

Tatiana Edited Interview.mp4

So, thanks again for taking the time to talk with me for From the Roots Wild Earth's, uh, magazine. Um, I'm gonna get started by just asking you to introduce yourself, um, however you'd like. I know your website. On your website, you mentioned that you're an ecologist, an herbalist, a wildcrafter, uh, and a spiritual friend among other descriptions. So however you'd like to introduce, introduce yourself.

Yeah. Thank you so much, Alison, for having me. Um, so I'm Tatiana Eves. Um, my path, my mission here on this earth is that of the medicine woman. And so I am a trained ecologist. I'm a wildcrafter spiritual activist and a healer among many other titles. I've been kind of all over the place, um, to bring all of these bits of information together. Um, and so I commune with and share the wisdom of the plant spirits. And I truly believe that remembering our inherent interconnectedness with Mother Earth and each other and the embodiment of deep joy and self-love is yeah, not only our birthright, but our responsibility for the collective healing of our communities and the planet as a whole.

Great. Thank you. Um, and can you tell us a little bit more about Ecologist Says

Yeah. Um, yeah, so Ecologist says, um, it has blossomed in such an interesting way for me. So, um, it started as a place just for me to share writings and express myself mm-hmm. <affirmative> and make small batch medicine offerings, plant medicine mm-hmm. <affirmative>. Um, but I've, I've felt called to expand that, um, relatively recently and to focus on that community building and bringing people in to this world a little bit deeper and more intentionally. And so yeah. Just kind of equipping a community right. To like, build up this deep sense of knowing and remembrance of our connection with Mother Earth and each other as a broader society, as like individuals, um, to come home to ourselves. Yeah. Awesome. And so I think the mission for Ecologist says more broadly is to share the wisdom of the plant spirits because they provide those templates, right? To like, show us how to be human, how to come back to ourselves, how to connect with each other mm-hmm. <affirmative>. And so we provide tools and practices so that we can build people into, um, being more confident and like leading from the heart. And so like strengthening that connection with our inner wisdom and illustrating all of the points where our tangled web of life intersect. Mm-hmm. <affirmative>.

Great. Um, so you talked a little about, a little bit about your worldview on your website. Um, how would you say that's been shaped and how does that impact how you interact with the natural world?

Yeah, I think, um, it's been a really, really interesting journey. And I feel like at the foundation, at the heart of it, my worldview, like everyone's is, was shaped by upbringing and like coming up in the world, you know, with like your own little, little mission, little ideas. Um, and so as a child I was

a very sensitive, very attuned kid. Um, and I always took refuge in nature. I grew up in south Florida, um, and so it's like basically summer all the time. So I'd always just like run outside and look at the dragon flies and the snails and you know, watching the dew drops on the leaves. Just like very, like intrigued by the quieter forms of life, the slower moving, the more intentional mm-hmm. <affirmative>, um, places. And I'm, I was also inherently curious and so I always wanted to ask questions and get questions answered in, in ways that my parents didn't know what to do with <laugh>.

Um, and so I was trying to find a place for myself, you know, with all of this in this like western society and like where would all of this stuff fit? Like, where would I fit the best? Um, and so I took the route of western science because I thought, okay, I'm really curious. Like I want this like, deep understanding of how everything works in the natural world, how we can like form these connections mm-hmm. <affirmative>. And so yeah, I took that route, um, have, you know, my degree focused on ecology and it was like kind of disappointing because I would go in and I'm like, okay, I love this. I'm really passionate about it. But then they're like, oh no, but you have to be really rigid and systematic mm-hmm. <affirmative>. And you can't say you can't personify a squirrel. You know, like, you can't like have these feelings attached to your work, which I don't think encompasses like our humanness, right?

Mm-hmm. <affirmative> because like, it's like inherent Yeah. To us as people to become attached and emotionally involved with things. And I don't think that it necessarily discredits the science. If anything, it makes you more likely to do it well because you care about what you're doing. Right. And so I think that that caused me to take a little bit of a step back and say, okay, well this is one, one way of knowing, but there are so many other ways of knowing as well that are just as valid, if not more so. Mm-hmm. <affirmative>, because we can't live in the brain all the time. Right. The intellect is just one part of our whole mm-hmm. <affirmative>. Um, and there's this one really good quote and I'm trying to see if I can remember it. Um, but it was a quote from Albert Einstein and it was, it goes, the intuitive mind is a sacred gift, and the rational mind is a faithful servant, and we have created a society that honors the servant mm-hmm. And has forgotten the gift.

Oh, that's awesome. I've never heard that one before. That's

Great. Yeah. And it just like, it like blows my mind. I just love, I love reading old, like, quotes from like old, um, philosophers and like really profound humans that like we don't take their like, spiritual side into consideration Yeah. When we're like pulling their stuff in <laugh>.

Yeah. And I loved it in your class when you mentioned, um, or brought up reading Sweetgrass cuz she's also that author of that book. She's an ecologist too, I think, and she talks a lot in that book about like what you're mentioning, like how in, you know, western science, it's, you know, you have to be so objective and, and all that. Yeah. So, yeah.

