



What I Learned
from
An Onion

**Big
Wisdom**

from
**little
things**

WORKBOOK

EllaBeth Bando

What I Learned From An Onion Workbook

By

EllaBeth Bando

Copyright © 2015 By EllaBeth Bando

All Rights Reserved



Welcome to the
What I Learned from an Onion
Workbook

This workbook has been created as a companion piece to the writings in "What I Learned from an Onion: Big Wisdom from little things."

For travelers on the road of spiritual growth, the greatest wealth of learning comes from what we experience on the journey. Inner and outer reflection provides extraordinary fodder for growth. The art of journaling, the process of thoughts to paper, provides an anchor for what is being learned. As told in the Onion chapter of the book, soil for the sprouting onion provided nourishment for its continued growth. The art of reflection and journaling serve us in the same manner, providing nourishment for continued growth.

Learning is experiential. This workbook is designed to guide you on your own experience of being enriched by the natural world around you. It is meant to support you and provide a Pathway to Wholeness for your journey.

Enjoy the process of deepening your own inner awareness and relationship with the earth.
The journey begins!

EllaBeth Bando, Pathfinder to Wholeness

What I Learned From An Onion e-book is available on Amazon.
Orders for the hard cover can be placed at

www.ellabethbando.com

Go to my website for new free gifts, Specials, Events, Programs, Courses, and "Wise Woman Ways" Blog postings.

What I Learned From An Onion Workbook

Workbook

<i>Introduction</i>	4
<i>Day 1 - Choice</i>	5
<i>Day 2 - Chapter 1</i>	7
<i>Day 3 - Chapter 2</i>	9
<i>Day 4 - Chapter 3</i>	11
<i>Day 5 - Chapter 4</i>	13
<i>Day 6 - Chapter 5</i>	15
<i>Day 7 - Chapter 6</i>	17
<i>Day 8 - Chapter 7</i>	19
<i>Day 9 - Chapter 8</i>	21
<i>Day 10 - Chapter 9</i>	23
<i>Day 11 - Chapter 10</i>	25
<i>Day 12 - Chapter 11</i>	27
<i>Day 13 - Chapter 12</i>	29
<i>Day 14 - Chapter 13</i>	31
<i>Day 15 - Part 1</i>	33
<i>Day 16 - Part 2</i>	35
<i>Completion</i>	37





This Thing Called Earth Dis-Connection

In the days of old, our ancestors had to know when the rains would come; when the animals would move and where they would go; when to plant the seeds to yield an abundant harvest.

The moon and sun anchored our ancestors into the seasons and prepared them for survival. The moon and sun touched their souls and inspired nourishment for their spirits.

We, in these modern times, simply go to the store. We no longer need to be connected to the seasons for our survival. We just go to the store.

We do not stock up on food to prepare for the winter knowing it is a time of rest in the earth's growing cycles. We go to the store, already well stocked with food grown in green houses and shipped to us from all over the world.

The frogs and lizards and bees, once so abundant in our childhood back yards, are few and far between now. Our paths don't cross too often in this day and age, and if they did, we would be too busy to stop and smell the proverbial roses.

It makes sense. We want and need the convenience. But don't we potentially lose the richness of all this planet has to offer our souls? How can we be whole, as humans who live on this Earth, without having a relationship with Her?

And so begins a journey. It can be simple. It can fit in with all the obligations and responsibilities that are ours in a too busy modern world.

It just takes a moment-- to see, to hear, to smell, to ponder. Only a moment, that can be filled with a richness so much larger than a small increment of time could seemingly allow.

Come with me, won't you? Walk with me on a Journey of Wonder.





Welcome To

What I Learned from an Onion Workbook

A 16 Day Journey

Exploring Earth Connection & Personal Growth

Day 1

Choice

All things begin with choice. The garden we grow begins with a choice to grow the garden.

Today is the day for choosing the journey. Today we plant the seed.

For your reading pleasure, I refer you to "Finding Earth Delight" in the preamble of this book.

What is your version of Earth Delight? Hiking to the top of a hill to enjoy the view? Marveling at a sunrise or sunset? Enjoying a cup of coffee while sitting outside in the cool morning air?

Wishing you much enjoyment and soul nourishment on this journey we've begun!



Write Your Journal Notes Here





Day 2 - Chapter 1:

What I Learned from...an Onion

Most people, when I tell them the title of the book, feel that it must be about the unraveling of layers upon layers in a learning process.

Although my personal learning was different on the day of my onion encounter, how rich the image of layers upon layers lifting to reveal the pearl inside. And so the process of life and growth seems to unfold.

What is unfolding in your life? What layer is lifting? Did you think you had found the pearl when yet another layer lifted to reveal a new step of the process?

