

VIRTUAL HORIZONS

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BENJAMIN



SONIA

What is the earth teaching us?

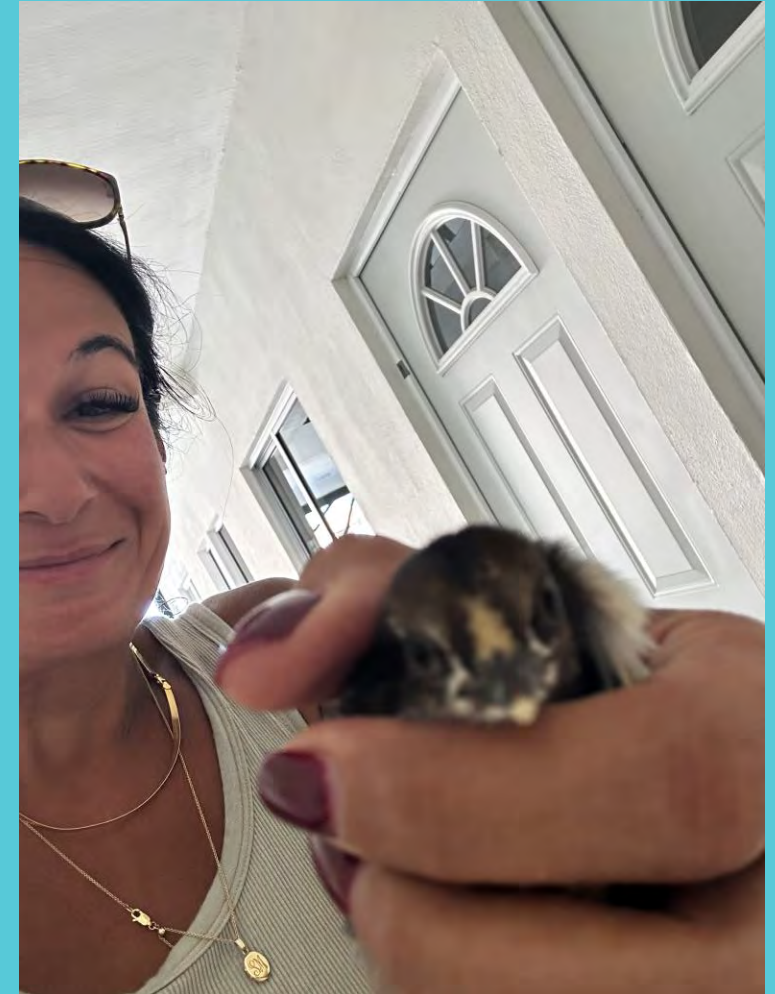
The Earth teaches through repetition and patience. The tide comes in, the tide goes out—without urgency, without apology. There’s a quiet reminder here: not everything needs to be forced or figured out all at once.

Relationship of Care

A relationship with the Earth becomes personal when you realize you’re not separate from it, you’re participating in it.

Mutual Healing

Reducing harm where you can
Being mindful of what you consume and discard
Supporting environments that sustain life



SONIA



ASTER

Our universe has rhythms—cords plucked, rustles of feathers followed by the call of deep-throated warbles spilling into the air,

The push and pull of tides, the tang of salt on my tongue and the inevitability of the sun and that sticky summer heat.

Just like the body keeps the score;

I, too, believe the Earth does.

Will what was once a womb full of life, of harmony, turn into a tomb?
What is left
once we have drained Earth of her resources, discover how some infinities are just—

finite after all.

—treat the earth the way you would treat a loved-one (with care and compassion)



AUBREY



SEASONS, FOOD, AND GIVING

Caring for earth and each other with mindful mutual aid

CYCLES OF GIVING (MARKER AND PENCIL)



SEASONAL HARVESTS, LOCAL FOOD

- Each season offers the opportunity to eat locally grown food
- Summer berries, fall apples, winter storage root vegetables, and the many vegetables and fruits of springtime
- Paying attention to the change of seasons and what the Earth is able to give, or not give, and how this both reflects human actions and allows us to carefully respond. Are wild fruits growing early? Is winter unseasonably warm?
- What might this say about climate patterns and how can we survive together?

LABOR, COMMUNITY, AND GENEROSITY

- By tending community and local gardens, we create purpose for our lives
- By giving food to those who need it, we become good neighbors
- By thoughtfully cooking, we perform a labor of love for family and friends – and perhaps, strangers in need.
- We put our soul into our work and gifts, and this feeds **into identity**

HELPING THE EARTH AND ITS PEOPLE HEAL

- Local crops reduce transport emissions
- Absence of industrial chemicals helps protect soil and water
- Reducing contribution to corporations that degrade environment
- Positive effect on mental and physical health