

# Heart Like A River

José González

@josebilingue



What are the ways that the **language of ecology** can help heal our severed connections with ourselves, each other, and the land?

How can **mentorship from the land** be in service to social justice as educators, community stewards and school culture keepers?



In this session, we'll delve into some examples of **ecological wayfinding** with invitations, orientations, and provocations in service of our restoration.

Together we play with drawing and illustration to explore our experiences and use nature as our healing guide (*e.g., being and thinking like a river, applying prescribed burning in our socioemotional spaces, and nurturing impact with mycelial leadership*).

# Creating Our Art Space

- ❑ Paper or surface to create on
- ❑ Color tools (*pencils, paints, markers, etc*)
- ❑ An intention for...



# Heart Like A River

“If you pour a handful of salt into a cup of water, the water becomes undrinkable.

But if you pour the salt into a river, people can continue to cook, wash and drink. The river is immense, and has the capacity to receive, embrace and transform.

When our hearts are small, our understanding and compassion are limited, and we suffer. We can't accept or tolerate others and their shortcomings and we demand that they change.

But when our hearts expand, these same things don't make us suffer anymore. We have a lot of understanding and compassion and can embrace others. We accept others as they are, and then they have a chance to transform.

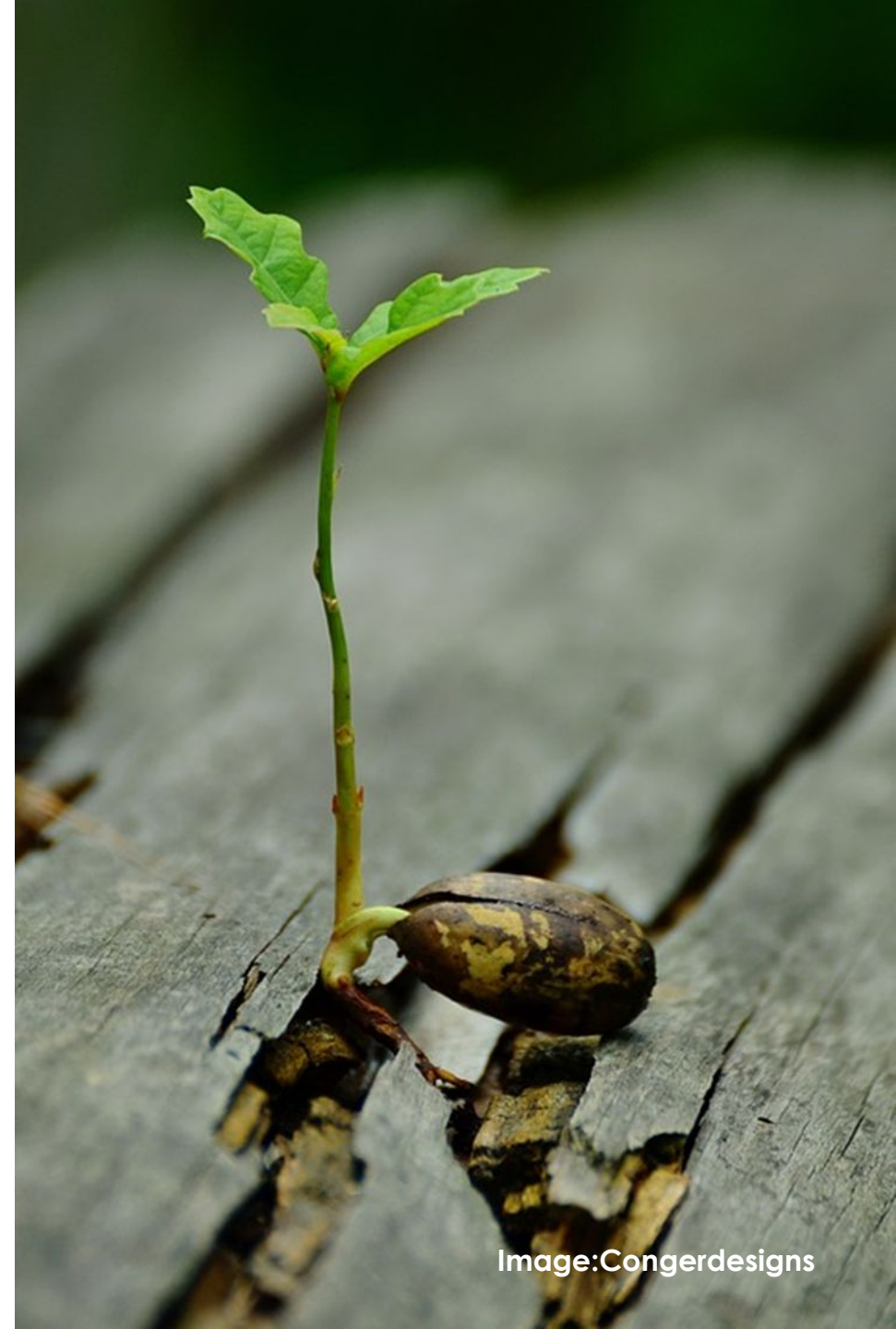
So the big question is: **how we help our hearts grow?**”

"Be with *nature* as  
*nature*, in *radical*  
and *revolutionary*  
*balance*."

# What is RADICAL?

(especially of change or action) relating to or affecting the fundamental nature of something; far-reaching or thorough.

