



Plants and Healers

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Paying Attention

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Are you paying attention?

Often, we seem to be too busy to pay attention to what is important on the larger stage because we are focused on the smaller issues.

Frank Cook paid attention, not to the customary things we pay attention to, but to a larger and more encompassing world. We may worry about whether we are going to get lost heading towards a new destination or whether we will be nervous when meeting new people. Well, Frank traveled to many more destinations than we will probably ever experience and certainly did not worry about meeting new people from all cultures and backgrounds. He didn't pay attention to his material status or self-ingratiating exhibitions of his intellect. What did Frank pay attention to? Nature. And by nature, I mean all forms of nature: plants, animals and people.

We all know of his love of plants. He was proud to have published his thesis for a Masters in Holistic Science from Schumacher College in Devonshire, England entitled Emerging Planetary Medicines.

His love of animals was exemplified in his fondness for walking his parent's dog, Susie, and her predecessor, Chloe, on such long journeys that the family sometimes wondered what those two were up to. And his love of his fellow brothers and sisters is evidenced by the number of us who have mourned his passing but admired the journey he took.

Frank paid attention to all forms of nature and has taught us many valuable lessons in the process.

In his own words, Frank "walked the green path". And that path took him around the world. According to Frank, his journey of learning and teaching started 17 year ago when he left a conventional life behind and set out with two friends and a dog on a new journey. I'm sure that even he did not know at the time where that journey would take him. We may never know what impact Frank has had on this planet but we do know that it, and we, are better for his journey.

Frank paid attention to nature in all of its forms. And he has left us the one legacy that he would have wanted: for us to pay attention to nature. I would say that many of us have learned our lesson well, for which Frank would be proud, though maybe not satisfied. I am sure that none of us will ever walk through the woods of by a stream and

ever forget what Frank has taught us or, for that matter, forget Frank.

Rest in peace, my friend and teacher.