How did you find it over the week or couple of weeks pulling the photos together and all of that?

I've been I've been kind of looking forward from this. It was a real hassle with my email thing and everything, but it was it was. It was nice to go back through some of the photos. Yeah, and you know, sort of. It was. It was alright. Specially nice, I mean, as you say…. To get that last photo of my monstera plant with a new leaf, yeah, 'cause I'm so worried about my my plants.. they’re just in real that they're not well at the moment. There's something I've done. I've got a bug or not looking after them or stuff like that, but to actually see a new leaf, it's like the first one of the year and it's really cheered me up. So yes, that's great.

**Yeah, I'm looking at the photo now. I've got one actually. It looks almost exactly like the one that I'm looking at right now.**

The leaves are yellowign and it's all the stuff they want. It’s like dying from the bottom up so I don't know what it is but I'm. It's it's weird because it's I've got. I just took on an app where I've got it like free for a week where I can try and send photos of the plants now say what's wrong with them, right? And I've got an article by James Wong. I've saved and something else from the BBC. I've got this stuff about saying alright, this is how I can improve my plan. I can't. It's really bizarre. Yeah, really. It's just getting a bit of a downward spiral, and then you. Yeah, I've got really bad depression at the moment, so it's it's quite difficult and. You know, it's like the plants lost hope with me, I was feeling well, the plants were blooming... So was I yeah, and the plants aren't doing so well and it's like kind of. Is it pathetic fallacy or something like that? Yeah, you know this thing in poetry, with nature in poems. Is it pathetic fallacy?

**I think so yeah**

Yeah we should, you know, that's that's how I feel with my house plants sometimes. And it's I don't know. It's like if I find out what's wrong with them. They maybe I can't help them, so it's better to live in ignorance, you know, I mean. Really, really weird. Yeah, yeah well. That's that's how I feel about my health. My my personal health as well. Yeah, you know, I mean, I could go like looking through stuff on Google. And you know trying to and I don't wanna know. Anyway, so I'm sure you've got an agendar, and I've I've I've taken him somewhere else so like

**no, no, not to be honest, not not really at all. I mean I've got. I've got these photos and I've got a couple of things scribbled down ona bit of paper but butnot much more than that. Yeah, I'm not trying to impose on anybody else really.**

Now that's fine, no worries. Thank you. This is an interesting thing for me. If you know. I mean, it really is 'cause it's like. It's an interesting area of my own psyche, and. Where are we now where I am in the world since I have this conversation with you, so it's you know it's good

**I suppose before before we get into everything, where does nature sit in reference to yourself, and your house plants? Could you tell me about that? Do you feel part of the sort of same… are you both part of nature or is that is that just another thing? Perhaps I got the wrong end of the stick?**

Oh no, it's definitely part of nature for me. Really. It's just I. I know. Just just looking at them and how they are and having them here, it's just it's just I I can't tell you how important it is to me, yeah. And I just like to show you not doing so well now, but it's just you know. It's just like I love having them here in the flat. It was almost like someone having your your babies and your dependence in the care, for you know, so yeah.

**Just want to say in this first in this first photo. Yeah, they look like the is that a Tradescantia hanging up?**

Yeah then the winner. Yeah that was that was like last year when they're all doing so well. Yeah and uh, you know they would just I don't know what it was like I I was using that plant food with them and I don't know they would just really really really going well. And then about autumn time. Save alot of them. Start to draft that. The Tradescantia just. Died and I've got one cutting from its growing. The other hanging plants to the left of that is now still up, but it's just dry leaves and I don't. I don't know what's happened to me. It's like loads of them are committing suicide.

**Do you think it could just be be the light or something over the winter?**

It could well be. I mean, it could be it could be the lack of light, I don't know, but a lot of them did where they they. They already had a winter so they got through it. So I'm I'm not sure. As I said, it's like I need to check. It says I say so bizarre because I've got this these things to try and find out what's wrong with them. Yeah, and I can consult it. So I don't know.

**That's annoying, yeah, I don't know. So I mean, if you sort of it probably explained it to me already. But just in this in this picture you know what are we looking at and. What does that picture sort of mean to you?**

Oh, it's just. It was, it was the world. I mean, it's particularly last year when when the pandemic was on, I'm spending a lot more. A lot of time in this room, yeah, and that was just looking at that, you know. And look at that view instead of the TV. Yeah? And then as the as the. You know, just you get every day you'll be able to watch the way that the plant was. Particular hanging ones were getting lower and lower, and that was all progress, yeah? You know, I said it will be, you know, seeing the plant will be lower than the and then it will be lower than the handle and then we will be approaching the bottom of the window and then so that was. That was a measure of like growth and progress. Yeah so that and the and the the new leaves that were coming up on the monstera were fantastic. And it was just, you know. Happiness and happiness and good vibes tonight. Really nice. Yeah nice to see them first thing in the morning and you know follow their growth. So yeah.

**The view- is that just a view of the indoor plants 'cause you know that in the in the photo there's obviously, other stuff going on…**

It was, it was the whole thing. It was a whole view. If you see what I mean. It was taking off your plants with with with the with the curtains and the the the light and the and what goes on outside. Yeah not not some, you know just the outside. It was more of a backdrop to the to the plants inside right? Yeah 'cause that's what he reflecting your situation yeah. I mean they were part of the same kind of continuum in terms of you know how. Is that you know you said that. Death as a part of nature, you know? We’re all part of that, that same nature.

**Are they as natural as the stuff that's going on? You know, in the in the ground or outside?**

I think so, yeah. Oh yeah, I think so. I don't know if you, I mean if you look at if they're obviously species have been taken out of their natural habitat in in a lot of ways. Yeah, so you can look at it like that, but if they're thriving then I think it's fine. Yeah, you know that that's its own its own. That's it’s own reward I suppose. I don't know. I think it was decided that it depends on the health and if they tried and thats that's the best. That's the best indication they can give, which is what's upsetting about them at the moment. But yeah, I don't know. Gosh, I just doesn't this. I don't know this is so. This is so weird. It just maybe just only thing I've never forgot.

