



EmpowHer

PERMACULTURE

Nurturing Women's empowerment
through Permaculture

Cards Guidebook

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SA REINA

Sa Reina watched over the pulse of the community, guardian of harvests, provisions, and relationships, knowing when the earth asked for rest and when it offered abundance. The principle "Observe and Interact" lives in her gaze: she does not dominate, she converses with nature, reading the winds, sensing the soil, listening to people and animals as parts of the same breath. Her quality is **Holistic Thinking**, weaving vision and concreteness: she knows that every choice touches many lives, that every gesture is part of a larger whole. Sa Reina is the memory of the land and its guide, understanding that power is not control, but harmony among all living things.

LEVADORAS

In homes and villages, the Levadoras welcomed the first cry of the world, their hands knowing the patience of waiting, the strength of contractions, and the stillness after birth. The principle "Catch and Store Energy" lives in their quality: they receive and contain creative force, transforming pain into presence and breath. Their quality is **cyclical**, the deep awareness that everything is born, grows, dies, and returns: birth as a moment within the great cycle of life.

ZDRAVILSTVO MODRIZH ZENA

The women of the herbs know the secret language of plants. In roots and flowers, they find the possibility of healing. The principle "Obtain a Yield" becomes, in their hands, the art of gentle yet unbreakable resistance, transforming knowledge into nourishment, pain into medicine. They are seeds of wisdom crossing centuries, still spouting on the margins where the earth meets freedom. In their quiet persistence, the feminine quality of **Resistance** reveals itself as the strength that allows life to endure, adapt, and rise again.

MAJSTORICE

With clay, water, and straw, the earth builders shape homes that breathe. Their hands converse with matter, listening to its limits and its wisdom. "Apply Self-Regulation and Accept Feedback" is not a rule to them but a way of being: understanding that every form responds to its environment, that every home is a living body. Their quality is **adaptability**, the ability to transform alongside what changes. Like earth molded and hardened by the sun, they remain rooted through transformation, crafting stability from the flow. In each gesture they embody **Adaptability**, bending without breaking, shifting with intention so that creation and change can coexist.

ČUVARKE SLAVE

In the ritual of Slava, women keep the continuity of memory alive. Nothing is lost; everything transforms, bread, song, gesture, and prayer become a cycle. The principle "Produce No Waste" is a spiritual philosophy: even sorrow finds its place within the circle of life. Their resilience is made of patience and roots, of repetition that strengthens rather than tires. Every year, every gesture repeated becomes a promise: as long as one woman remembers, the world does not break.

ALJANSZA ZENSKIH POKRETA

The Women's Alliance is a tapestry of voices and hands that sustain one another. It is born from the belief that the most renewable energy is mutual care. In permaculture, "Use and Value Renewable Resources and Services" means cultivating relationships that never exhaust themselves but grow stronger through sharing. Their quality is **regeneration**, living and supporting one another. The ability to begin again together, to create new ways of

PARTIZANKE

The Partisan women turned survival into an art of living. In the chaos of war, they invented new languages of solidarity and care. The principle "Creatively Use and Respond to Change" is their heartbeat: adapting, inventing, resisting through imagination. Their **creativity** does not decorate; it saves. It is the power of those who rebuild even when everything collapses, of those who sing among ruins so that light is not forgotten.

ACCABADORA

The Accabadora accompanies the end as an act of love. She is the hand that releases, the silent presence that honors the cycle of life until its last breath. The three ethical principles of permaculture, **Earth Care, People Care, Fair Share**, live within her. Her empathy embraces fragility; her cyclicity reminds us that every death is a return; her care transforms endings into continuities. She is the guardian of transition, the woman who knows that even in farewell lies the seed of rebirth.

GRAMMATA

The Grammata teaches and listens, reads and heals. Her knowledge does not divide but connects, men and women, young and old, nature and culture. The principle "Integrate Rather than Segregate" is her voice: knowledge lives only when it is shared. Her **empathy** transforms teaching into relationship, and wisdom into care. She holds together the threads of memory and learning, teaching not for herself, but for everyone.

THESMOPHORIA

In the Thesmophoria festival, women celebrated the rhythm of the earth with slow, precise gestures. The principle "Use Small and Slow Solutions" lives in their hands: sowing is an act of faith that requires patience, presence, and listening. Their quality is **care and nurturing**, the ability to nourish what grows without forcing it. For them, time expands: fertility is not only biological but spiritual, a faith in the invisible processes that prepare life to emerge.

PANATTARE

The Panattare mix different flours, different knowledges, different lives. In shared ovens, communities, not just bread, are born. The principle "Use and Value Diversity" is the scent that fills the air: every ingredient contributes, none dominates. Their quality is **horizontal leadership** leading without imposing, uniting without erasing differences. In every loaf lies the symbol of a world where strength is collective, not individual.

S'ABBREBADORA

The S'Abbrevadoras act at the edges, between visible and invisible, between water and word, between healing and mystery. The principle "Use Edges and Value the Marginal" speaks through them: true power flows where others do not look. Their **intuition** is a subtle knowledge, needing no proof but deep listening. In each ritual gesture lies an ancient truth: healing is born where two worlds touch.



MORE INFO:
www.giovaniddocca.it | www.zelenodoba.org
www.permakultura.si | www.cob.gr



Original name of the women practice

Role category

An original hand-painted watercolor illustration

A feminine quality

A short empowering message inspired by the women practice

A permaculture principle

♀ Holistic Thinking
👁️ Lead with vision. The whole picture is already inside you
👉 Observe & interact

The weavers of fireot intertwine time itself. They follow ancient patterns, but their minds look forward. As in permaculture, "Design from Patterns to Details" teaches that every creation begins with a vision that finds form through attention. Their quality is **vision for the future**, they know that every thread woven today becomes tomorrow's fabric. To weave is both a political and spiritual act: uniting past and possible, creating beauty as an act of resistance.

PIROTŠKE ČILMARKE

In the Thesmophoria festival, women celebrated the rhythm of the earth with slow, precise gestures.