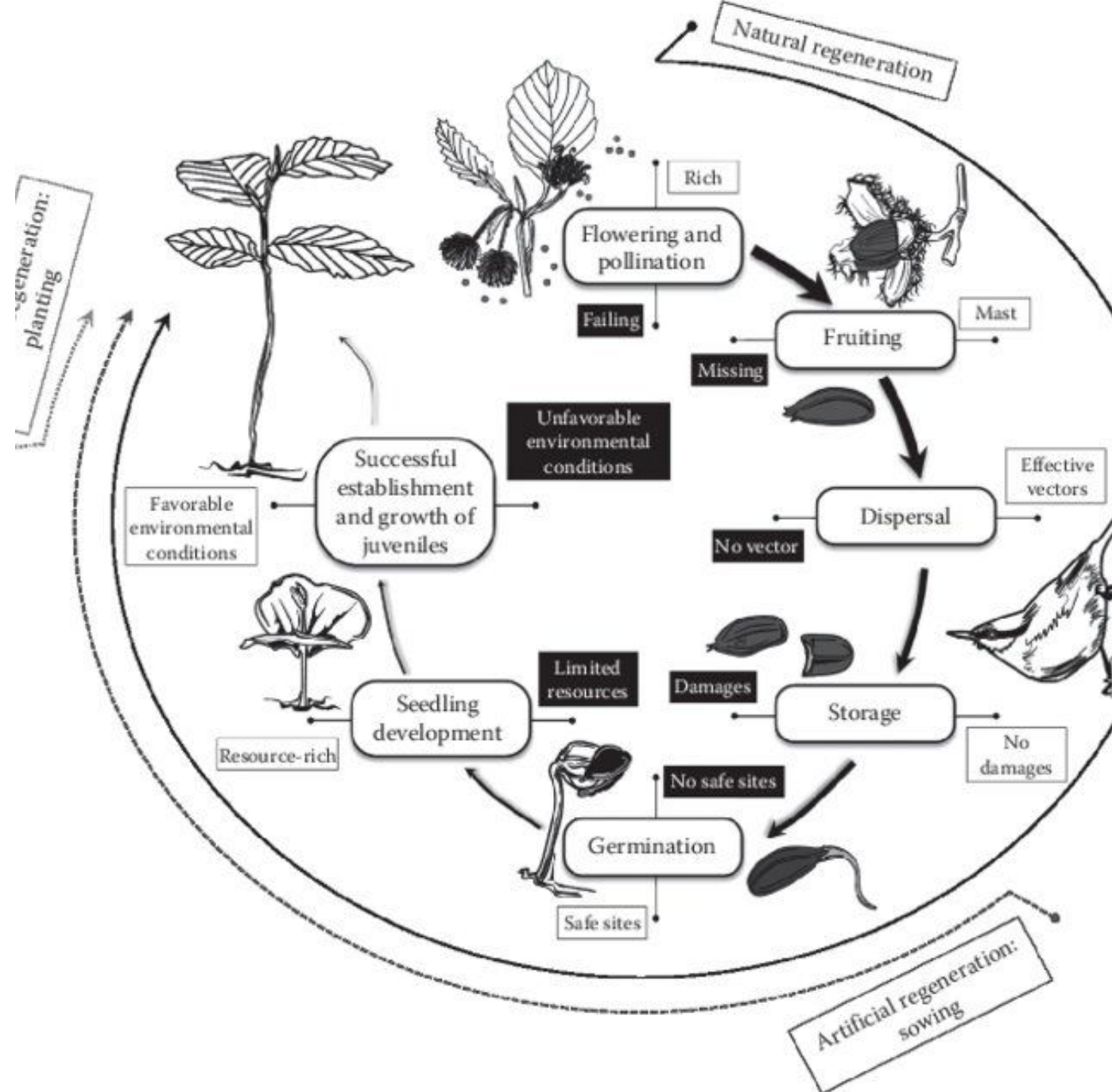
late Middle English (in the senses 'forming the root' and 'inherent'): from late Latin *radicalis*, from Latin *radix*, *radic-* 'root.'



