

My creative works was designed to depict a web of roots and growth. A metaphor often used to show interconnectedness and highlight balance. In relation to the concept of regenerative agriculture, a web of life portrays how not one part of the system is isolated or an island unto itself. Everything is linked together. Navigating throughout my own changemaking journey, the theme of interdependence has been strongly reinforced. As well, the driving idea that humans are not separate from the natural world has become a more prevalent and valued notion to me. To embrace regenerative agriculture, it's about more than practicing eco-friendly farming to rejuvenate soil health, it's about deconstructing the mental model that we live as separate entities. It's about learning and honouring the land. Through my experience, I understand now that treating nature as our teacher can help bring balance to us, our environment, and help us to protect our planet. **Our one and only home.**

