

## Day 7 : Challenge Greener

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### **CHALLENGE**

- What makes you feel connected to the natural world?

**Marf:** The feeling of the sun on my body, the smell of wet grass, the air flowing on my face. The feeling of the feder of my dog, the sunsets with its beautiful color pallets that always change,the feeling of nostalgia and melancholy that the nights give me.Watching the birds flying and the sound of the insects, the touch of a leaf through my fingers the beauty of flowers and the sunlight that passes on the trees leafs and the sounds that they make when the air passes.

**Barbi:** There are many things that make me feel near the natural world. The smell of wet grass and ground, the beautiful colors of the sky, the bright of the stars a night make me realize how beautiful the nature is, but personally there's one thing that allows me to connect with the nature, and is the feeling of my horse soft fur, the air on my face when I ride and the sun on my face the things that really disconnect me from all de stress of the world.

- How does this connection influence the work that you do?

**Marf:** It makes me feel comfortable, inspired and secure, it gives me the inspiration to keep working, it feels like a calming feeling passes through my body.

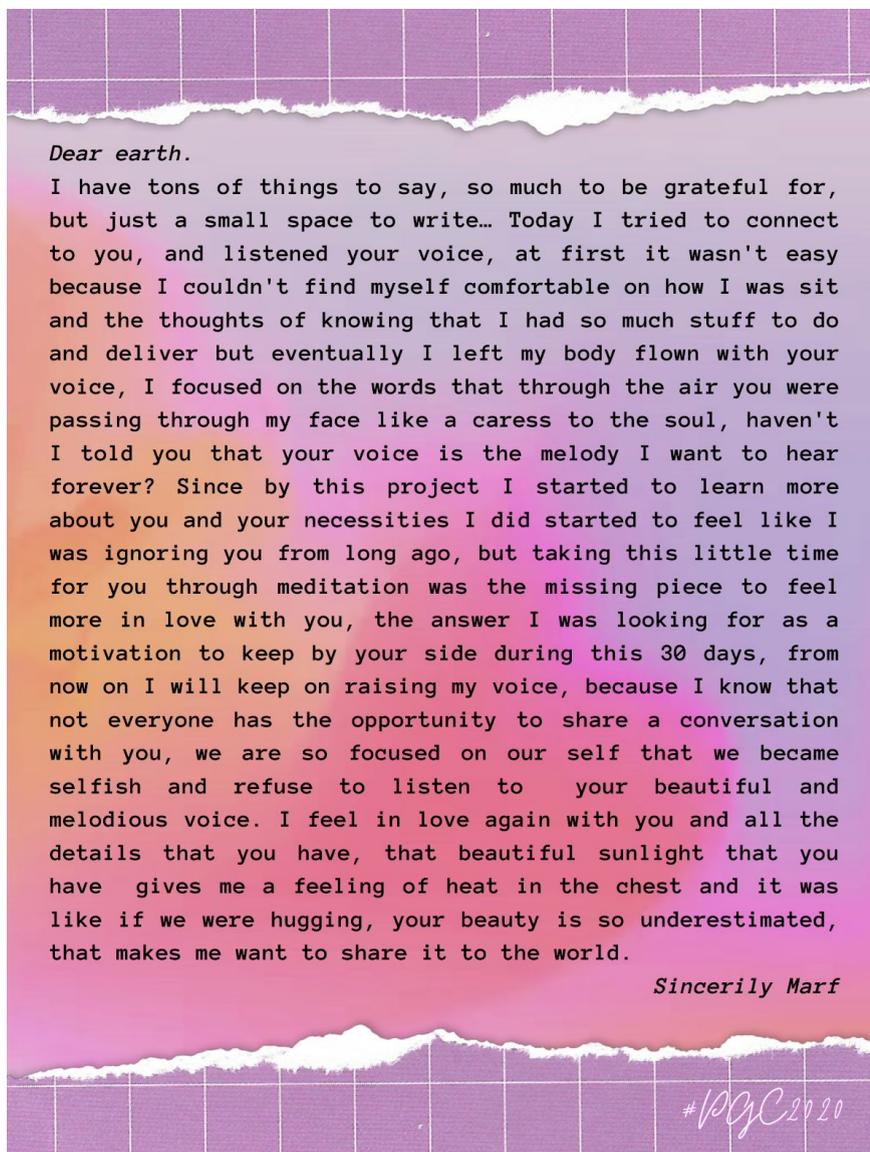
**Barbi:** Sometimes I'm really stressed or worried and the only thing need is being in contact with nature, only a moment to reflect and appreciate the world around me and after some minutes far from my computer the inspiration just appears. I feel more secure and happy with me and with my work.