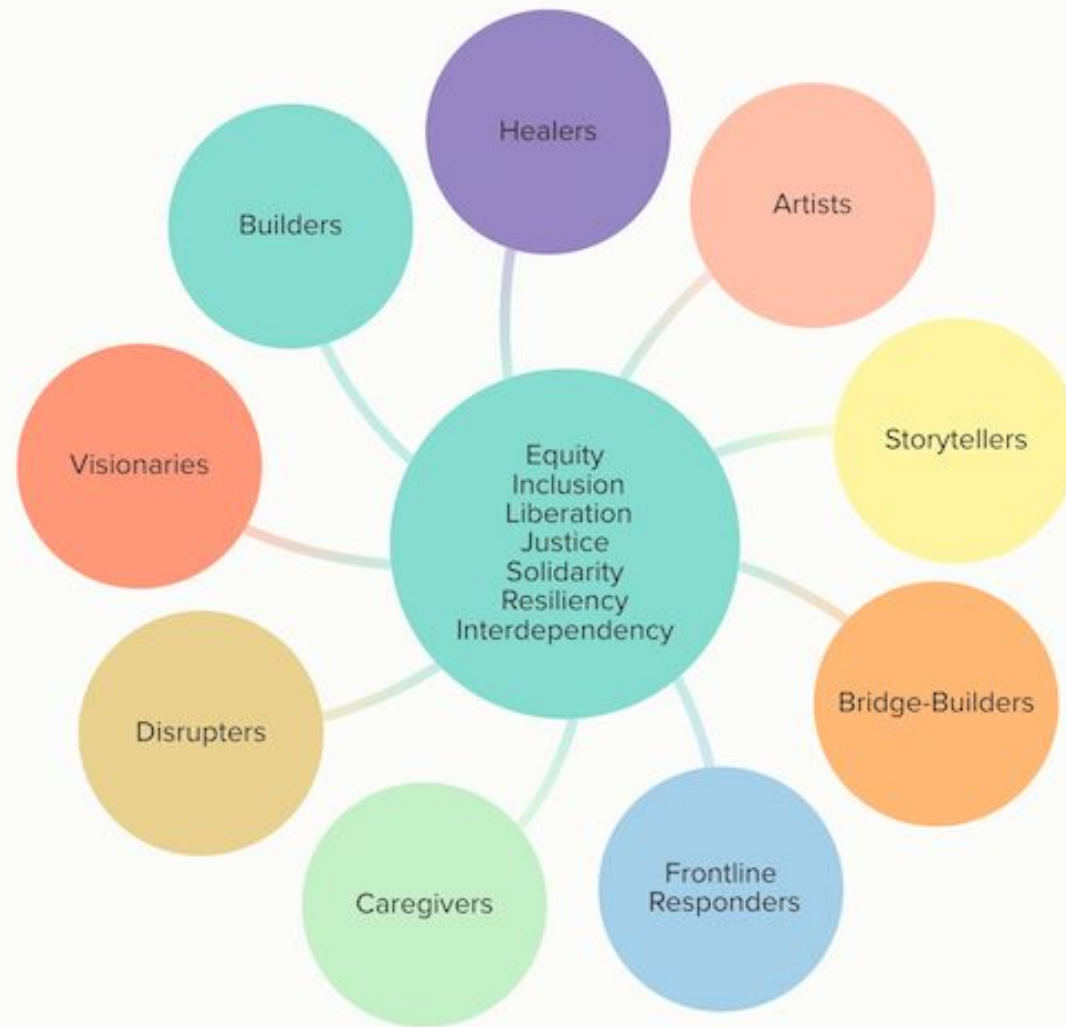
# What Is REVOLUTIONARY?

a dramatic and wide-reaching change in the way something works or is organized or in people's ideas about it. an instance of revolving.

late Middle English: from Old French, or from late Latin *revolutio* (n-), from *revolvere* 'roll back' (see *revolve*).