It leads to this thing called The Handbook of horror stories. When I was a young man and so there was this anthology of horror stories, yeah, and there was one about these people. They wake up and kind of like amputated and. They seem perfectly happy and they're talking to each other and they are attached to these large carnivorous plants. And what this man is trying to do in his stories... Take the analogy of like when you wear a cut flower in your button hole. At least carnivorous plants using little flashing humans isn't equivalent to that. If you see what I mean. Yeah, I need it always. It always struck me, particularly like cut flowers or whatever we struck me. Is it because the way they seem to be happy as well? Yeah, really this the idea was a nightmare.

Somebody cuts through the stems and they're not really expecting it, but it was the idea of the way, especially if you give those plant food as well, you know, and then you can see that the your cut flowers are doing well and stuff. So that that always I don't know. I don't know what the point of that story is, but just maybe think interesting. You know what I’m trying to say?

**Do you think these plants are all part of nature?**

I suppose they are but. It's maybe maybe what you know maybe think oh, would they rather be flourishing in the jungle? Who can tell? I don't know. Yeah I love you know I guess it's not like they've been dug up from. Wherever there from you know the Amazon or something. You know that's what it is, but. I've been reading a lot, I said I don't know just why when I've been reading recently about. With the you know how sentient trees are. Yes, OK. Can plants be sentient? I thought there was a debate about it and then on Twitter or in the Guardian or something and. You know the way that they can have firm chemical signals if one is cut and things like this and then with all the all the it's not so much what you see above. It's the root network. Yeah, well they all communicate with each other so that

**the wood wide web I think it’s called**

And you know, maybe when they look at the effects of forest bathing and stuff like that with it, how much of that has to do with it, you know, or like or empathy passing on the feeling of well being to human creatures. So I don't know. They’re just kind of used to it. So happy prisoners I suppose.

**It's it's interesting. Yeah, 'cause that sort of thing of the trees talking to each other. Or, you know, sending chemical messages or whatever, whatever it is, sort of under the soil in that kind of like, you know, wilderness sort of situation. But then there's a similar sort of thing going on here just through your eyes, basically, and then the way that you're looking after each of these, and maybe moving them around to the best spot or something.**

Yeah, that's interesting, yeah? I think some people do have naturally green fingers, you know, yeah. Some people really have a feel for it, I don't know. Very strange, yeah. When I was very, very young. man about 15. We went to the. National Festival of Mind, Body and Spirit at Olympia - like a kind of real hippie thing, so this is like we're talking late 70s, stuff like that, right? 'cause me and my roommate, my friends get into drugs and stuff like this. So that's the Steve Hillage Rainbow Meditation space or stuff like that.

One thing I remember very vividly, but they had this thing of where I forget the guys name now, but where you can attach an electrode to a plant and get audio feedback. Of course we were up there and we would. You know pinching the leaves in two and making a nuisance and stuff like that. But because we were stupid young kids, but again, it's another thing that's always, maybe. I think it's always stuck in my mind. We all you know, nature is aware of this in that sense. You know there is some sort of sentience or something. Can you do you know that guy's name or can you remember the researcher that you know I don't?

**I don't. I don't know his name.**

I'm sure because with all he was a Russian guy.

**I'm gonna have to look it up after this I think.**

That was I I member, seeing that again recently and it's it's quite. It's quite interesting,

**Yeah, it certainly is interesting 'cause it's like… with the trees or with the view of the house plants, there's a bit of back and forth going on there do you think, or is it more of a one way street?**

Potentially. Like right now. I I think I think there is a back and forth with this then release things mean right. If you're if you say you're sort of like living in environment in the Amazon or something like that, and you're kind of in tune with it. Or you know that that's that's one thing so obvious and then they go and they go and they fucked that up. Or yeah, I've been looking at this kind of lorry park that people have had right down in Ashford. It's gonna be huge. They don't have night, they don't have like dark nights anymore because of the huge lights there, yeah? What that must do to people? You know it's literally horrifying.

**There's a lot of photos of the sky and stuff later, so OK, so we should talk about that in a minute**

No worries.

**That spider plant that one looks like it's doing spectacularly well**.

Yeah, it needs a bit of pruning, but it's got some new growth on it, but that's. That's really one of my favourites, 'cause I grew that from her from a baby alright? And I got it from. When I was having a counselling session with one of the mental health places like Vivian Lewis, Center in Hamilton, yeah got some beautiful plants there really, really really healthy plants and so. Uhm? I'm really good position for the light and everything. Obviously people like after I took it from there and it's grown. I've had that for. Gosh, I think it'll be three years this summer and it's going really, really well. So again that that one, especially in terms of kind of like good mood and stuff like that. Because he I know I got really.

I really got positive feedback from this therapy. It's been like the most useful thing in fact, in the last 20 years, this particular compassionate mindfulness course. So that plant is really good at seeing the bedroom mirror like my head and it's really really good, yeah? You see, there's another dead plant. Just below it. So. Again, it's very. Representative of my current mental health, yeah.

**Did you have any connections to that one?**

I've got some, I’d sort of like come across some money. I went down to Lidl and bought it and it did fine. I moved it to the bedroom to try and get the best light. Yeah, and it's just committed suicide, no idea. Relatively deep long, it's just ‘I don't wanna be here I'm taking this cyanide pill’.

**Yeah, yeah. Is there anything about that? Sort of come and go of. Or that sort of independence of those plants that makes you think at all?**

Now you ask the question, I suppose it's just it's up to them, isn't it? Just there's nothing you can kind of like do about it really. I do think I do think there is just some reason why some of them just don't flourish. Yeah, and I don't know what it is, but you know. As I said that the hanging plant the tradescantia. Yeah I've got loads of cuttings off that and I planted and it's only like 1 not taken. I've got no idea why this one part hasn’t is taken and four or five have. I don't know, it's just I think it's. I suggest it's kind of like beyond your control and it says these three things will do is they will at the end of the day.

**And if we're thinking about, you know nature with like a big N. Do you feel like you know? Is there any relationship for you between that situation and the state of nature or anything like that?**

Uhm? I don't ever mention this, but I'm kind of… I think nature will just do it. It will right just. It doesn't kind of like. I suppose there's something about it, I don't know. It's like it's like the Gaia theory in it. I mean, the Gaia theory says that it's all going to kind of like tend towards. Some sort of equilibrium in and I don't know where that will be in the very great long term. You know, I mean, I think I think nature is nature will persist, but it will just look at the very very very long term. So let's just fine at the end of the day. I don't know if nature can't make value judgments. About what it's gonna you know what's gonna be great for it, yeah. I don't know. I, you know, just like it's like the cockroaches will survive when they. Yeah. You know so. One day there's going to be a kind of cockroach empire and who you know who are we to judge that that this was any better, yeah.

