

Earth Day Colloquium Gallery

Group 6

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Anna Davis

Grounding: A Spring Simmer Pot

To start celebrating Earth Day I made a simmer pot using plants I gathered from right around my apartment in Spokane, including dandelions, golden currant, catnip, Utah serviceberry, fir and pine branches. This helped me think about and practice with the Earth as something alive that we're in constant relationship with. Each plant reflects something about that connection. Dandelions show resilience and how something overlooked can still have value, while serviceberry flowers represent seasonal change and support for pollinators. The evergreen branches bring a sense of stability, and the catnip add a calming, restorative quality.

The Earth provides us with natural materials that support our well-being, and in return, we have to be mindful in how we interact with it. Gathering these items made me more aware of my environment and the small seasonal shifts happening around me. Foraging for a simmer pot is a simple way to care for both the planet and ourselves, creating a more balanced and respectful relationship as well as promoting education about local plants and deeper connection the nature around us.



Shaunya Kahananui

"Malama Honua" - Care for the Earth

It also reflects the idea of taking care of the earth as a responsibility and a relationship. It connects directly to mutual healing when we care for the land, like how it supports and sustains us in return.

These images are from my hometown on O'ahu, Hawaii:



-The earth teaches us the importance of balance, patience, and renewal. Just like the seasons change, nature shows us the growth takes time and that rest is necessary for healing. When we begin to see the earth not just as a resource, but as a living system, we can build a relationship based on care and respect.

-To me, the Earth is like a teacher and a provider. When I connect with nature, whether through being outside, exercising, or simply slowing down, I feel more grounded and aware. This connection helps improve both mental and physical health.

-Mutual healing means that as we take care of the Earth, it also takes care of us. Simple actions, like reducing waste, recycling, conserving water, and spending more time in nature can make a difference. These small daily choices help protect the planet while also improving our well-being.

-By building a stronger relationship with the Earth, we create a cycle of care, respect, and healing for both ourselves and the environment.

-To reflect this idea of Malama Houa, I will include images of the ocean, which represents both life and connection. The movement of the waves show the Earth's natural rhythm and reminds us that just like the ocean gives and receives, we are a part of that same cycle. By protecting the ocean and respecting its power, we are also taking care of ourselves, reinforcing the idea of mutual healing between people and the planet.



和平
Peace



Francisco Loveheart

和 (he) The symbol to the left signifies harmony and balance.

平 (píng) The Second Symbol conveys calm, safety, and stability.

The Ukrainian flag that is horizontal with two bands of colors. The blue represents the sky, and peace, while the yellow symbolizes Ukraine wheat fields, and prosperity.

Tryzub (Trident) is the national emblem of Ukraine. It goes back to the 10 century Kyivan Rus. It's believed to symbolize the holy trinity, and a falcon.

Payton Miller

Earth gives to us if we choose to give back. Nature is healing and if we take care of it: such as planting native plants, reducing waste, and conserving water, we in return will receive beautiful, healing views such as the ones I've attached to the right. Whenever I see a good view, I pause for a second to ground myself and appreciate what it is that I'm seeing. I take a few breaths and suddenly, I am calm.



Columbia, SC, USA



Tumwater, WA, USA



Ariel Corwin

This is a 24 foot in diameter globe hanging from the ceiling at St. Marks Cathedral in Seattle Washington. Over 4400 pictures were pieced together to using satellite images to create this art exhibition. At the gathering in the video over 1000 people came together to sing of peace and unity.

<https://www.youtube.com/shorts/CHUs1OcUXd8>

I try to live in honor of the seasons, taking notice everyday what is happening in nature and how it can reflect in my own life. In this time the fruit trees are blooming, lending a sweet aroma to the air. As we move into summer the earth is exhales and life is everywhere. In the fall and winter, the earth inhales and it is the time to slow down. I usually use the winter as a time to craft, do art and make medicines.

The best way to deepen our relationship to the earth is observing and learning how to care for our planet. Finding the places in nature that bring us joy, inspiration, comfort, and peace. Remembering the connections we had as children to the world and living into in.

We can eat more seasonally and locally. Buy used clothes and natural products. Reduce single-use plastic use. Plant more native species. Most importantly, listen to indigenous peoples on land stewardship and governance.



Xiomara Melgar

In my journey to recover my Indigenous language, Nahuatl, I connect with my ancestors through sound, memory, and voice. This nana, a lullaby I now share with children and families at the library, is an offering for Earth Day. The drum carries the rhythm of the heartbeat we first knew in the womb and the heartbeat of the Earth itself. Through this song, I am not only teaching, I am returning to my ancestors and to the Earth.

