make you feel worthy of life the way you are. Separation creates a need to change and adapt in order to be right. Be aware. Raise your consciousness. *Awake to the difference.*


getting lost happens, when ...

... you long for love *you*
don't feel for yourself.

... you try to be something different
than your nature is.

... you stop seeing yourself
in other beings.

... you forget to see your body
as a beautiful part of the Earth.

A dark, moody photograph of a rocky coastline. In the upper center, a bird with a long neck and a sharp beak is perched on a rock. The background is a dark, textured wall of rock, possibly a cliff or cave entrance, with some light reflecting off its surface. The overall tone is somber and contemplative.

anna zemann

a deep truth

Your deep search for connection in the outside world
is actually the search for deep connection to yourself.



coming home

question from nature:

Why are you staying in situations that hurt you,
doesn't feel good and are not supporting
your growth in any way?

answer from nature:

Maybe no one ever told you that you deserve to be loved, treated well and that you have all the power and right to grow in whatever way or direction your heart is calling.



the myth of an unhealed earth

A deeper answer to that question: most of your beliefs are not your beliefs. They are something you've learned. A collectively followed narrative that was forced upon you. Not something you have consciously chosen for yourself. A myth of separation shaped into common rules over years telling you the story of wanting more, having more, doing more ... in order to become more lucky, happy, healthy and worthy of who you are. But this story forgot to tell you the most important chapter: there's no such thing as unending growth in a one way direction in nature. And whenever you try to follow this unnatural myth you're never really done. You're never really happy. You're never really connected. You're never really home. Instead you get lost. Holding on to something unnatural that was never meant for you. And never meant as the nature of Earth.

imperfection designed by nature

Here we go: you are an imperfect human. But the myth of toxic growth tells you that you have to be perfect. And so you might judge yourself for all the feelings that are the opposite of perfectly cool. Perfectly fine. Perfectly shiny. Perfectly happy. Perfectly in a relationship. Perfectly performing. Perfectly growing. This creates a tension between true nature and this toxic myth inside yourself. And brings you into a state where you want to feel less, see less, hear less ... you separate yourself from yourself and don't allow yourself to have all these emotions anymore - because they make you feel so imperfectly human. Lost in all the feelings you have. Not allowed to be there.

I want to make that clear as crystal right at the beginning: your feelings are not imperfect. They're beyond perfect as they are. They are a proof of your heart. Making you human. Making you smile or cry because you're alive and not a machine. Yes, you are an imperfect human. Designed in perfection by nature itself.

a deep misunderstanding

No one ever said that life has to be a gentle wave.

No one ever said that everything has to be easy. No one ever said that justice is a gift you get without working on finding it inside yourself. No one ever said that going up is the only way to go. No one ever said that you have to do everything right. No one ever said that you are not allowed to make mistakes. No one ever said that each step on your way is a walk in the park. *As soon as you accept this truth, you'll find the first step on the road of growth again.*

what I've learned from the waves
about being lost

If you separate yourself from pain
you separate yourself from love.



it's all there

If you are stuck
and don't know where
or how to grow,
it's because you forgot
to stand still and listen
to what's inside of you.

the trees say

The moment
you forget
to grow
your own tree
is the day
you get lost.

A photograph of a mangrove forest. The scene is dominated by dark, rippling water in the foreground and middle ground. Several mangrove branches are visible, some with green, waxy leaves. One branch in the lower left foreground is thick and textured. Another branch in the lower right has a small, emerging shoot. The background is a dense thicket of mangrove foliage, with sunlight filtering through, creating a dappled light effect. The overall mood is serene and natural.

coming home

cactus and mangroves

A mangrove cannot grow without water.

A cactus cannot grow within water.

If you feel stuck remember that and recognize
that there is nothing wrong with you.

There are only places and environments
that support your growth naturally
and others that hold you back.

anna zemann

coming home

sometimes real growth starts ...

... with a full breakdown

of

everything

you

thought

is

meant

forever

.

when getting lost

Ask the Earth for grounding. Ask the animals to become your friends. Ask the birds to sing for you. Ask the trees for growth advice. Ask the moon for good energy. Ask the water to clear your emotions. Ask the air to blow away what you want to let go off. Ask the soil to take your tears. Ask the fire to make your light shine brightly. *You are never alone. The whole Earth is your home.*

