

Earth Day Colloquium

Protecting and Honoring the Earth



**This group project explores the ways in which we can
Promote Health and Healing for the Earth
and its Inhabitants**

Meet our group

From The Evergreen State College, Olympia, WA, U.S.A.



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The Earth is whispering soft and low.
"Love is the rhythm all hearts know."
In stillness found on branch and wing,
Rest becomes the song we sing.
The birds pause high, their bodies
light.
Teaching us to yield to night-
To rest, receive, and gently mend.
For love in stillness has no end.

And finally, Earth hums, calm and free,
"Just be, my child-like squirrel and tree."
No rush, no race, no grand disguise,
Just acorn dreams beneath the skies.
To live, to rest, to love, to see-
These are the roots of harmony.
The Earth is teaching, clear and true:
All that she is, lives within you.

The Earth then turns, her voice sincere,
"Compassion blooms when hearts draw
near."
In fur and paw, in loyal eyes,
We learn that selfless love never dies.
To give, to care, to understand,
Is to hold the world in open hand.
Each creature's breath, each tender plea,
Reminds us: love is empathy.

Art title: Unconditional Love of Earth

The Earth is teaching us how to be. Simply. As I witness myself in a valley of depression or floating in love. The Earth teaches me to practice acceptance here.



Another lesson the Earth is teaching us is compassion for other living beings--- humans, plants and animals. This takes a highly intense level of selflessness. I have witnessed this in the love we have for our familiar pets.

The Earth is teaching us how to give and receive love. By teaching us how to notice. By teaching us how to notice. Whether it is in noticing how nature takes time to rest- birds for example, we can notice them practicing rest while atop tree branches. Pausing.

A.I- Copilot Art Representation

Nancy Lugalía

Collage of the beauty
between earth and ourselves



This collage represents my feelings about giving back what we have taken from the earth. It is the importance of watering the natural world around us and also pouring into ourselves. We can heal. When we connect with nature and be good stewards of the environment.

Emily Sharwark

Earth teaches us that nothing in nature exists alone. There is a rhythm, things move in cycles, such as ourselves. Nature doesn't rush or skip steps just like our day to day lives.

I find that beauty and harshness come together. It operates in present moments

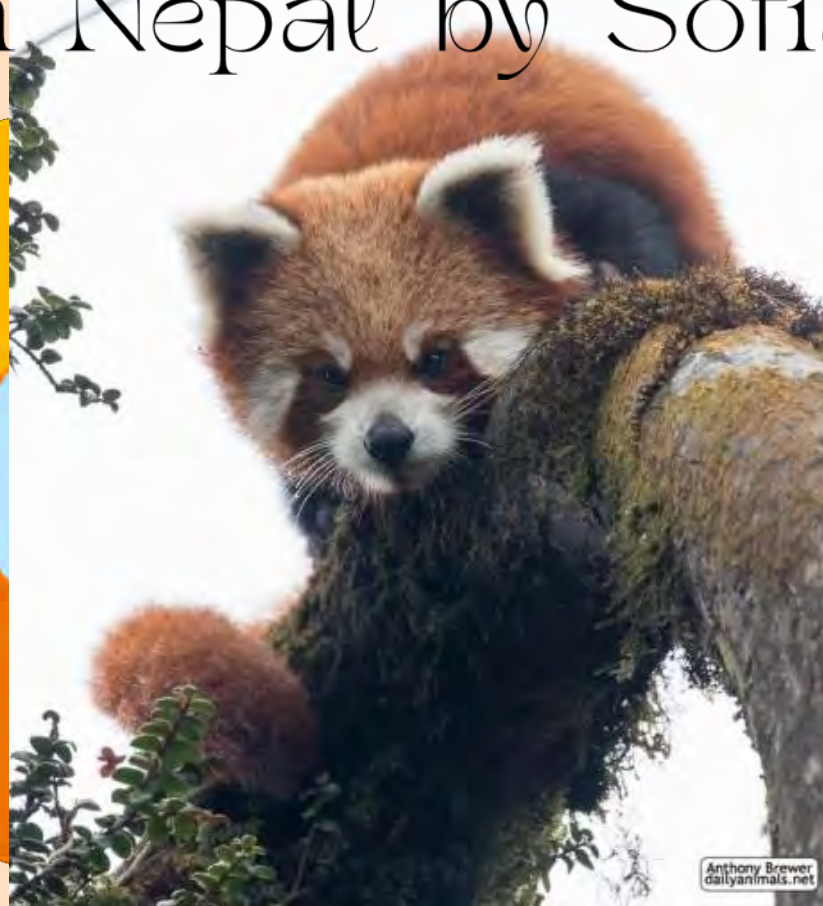


Mutual Healing

For our planet healing tends to come from restoring balance rather than just reducing the harm that is being caused. As far as ourselves, healing comes from relearning our own rhythms!



Wildlife Preservation in Nepal by Sofia B.



Anthony Brewer
dailyanimals.net

Environmental awareness and conservation efforts across the globe

• My ethnic heritage is half Nepali. Some Americans do not know where Nepal is located, so I wanted to share some of the important conservation work happening in Nepal in honor of Earth Day.



Nepal is a small country in the Himalayas (home of Mt. Everest) between Tibet and India and also bordered by Bhutan. There are many ethnic groups within Nepal. You can see on the map, the close proximity to both India and China.

Panchthar-Ilam-Taplejung (PIT) Red Panda Protected Forest



It has the densest population of red panda in Nepal and is part of the Kangchenjunga Singhalila Complex: one of the most biologically diverse places on earth. It is threatened by human population growth and expanding development.

It's in this place that Red Panda Network is establishing the world's first protected area dedicated to red panda.

Sonam Lama | Nepal | A film narrated by David Attenborough for the 2022 Whitley Awards



Working to
change
gender
inequality in
conservation
work
through the
Red Panda
Network



RPN recruits women as forest guardians, giving them an active role in wildlife protection and providing income to rural areas where job development is hard to come by.

Sofia Bharati's Original Red Panda Painting



4/22/2026

By Sofia Bharati

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In conclusion

We can foster healing for both the planet and ourselves through daily actions by practicing forgiveness, mercy, joy, love. We can foster healing for both the planet and ourselves by honoring our pain, growth, darkness and light. We do this everyday by actively showing up which means: being present while in traffic, being aware of our surroundings as we move from room to room in our homes, tasting the food we eat as we eat it, acknowledging our bodies as they move and taking measured intentional breaths.

Nancy Lugalia

