

## Thoughts from Earthseed Collective

In the midst of so much uncertainty and collective distress, we come back to the practices that have been and will continue to be a source of strength:

- **Breath:** Soft-bellied breathing, rooting in the gift that is the present moment. Especially when facing things out of our control, it becomes essential to return to deep, mindful breaths.
- **Earth:** Simply being outdoors, in nature, allowing ourselves the opportunity to remember again and again that this land is a resource, and that life indeed goes on.
- **Gratitude:** In the midst of so much chaos and heartbreak, there is always beauty, always kindness, always goodness. Savoring those moments and resting in a grateful heart.
- **Play:** Our children remind us/compel us/yank us out of our minds and into our bodies. Embracing their presences not as disruptions, but as an integral part of our well-being. And yes, making room for the occasional impromptu dance party can also be good medicine.

We look forward to the day when we can be reunited in each other's embrace, in physical presence, in celebration of our resilience. For now, please know that you are in our hearts and that we are sending you wishes/prayers for vibrant health and a peaceful heart.