

- Music as key to our survival/connections with origins

Sergio Vargas - Madre Mia deja de llorar

We Are One and Harvest for the World

Listening to La Colora — Kinito Mendez

“Until the End of Time” - 2Pac

Dream a little Dream of Me - Louis Armstrong & Ella Fitzgerald

- Non-human elements

Ginger, Birds, Echinacea, Water, Uxi amarelo( yellow uxi), Collards, Wood, Mustard, Dandelion, Okra, Homemade Ginger Beer, Honey, Savila, Garlic, Fig, Tilo, Sage, ruda, Lavender, Limon, Eucalyptus, Oregano, Aloe, pot liquor - juice of green leaf vegetables, Breathing, Listening, Oranges, Bicabornato, Big Up to Ruda, Pasiflora, Dominican Oregano, Plants, Agua Florida, Energy of Nature, Cats, Squirrels,

- What parts of yourself are you trying to preserve amidst all of this? I'm trying to preserve my capacity to love & give without fear of lack or depletion. I'm trying to preserve the parts of me that always look for & choose joy. I'm trying to preserve my belief in people.

We go back to our childhood memories if we have some related to healing, that could work even if we are in moments of doubt, trusting the instincts that worked for me and SHARE them cause sometimes that could help others moments

Connection with land, water, plants, ancestors etc. :)

"It may be lonely. Certainly painful. It'll take time. We've got time. That, of course, I an unpopular utterance these days...But we do have time. We'd better take the time to fashion revolutionary selves, revolutionary lives, revolutionary relationships. Mouth don't win the war. It don't even win the people. Neither does haste, urgency, and stretch-out-now insistence. Not all speed is movement...If your house aint in order, you aint in order. IT is so much easier to be out ther than right here. The revolution aint out there. Yet. But it is here. Should be....Aint no such animal as an instant guerilla" Toni Cade Bambara (1970)