

Green Earth

*How to transition into a
new way of being*



Written by Ellinor Cajsen Maria

GUIDEBOOK



Dear fellow traveller

You are motivated by an inner calling to build a life that is more sustainable, more authentic - more alive. You are on a path of shedding an old lifestyle, an old way of being in the world, a life characterized by stress and achievement according to a linear mindset that values success according to the outer gaze rather than the inner satisfaction and wellbeing you seek.

You know what you want, but you are navigating the how - how do we take the leap of faith to move into uncharted territory? In this guide, I will share some of the wisdom I have gained on my journey. I hope it will serve you on yours.

Blessings,

Ellinor Cajsen Maria



I
RELEASE THE OLD LIFE

The first step towards Green Earth is to release the old, unsustainable ways of living and letting go of a fear-based, survivalist lifestyle.

II
LOVE THE LAND YOU ARE ON

We are learning to become stewards of our own gardens and neighbourhoods and taking responsibility by loving the land where we live.

III
GATHER IN COMMUNITY

The way forward is through co-creation and collaboration and learning to relate and co-exist with one another in a peaceful way.

V
CREATE THE NEW LIFE: GREEN EARTH

The New Life wants to be birthed through you. Are you ready for a new chapter in Herstory?





RELEASE THE OLD LIFE

The first phase that we face when we embark on the journey towards Green Earth is the shedding phase. All the patterns and behaviors that keep us in bondage; the fears, the benefits and privileges that we still get in the old system, the relationships that we cling on to. We must be prepared to let it all go - and we have to move through fears and feelings that are uncomfortable to feel.

This phase can take some time in my experience. We may need to spend many years before we can hear our soul song singing stronger than the voice of others. We need to unpack our upbringing, the legacy we inherited from our ancestors, the personas we'd take on earlier in life to cope in the world. We need to rid ourselves from addictions we may have adopted, including behaviors such as codependency, workaholism, perfectionism, etc.

Some of us need to release unsustainable living standards too. Many of us have gotten used to a standard of living that we can't keep if we are serious about transitioning to the Green Earth. Letting go of wasteful behaviors and learning to value simplicity before luxury may be an issue for some.



How do we do this then? What must we do to let go of the old life? One of the routes you can take is to study with teachers who have come further on their journey towards Green Earth. While I believe we must also be able to walk our own path, guided by our soul's calling, it can nevertheless be important to choose guides who you resonate with who can assist you on your journey. I believe, as the saying goes,

“When the student is ready, the teacher appears”





LOVE THE LAND YOU ARE ON

How many times have I heard people talking about escaping to a warmer place, elsewhere, where things would be different for you. I don't believe this is the path ahead for us Green Earth builders. We need to adopt the soil where we are standing and start loving it. Whether you are founding yourself on your ancestral land or if your family immigrated to the place you are finding yourself in - start loving the land you are on. Put down your roots here and start digging where you are standing. We cannot build the Green Earth in a fantasy. Don't speak ill over the seasons in the Nordic world if, like me, this is where you live. Embrace the seasons, let them teach you about life. If you struggle with the Winter season, perhaps you haven't learned to rest and hibernate. The Nordic Winter is a beautiful invitation to familiarize yourself with your feminine, receptive side and enjoy the introspection it allows for.





Love the land you are on

GUARDIANSHIP

You don't need to own a place to accept the role as it's guardian. In fact, ownership belongs to the old, outdated ways on Earth. As the indigenous peoples have always known, the Earth doesn't belong to us - we belong to Her. To be a guardian is to be a custodian, to care for the wellbeing of all life on the piece of land you have adopted. To be a guardian rather than an executive automatically strips you from the hierarchical power dynamics of old. It is a role where you look out for the highest good of all, like a mother who cares equally for all her children.

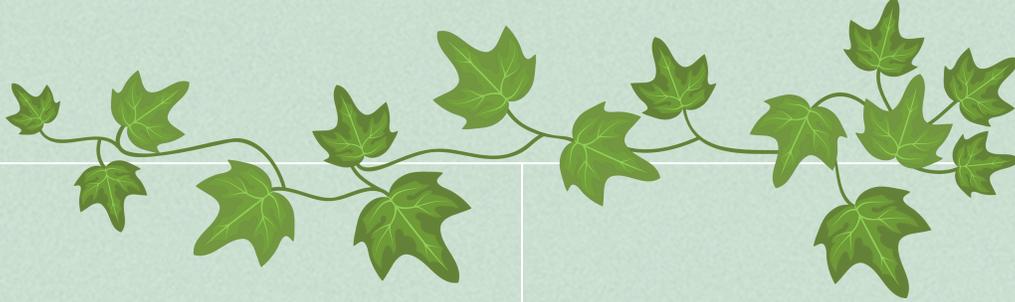




DECOLONIZE

As Green Earth builders, we know that the system of nation-states is a man-made construct, and we are focused towards the laws of Nature as our guiding star. We know that Her queendom came before and will outlive any worldly system of power. To decolonize is to claim our own Sovereignty as children of the Earth and consolidate our knowing that we are Wild and Free.