**Because in that sense, you feel like there's like a divide between the we have like the humans and then all the other stuff that sort of falls under.**

There isn't a sense there is a divide in that we're kind of like we have so much power over it. We have such dominion over it, and we we are. Wait, we're so powerful, but. I, I mean, I don't think it's that. I mean, I'm increasingly of the view, I'm I might. I am really interested in this. These mouse plagues that they're having in Australia, Australia, yeah. And I literally, that's literally the way I think of the human race, right? Seven and a half billion of us just all that… or or as an algal bloom. Like kind of spreading across the planet. And you know, I think again, these you know these these populations. They cannot. They're gonna go up. Yeah, eventually there fresh in some way. Whether it's a pandemic or antibiotic resistance. Which again is, you know his nature in a way or whatever, yeah?

We’re gonna fuck ourselves. Yeah. 'cause it's we. We obviously we, we have the self-awareness to realize that we're not in harmony with the resources, or that the you know the natural things that this plan here. Yeah, so it's just it's great. Bummer really, but I don't know it.

**Sort of, isn't it isn't. So because, like with what you've been saying earlier, it's like if if that is just…**

Oh yeah, yeah. How the equilibrium sorts itself out then yeah. Yeah, from the human's perspective, it's a bummer, but from nature's perspective so you know, I, I'm just gonna look at nature's just gonna look at the really really long term with this. Yeah, I you know, I kind of like imagine of. If you think of like, kind of what fossil fuels are, if you know, I mean it's just, you know, it's just kind of. Compressed sunshine makes it sound nicer. Yeah, well it it could be that it's it's, you know, it's just it's just the remains as just remains a sunshine and stuff and it's it's there. One day there's gonna be exactly almost similar things of landfill plastic, yeah? Maybe maybe that will become a resource to nature or to whatever is left. Yeah, you know, I mean. In the in the very very long term, it's gonna be the same things a lot of whatever. So I I don't know. It was just a bit. I suppose you have to take that long term view that nature is going to be alright, but it is a shame because we have this self awareness what we're doing on the planet and it's fucking horrible.

Have you heard of this Dominionist philosophy?

**No, that's new to me.**

It's it's like espoused by people like Mike Pompeo and evangelicals in America.

**OK, that's probably why I've not.**

It's basically what it says. Is there something in the Bible where it says? A man who's given God is giving man dominion over the earth. Oh, OK, yeah yeah, taking this for they've taken this idea and said well, basically we don't need to do any ecology or anything green or anything about climate change or anything because God's given us the power to do it and you're just like really. And if I weren't, so you know, if they weren't so fucking powerful you would just be able to dismiss it. But it's quite horrifying. The people with such a disgusting ideology have got so much sway in the world.

**Yeah, I guess you know, for those people there sort of. Being part of nature. Be able to, like, you know, converse with. With other parts of nature that that's the opposite of that. Basically 'cause you just told yourself completely separately or the human race completely separately.**

Right, I don't know I I'm I'm at I'm at kind of. Tell me if I'm repeating myself with my own ideas away… I wish I I wish get like I'm fascinated. One of my big bugbears is. The car advert. Because if you look at I think you know and it seems like 90% of car adverts. There's an individual or a happy family and they go out to this place in nature where there's no other cars. And where is this place? This place then all these all these new cars find to drive. Looks like a beautiful coastal road or just off road on a, you know, in in what seems like a National Park somewhere or an empty city. Or you know. And it's just this, this mythical place. That your new car suddenly finds for you. I I I find that kind of disgusting. Because it's just so I'm realistic, and because yeah, because I'm surrounded by the fucking cars. There isn't an empty space because of you. You're not gonna find this empty, so you know, and the reason you know it's empty spaces because of what you're doing. It's just, it's just saying.

A similar thing that gets to me again is some adverts for food or processed food. And it's not so much they you know. There's a lot of money and the names tend to be like Sun Valley or stuff like this. There was one, it was like a poultry processing farm and I used to work in industrial recruitment. So I had some knowledge of these actual places. Yeah, and again it's so disgusting that you can call something Sun Valley and have a picture of a happy pig on it, or a happy cow. Yeah, and you go down and it's the most awful. Awful. Disgusting, terrible working conditions and just a huge industrial plant. And they shouldn't be like you know. It's like this idea of the the image in the reality they shouldn't be allowed. If you're gonna show your food that you should, you don't show this ideal place where it's being produced. This fantasy you need to show the reality. 'cause they've just commodified or used. Yeah, that's true.

**Using nature as a selling tool.**

Yeah, it's just. It's just awful. Right, yeah? Not happy farmer all this sort of stuff. It's a disgusting factory that you know it's it's. It's an awful factory with awful conditions for the humans and the animals that are in there. It's not that it's making your breaded piece of chicken. Yeah, it's not. It's not happy valley. It's not Sunny valley, yeah? There's nothing wrong with you know it's nothing again this. I'm not a vegetarian so that I don't have this. You know, I don't have this thing there, but there's. There's nothing sort of wrong with that. If you showed the react you know, show the reality behind it. Yeah, and then they just. Kind of. On this you know it's like on this front.

…It just seems like one of my pet theories is there was a... Somebody said like the worst change of the last one, one of the one of the hidden, turning points at the last century was with Jimmy Carter, administration is trying to put legislation in that would restrict the amount of advertising to children. Right, and they were trying like, no fast food. No toys that you don't need. Just like really do that from a kind of sensible, Liberal, paternalistic way. Yeah, and you know with the real kind of like agenda around it and they were obviously they were fucked off by the forces that be. Yeah, you know, someone said if actually made you have that change had been made there. It could have been a real tipping point in people's consciousness. I know as I say, were it not for the advertising and marketing and stuff like that. Now they're always there. Always sticks with me, yeah?

