



## daily GOOD

We have the opportunity to lay the foundations for a way of life more aligned with the deeper truths of the Earth and our own sacred nature.  
--Llewellyn Vaughan-Lee

### Watching River Otters

"Walking in the wetlands I encounter a family of river otters playing in the water, then sliding their sleek bodies onto the land. They tumble over each other in the sand, as a blue heron watches nearby. In their primal world there is neither truth nor falsehood, just life present, unfractured. Once, long ago, we walked in this landscape, were part of this ecology of place. With songs and prayers, dances and dreams we were also alive in life's wholeness. But today our human world is not like this, our consciousness long disconnected, held only by those Indigenous people and others who live close to the Earth." Llewellyn Vaughan-Lee shares more.

### Be The Change:

For more inspiration check out Teddy Macker's poem, "The Otters and the Seaweed."