



# Plants and Healers

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## Memorium

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Early morning of August 19, 2009, beloved green man and inspirational teacher, Frank Cook, left this earthly plane. This sparkling blue-eyed visionary giant left a legend in his wake--of how to listen to the stories from the plant world and, in turn, be a voice for them. Frank fearlessly lived his life's purpose by being fully present in the moment. An engaging and charismatic storyteller, Frank was dedicated to his mission of awakening 'Gaian' consciousness in humanity. His deep love of plants introduced thousands of people from six continents to the world of botany and traditional herbalism, enabling many along the way to break through the 'green wall.'

If a big oak tree were to speak, it would probably have the voice of Frank Cook--deep, calm, and full of resonance. Frank's presence drew people from all walks of life. His message was universal: we are all one family, sharing and stewarding this beautiful planet together. Frank's mission was to 'turn people on' by paying attention to, and loving, the life around them. He taught through example, the art of simple living, and avoidance of unsustainable distractions for temporal satisfaction.

Frank had an insatiable appetite for knowledge and possessed a keen intellect. In 1985 he graduated with honors, receiving a B.S. Degree in Zoology and Computer Science from Duke University, North Carolina. Frank later was a graduate from the Northeast School of Botanical Medicine and became certified in Permaculture Design. Recently he earned an M.S. degree in Holistic Science at Schumacher College in England; his master's thesis was published as a book under the title *Emerging Planetary Medicines*.

Frank kept a disciplined travel and work schedule, planning a year or more in advance for his teachings. For the past thirteen years he traveled the world with the goal of meeting all the genera of plants on the planet. Along with being a botanical explorer, Frank met and documented the lives of traditional healers in numerous countries. He self-published books describing his travel experiences of meeting plants and healers in India, Peru, and southern Africa. Through his travels he realized the common patterns found in plant families and their uses. For nine years Frank facilitated an online discussion through the book "Botany in a Day," helping others understand more of botanical concepts and plant families.

Every time Frank would send out his mass emails, he would individually click on each person's name and think on them for a moment with gratitude and a prayer. Frank definitely had his strong opinions, but on top of that was a vision, an offering he could make of how to enhance anything. From the smallest thing, such as how to core an apple, to visions of what Schumacher College's landscape and curriculum could look like,

he approached it with equal and steady zest, detached from results while passionately engaged in the ideas. He had the gift to see most places, plants and people for who they were at the time, while simultaneously coaxing and inspiring them to grow into their very best.

As disciplined and determined as Frank was, he still made quality time to spend with family and friends in North Carolina, California, and in Maryland, where his parents Kaye and Frank Cook III reside. Also in Maryland are his brother Ken, his sister, Cami, and their families. When Frank arrived for a visit he would make a delicious vegetarian feast from scratch. He was known to whisk up a batch of biscuits after a long day's work when everyone else was too tired to think about it. Frank was an avid wild foods enthusiast and helped to revitalize the art of mead making, bringing back the ancient tradition of brewing medicinal herbs in honey.

Frank Cook's crossing has alit sleeping embers in people all over the world. His unfinished work continues more expansively than he could have accomplished on his own. A week before Frank's crossing, he was asked how he saw himself in the world and he answered, "I am a teacher of teachers, that is my job." Death has not stopped this and, if anything, it has enhanced his mission. He lives on through his writings, stories, and the students who carry forth his passion to the next generation.

Celebrating the awe of existence was what Frank Cook did in every moment, and this is why we loved him so. His very presence reminded us of our own vitality, our own interconnectedness with all of life, and especially with the green beings.

Praises to the most high!