**It sounds like you know all of that stuff is kind of quite inhuman, but also it's a part of humanity. It's not. It's not in tune with nature or the natural. Or is it?**

Or is it? Or is it not true that you know, that's what humans do? I don't know. I'm I'm trying to troll through. This book Sapiens and I've got it on audiobook, but I put it on and I obviously fall asleep after 15 minutes. So kind of bummed. I'm really. I'm really fascinated by these. Kinda believe evolutionary anthropology ideas. If you know that we will, we will kind of like geared up to whatever happened in the 70,000 years we were. We were hunter gatherers. Yeah there's some kind of answer in human society to whatever went on there right and. I I don't know it really. I don't know, you know, because this obviously. Some cooperative societies flourished, and then there must be other ones where they were. They were like real fuckers and I don't think there's an answer from now. I think he probably just mirrors pretty much the way we are today, yeah? I don't know.

Well, the one that one really appeals to me, yeah, is ,there's a load of history about this... This tribe in the Kalahari Bush at the moment yeah and. The people that go off that these young men and the ones that go off as the hunters. They go off and they bring back an antelope or something. They prepare this.. it’s quite difficult to hunt in that environment, but they will bring back some meat and everybody has it in this big celebration and stuff. But they literally have to abase themselves. So part of their culture is they'll bring back a lovely fat gazelle and everybody eats. But it's a big tough hunter has to go “I'm really sorry it's a really shitty piece of meat. I'm really sorry I put it back. It's really rubbish”. And that their culture is that they have to abase themselves right? And it's it's just, you know, this is kind of like. Somebody I feel somebody's got the grass with macho culture there. Should I mean I've had to have had to deal with it for the for the purposes of everybody in the society, right? Yes, so it sort of cancels itself. They don't have to come out and do their thing and get back. My are appreciated because it's almost like it's almost like a kind of like knowing cone. It's not a load of bollocks He made a full apology.

Yeah yeah everybody, you know everybody had a good time and everyone's happy but they realize that they can't. You know, I think this is the idea is that this is sort of something that's like policed by the matriarchs of the of this culture. Yeah, stuff like this. Since I say, you know they're not, they're doing it 'cause their granny is telling him to do it. No matter how hard they are with their Spears and stuff, yeah. But that really does. I'm like ‘you people have got something’. Yeah, so you know it's like kind of. I'm not gonna worry it's not gonna be like LinkedIn where I've got my picture in my Rolex watch in my Maserati there. Oh, you know my big house or my Number of Twitter followers or, you know, I mean all this stuff. I'm going to abase myself about that everyone should know that I've done well. I know, I know, I've contributed society, but it's not about the, you know, it's not about the ego, it's not about everybody blowing smoke up my arse. Yeah, yeah. So I don't know.

**It's interesting. Yeah it feels just so you know far off I suppose. It's difficult to…**

Again, this will be. You know, if you were to be able to take that, you know you would. You would do more for teachers and nurses and stuff like that. Should I mean you literally would be more for teachers and nurses and stuff right now? I don't know.

**Yeah yeah, yeah, it's interesting. I want to make sure that we talk about some of these other other pictures, so forgive me for sort of jumping on.**

You have to bear with me for rambling but I'm gonna you know these things come up I'm gonna mention him so yeah that's I mean that's perfect for me. Yes, I'm sure next answer. Next we've got a little cacti and succulents here. Stop there, that's that's the ones in the bathroom. Yeah, they they will find they interest me because they don't. You can actually. The more you do with them, the worse it can be. Yeah, so then then I mean they're not getting the light that they should there.

And there's there's ones that have become leggy and I was looking to try and replant them, which I haven't got around to it. But you know, they just have their own place there. There I look at every time I go for a shit and. Can't say very happy with those so yeah, very happy. Nice of you that you picked him up here and there. And yeah, yeah here and there and just bits and bobs and. Half inched them from Morning Lane Tescos. That's nice us. I like them. I like them. 'cause again they can. You know it's just I used to sort of like water them too often and stuff like that, but you can just leave and just give a little spray, you know get on that stuff. And yeah, they're happy as Larry, so they're good.

**I've gotta talk about the others. The monstera with the new Leaf as well. How big, how big are those leaves? That looks pretty sizable to me.**

Must be 12, 14 inches. The largest leaf. So nice. So yeah, I don't. I don't know what it's it's dying from the top up but it did say that I've just seen that new leaf today and I'm like, yeah, you know, that's like the best thing that's happened with the plants all year so I'm really happy with that. Yeah, I've gotta check that with the roots are going back in the pot. It might need repotting to be honest with you. Only repotted it last year, like I worry with some of these plants and I think some of them made there that that could be the problem. Yeah, it's gonna be a bitt of effort to do but I'm gonna I'm gonna have to check that. Yeah that would be that.

**That could literally be the problem in that they all seem to have the same problem if you know what I mean, right?**

But I'm so I think I'm yeah, this made me think I'm gonna have a look at repotting tonight.

**That seems important in terms of like you know, how natural they are? Whatever, I suppose that's an example of when they almost can't survive or whatever without you.**

They do need that. So now that's I wasn't, as they say, it's only recently or like things are going to. I realized that you know, even thought that house plants need repotting. Yeah, that I've just realized it's just that could really be a problem. So thank you for that. This conversation is helped me realize that could well be the you know, working. Excellent glad that one step on steering wheel, with three leaves on it. My ex girlfriend got it from her. Office skip or for recycling bin, yeah? So and it's come to that and it was it, so it looks so much else it's not bad plan anyway, but you know, again, it's so nice when you got something that you actually sort of like bought to that, yeah. Flourishing that was that was absolutely fact, yeah, just yeah. Just gonna be chucked out, or whatever, you know, you know you're doing the right thing when something's done so well from there, so yeah. You know a procedure that makes you feel good as well. It makes you feel good, makes you feel good. Yeah, it's shape. That's a shame that these some of these. Snake oil salesman say we gotta have lots and lots of plants 'cause that will clean the air in the room. It's a shame that there's not enough plants to actually do that, but you can still. Harness that feeling within yourself somehow. Yes period. So all good.

**Fantastic. With these next couple of photos, we're sort of moving. Move it outside. So yeah, with this one, what what we what we looking at what was going on when when this one was taken**?