# My Role in a Social Change Ecosystem

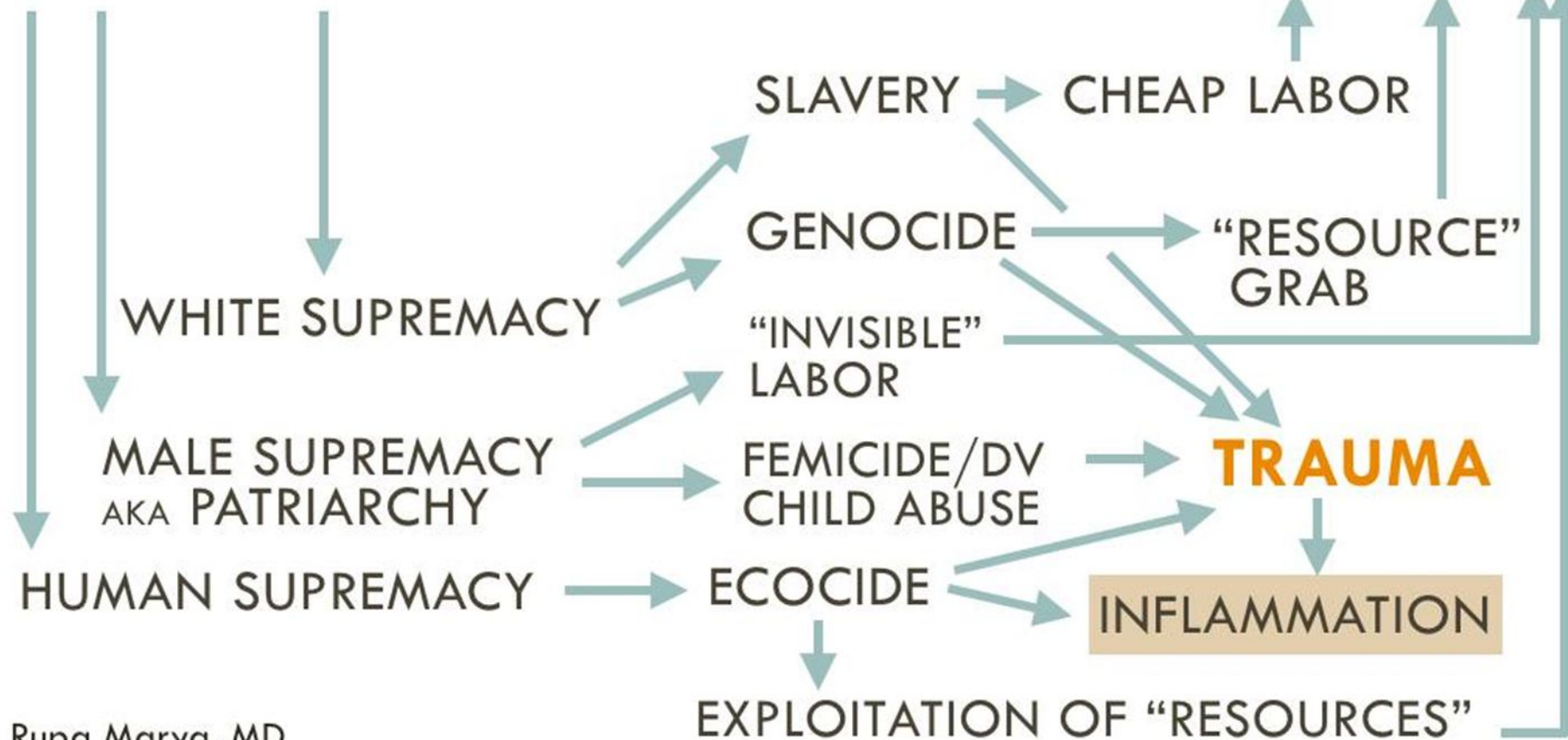


This work is licensed by Deepa Iyer under a Creative Commons Attribution-NonCommercial 4.0 International License.  
You may share and adapt this resource with attribution. No commercial use.

