

EARTH DAY _ SEA AND SOUL _



Recently, the Artemis II mission sent a crew of astronauts into space to observe Earth from the Moon. From that distant vantage point, the Earth – our planet – looked like a tiny blue sphere floating in the vast, boundless universe, fragile and vulnerable in the immense expanse of space. From that perspective, I realized that our planet, though small, contains all life, from humans and animals to plants and oceans. This reminds us to cherish and protect this shared home.



Every morning, I usually wake up very early to go to the beach to watch the sunrise and see the sun slowly rise from the horizon over the sea. I begin my healing process by walking barefoot on the beach. With each step touching the sand, I whisper: “Thank you, I love you,” words that come from the depths of my heart. In that very moment, I feel the gentle love of Mother Earth embracing my feet and the soft sea water caressing them. That feeling was both warm and peaceful. At that moment, all stress and anxiety seemed to vanish, leaving only relief, serenity, and a new energy spreading through my every breath.



It is because I felt this immense love that I show my love for Mother Nature through the most practical actions. I often pick up trash on the beach to keep it clean and beautiful. I think everyone should spread awareness of protecting the sea by participating in beach cleanup campaigns, and educating friends and family about the harmful effects of marine pollution. When traveling to the beach, we should choose civilized activities, not litter, not damage the landscape, and respect nature.

I believe that when humans learn to love and heal nature, nature will also heal our souls, so that the Earth will forever be a green home for future generations.



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