Oh, you have to describe it to me. Can't see,

**oh sorry, it looks like it's on. We got housing estate in the background with a row of trees and**…

OK, that's that's open. Mabley Green, yeah, so let's just like last year in the pandemic where I went over there and they've made that a really nice space. They've tried to rewild it. Yeah, it’s the nicest kind of I've got two or three spaces, the nearest sort of like space near me. My ex used to go and sit on the mounds. They make these mounds there. So it's just a it's just a picture of that space and how nice it is really. Yeah yeah, not thinking during the pandemic last year was he was a real place to go out and walk in and be. So it was nice with the rewilding. What what does that entail? I'm. I just made a couple of like maybe like a couple of mounds they have sort of broken things up a little bit. Uhm? It just seems to be like a very, very flat space, but they think they they, they people, plants and wildflowers and that around it.

It just looks like she used to be like a flat, kind of like playing field space, but now just as they've allowed a few more wild plants and these two these two like, pillows there. It just makes it just a bit more natural. Just somewhere you think it's easy to sit and relaxing.

**What it what is if you have to put your finger on it, what is it that makes it more more natural that they've done that?**

It's kind of 'cause they've someone's done it. It's just putting some contours in the ground right now and allowing natural growth upon those as opposed to just mowing the lawn, basically. Yeah. Yes, that's it.

What is there? Before was it an unnatural space, was it completely devoid of nature?

I never used to go with that much before, but as I say, just is my ex, she used to love it. It's just right. So just just having these things to head for I think just it just gives you a little bit of cover because you're obviously. You've got the motorway going one way. Yeah playing fields and then then flats and everything. So I suppose you always have that feeling of being overlooked which is more secure just on a flat plane was just having these little pillows of ground I I haven't thought about how effective it is, but it is if you know what I mean. Yeah, wildflowers on there so it's quite nice and you just say this. There's other people that were going sunbathing that there so that's no. It's just I think it's just really effective.

**Yeah yeah, and I say you know you got all those. The flats just just behind sort of. It's like a quite a contrast.**

Yeah, it's it's it's. It's a. It's a really nice space and again you put the. That this all the. Playing you know that football fields and everything for the right hand side. Yeah, it's nice. It's nice to see people playing sport and enjoying themselves and stuff. Yeah, it's always approve. I always prove that I've got, you know, that's one of the best uses of nature to get out and run around and kicking football and stuff. Yeah, yeah. Is that is that even part of nature? Just asking around and I think so yeah it's it's. I think it's the best thing we can do. I've got no food, I've got no issues with that, so yeah.

**Brilliant thank you. We gotta talk about this other one as well. With the parakeets**

Did you get the poem I did?

**I did but I didn't see it until like just before this and I wanted to give it a proper look. I didn't want to just skim it and then sort of…**

As long as you can see it. If you see what I mean and it's legible to you, that's fine, but it's just it's really. You know, I used to spend a lot of time, a lot of the pictures of the. The sun rises and everything and everything you might will get into later there from my balcony facing down towards Stratford, yeah.

So and then I've got the the tree line now, so you can I you know you spend a lot of time out there smoking or just you know that that's what. I suppose we need to talk about. I've got this. I've got the garden at the back weather where you can see the plants from. Yeah, but to actually get access to just to step out the front door and stand on that balcony. It's a lot easier and a lot closer to home, but they don't have to lock the door or you know go outside and stuff like that, so that's probably outside of the front door is where I would have my most interaction with nature. Yeah, at the moment. So while I'm out, you can imagine my surprise when I hear the noisy fuckers. Those parakeets really as well. When they fly along and then you know you see one or two and you like fuck me, did my eyes deceive me there?

And you you get to see the more and you find out what the hell are they doing and that the you know they're not actually that rare and stuff and. So I haven't seen him so much this year, but I mean, you know, just it's just an incredible thing just to see a flock of jungle birds flying through London. It's always fascinating. So and again, it's it was nice in that it inspired me to write a poem that I was quite pleased with. That's really nice, yeah, so there's just. There's like all kinds of benefits coming, just that few seconds. Probably of yeah, well, or just, you know, like keeping keeping in touch with them. And I do as I say, I'm not. I just love it says there's not really, really not much of a view out there, but it's, you know, just the birds are one thing that I really just love to see. See the you know the gulls circling in the sky and. The swallows and Swifts like catching insects on the wing. Yeah, and the the Magpies like kind of, wouldn't they look like dinosaurs? Stupid, stupid pigeons and you know, I mean, it's just that's. That's the one thing I have to do with ‘creature Nature’, if that makes any sense to you?

**Is that separate from … Well, I don't know what the other categories of nature would be.**

OK. I would imagine that if you were there, there isn't much wildlife at that and urban foxes. That's all we got and it's the birds and everything, so right. That's really, that's really we've got. Like you said these are, you know, exotic. I think they're from from India originally. And yeah, Indonesian easy, someone Southeast Asia.

**What does that mean in terms of you know their naturalness or their connection to, you know, like the urban nature, how do you see that?**

Oh, I'm. Just like good luck to really. Pretty good luck, so maybe you know what are you gonna do, they just they just they just doing it a lot of it's kind of when you see the poem a lot of my feelings today is the kind of exhibited in the poem, really, but I don't know. Just it's just, yeah, good luck to they, they're fast, they're fascinating to see, and I really, I really feel they they. They just sort of that players in their own game, I say good luck to them. Yeah, I like that there's not. Yeah there's not like any conflict because there. Oh, they probably you know, like they could be displacing some pigeon or something like that or. I don't know, just whatever they do they do with a certain visual panache. Kind of like bright green and they they flying. They fly really fast without giving a shit about anybody else. And yeah they make an enormous row, all this shouting at each other so you know good luck to them. Really, yeah.

**Interesting 'cause yeah we've talked about. People like fucking everything up and not acting ecologically. But then I suppose this is an example of sort of. Where people are having access ecologically, we just haven't thought about it, but like there's. Maybe a good side to it even.**

I I suppose so yeah, I mean I don't know. It kind of like presupposes that there's there is a... So goes back to that idea. When you think about the evolutionary anthropology that there is some perfect state and I guess. It's like the myth of the garden of Eden, isn't it? Some kind of state of paradise? That we've somehow disturbed, you know? I mean, we never. We never ever gonna go back to that so it's just about making the most or deciding you know. Ideally we just make the most of it, decide what we want to do with what we have. Oh no. You are never going to get back to some primordial paradise because the idea is stupid.

