



# GO & GROW



## Getting back to our roots

A Field of Dreams & I M University Partnership  
[www.inafieldofdreams.com](http://www.inafieldofdreams.com) \* [www.IMUniversity.org](http://www.IMUniversity.org)

Welcome to our **GO & GROW!**

**GO & GROW** is an initiative to encourage people to reconnect to Nature to strengthen their relationship with the environment and improve their health and wellness.

This initiative began as part of a reading challenge promoted by Field of Dreams (FOD) to encourage adults to invest (grow) in their personal and professional growth & development through reading and participating in our Achievers Book Club. When individuals purchase personal and professional books from FOD, FOD would allocate a specified amount to purchase seeds and plants that would be donated to a participating community garden or school/classroom.

**GO & GROW** was created at the end of 2019 and was scheduled to launch in March (spring) 2020. We had two elementary classes at different schools that agreed to participate. Unfortunately, the program never launched as the pandemic forced schools to close. It was disappointing but the bright side is that I leveraged the *downtime* to strengthen my own relationship with the environment. I learned more about the environment by reading and taking online classes on environmental sustainability; completing the Climate Reality Leadership training; talking to others about growing plants and produce; and my own trial and error with planting. The delay also allowed me to tweak the program by including partnerships with community gardens. Also, I can now share the many health and wellness benefits of spending time in Nature which I learned through my health and wellness training.

While I am still a newbie to growing plants, I have learned a lot along the journey which began in 2016, when I learned about the severity of the trash pollution in our oceans. I've had a connection and love of water since I was a child. I enjoyed swimming, fishing, and had aquariums of various sizes. My relationship with water was a major factor in me choosing the U.S. Naval Academy for college. My water connection ultimately brought me back to playing in dirt and deepening my relationship with Nature.

Now I want to encourage as many people as possible to find their connection with Nature for their health and wellness and that of the environment which needs our attention right now. **GO & GROW** is all about growth!

Sincerely,

Darin C. Wright

Welcome to **Go & Grow – Read to Succeed Challenge!** *Go and Grow* encourages individuals to invest in their growth by reading more, helping children to grow by learning about plants and nature, helping the environment to grow, and growing a sense of community.

This is how it works for the **Reader:**

1. For every designated book you purchased from Field of Dreams, 20% of sale price will be allocated to purchase seeds, plants or other gardening supplies as well as providing gardening & environmental classes.
2. Purchase 3 books or more and you receive a free reusable tote bag which is great for carrying books and for light shopping. This reusable bag reduces the need for plastic bags.
3. Items purchased will be donated in your name to a designated organization enrolled in the Go & Grow program.

This is how it works for the **Community Garden/School/Class/:**

1. Enroll your organization in the **Go & Grow** Program (Free).
2. Assign an individual as a point of contact.
3. When someone purchases books they can select your organization as the recipient of the contribution to growth.

### **Go & Grow Objectives**

1. Encourage people to read for their personal and professional growth; and health and wellness.
2. Inspire children and adults to learn about the environment and gardening.
3. Educate families on healthy eating through participation in I M WELL Holistic Health & Wellness.
4. Empower individuals to grow plants (edible, indoor, outdoor, etc.) by offering classes and community events.
5. Partner with and support local community gardens.
6. Encourage, Educate, and Empower people to be environmentally conscious.
7. Create a community dedicated to nature and environmental sustainability.
8. Create a sustainable economic model based on everyone contributing a little for the well-being of the community.







# GO & GROW in your field of dreams

## Read to Succeed Challenge



### Go & Grow - Read to Succeed Challenge

- Buy 3 personal or professional development books from Field of Dreams
- Receive a free reusable tote bag
- Field of Dreams allocates 20% per book toward purchasing plants, seeds, or other gardening supplies to a participating organization.
- Seeds, plants and supplies will be donated in your name to your selected participating organization (garden, school, class, etc.).
- You get to give a *Go & Grow (Meet Mac)* personalized e-book to a young reader (K – 2<sup>nd</sup> grade).

The goal is to inspire children to learn about plants, gardening, healthy eating, and the environment. The more books you purchase the more you grow, the more young learners grow, and the more the garden grows!

*Read to Succeed > Seeds of Greatness > Go & Grow > IM Possible*

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***Knowledge is like a garden: if it is not cultivated, it cannot be harvested. – African Proverb***

If you are interested in enrolling your class/school/community garden send an email to [goandgrow@inafieldofdreams.com](mailto:goandgrow@inafieldofdreams.com) to be acknowledged as a participating organization. Once enrolled you will receive information via email which you can share with your constituents on how they can assist your students or community in growing.

## Let's Go & Grow Together!

For more information go to **[www.inafieldofdreams.com](http://www.inafieldofdreams.com)**.

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# Why **Go & Grow** is Essential

**Go & Grow** aims to educate, encourage, and empower individuals to develop or strengthen their relationship with Nature and to focus on their own growth including their health & wellness.