# COLONIZATION

## SUPREMACISM

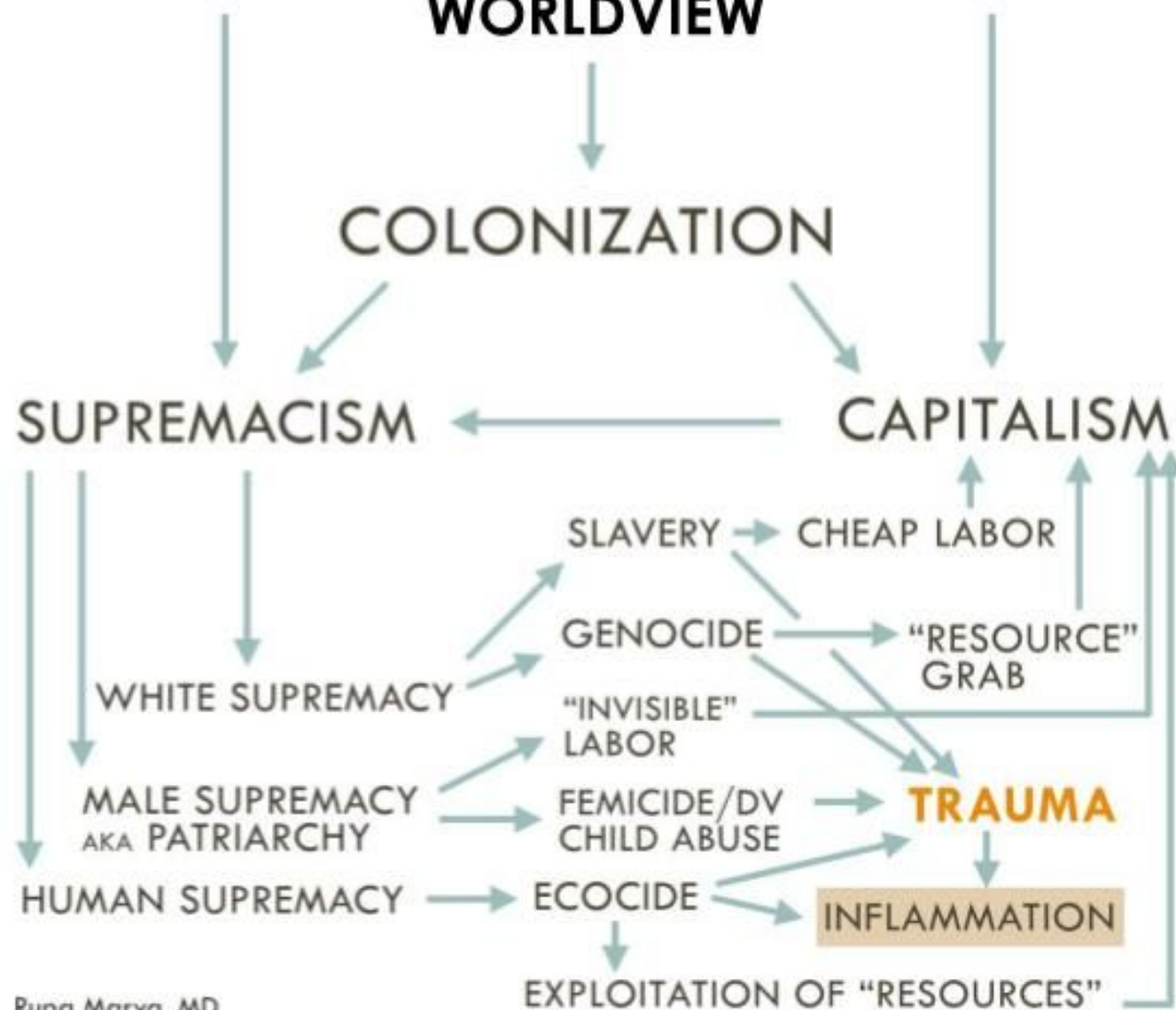
## CAPITALISM



Rupa Marya, MD



# MECHANISTIC REDUCTIONIST WORLDVIEW\*



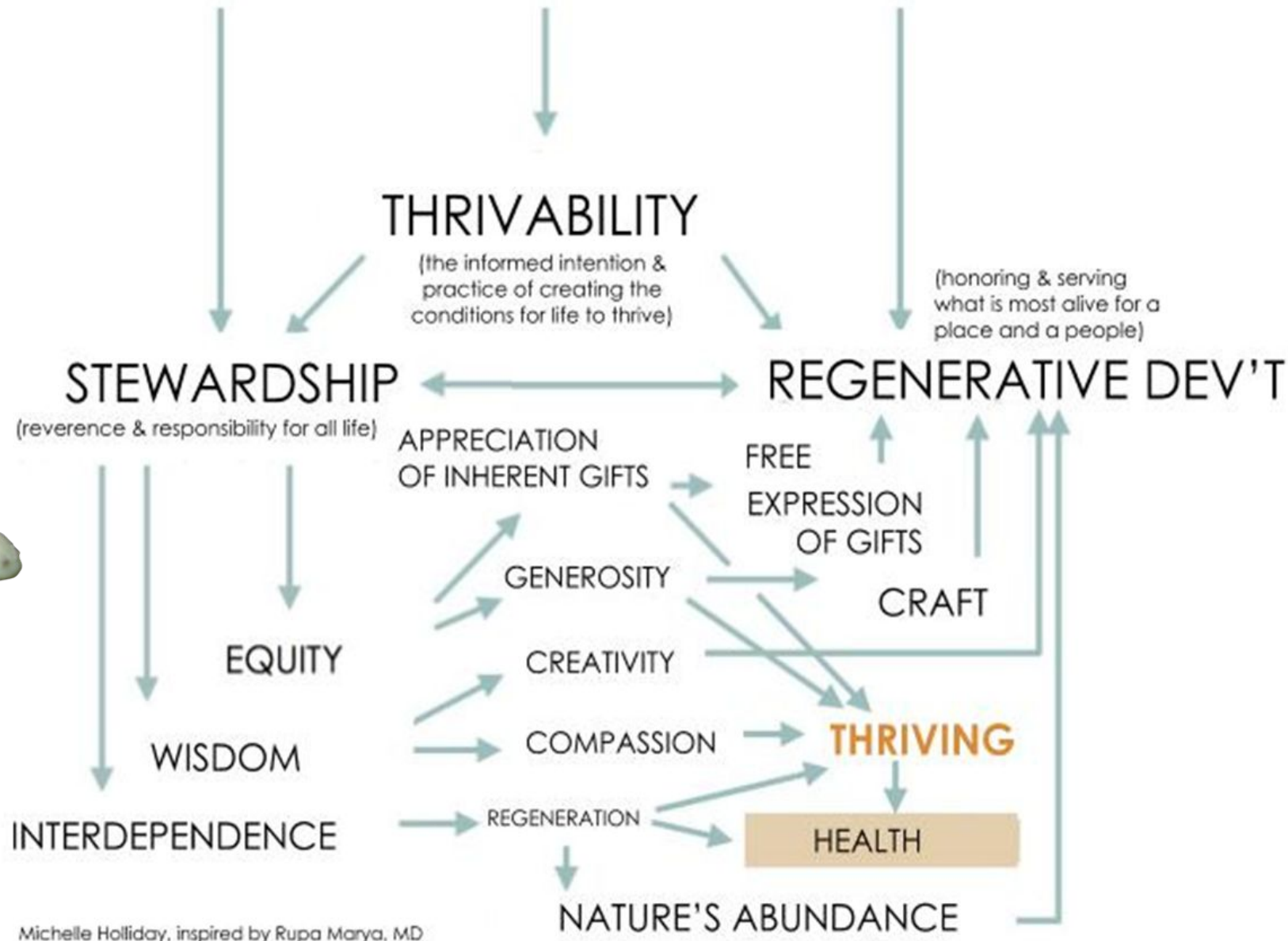
Rupa Marya, MD

\* Worldview added by Michelle Holliday



Images: Lassar Science, CleanPNG & "It's Always Sunny in Philadelphia"