When have you let your own seeds of vision or growth sit too long on the counter and therefore wither and die?

Where do you plant your 'onion of life,' providing soil for anchor and ongoing nourishment?

What encounters with the natural world today are giving you a glimpse into your own patterns of continuing growth?



Write Your Journal Notes Here





Day 3 - Chapter 2:

What I Learned from...A Yellow Sky

What, in your natural world, is the same as always today? What is different? Are you moving from extremes to extremes, as highlighted in the chapter? How are you experiencing grace? Balance?

Most of the time, weather for us is simply a matter of convenience—or not. What, in the weather of your corner of the world today, is offering you a glimpse of something new? What, in the world around you, is available to spark some new curiosity? How can you be energized by what is here today, that may just be longing to be noticed by you?



Write Your Journal Notes Here





Day 4 - Chapter 3:

What I Learned from...A Redwood

Does a redwood tree feel superior to me just because it's larger? What, or who, do I feel superior to in my personal picture of life?

When do I get so caught up in my own scurrying that I lose sight of the bigger picture? When do I forget that my singular actions affect the whole of us?

What little critter that lives in my world has an agenda as important to it as mine is to me? What can I see in the world around me when I look at things larger and smaller than myself? From this perspective, what is there to see in me and my life's purpose here?



Write Your Journal Notes Here





Day 5 - Chapter 4:

What I Learned from...A Fish

In this chapter, as unusual as it sounds, it seems I got a warning from a fish. Seems it was telling me to swim elsewhere, either for its own survival needs or perhaps for my own safety.

Ever see a skunk before it sprays? It gives several warnings, stomping its front paws down hard on the earth, before it delivers the goods. If we are paying attention, we get the hint and make an adjustment before harm is done.

What hints from the natural world have come your way? What warnings do you heed in nature and in human behavior, too? Do we listen to boundaries, from ourselves and others, when they are being shared?

What in nature is asking for you to listen today?



Write Your Journal Notes Here





Day 6 - Chapter 5:

What I Learned from...A Backyard Tree

A portion of the chapter reads: "And what did I learn? That so many things communicate in whatever ways they can. We almost missed it. We almost didn't hear, didn't get, what was being told to us. We were almost 'disconnected humans,' the way most humans are now, no longer paying attention to the language of All, which speaks to us all the time."

What around you is communicating? In what ways are you a 'disconnected human' no longer paying attention to the language of All? How can you be a *connected* human? What, in the language of All, is speaking to you today? How can you speak back—not 'talk back' in the sassy way we think of the phrase—but how can you share in the communication?



Write Your Journal Notes Here





Day 7 - Chapter 6:

What I Learned from...Doodle Bugs and a Snail

From the chapter: "Survival is strong. We can lift ourselves up. There are paths waiting. Find them."

Where do you see survival in your own back yard? Or nearby park? Or window sill planter? For eons of time, people enhanced their own survival skills by watching the survival skills in nature. What are your skills?

In our modern world, we tend to see survival as a base thing. In the time spent with my Elders, I learned they see survival as a loftier event with spiritual roots.

What in the natural world today is offering you a message about the art of survival? What is there that can lift you up? What survival practice can you explore to make your heart soar?



Write Your Journal Notes Here





Day 8 - Chapter 7:

What I Learned from...An Ant

They are fastidious, determined and steadfast in their goals. They work as a unit, in harmony with what must be done for group survival. If that means risking life for the good of the whole, so be it.

Our first question from Ant is where are you fastidious, determined and steadfast in your goals? How are your skills in working in harmony, in a unit? Do you ever give too much of yourself thereby creating self-harm on some level?

Do you have an instinct to serve? Do you serve self first so that you may sustain your gift of service without burning out?

Where else in the natural world around you do you see unity in working toward a common cause? What tweaks can you make in your own patterns of outreach to support yourself while being efficient?



Write Your Journal Notes Here





Day 9 - Chapter 8:

What I Learned from...A Cat

What do you do for pleasure? I'll bet you work hard. Do you play? Do you rest?

Cat teaches a plethora of ways to play and rest. They dive into pleasure.

Where, in the natural world around you, do you see the skills of work, play and rest? What improvements can you make in your own personal skill set? Remember to let the improvements be as easy as stretching your front and back paws. Look to that which feels good! After all, all work and no play make cat a dull kitty.



Write Your Journal Notes Here





Day 10 - Chapter 9:

What I Learned from...A Butterfly

The act of creating is an act of transformation. Out of nothing, something emerges.

Are you, like butterfly, encoded for creation? Are you, like butterfly, encoded for transformation, using your own form, thoughts, senses and life lessons to evolve and emerge anew?

