



## What is our medicine?

In these times of uncertainty, how are we caring for ourselves and each other? Following are themes and quotes from the chat stream.

### **Connecting with nature and the elements**

- How mother earth has nourished us in these times, with so much joy, beauty, breath....
- soft footprint in nature: it nurtures us, we tread softly and nurture it: rest in its wildness/sanity.
- the colours of cranberries in a Cape Breton bog, sound of ocean waves.
- We are water and the water holds our grief.
- Trees become your friends... a-political.
- Realizing I need to jump in the lake.

### **Nourishing relationships, community**

- Being together with people we love and care for for authentic energy exchange and celebration of love and life.
- We are finding ways to be in relationship, even with limits and barriers.
- Importance of connection and alternative ways to connect.
- Nourishing our relationships - nourishes both us and others.
- Sharing and visiting is medicine.
- How fire and food can bring us together. Caring for each other in these times and being present takes a little more planning to check in with folks, sense what is needed. We're sensing into our bodies.
- Connecting with our elders - appreciating their wisdom.
- Fire, water, and community are grounding me. Dancing is part of releasing the anxiety and grief I have in these times.
- Gratitude for the wise Teachings from Elders - deep listening and reflection on a heart level

### **Coming back to basics, slowing down, being present**

- When the world “out there” is crazy and confusing, go back to basics: the earth and the people you love.
- Being present gives space for expressing love.
- Being present with what / who is.
- Appreciation of the elements - really having the time to notice.
- Taking some time for ourselves and being one with nature feeds us.
- The call I heard in my own story is for slowness where creativity can emerge and flow to make magic.
- just BEING!
- Slowing down, getting back to basics, simply being, walking in a rural place with old houses and few cars and no wifi. Taking time to let the simple things sink in...
- A drawbridge - amazing technology as cars wait for the sailboat to move through.
- Rediscovering the magic of simplicity, things we took for granted.
- Allowing ourselves moments to just be with others and with nature in simple yet beautiful ways is what it is all about.
- Deep appreciation for spaces of solitude and sacred time.
- Being present, sharing perspectives, being fully authentically ourselves.
- heartfelt /moving/vulnerable brave

### **Being open to something new**

- Starting something new (year round swimming), doing things differently (grandmothering with Facetime).
- The power of our hidden strengths comes through in unexpected ways...nature, our ancestors, our child.
- Taking time out of the routine for fresh experiences - exploring in nature - growing a garden for the first time - first time taking time away from new baby.
- Leaning into the learning edge, outside of comfort zone.

### **Laughter, joy**

- Laughter truly is the best medicine.
- Moments of laughter, in nature, creating (food, music, jokes, games).
- Keeping art and music alive during this time.
- The power of connection as a source of joy and renewal.

### **This moment**

- There is magic in this moment. When so much is uncertain and we connect with our essential power, anything is possible.
- winds of song blowing...blowing their colours to the sky.
- Seeing your faces is medicine :-) Feeling deep appreciation for being witnessed.
- I was struck by how we could take one another to these moments, and how nourishing that was.
- What a lift to the spirits!!! Thank you for the music and story sharing!