

# Alan Charlton

Branches of creative wisdom and roots of connection



## Some ideas to support our grief and celebrations of Alan's life

Colouring in - colouring books/cards with coloured pencils or pens. If you are someone who has a stash of colouring in tools, maybe rearrange them by colour, as Alan did.

Plant a tree, consider a fruit tree for added functions.

Plant tree seeds in pots for planting into the ground in years to come.

Support local creatives, by purchasing from them and/or sharing their work.

Spend time with a tree or trees who hold significance for you, reflect on Alan's life and the connections you had with him.

Sing, dance, create, meditate, feast near trees.

Write a letter to Alan. Compost, bury or burn it. Grow food or a tree in the soil where the compost, letter or ash has been placed.

Start a practice of photographing patterns in nature, perhaps share these with friends either online or in person.

Start supporting a local, small business, practicing ethics similar to your own.

Visit a local independent café and eat cake.

Consider starting a new daily spiritual practice.

Bake bread.

Create a nature altar, either outside or indoors, include space for a candle to burn in connection with Alan.

Get involved with a local activism group creating regeneration for community and/or land.

Consider starting a local activism group for regenerative change.

Gather with others who know Alan, either in person or online. Share stories and memories of connection with Alan and his work.

Consider mentoring someone who is wanting to develop skills similar to your own.

Check in more frequently with friends who you know are struggling in some way.

Prioritise your own self care. (We can best support others and participate in activism, if we place our own holistic wellness at the centre of our lives.)

Practice self compassion on a regular basis.

Remember that online activism is just as important as in person activism.

Learn more about a particular tree. Its story, magic, science and significance.

Mark and celebrate solar and lunar cycles & festivals.

The above list is just some of my own ideas based on my experience of friendship with Alan. There might be some you don't resonate with or agree with and that's totally ok. Please feel free to create your own activities or adapt any of the above.

On the following pages are two colouring in sheets I have created about grief. Feel free to print them off and colour while thinking about Alan's life and legacy.

You can get in touch with me via my website in the footnotes of this document.

## Some further resources about grief

[Good-grief.org](http://Good-grief.org)

[whatsyourgrief.com/resources/](http://whatsyourgrief.com/resources/)

[cruse.org.uk](http://cruse.org.uk)

[Mind.org.uk](http://Mind.org.uk)

[Climate grief - some resources to help](#)



