

Essentials for the Journey to the Hinterland

AIR WATER LIGHT LIFE

FIERCE HONESTY
RESILIENCE
ONE ANOTHER

ANCESTOR WISDOM
LISTENING
RESILIENCE
CLEAN SOCKS
A TOOTHBRUSH
CONTEMPLATION
QUIET

BOLDNESS
DARKNESS
COURAGE
OPENNESS

TO BE ABLE
TO FEEL INTO WHAT IS GOING ON
WHILE AT THE SAME TIME NOT
GETTING OVERWHELMED, SO
YOU CAN STILL FEEL INTO IT

OUR CAT
YES, CATS!

THE OCEAN
A TENT
CREATIVITY
SPACE

CREATURES

APPLES

TO KNOW WHAT TO EAT IN THE
WILD/
WHAT IS MEDICINE, WHAT IS POISON

PIGEONS
PLANTING AND TENDING

COLOR
SNACKS

SPACE

EMPATHY FOR PEOPLE, ANIMALS,
AND OTHER LIVING THINGS

LAUGHS
SILENCE
WARMTH

A SENSE OF WONDER
MUSIC
MORE MUSIC

WATER CLEAN WATER
CARDBOARD
DEFINITELY CARDBOARD

GOOD SMELLS / A HOUND KNOWS

DANCING

DANCING!