Yeah. It just gets so rigid. I just feel like it's like you're, you're taking a crucial element out of the work, right. And it's like, yeah. Yeah. Like in braiding sweetgrass, there's like this one example of sweetgrass, right. <laugh> and how like the way that it grows, um, it like really benefits from harvesting mm-hmm. <affirmative>. And if it's not harvested, then it won't grow as densely, it won't grow as tall or as, yeah. Yeah. And so it's just really funny because like, there were these like in, you know, this like rigid research system. They were like, oh, well humans are inherently bad for the environment. Yeah. And so, and I know this is a tangent, but like <laugh> humans are inherently bad for the environment. And so the, this plant would do so much better off if like had like humans never touched it at all. Right.

Um,

And then in like a controlled common garden experiment, they tested this out and realized that no, this plant actually benefits from human interaction and care mm-hmm. <affirmative>. And like, if we harvest it in such a way where we're not over harvesting, then it grows, it's even happier even fuller mm-hmm. <affirmative> Yeah. Um, the next time. And so yeah. And I think that like, to like weave back into the question, I think that that has contributed to a lot to my worldview because I feel like my, my foundation is I love being outside, being connected to nature. I've always had such a really close relationship with that mm-hmm. <affirmative> and in order to be in service and to protect, um, these like quieter forms of life going into this western science mm-hmm. <affirmative> and trying to figure it out and then saying like, this doesn't quite quite do it, you know mm-hmm. <affirmative>, it's not quite the whole story. Yeah. Um, and then, so just going back to my roots and reading, um, about my like, um, like West African lineage like that, those ancestral practices and wisdoms and then of this land I am familiar with like <unk> teachings and those traditions as well. And so just bringing all of those different ways of knowing in, um, and then tuning into the even subtler aspects of that, of intuition and heart-centered listening. Yeah. Um, because that's how you form deep connections with plants mm-hmm. <affirmative>.

Yeah. Totally. And I love the term quieter forms of life. I haven't heard anybody use that like terminology before, but I love it. It works. Such a good description. <laugh>, uh, and correct me if I'm wrong this question, but I did see on your website that you are pursuing a doctor of ministry in sacred ecology. Is that correct?

Yeah. Yeah. So yeah, tell us

More about that.

Yeah, so it's, it's um, really, really fun. It's like part of this weaving connections and ways of knowing, um, that I'm so thoroughly passionate about. And so I am, um, an interfaith minister, which means that I study all major world religions and spiritual traditions in, um, in order to bring people of all faith-based traditions and specifically LGBTQ plus and non-religious folks, like all together, like finding those, um, connection points. And so all in all, just like seeking to bring us

back to the inner awareness of the unity of all things. Mm-hmm. <affirmative>. So that doctoral program, um, I focus on sacred ecology, which is the concept that all of life is sacred and connected, and we have this inescapable network of mutuality with all of life mm-hmm. <affirmative>. And so that's basically the lens that I approach that work in. Um, and yeah, I just, it, it makes me think of, so ecology, um, is, you know, EC says it's like, it's my favorite word, ecology. Mm-hmm. <affirmative> I feel like, and so the origin of the word is actually Greek mm-hmm. <affirmative>. And it means like, it translates to the study of the care of our home.

Oh,

Okay. Which I think is like incredibly beautiful. And it has been taken out. Like no one talks about it in this way and like, just

That one more.

Yeah. And it's just, it's beautiful. And so that's why it's, um, yeah. The foundation of all of my work is that like interconnectedness, that care mm-hmm. <affirmative> and like when we talk about the care of our home, right. Like this could be our individual homes. Right. Like this body that we are gifted with in this lifetime. Yeah. And then it's also our broader home, right. Like in everything that is connected with that. Um, yeah. And so that program, um, it's it like, it, it enables me to come to this work from like different perspectives. Mm-hmm. <affirmative> and I do also work, you know, in spiritual guidance and that, um, like pastoral counseling sense. And so yeah, I think, I'm trying to think of like a good way to like summarize it. Um, there's a quote from um, Howard Thurman who is a beautiful mystic. Um, and he talks about where, um, wherever individuals lose their sense of responsibility for the total wellbeing of their fellows, then their own wellbeing is threatened mm-hmm. <affirmative>. And so I think that is the foundation for like, this part of my work is like yeah. Reminding everyone that, you know, we're all connected and reliant upon each other and we have a responsibility to each other, and that means we have responsibility to ourself.

Yeah, totally. For my own curiosity, is it with like a local, uh, group or, or like online or something?

Yeah, so, um, it's actually, so my institution is the new seminary for interfaith studies. It's actually the oldest interfaith, um, like institution mm-hmm. <affirmative>, like in existence. Oh, cool. Um, and yeah, it's beautiful. We are mostly virtual mm-hmm. <affirmative>, but we do, um, get together for specific, um, classes and yeah. Yeah.

That sounds awesome. Mm-hmm. <affirmative>. Um, and then I think the next two questions I'll combine them. Me, we kind of already answered the first, uh, part, so I was gonna ask what calls each of work. Um, but if you feel like you've already answered that, you know, feel free to just move to the next one, which is what are some of your upcoming offerings?