**Does that exist anywhere on on Earth, or is that just you know to the winds now? Or did it ever exist?**

I don't know, it's it. I think it's it's like this thing of like from nature's point of view about making a value judgment on it. I don't know, yeah. I have a long time, I just I'm I'm I'm not. I'm not sure how it works. Maybe there's a feeling. Maybe there's maybe there's just a... Maybe nature and we have a feeling where you can go into a place and you can go. This is beautiful. This is this is right. Right and then you could have a feeling of going to somewhere horrible and you know this is completely wrong. So I'm. I'm not sure on that.

**I mean, that's sort of what made me wanna do this as a research topic because. 'cause that that feeling almost you know is that, is that the same for. For everybody. Always or is it like a subjective? Subjective thing. Especially when we live in the city, you know?**

Yeah yeah. Yeah. It's it's like kind of. Lost. Last year me and my girlfriend we made like I was I am. I was, but I mean I know forest. Yeah and uh I bought my house with my wife and my kids to be near Epping Forest and that. And I was I before even knowing about forest bathing I was sure that there was some. You know, I really wanted my kids to have the same sense of. Freedom I had just thought you know, would take either Doberman for 10 years growing up and just take one. Let my dog out for a walk and just be able to go out and just be there. Be really, really happy with that. Yeah, and I think I think there is a I think there is a subjective feeling of goodness. And and happiness with nature. But I spoke, I mean, a lot of what I've been saying to you is how we've. He's been kind of aware of that and being aware of how we've had divorced, we've become from here, yeah? it's just so weird when you talk like this. If you go by the river Lea yeah, and you've got this…. There was a bit where we walking out in last year. I thought I could literally but there was no sign of the traffic. I could literally be in the countryside in this ideal forest, river place. You know it was just so nice and. But then you think about the chemicals that are in the river. Miles disease, yeah.

It's really showing some beautiful pictures, so some people pictures of like man, so the Colombian community bathing in the river and just like absolute… again if that's that's people being in in in harmony with nature Drake bathing in the river and a hot day yeah with the family and everyone's enjoying themselves and having some time off. Yeah so that's again that's that feeling that you're looking for and you could see it in the joy on peoples faces. Yeah, nothing peddling but then again. Now you've got this kind of like. Phantom or spectral, whatever in the background, I don't know. You see, and it's like you know, is ignorance bliss. Yeah, thought you saying earlier, yeah could we just you know, should we just be able to enjoy it? Some nature we've got or without worrying about. You know I cannot, you know. I don't know. It's weird in it too much knowledge is a dangerous thing sometimes. Yeah, yeah. So it's really well mean there's not any.

**It is subjective, isn't it?**

It's just strange though I don't know. If you look at this, you know you look at those walking in the canal, where it connects with Hackney marshes and stuff. Yeah, and you know. So that's really, really beautiful and really nice and really lovely and. Playing fields of the people, but saying you, there's been some mugging there lately. That would completely spoil your appreciation of nature. Yeah. But it's only the knowledge thats stunted. I mean, sending that little bit of knowledge that stunning you're probably not gonna get mugged, statistically, thank God, but do just that little thought… What about the chemicals in the river?

That's what I think about nature and to see this so many of these little worries in the background that. Don't allow you to appreciate you.

**Yeah, yeah I can relate to that. 'cause I did get mugged.**

Yeah, yeah, so it's not a you know. It's not, it's a. That's this is horrible. You could, so you know we're so lucky to have these beautiful tree lined avenues in in in London. They’re cutting them down everywhere. Yeah, how are you gonna you know how to appreciate something when you think it's under threat. 'cause you got that you're pensive about? Yeah, how long this is gonna last? Yeah, did the modern world is put you in a mindset? Is there anything good is gonna be commodified? Yeah, some of them might be diseased or you know I mean. But then at the same time nature will find a way, and it's always there. Even in a terminal tailspin. From the point of view that most of us are forced to take which is our experience and that of our children and grandchildren. Yeah. It's pretty fucking depressing. Don't know. Yeah.

**What about this? There's a fair few pictures here off of the sky. Is this when we were talking before, with you saying about really, really, really early mornings.**

Something more. It's just. There's not so much to kind of like, say, about why I really like what really interests me in the sky. Yeah, one of the things. You see one there and it's got. There's a couple they've got like yellow… It's like this sort of lens flare. Oh yeah, that's that's what fascinates me where they look like they're not. They weren't long there, they were phenomena in the sky, right, right? So that's that's, that's always fascinated me is. You know when you look at a kind of sunrise or sunset? So it is it's unique. Should I mean yeah, unique moment you can kind of capture? And you may see something that you've just like, never, ever seen before. Yeah. It could be. It could be like something similar to those I know. There's like a green flash you can get with sunrises or sunsets on. By the sea or something like that? Yeah, so you know. Again, I could look it up and try and find out what that was.

I just feel so privileged that I'm probably the only person on the planet that notice there. Yeah. Should I mean and I was able to capture it and think about it.

**What does that mean in terms of nature?**

I just think it means that it's just. It's the best example of. You know I got, you know I got major depression. I think it's like having a depression that it mean you can also be… It was so at some stage gives you the capacity to be majorly happy, yeah. I mean it's not all. It. I think the human condition is slightly bipolar. I'm not claiming to be bipolar or. Anything necessary, but maybe there are ups and that you know if you can see the down you can see the up as well. Yeah, and there were just these moments where I can use just. It's just absolutely mind bogglingly beautiful there. Something has made these combination of colors that we find so pleasing and. Orange spots, you know all awesome and inspiring and it's just painted on the sky there for you, yeah. You know any and it slightly changes at the perfect rate or. It's just and you can. You know you can capture it on your phone instantly. Yeah, very lucky you know it's just. It's just beautiful.

