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Today, our team, Kakrona Pos, Angely Rose, and I went to a nearby pagoda because it opens for public visitors, and it is also a safe place to visit. Our intention of this trip is to meditate in nature and to observe the green and fresh environment of the pagoda, and to also spot any creatures that we might see in the pagoda. We want to focus our intention on nature.

After we talked together about our plan, we prepared a set of alcohol spray and hand sanitizer as they are for safety protocols promoted by our local authorities to prevent from Covid-19. We decided to walk to the pagoda because it is not really far from our school, we also want to cut down our carbon footprint. We also made our own sandwiches for our snack, and we kept it in a container box instead of plastic bags. Moreover, we planned to buy freshly made local sugarcane juice for our drink, but we did not want to use plastic cups and plastic straws, so we brought our own water bottles and metal straws. Furthermore, we brought an extra fabric bag and container box just in case we wanted to buy some other snacks along the way to the pagoda. Our fabric bag is made out of recycled textile and we also bought it from a local retailer.



Our Preparation

Let the adventure begin!

When we arrived at the pagoda, we firstly saw huge stupas built uniformly. We saw monks and other people who were also visiting the pagoda. We enjoyed the huge panoramic view of all nature: lush green trees, flying birds, the rippling waves of the green pond water. We could see so many fish swimming slowly in the vast big pond. It was such a peaceful and calming view.

In addition, I could see small birds that were flying from one tree to another, and sometimes landing on the ground to catch some food such as small worms and insects. There were also so many species of trees, especially the big one that Cambodians call “the French Tree” that leaned so low that it

nearly touched the green pond water. We also saw banana and mango trees on the way to the pagoda.

In terms of the environment, it is very sentimental and peaceful. It feels like a harmony between nature and humans coexisting peacefully. I especially admire the monks who help to keep this outdoor public space clean everyday so everyone can come in and admire the green environment. They are like the guardians of this natural space.

Although we have been to this place before, setting an intention to just go and immerse ourselves in nature and observe our environment is very therapeutic. It focuses our attention only on the animals and trees surrounding us and lets our mind meditate on its beauty. Setting the intention makes all the difference because it allows us to view nature from just an observing perspective.

When we set our intentions to do a deep meditation at the pagoda, we did not account for the noise of motorbikes or chatter of people surrounding us. Although it was hard to get used to the noise at first, we were able to focus when we journal our thoughts and observations in our book. The action of writing down and describing the view that we are seeing helps us to better focus on our intention of observing nature.

This experience really helped me to ground myself and remind me of the true purpose of environmental activism. It really opened my eyes to see the simple beauty of nature that surrounds each one of us and how it is our collective responsibility to protect and preserve this magical therapeutic free environment for many more generations. After all, the green nature reminds us of the pure life that mother nature provided, and it should be our only job to keep this miraculous mosaic of life going.

Instagram Post:



trioecowizards_pgc22

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