# LIFE-HONORING WORLDVIEW

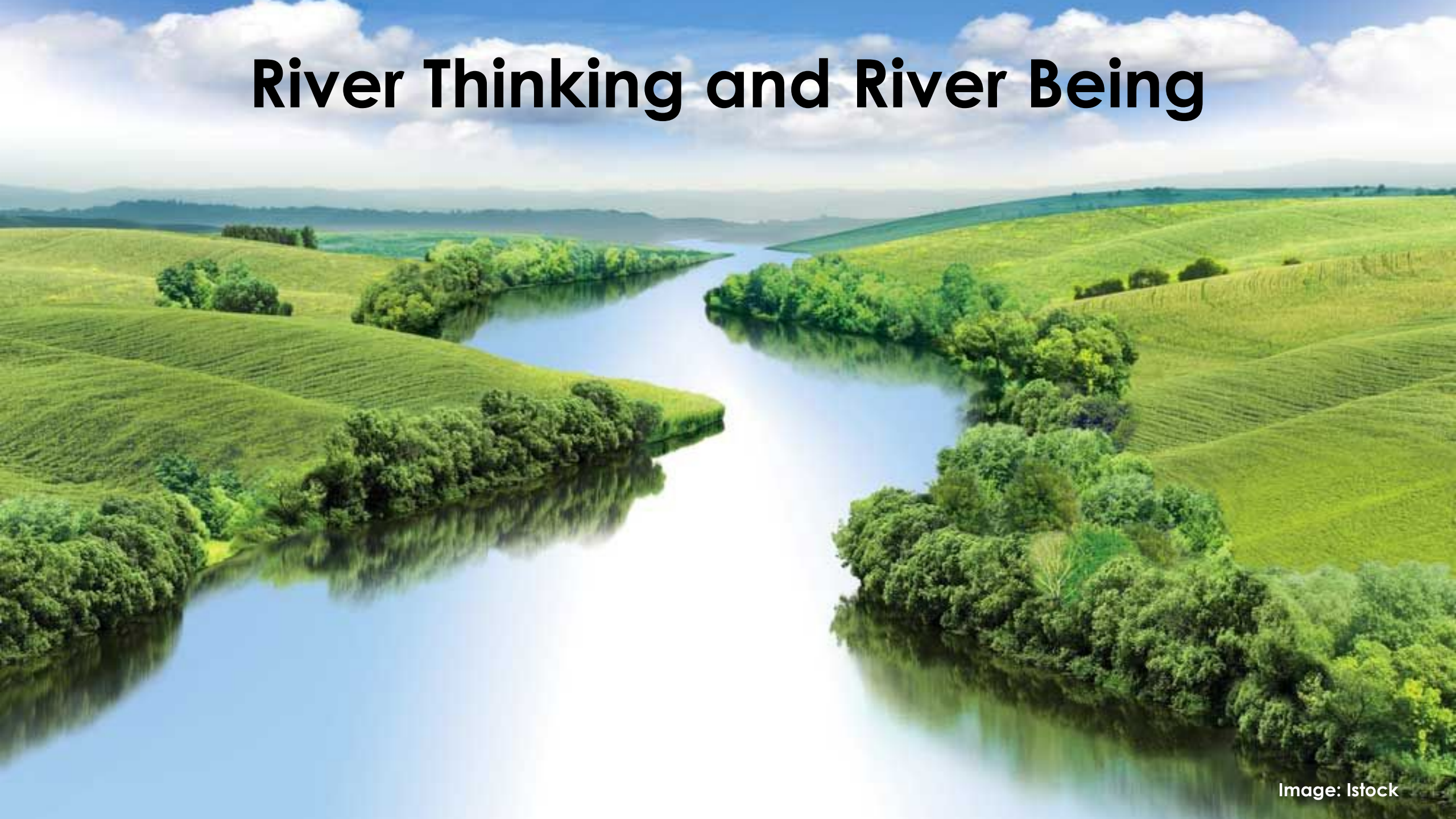


Michelle Holliday, inspired by Rupa Marya, MD

# WAYS OF WAYFINDING



# River Thinking and River Being



# LIFE DYNAMICS



Source: Hutchins & Strom