I love sunrises and sunsets, yeah, and I particularly associate that. We've been this pretty being happy and being wanted to be up in the morning and see them and things like that, so yeah. It's 'cause I. They've seen their personal, their unique, their beautiful there. They seem to appeal to the human condition. You know, everyone loves have some lighter, you know, yeah. Tonight. Like once I went to Anglesey and we went to the top of a hill. My friend met somebody there, building a dry stone wall, which my fascist brother is looking at doing a course on, interesting but never mind. This guy actually stopped his work to look at the sunset. It was all inspired. Beautiful it was. And they thought that you could actually be out of work. And want to stop and see the sunset. It's always been, you know, I've never forgot it, just always be a fucking perfect way to live. You know with the theme of your. Project you know? I mean, oh, how? How would we get these men? Could you imagine being at work? Yeah, I'm sorry. I'm like you should be jaded. You know the the the thought of human experiences. I do this every day. It should be. I should be jaded of. It shouldn't impress me anymore, yeah? Thought we were there and you're able to do that and appreciate it. I thought you lucky bastard. Yeah. At the present. You made your own luck, you know? I mean, you've made your right, not just that you're fortunate and random luck, but you've made your luck to be in that position.

Yeah, yeah, you know. But that said, you know. Living in a urban space, we've also got access to that. Potentially. You're right, as I say, it wasn't. Uhm? It wasn't so much it wasn't so much the fact of him. It was the fact that he was able to take time to appreciate it. OK, alright, it wasn't so much the fact that he was he was in this beautiful place. He was that you know he should be much, you know for him like sunrise and sunset should be, you know supposedly happened two times a day with this wonderful aspect. Yes, I wouldn't be that kind of rare to him is he is it might be more in in in an urban situation where you might be cut off from seeing the whole sky. Or yeah, you know, preoccupied by something else. But was it the fact was that he'd been able to take that? He took sat back and took the time to appreciate him. Yeah, that was the thing that really got to me. Yeah, that's interesting. It's not like it's not like with the. The other things were like. Like with them with the plants or like being on those like little he looks whatever where somebody is. Can something there's been some human intervention? It's just like pure experience of. Yeah, something that's not where no ones like. Tell anything. Yeah, that was it was it was there. I don't know so. It's funny, it's just to say it's just weird 'cause my my brothers. Gonna take a course in. Dry stone walling, right right, like big, younger than me and up in Scotland and much more money than everything. And it's just so and he says it's kind of like full of. Expect managers and stockbrokers and engineers and stuff like that. And then we're gonna go out and go try stonewalling.

**Sounds like hell.**

What we say we collectively there, yeah, but you know then the idea is they will be off on their own. It's just the idea, you know we've got this or this idea of all this idea of this. You know all these ideas of. They've all put their effort into this kind of. Material world things may wanna go from fucking stacking bits of stone together. Weird. He's sweet, yeah. You know there are people that are trying to this. They pay for their, you know, they're really trying to get that feeling of nature that we were talking about, yeah? These are good thing. Ultimately. I suppose, yeah, I can much like her kids. Good luck to him. Yeah, I wouldn't. I would never take. I wouldn't, you know, I wouldn't. Kind of. condone culling them, bank managers and stuff like that, you know. Just let me get on with it. I don't wanna say happy yeah. So I don’t want to seem too sardonic there. But I don't know. That's interesting, right, yeah?

**In some of these other pictures of the sky, like this one with like streetlight and the satellite dish, and it looks like a lot more cloudy, but then it kind of blue sky just over the rooves.**

Yeah, I mean it was. It was a thunderstorm. OK so I was just trying. I'm just trying to capture the awful majesty of a thunderstorm. Yeah, I think again in. In the urban environment and wanted to be close to nature, you got like sunrises and sunsets. And then you got the extremes of the weather. Yeah, just another thing that I just you know, that's when I when you can really feel. You know the elemental power, and you know, just be aware of this wonderful thing outside of yourself in an urban environment. So this, that and. How much I love the word petrichor. Yeah, now how, how, how? Knowing that there's a word for it makes you aware of when it happens and appreciate it more. Yeah. Set up the minutes without photographs about.

**you said that sort of like outside of you getting outside of yourself or noticing things outside of yourself is that sort of different to say. Like with the house plants where, you know you're very, very close to them, and you're sort of more entangled with those things or am I wrong?**

No, I think I think there's a bit. I think there's a big. You can look at the scale about things. Like manageable things you can control and and look at your your short term vision, but then compared to a sunset or a thunderstorm it's pretty small beer, yeah? And not in that sense, I don't know. But she's just as we just wonderful. But you know, this things are the things on the scale with the grand opera thing. There's something else, yeah? And there's not like, you know, they're all part of. There's something super. Yeah, it's super the same thing, just like a scale rather than like. Yeah, I mean I would. I would I would have if I could have captured it nicely. I was gonna.

One of the photos I would have wanted to send you would have been like something of the beauty of like one leaf. Something like that, but if you, I suppose the photo if you just take that thing that we see because it is really important to me, is that that thing that I said about there. The the the idea of fractal chaos thing. The beautiful thing about nature is this just beautiful at the tiniest scale and the largest scale. Yeah. And everything in between. And so part of that so yeah, wholeness or oneness. Or yeah, that's it. You know the the Fibbonaci series of stuff when you see when you know that when starts when you see your house plants grow. Sometimes you can tell which that fibbonaci series that they're growing on.

**Yeah, I was looking at an aloe, literally, just before this and looking at the leaves, go around in that spiral, exactly like that.**

Yeah, it's so simple. It's so beautiful, so beautiful when it is. When you when you find out simply is. It's just it's so pleasing. Simple 'cause such a beautiful. You know 'cause so much much beauty. Yeah really good. With that sort of mathematical stuff in one way you think, just stop 'cause you could say that takes some of the power away, but it explains it and it puts it all in human terms and to me adds to its beauty. A little bit of knowledge is most beautiful thing. Yeah, even though too much can be dangerous.

So like just having this little understanding something like that, but it's it is relatively simple, is fantastic thing. Yeah there’s this really good novel, Brazzaville Beach, by William Boyd. Yeah, yeah, and if you ever get a chance to read it, it's absolutely brilliant. I haven't read it for like 20-30 years, but. It really goes into that idea. Fantastic book.

**I've heard him speak once, but I've never really read any of his books.**

He's really good. It's got like a mathematician who has this problem with this. They're very, very similar, you know, like. Very simple equation that that makes everything complex and that right and also somebody that's studying primate behavior OK, the Congo and this idea of you know. If we if we relate from primates, are they naturally savage or? But the bonobo's really nice again. We look in the idea that you're looking at nature to give you some understanding of the human condition. Yeah, so it would be. I'm sure you just enjoy it. If you can turn off from work anyway. Yeah, yeah, yeah.

