

For You/On Hope by Ocean Baulcombe-Toppin
A mail-art offering as part of *Experimentica* 2024



A gift of instructions for a personal ceremony. An invitation to place affirmations on mint seed paper and grow, allowing hope to flourish. Cooling mint for clarity and cleansing. For manifestation, relaxation, stimulation and calm.

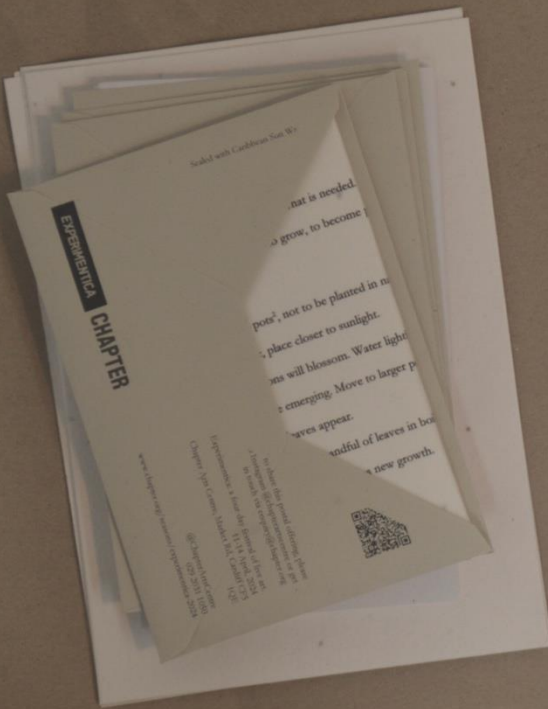
blessedwithcaribbeansunlight.com/foryou
Visit for herbal ceremony.

For You/On Hope, 2024

Recycled paper envelopes, seed paper, inkjet text, Caribbean sun water.

Mail holding guidance for personal/private ceremony on mint/lavender seed paper invites recipients to write intentions to plant, tend, grow, ingest and share.

Commissioned by Chapter Arts Centre for live-art festival *Experimentica: Call to Spring*. Sent out to local and neighbouring communities during the festival and gifted to visitors in situ.



For You/On Hope

1. **Contemplate.** For solace, decide what is needed.
2. **Intention.** Place aspirations to grow, to become part of you. Visualise and write below:
3. **Sew**¹. Best grown in pots², not to be planted in nature: eco-systems are fragile.
4. **Warmth.** For power, place closer to sunlight.
5. **Nurture**³. Affirmations will blossom. Water lightly every few days⁴.
6. **Trust.** Intentions are emerging. Move to larger pots as seedlings grow. If necessary, try again.
7. **Harvest.** Gather as leaves appear.
8. **Ingest.** Infusion: Steep a handful of leaves in boiling water⁵.
9. **Tend.** Occasional cutting inspires new growth.
10. **Share**⁶. Gift to networks.

Ingredients:

- ¹ Sew in multi-purpose or soil-based compost.
- ² Ideally a seed tray, modular tray or small pots. Preferably biodegradable homemade paper pots or recycled food containers. Cut and soak paper. Plant 0.5cm in compost, provide drainage holes. Water generously. During germination cover with plastic to retain moisture. Remove when sprouts appear.
- ³ Speak to your seedlings, remainj them of aspirations.
- ⁴ Keep soil moist. Do not overwater.
- ⁵ Breathe aroma. Drink up to 3 times daily.
- ⁶ Gift to friends. Gift to strangers. Take root cuttings to propagate in water and re-plant.

For You/On Hope:

1. **Contemplate.** For solace, decide what is needed.
2. **Intention.** Place aspirations to grow, to become part of you. Visualise and write below:
3. **Sew**¹. Best grown in pots², not to be planted in nature: eco-systems are fragile.
4. **Warmth.** For power, place closer to sunlight.
5. **Nurture**³. Affirmations will blossom. Water lightly every few days⁴.
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Scaled with Caribbean Sun Water