ABUNDANCE

Lack mainly exists in our minds, as an echo of the old survival fears of our ancestors. Most of us haven't experienced poverty in the sense of not having access to food and shelter.

The Abundance of Green Earth doesn't come in the form of excess and luxury. It comes to us as a feeling of gratitude for the many gifts that we have been given in life, and a trust that we are loved, safe and supported, that we will be provided for. It comes as a feeling of generosity, a feeling of having enough and more to share with our community.





GIFT CULTURE

Gift Culture is an economic system that rests on generosity and paying it forward. It has a different logic than the urge to accumulate and expect the worst, and instead assumes that we can trust that we will be provided for - when we need it. It cultivates gratitude for all the gifts we have already been given and expands our capacity to tap into the vibration of abundance.

Gift culture is not calculating and doesn't rest on any idea of fairness and equal exchanges, but has an altogether different logic - one of surrendered trust.





GATHER IN COMMUNITY



The Green Earth is a communal, co-creative project where people learn that they are stronger and happier when they collaborate. Gather people who share your visions and complement you or join a pre-existing collective of people who you resonate with. You are not meant to be working alone and carrying it all anymore.





NON-VIOLENT COMMUNICATION

In order for humans to co-exist peacefully with one another with their different needs and preferences they must learn to communicate non-violently as well as becoming self-aware and knowing their own values. We learn not to project our needs onto other humans but to express what we long for and respect other people's boundaries. Non-violent communication can be taught and practiced and will transform all our relationships; families, partnerships and friendships.





A NEW RELATIONSHIP TEMPLATE

Green Earth relationships are characterized by compatibility. We are done with trauma bonding and basing relationships on old attachment wounds and will now form relationships with people based on shared values and joint missions. We are together because we want to, not because we have to, and we give each other the freedom and space needed to thrive.



v

CREATE THE NEW LIFE: GREEN EARTH

You are ready to build the new life - not carrying the whole world on your shoulders but adopting a piece of land that you can care for and where you can cultivate new ways of being in relationship with you own - and other beings' - divine nature.



WE ARE CREATORS



We've heard it before - that we are the creators of our own reality - and in the Green Earth timeline we also embody this knowing. We consciously disengage with old programs that aren't of the highest good and chose a new, more healthy, reality for ourselves.





COMPOSTING TOXICITY



None of us are going to be perfect and sometimes there will be old ways of coping that come to the surface to be healed, forgiven and released. We hold space for anything that may come into the light that isn't of the highest truth, we give thanks for the lessons, and we lovingly release any toxicity to be composted, transformed and alchemized into something more beautiful and nourishing.

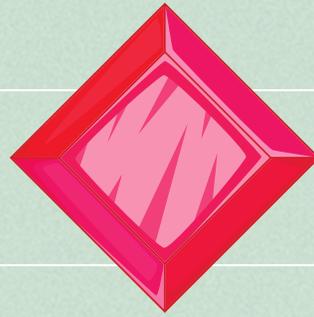


A NEW CHAPTER IN HERSTORY



We are embarking on a new adventure - a new chapter in Herstory. We might have caught glimpses of this new world, but we don't know yet what the future holds. Our job is to make space for the Green Earth to take form. Are you ready?

GUIDANCE



Do you need assistance on your journey towards Green Earth? A guide who can help you identify where you are in your transition and what lies in the way to clear the path ahead? Perhaps you need someone to hold space for you as you traverse your inner landscape and the lingering fears that may hold you back from following your soul's calling?

I have trained as a life coach and a priestess of nature as well as in the feminine healing arts and have worked as a space holder and a guide for nearly a decade. I am happy to assist fellow travelers on their unique journeys - through online Green Earth sessions.



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MALMGÅRDEN HOMESTAY RETREAT CENTER

CREATIVE RETREATS

In our family home, on Nordic Land - a magical place called Hälsingland - we are hosting creative retreats for magical women. Weaving ceremony, creative expression and nature, these retreats are for creatrixes who enjoy co-creation and parallell play with other women in community.

NEXT OPPORTUNITY NOVEMBER 2026