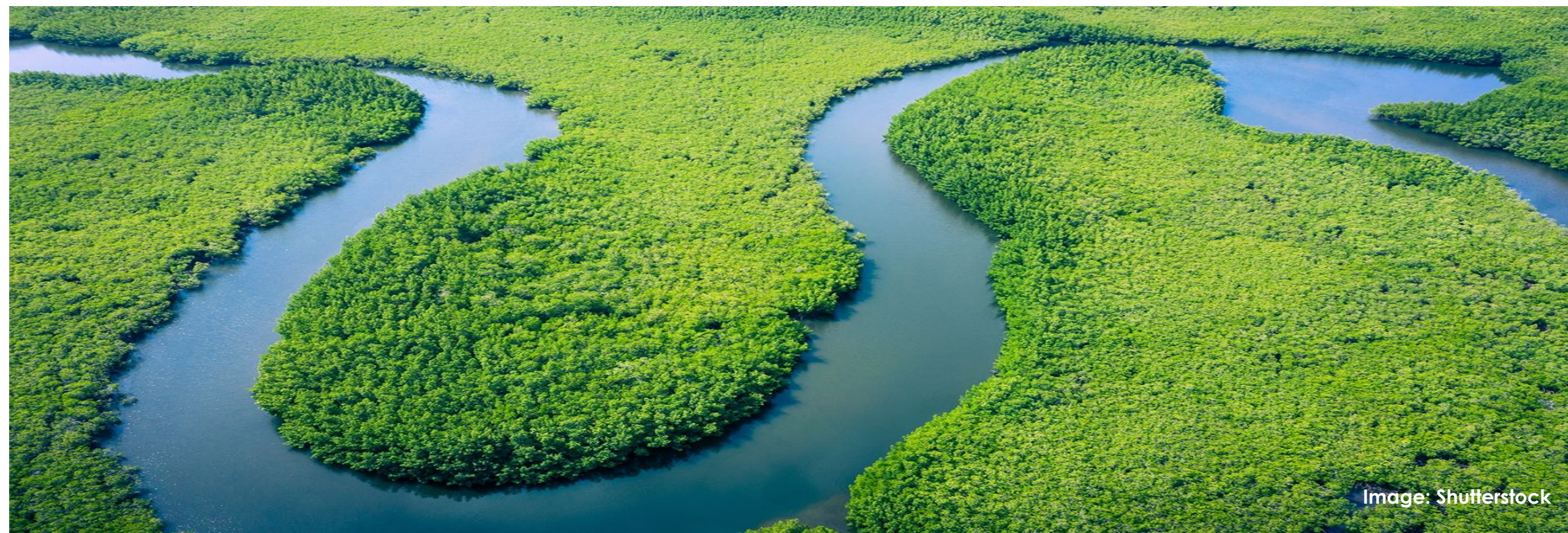
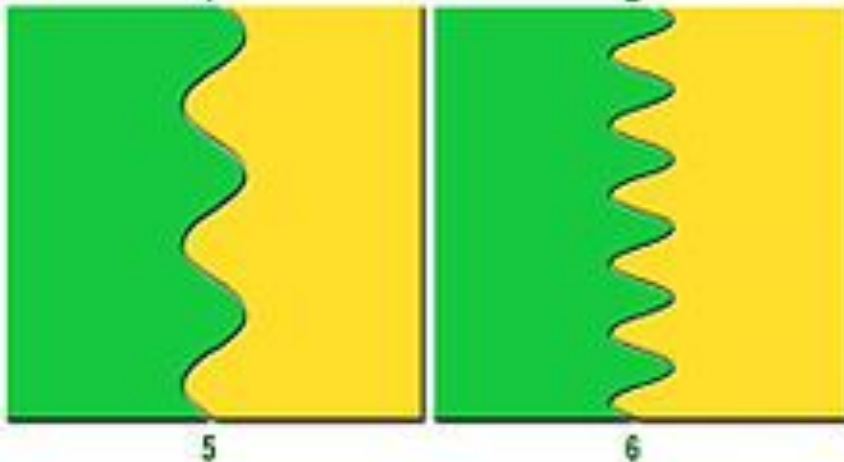
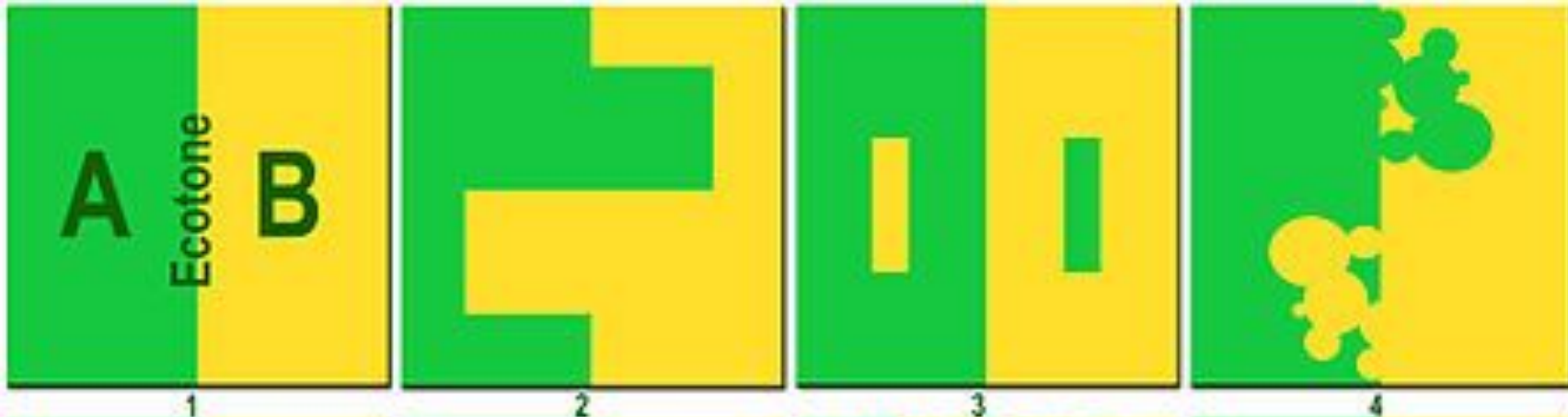
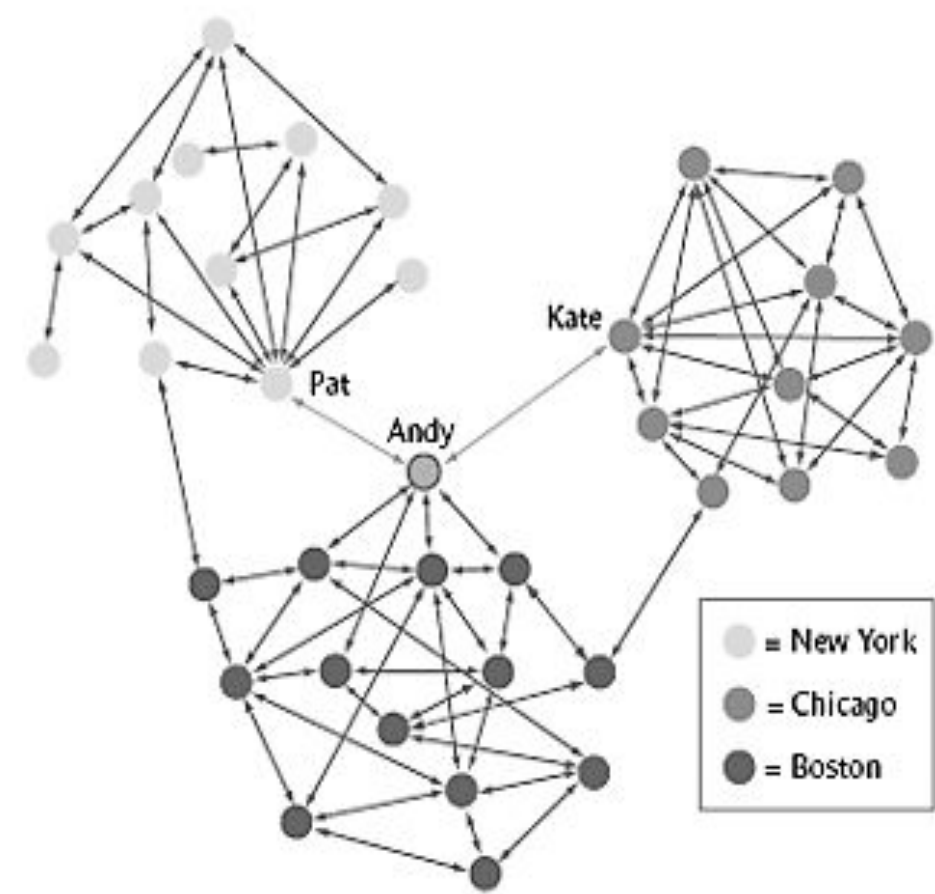