Where, in the natural world around you, do you see the act of creation? Where does transformation greet you? Are you ready, willing and able to bring the new into existence?



Write Your Journal Notes Here





Day 11 - Chapter 10:

What I Learned from...A Window

Oh, the frames, shapes and lenses that allow us to see! And—oh how quickly we cling to that view only, never considering a different perspective.

What can you do today, to change the lens you see through, if only for a moment? What different 'thing' can you take on today, like trying a different route to get to work? What 'thing' that you always do, can you let go of today? If you always argue with Uncle Ned, can you take a day off from the argument?

Where, in the natural world around you, do you see using different perspectives as a survival skill? What are you willing to see differently today?



Write Your Journal Notes Here





Day 12 - Chapter 11:

What I Learned from...A Blooming Daffodil in the Snow

In this chapter, we read: "Daffodil had not one, but two, encounters with snow! It held its own, yellow head held high even with heavy snow flakes dotting its form. Here they were, two opposites, colliding. Both won."

I have a theory about wholeness. Here's how I've defined it: "Wholeness is a juicy state, where seeming opposites merge, yin and yang, the masculine and feminine, our gifts & our flaws, igniting a fully empowered life force."

Where do we see opposites merging in the natural world around us? We marvel at species, who are supposed to be enemies, making lifelong friends. Such gratitude and awe we have for the mother dog who nurses the kitten in need.

Can we merge the parts of us within that seem to be opposing forces? It is a guarantee that we have both flaws and gifts. Can we accept both, uniting the opposites, in harmony?



Write Your Journal Notes Here





Day 13 - Chapter 12:

What I Learned from...Chickens and Cows

Where in nature does a creature bemoan that it isn't good enough? Does the mighty eagle say "If only my wings were bigger?" Does the squirrel say "If only my tail were fluffier?"

Then why do we?

It is the biggest lie we tell ourselves—that we are not enough, that our gifts are not enough, that the natural world is not enough and somehow deficient in the abundance it showers upon us.

Just for today, let us appreciate the abundance that we are. Just for today, let us appreciate the abundance of the world around us.



Write Your Journal Notes Here





Day 14 - Chapter 13:

What I Learned from...A Planet

From the chapter: "What I originally intended to say in this last little chapter of this first little book is that this chapter is for you. It honors that we all learn from big and little things which cross our paths and are part of our lives.

It is for you. It is for me to say thank you for the things I learn from you. I am not, nor could I be, who I am from living in a void. It is both our highest virtues and most humble human foibles that offer the greatest learnings.

This I learn from our planet and from all who live on her!"

Nature understands wholeness. Nature is wholeness. Its eco-systems are systems of wholeness. We are a part of everything. Everything is a part of us.

Just for today, I will appreciate the wholeness in life. I will allow myself to see the systems of wholeness that are all around and within me. Just for today, I will see that you and I are part of the same All That Is.



Write Your Journal Notes Here





Day 15 - The Gift of an Elder:

Questions for a Spiritual Quest

Part 1

Referring back to the preamble, Finding Earth Delight, we hear the story of Grandmother Twylah curling up in an indentation in the Earth when she was a little girl. She came to this spot over and over again, to listen to the heartbeat that lived there and hear the messages being whispered to her.

Gram also listened to her Elders. Generations of listening were passed on to her. And she, realizing humanity was moving into a time of Unity, reached out to share what she heard from the earth and her ancestors, with us.

Questions bring questing. Gram offered these four to us. She asked us to share this wisdom with others who were walking a path toward wholeness. I am honored to do so.

Who am I?

Why am I here?

From whence did I come?

How will I be remembered when I'm gone?



Write Your Journal Notes Here





Day 16 - The Gift of an Elder:

Questions for a Spiritual Quest

Part 2

Grandmother Twylah was particularly fond of these next two sets of questions and urged us to reflect upon them often.

What do I do to add to the peace, for myself? And for others?

What do I do to add to the chaos, for myself? And for others?

From my own experience, there is wonderful nourishment in these questions. Enjoy the feast!



Write Your Journal Notes Here





Completion

Endings & Beginnings

And so it is that our journey together has come to completion. Actually—I have a feeling that the end of this journey may lead to the beginning of a new one!

Please feel free to visit my web site and please do accept my free gift to you. In this way, I can keep you posted on such journeys of becoming whole.

My second book, "The Gifts of Gratitude: Gratitude as Prayer and as a Transformational Tool" is expected to be released by Holidays, 2016. My third book, "Dare 2B Fair: The Power of Words to Create Harmony & Non-Violence" is expected to be released in Spring, 2017.

My gratitude to you! My best wishes to you on your continued quest!
Many blessings to our sweet earth!

EllaBeth Bando
Pathfinder to Wholeness

www.ellabethbando.com