**Thank you for the. For the recommendation. The one the one thing that we haven't really. I mean, we've touched it a little bit with talking about like going out and stuff is. Is the pandemic, unlike what? Particularly in thinking about Nature, as you experience it at home, and. You know, looking down from the balcony and stuff, do you feel like that's changed your perceptions?**

I think it's maybe more appreciative of it. I think it's a circle. It's real struggles with like kind of going out and I really wanted to go out into nature and not more and. So it's just so difficult we wanted one of the things that we got into. Like I said, they wanted to go down to the. To the canal last year. Yeah, uhm. You like, OK? We're going to come out. And then you think of all these like joggers and cyclists going past you, and it's hailing very violently as they do it. Yes, you know, the idea that that somebody. Doing natural exercise are good things actually could be harmful for me. Yeah, blowing up coronavirus spores. It's just horrifying. Yeah, try back in your mindset and I'm still kind of. Uhm? I'm still I'm still like coming to terms with that, really. Really, yeah, it's like some real coming to terms with yeah. 'cause I think it's. I think for a lot of for a lot of people, sometimes kind of like come beyond epidemiology now. Because. I can't know, you know, it's like oh there's a new Indian variant out when I've had like both doses of the job or whatever. Yeah, so that I can't know whether that's harmful to me. With the, you know, even if I was to look at figures or wherever they're going to be 2 weeks late or stuff like this, I can't. Once I there is no realistic risk risk assessment. I did you know? I mean, I I can't feel it. There's a probability that it’s not even a realistic risk assessment for me to to base my decisions on this. Only my feelings, yeah? So I don't know.

You know, I mean, and then you say what I might switch be if I don't take absolutely no risk. You know, I might take every risk or no risk. It's impossible to say. Yeah you should. I mean, it's just kind of like just nothing makes nothing with this makes any sense. There's there's those feelings as well. You know I saw a cartoon the other day and it was. I think this is gonna be like so much. I'm really upset because I can't use the pandemic for not making that. Not having to do that appointment anymore. Yeah, those people you know. I mean, yeah, and there's a lot of people who, either by nature or by circumstance or wherever. Who are more. Feel like I want to be more introspective, yeah, and I think this this, you know, in a way this last. The pandemic is an absolute boon for them, right? Yeah, being fantastic it's been. And then they're gonna have to go out in the world and pretend everything is wonderful again.

**It's like sort of like, yeah, that we were talking earlier about. The. Conflicted version of reality presented by those adverts or whatever.**

It's not unnatural. I, as I say again again the way they. Everything's, you know, like Freedom Day and everything like the whole everything is all about wanting to go for a pint. But if that's the. To build an end, all of the human condition. Yeah, going on your two week package holiday to Portugal, which they just banned, is that the be all and end all of the human condition? It seems to be I don't know. Yeah, victory. Would like to say more but just want to do an impression of a goldfish sometimes when you. Literally sitting there with your mouth going up and then I can't get it. Yeah yeah, yeah. Which would be the time normally when this is when you want.

This is when I think you need to look at nature, right? She said, you know? This is when when you're having these kind of feelings, this is time you just go and look at a leaf or look at sunset or. Feel the rain on your face or feel the sun on your face or something. When none of that shit seems to matter so much anymore, yeah. And you feel like you're sort of part. Part of it, and that is, yeah yeah, it's just. It's just not as important is it? It's just that the nature's always been there. It's always going to be there in some way and. You know, isn't it? That feeling of well, being that you get yeah so. Stock for the short term. Like almost into the immediate out of all those people who are thinking about the short term. And you sort of connecting into that. Yeah, until until number something right? Yeah, strange, yes, it's weird.

I wanted to mention one thing. I mean, it's been really wonderful is obviously not being able to get out, mostly with my health and well with the pandemic. And then there's a guy called John Rogers who has a YouTube channel. OK, and he's like a psychogeographe. And he puts a new video out every Sunday. And I found him his like watching his stuff to be really, really 'cause he goes to a lot of places. I know Epping Forest and then in Hackney and stuff, and he gets 5000 views. It's really one way of actually even through somebody you can still connect with nature even remotely sometimes through somebody else.

**That's interesting.**

Uhm? He he's really, he's really lovely. He's such a nice warm bloke, you can make these kind of like walks around the most banal, suburban areas so there so exciting to me. When we do the front of the course of the river. The river Frome. If you see what I mean. So so you know. So followed it all the way down to Dagenham right? Yeah it's just really. It's just really interesting. It might be more so 'cause I actually know the area but that and his enthusiasm for it and his joy of being in the forest and Epping Forest and stuff like that is fantastic. So nice, yeah. Is something that I use as a substitute for that that good feeling of nature?

I get it kinda vicarious pleasure from him, yeah? Yes, I did. Just like having a couple of videos we've really engaging. Might be a useful thing for your, you know, for your project.

**Yeah, definitely that. I mean, it's an interesting idea, isn't it like? Then 'cause I thought the having the. Boy makes me think it's like the house plants is like sort of one step removed from. At least the outside world, yeah.**

Yeah. Or valuable exactly, especially for people that are limited in their ability to do that, and one of the nice things about this guys videos is I I like the comments as much as anything else underneath. Yeah, I know. Some people say I want so looking forward to this and this is, you know, they're also did not hear or they can't do those things. But they still can get this vicarious joy of nature from him, yeah? So. That's great, yeah, I'll have to check some of them out after this. Thank you. He's only elected nightly changes such any such a warm place. There's something really, really likeable about him. He's like he sort of knows Ian Sinclair and all these people, and riding off this idea of, you know, psychogeography. And now in the urban landscape, in the history of everywhere I've been, I, I've always loved that. So yeah, yeah, yeah, yeah.

**Cool, thank you. I think we've gone through like all of the stuff that's in the photos. Don't really have any more questions left, but you know if it is there anything else that you think you know we should be talking about.**

No, I think we've. I think we've more or less got there. I I've really enjoyed doing this. It really brought me up last time we talked and I feel good now I'm thinking about all that. I would love to have access to to what you like. Finally come up with and stuff like that.