Image: Shutterstock



### Spotting Boundary Spanners

Because of his links to the central connectors in two other informal networks, Andy serves as the main conduit of information between the Boston network and groups in Chicago and New York. He plays the role of boundary spanner.



BETWEEN  
THE HABITAT OF YOU  
AND THE HABITAT OF ME  
LIES A ZONE OF  
ABUNDANCE AND  
CREATIVITY.

A photograph showing a large fire on the right side of the frame, with bright orange and yellow flames rising into a thick, hazy, yellowish-brown smoke that fills the background. In the foreground on the left, a wooden signpost stands. The signpost has two horizontal wooden bars. The top bar has the words "SENIOR" and "CENTER" in white, bold, sans-serif capital letters. Below the top bar is a black rectangular sign with white text. The bottom bar has the words "COME JOIN US" in white, bold, sans-serif capital letters. The ground in the foreground is covered with dry, brown grass and some small plants.

**SENIOR CENTER**

**WEAR A MASK  
WASH YOUR HANDS  
SOCIAL DISTANCE  
STAY SAFE**

**COME JOIN US**



Image: National Park Service

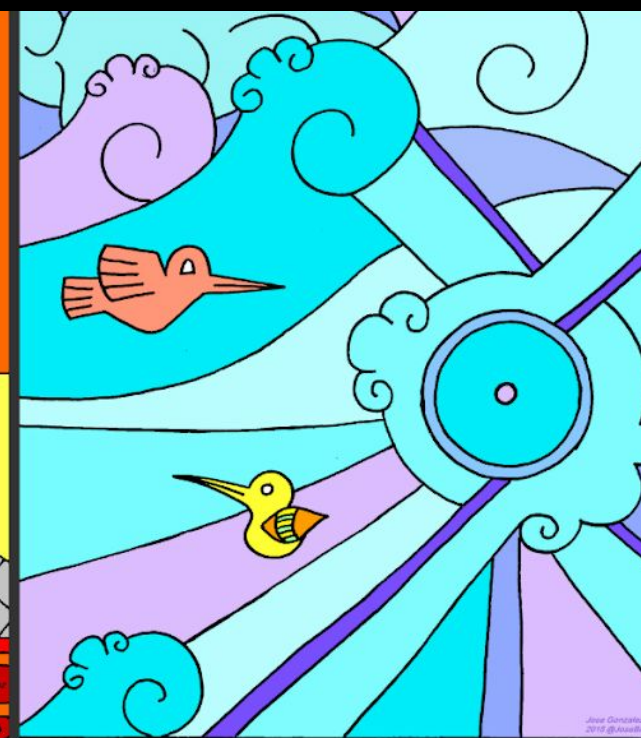
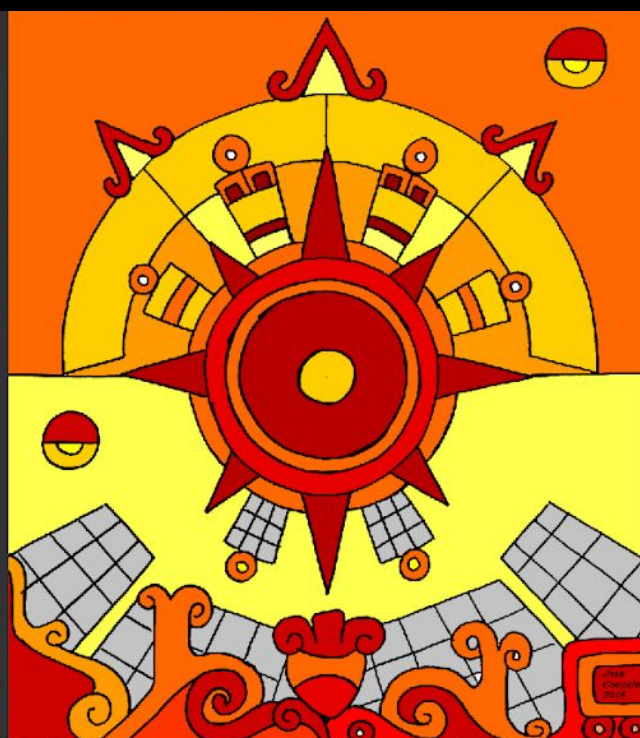


“Your team is functioning like a well-oiled machine.”



**“Your team is functioning like a well-nurtured meadow.”**





GRACIAS!

José G. González