



AN INVITATION

Egg House Art / Libby Davy invite you to share in "The Mother Nurture Project" this spring/summer – a participatory art project connecting people + nature.

A simple experiment into caring for ourselves.

START: Spend just a moment or more with trees - sea - sky - animals - a flower in the pavement - the wind on your cheek. Whatever draws you in for as long as you like, as often as you like.

OBSERVE: Watch your breathing, start to relax. You might walk, lie down or sit. Use your senses + intuition. Notice any effect this has.

REFLECT: Take a simple photo or two of you (or part of you). Of what you saw - thought - felt. Write a few words, draw, doodle, collect special things. Whatever you do is perfect - no "right" or "wrong", only your individual experience. Collect your experiences in a small sketch book you can carry with you. See our website for inspiration. Notice how your awareness changes over time.

SHARE: Send your experiences/photos/words/ scanned images via email to us or add them to our online map (see website). Maybe invite a friend/child to participate with you. Invite us to offer the project within a place / group you are connected to and help it grow.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom" (Anais Nin)

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