Oh, fun. Okay. Um, I can go into a bit what calls me into the work. I feel like I touched on this in like mm-hmm. <affirmative> different pieces.

Yeah.

Um, but like fundamentally I feel called to this work just from my guides and my ancestors. I have a very, um, personal and very routine practice of like connection, grounding. Um, and to be totally honest right now is just a really crucial moment in human history. Mm-hmm. <affirmative>, um, many of my teachers have called it like the great awakening, um, because people are just like waking up to the fact that this system doesn't feel good. Mm-hmm. <affirmative>, right? Mm-hmm. <affirmative> and like that these stories, our culture is telling us of scarcity, of not enoughness, of disconnection and like seeking gratification outside of oneself and like that's not working anymore. And like people are feeling that unrest. Yeah. And like seeking these like deeper truths. And I am just called in this time to help those that are seeking mm-hmm. <affirmative>. Um, yeah. So, okay. So I have a bunch of new offerings.

I've spent this like last couple of months mm-hmm. <affirmative> kinda in my own hibernation pod of like, planning for this new year and like trying to be really intentional. And I think we, like, we talked about this too, um, and so I have this new offering which is my monthly class, which is called Mother Earth Heart Connections, um, that has recently launched where we will, um, deep dive basically into one plant ally store each month and engage with them personally. So in this class we will learn the history, the cultural significance of each plant mm-hmm. <affirmative> that identify them in the wild, their energetic signature, so how they work on our bodies on a physical way, and also on the subtle, um, physical, spiritual, um, mental way mm-hmm. <affirmative>, um, how they support our wellness, uh, how to build relationship with them, how they communicate with us.

And like so many other topics just kind of all blanketed in together, but it will be part of this community experience where we'll have, um, individual practices for everyone to use to deeply connect with each plant. Mm-hmm. <affirmative> every month I will send plant medicine that I craft for that plant for the month mm-hmm. <affirmative> to like deepen further deepen that connection and that personal practice. And we'll have like little workbooks that have like all of the information so that people can go out and find the plants like in, in the world. Mm-hmm. <affirmative> and Yeah. And I'm actually, I'm holding a free introductory class, um, to lay the groundwork for this course, and it's called Foundations of Wildcrafting and Herbalism. Um, that is actually tomorrow, but recordings are available if anyone emails me. Um, and another offering that I am providing, um, will be an in-person offering, and it's one I'm doing in collaboration with, um, a good friend.

And this event is called Pleasure Portal, an exploration into sacred Sensuality mm-hmm. <affirmative>. And so the intention behind this event is to kind of start the year off focused on

inner pleasure, sacred expression, and like that sole purpose mm-hmm. <affirmative>. And so this event is for women identifying and non-binary people so that we can explore our pleasure practices in every day and like how to increase pleasure in every aspect of our lives. Um, and so this takes, the intention of this is to take that like, um, grinding, like capitalist Yeah. Concept away from like our lives and how we want to mm-hmm. <affirmative> open the world and to prioritize pleasurable experiences. And so like, how can we change what we focus on each day so that we are actually enjoying them and so that we are actually embodied in our practices of anything. It could be just like brushing, like from brushing your teeth in the morning mm-hmm. <affirmative> to like making a to-do list. You know, like it could be just like anything and making sure to like, yeah. Just do it in such a way that, um, increases how you feel throughout your day. And so, yeah. So we'll have like a lot of mindful practices mm-hmm. <affirmative>, it'll be a guided discussion. Um, we'll have foods like nice vegan treats to really keep us in our body. We'll have a tea ceremony, we'll have some cacao and some embodied dance at the end. Mm-hmm. <affirmative>, it'll be like a really fun, um, container.

That sounds awesome. And then lastly, is there anything else, uh, on your mind you'd like to share with the wild Earth community?

Mm. Oh, I guess I can just also share that I do, um, private sessions too mm-hmm. <affirmative>, um, that I work with people individually to support and increase mental, physical and spiritual wellness. Mm-hmm. <affirmative>. And so I do this through multiple modalities, like depending on what the needs of the person is. I, I like these to be like, hyper specific and really embrace our like, complex humanness. And so I'll call upon the support of plant allies, um, and we'll we can use energy work or spiritual direction depending on what the needs are. Um, but yeah, in, in those practices and everything else, my goal is always to bring everyone back into the remembrance mm-hmm. <affirmative> that we can heal ourselves. Yeah.

So

Yeah, I think

That's what's the best way, um, for folks to contact you if they wanna work with you.

Yeah. So through my website, ecologist says.com. Um, we'll do I have a forum on my contact page for free initial consultations for those one-on-ones? Um, I'm also on Instagram, um, at a ver, which is actually a mushroom, um Oh, ok. But it's a V R O ssa. Mm-hmm. <affirmative>.

Okay. Great. Well thank you so much for spending time talking with me and telling us about, um, all the awesome work you do. It's been a pleasure.

Yeah. So great talking to you too, Alison. You too. Appreciate you.