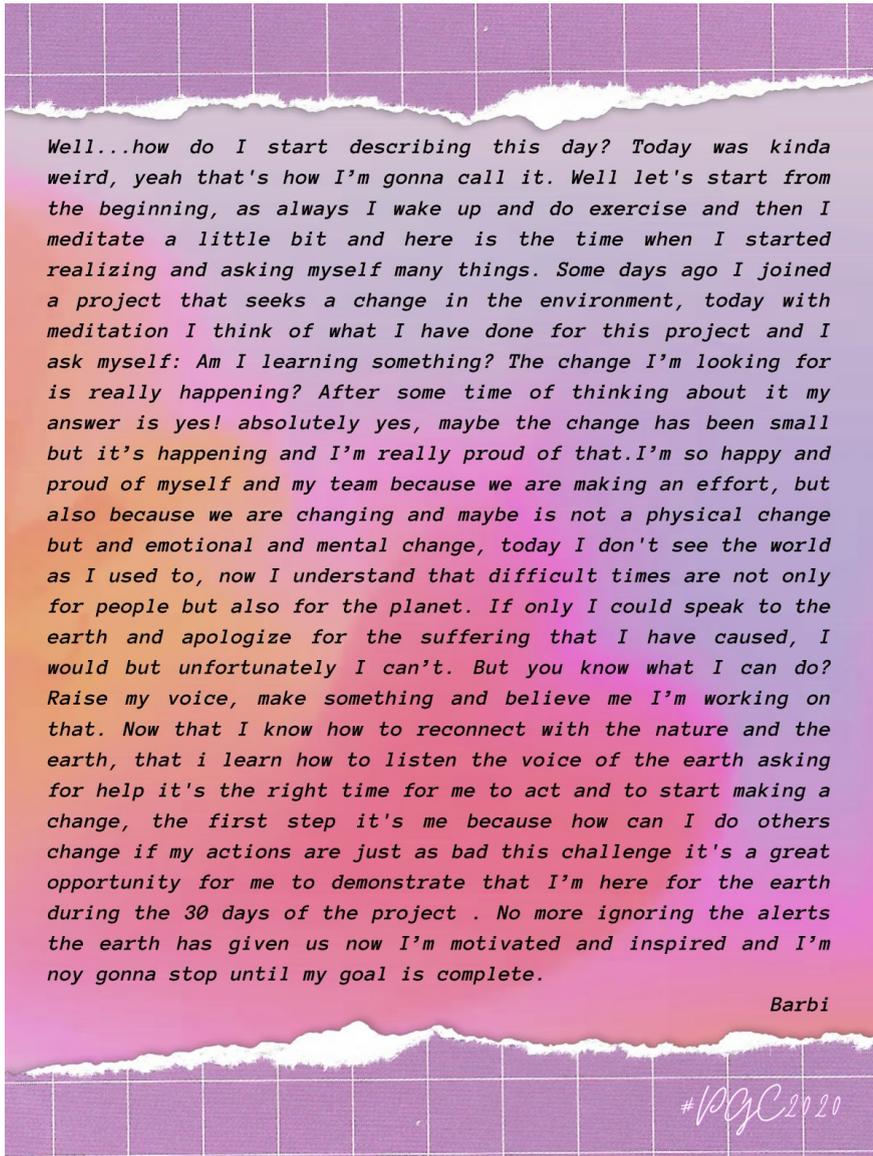
- As you observe the space around you, what sensations arise?

**Marf:** I feel calm, my chest it's warm and it is like if the time stopped for a minute and the universe calls my name, to appreciate the beauty that it has to make me realise that starting to care about was the right decision, I feel the connection between us, I'm on the right place at the right moment and I feel grateful with the universe for the opportunity of finally do something to fix the damage that we, humas had made.

**Barbi:** Calm because I stop thinking about what I should do next and start working on my present, happiness because after hard work I give myself the time to appreciate what I have and what I don't need anymore. Finally I feel more inspired and with many adrenaline in my body it's like I can make a change happen cause I'm taking a good decision and because I understand what I'm doing wrong.

### Original images:





**Instagram post:**

[https://www.instagram.com/p/CGEIMG-JN1F/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CGEIMG-JN1F/?utm_source=ig_web_copy_link)

