

Turn your
anxiety into
light
Break it out

How does it feel to
pull the end of the
world close to you?

I feel pessimism and optimism through
the process. Talking makes
me want a solution but
coming back to reality scares
me because the solution may
never happen.

Moving away from
the symptoms of
climate change
& which there are
many and towards
ourselves. Maybe the
world doesn't have
to end.

It's interesting to
embrace all this
change and disorder
not in a positive or
negative way but in a
neutral factual way.

Feel the grief
within yourself,
were not running
towards the
dark reason,
nor is there even
a single solution.

EMOTIONAL ANXIETY / DOWNWARD

TAKE IN GOOD ENERGY
& BREATHE OUT
LIGHT.



Powerful price - helped
to resonate w/ environmental
issues on a personal
level. Diff to 'toxic
positivity' meditations
that push 'good vibes'
'high energy'. This
workthrough helped
body sit + feel harness
negative emotions
and internally understand
and transform.

We're downloaded the
feeling of climate change
and still choose to over-
ride it with rationalisations.

THE LIMITED REACH AND
REJECTION YOU CAN REACH
WHILE STAINING SYSTEMS
NEVER ENDING MACHINE
CAPITALISM. A TO STOP
TOO OFTEN BE OVERHEATING.
CAN OFTEN BE BACK
TAKING A STEP TO UNDERSTAND
TO CALMLY SEE IT, HOW YOU
WHAT YOU CAN HELP LOCAL
CAN REASONABLY HELP OVER
INSTEAD OF PANICKING CAN CHANGE
WHAT YOU CAN HELP LOCAL

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We are one!