



daily GOOD

The Earth is alive and contains the knowledge you seek. It is your consciousness that determines what it reveals. --Barbara Marciniak

Cooking in the Ainu Way

"Eiko Soga is a Japanese-born artist and teacher who has had a long-term interest in exploring new forms of relationship with the natural world. She has just completed a PhD research project at the University of Oxford which involved living with a community of Ainu people in Northern Japan. In this interview she speaks about what her experience with the Ainu taught her about ecologically-aware ways of living, and in particular, her experience of learning traditional cooking from an Ainu elder."

Be The Change:

Sit with an elder in your community this week, invite them to share what their Earth walk has revealed to them.