When we develop a deeper relationship with Nature, we strengthen our relationship with each other. The more we learn and understand about the abundance of life in Nature, the greater our understanding becomes about human life.

Humans have an inherent biological connection with Nature that unfortunately has been severed creating a belief that humans are separate from Nature. The separatism mentality has led to the exploitation and destruction of natural resources. It is critical that every effort is made to unify the relationship between humans and Nature and bring an understanding that humans are not separate from Nature but are an extension. Reestablishing the belief that humans and Nature are one is critical to drive the change required to address the climate crisis.

There are numerous diverse benefits to having a relationship with Nature that span the spectrum including practical, economic, health (physical, mental, emotional), wellness, environmental, community, societal, and spiritual benefits. These benefits can make us better, healthier individuals. How one develops a relationship with Nature and the environment is not as important as them having a relationship.

**Go & Grow** and similar programs aid in reestablishing our relationship with Nature.



# Health Benefits of Spending Time in Nature

*Live in the garden. Let the garden live in you.* Claude Garretson

One of the best vitamins we can consume is Vitamin N (Nature)! Nature offers us so many health benefits besides providing us with nutrient-dense food essential to healthy living. Science has proven that spending time in Nature or green spaces can improve our health and wellness. Just spending a few minutes in Nature can have an immediate effect on mental, emotional, and physical health and spending consistent time in Nature can profoundly impact your health and wellness. Nature soothes, heals, and restores. Spending time in Nature exposes us to phytoncides, antibacterial, and antimicrobial substances that trees and other plants release in the air. These substances help us fight diseases and organisms that may be harmful to us. Research has proven that phytoncides boost our immune function, increases anticancer protein productions, reduces stress hormones, and aids in the improvement of our mood. Nature helps us to relax and when we relax, we become better humans.

## Try these:

- Regularly spend time in Nature, woods, a park, along a seashore, etc.
- Take deep breaths of fresh air.
- Walk in a green space.
- Create a home garden.
- Grow plants inside your home.
- Volunteer for a park or beach cleanup or at a community garden.
- Take an educational or meditative Nature walk, or an “awe” walk.
- Walk barefoot (on safe areas) which has natural restorative benefits known as *earthing* or *grounding*.
- Try *forest bathing*.

## Benefits:

- Revitalize your health.
- Provides cognitive and mental health benefits
- Reduces stress and cortisol and anxiety.
- Boosts your immune system.





- Can lower blood pressure.
- Boosts your self-esteem.
- Boosts your energy.
- Improve your mindfulness and concentration.
- Increases endorphin levels and dopamine production which promotes happiness.
- Can be inspirational and aid in developing a growth mindset.
- Can improve decision making.
- Strengthens your relationships.

## Invite Nature into Your Moment



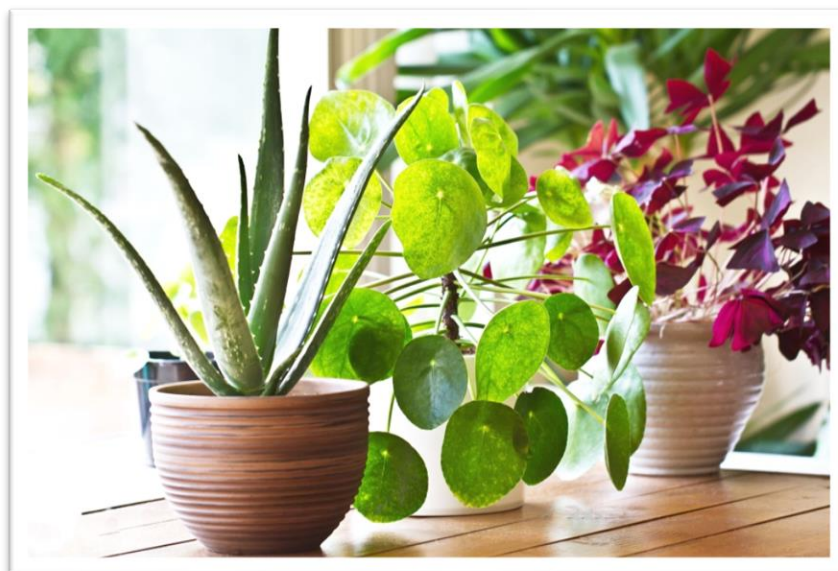
# Health Benefits of Growing Plants Inside

You also can improve your health by inviting plants inside. Houseplants provide similar health benefits to outdoor greenspaces. Augment your health and wellness by growing a few indoor plants. Indoor plants can improve your mood, reduce fatigue, lower stress and anxiety, improve focus, and boost healing and pain tolerance. These are the same benefits you receive when you hang out in Nature.

There are many products that we use indoors like cleaning solutions and paint along with products used in carpet installation and building materials that release toxins in the air which we inhale. Most people spend more time indoors than outside and the number of people, and the amount of indoor time has increased during the pandemic. Our exposure to these toxins increases when we keep our windows closed. If you suffer from headaches, respiratory ailments, or dry skin, it could be due to your indoor air quality. In addition to houseplants, consider using natural cleaning solutions as often as you can to reduce your exposure to toxins.

Here are three major toxins typically found in our home:

- Formaldehyde is typically found in carpets, upholstery, glues, paints, as well as other products.
- Benzene is typically found in plastics, synthetic fibers, lubricants, rubber, and pesticides as well as other products.
- Trichloroethylene is typically found in paint removers, rug cleaning solutions, adhesives, as well as other products.





Having plants in your space give you a layer of protection as plants can absorb toxins from the air. Here are some plants recommended by NASA to be great air purifiers.

### Air Purifying Plants for Indoors

Peace Lily	Bamboo & Bamboo Palm	Spider Plant
Red-Edged Dracaena	Snake Plant	Chinese Evergreen
Ficus/Weeping Fig	Golden Pothos	Heartleaf Philodendron
Boston Fern	English Ivy	Lacy Tree Philodendron
Aloe Vera	Areca Palm	Corn Plant
Janet Craig/Warneckii Dracena	Gerbera Daisy	Pot Mum

#### Sources:

NASA Life Support System - <https://www.nasa.gov/content/life-support-systems>

NASA Clean Air & Water Indoor - <https://ntrs.nasa.gov/citations/20080003913>

NASA Nature's Answer to Earth's Pollution: <https://ntrs.nasa.gov/citations/19910004538>

Natural Home Brands: <https://www.naturalhomebrands.com/blogs/news/115702917-plants-that-help-purify-clean-the-air>



www.naturalhomebrands.com

# You Want to Grow? Let Nature Be Your Blueprint

Recently I attended a multi-day Superfood Garden Summit where I learned a few things about growing your own food. For the record, I am a newbie when it comes to planting and have never



done anything related to farming. One thing the host said that stuck with me is, “Plants want to grow and will grow. How they grow depends on what type of relationship you want to have with them.” A plant’s growth also depends on the types of plants surrounding it. I’ve found both to be true after experimenting with planting seeds and roots.

The same applies to humans as we are just extension of nature. We want to grow too. Often, we stunt our growth because of the relationship we have with ourselves and the relationships that surround us.

If you want to grow and flourish in any or every aspect of your life begin with assessing the relationship you have with yourself. It may sound weird, but we do have a relationship with ourselves. This relationship can be encouraging, loving, nurturing, empowering or it can be critical, judgmental, and unforgiving. This is the equivalent of planting yourself in soil to naturally grow verses planting yourself in dirt and hoping for miracles. The act of attending that summit helped me draw this creative analogy as well as helping me to learn about growing my own food verses using the same time doing nothing.

When plants begin to grow, they will lean toward the sun if they are not receiving sufficient sunlight. I have a tall plant that sits near a window but does not have direct sunlight. It has leaned toward the window so much it looks like it wants to open and close the window. We are no different. Once we start to grow, we will seek out and lean toward anything that will assist our growth.

Now it's not all about soil and sunshine. Fungi can live in dead matter, but it still wants to grow, make something of itself and serve as a crucial component of our ecosystem. It can grow almost anywhere. One might consider fungi to be resilient despite its situation. Fungi is so cool that it has its own biology classification...it's not considered a plant or animal. Its fungi! The point is everything in nature wants to grow, serve a purpose, and was meant to grow including you. Everything in nature is growing all the time. Are you?

If you want to grow and experience all your fullness, I recommend you use nature as your blueprint. Do what one does when growing plants.

- Plant yourself and your dreams, ambitions, and desires in soil (positive, growth-oriented space and relationships)
- Plant as many ideas which are your seeds as possible. Nature is all about abundance.
- Protect all that you plant from predators commonly known as *haters*.
- Nurture those seeds daily.
- Surround yourself with diverse, nurturing relationships. Nature thrives on diversity.
- Adjust so that you are always leaning toward the sun.
- Absorbed the rain as it is necessary for your growth.
- Like mushrooms, make the best of a dark situation.

Growth is a natural aspect of nature. Stagnation is not. Everything in nature wants is committed to growth and designed to grow with a purpose. Even with a little effort, something will grow. You are an extension of nature therefore you are meant to grow not just physically but in all aspects of who you are as a person.

*Nature is an incredible teacher...and she wants to tell you, her secrets!* - Stacey Murphy, Spirit Gardening

Nature is awesome! Use it as your blueprint for your growth.

***Your mind is your Soil***

***Your thoughts are your Seeds***

***Your actions are your Water***

***Your feelings and belief system are your Sun***







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- I M University ([www.IMUniversity.org](http://www.IMUniversity.org)) is an I M organization.
- I M Well Holistic Health & Wellness ([imwell.impossiblemall.com](http://imwell.impossiblemall.com)) is an I M program.

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