

August 2025
#003

Soul & Soil[®]

Where spirit meets the everyday

SOUND CITIZENS

WAVE YOUR
WAND

ARE YOU A
GENERATOR?

POUR DECISIONS

KNIFE, FORK,
SWOON

Where Wisdom
Lives

Connecting Conscious Community



Arizona 2025

Update

Hot season always pulls me to Arizona.

Sun on skin, heat that seeps in and feeds me. People smile or warn me about the desert and I keep saying it because it is true. This is the season when I feel myself merge with that land. I move like sand, like light, like someone walking the thin places between hardship and possibility. **The desert is where I come alive.**

Out there I strip away what distracts and sink into inner truth. Solitude stretches wide enough for faith to breathe. Old layers shed. Growth roots deep. I have never left without being led closer to my Self and to the divine presence that meets me in that heat.

A Few Updates

They Were Here and It Mattered is underway, and I'm already in awe of the stories that are coming forward.

The Starboard Group and Portside are thriving, and I'm grateful for the momentum there & being a part of the team.

I've launched a YouTube channel (yes, finally!) as another way to share heart and truth with a focus on grief.

My pup and my family are soaking up adventures, and I find myself falling in love with this season of life all over again.

Most of all, I feel in awe of our community and what each of you is creating. The ripple of everything we're building together is felt everywhere.



Brandee

Soul & Soil[®] WELCOME BACK

How did we forget?

We forgot when we named the land separate.
When we called her resource instead of Mother.
When we no longer fed the fire with our gratitude,
or asked the river if she was willing.

We forgot when we built fences...not just of wood,
but of mind and story.
We declared ourselves rulers of what once held us,
and in doing so,
we exiled our own soul.

Once, we moved with the moon.
We knew the names of wind by touch.
We sat in circles, not rows.
We sang to plants and wept with stone.
The land was not a place we walked on,
it was a being we belonged to.

A body curled into earth is not resting.
It is remembering.
The soft underbelly pressed to grass
is not weakness.
It is reverence.

The ant that crawls across the skin
carries no more or less sacredness than the heartbeat.
The breath is not ours to own.
The breath is on loan from the trees.

There is no outside.
No edge where skin ends and earth begins.
The body pressed to soil is soil.
The breath is weather moving through lungs.
Flesh holds the same memory as stone.
There is no return, only recognition.
We are not touching nature.
We are what it touches.
What it moves through.
What it is.



**A gathering
place for *spirit*
and the
everyday.**

In gratitude,

Brandee Walton

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**This could be
YOU!**

Submit your offering:
team@eleven11-thestudio.com

Legacy

An invite to write with me.
Together we share their legacy. Together we write their story.

Everyone is a Legend to Someone

Their names still rise in conversation. Their presence still echoes in your life.

Maybe you've lost someone like that. I know how it feels.

Love them, remember them, cry about them. Keep their legacy alive.

Share a story, a memory, a tribute to be published in my next book -
They Were Here and It Mattered.

This anthology is close to my heart and I want to create it with you...

*A book made of love and story and memory. A collection of tributes from people like **you and me that will last forever**. We're not re-writing obituaries, we are sharing how our loved ones impacted the way we live, our traditions, our communities.*

They Were Here and It Mattered needs your story. Honor your loved one - share their unique legacy.

You don't need to be a writer. *You don't need to know exactly what to say.*

*You need only have the desire to share. **Sign up to be in the book by August 15th**. (No writing needed at time of sign up).*

If you're curious, scan the QR code or [click here](#).

I would be truly honored to write alongside you.

With care and heart,
Brandee





She grows wild in the heat of summer, reaching full and fragrant in August, asking only that we meet her with reverence. In the garden, she's prolific. In the sacred, she's powerful. Known as tulsi in ancient traditions, basil has long been honored not just for her flavor, but for her ability to protect, purify, and awaken.

She teaches us about clarity. How to return to it. How to recognize when we've strayed. She helps us hold heart and boundary in the same breath.

When tended with intention, basil becomes more than a kitchen herb. She becomes a companion. A frequency. A reminder to trust our inner knowing and to stay rooted while reaching toward light.

Add her to meals, to baths, to oils, to prayers. Let her scent cut through the noise. Let her leaves remind you that you don't have to force anything to grow. Just tend to what's already alive.



Basil Bath Ritual

For clarity, calming, and release

Gather a small bowl of fresh basil leaves. As you pluck each one from the stem, name what you're ready to let go of... Tension, thoughts, energy that no longer feels like yours.

Steep the leaves in hot water for 10–15 minutes. Strain, then pour the infusion into your bath. You can add Epsom salt or a few drops of lemon balm or lavender oil, if you feel called.

Float a leaf on the surface or rest one over your heart. Let the scent anchor you back into your body. Let the water hold what you're releasing.

Stay until you feel clear again. There's no rush in remembering yourself.

Basil-Infused Oil



A multipurpose herbal oil for food, body, and ritual use

You'll need:

- A small clean glass jar
- Fresh basil leaves (enough to loosely fill the jar)
- Olive oil or another carrier oil you love
- Cheesecloth or fine mesh strainer

Gently bruise the basil leaves to release their oils. Place them in the jar and pour oil over them until completely covered. Set the jar in a warm, sunny windowsill for 2–3 days. Strain and bottle.

Ways to use it:

- Rub into temples or over your heart when seeking focus
- Drizzle on meals with gratitude
- Anoint candles or doorways to invite clarity and calm
- Massage into feet before rest

Label your jar with a word or date that anchors your intention. Use slowly. Let each drop remind you that tending the sacred doesn't have to be complicated.

Gather

The way we come together has always carried something sacred, through circles, through song, through stillness. Around a fire or over tea, in person or online, these moments remind us not only what it means to be fully human, but also what it feels like to *belong to something more than ourselves.*

Here's a peek at some offerings in SE Wisconsin and Northern IL (just click the photos and explore)



Kirtan & Ecstatic Dance

You are invited to the Wellness Collective's

SUMMIT FOR PEACE & COLLECTIVE WELL-BEING

Thursday, August 7, 2025 | 3:30-9p
Cravath Lakefront Park: Whitewater, WI

Enjoy a vendor market, food,
and workshops for creating more
peace within ourselves
and in the world.

Registration is free, but preferred
(& you'll receive a swag bag if you do!)



Summit for Peace...



Yoga, Sauna, Flowers



Summer Kirtan Party



1 HORSES

Reiki session while surrounded by
Reiki with Horses



Henna Pop Up

Find more offerings & submit yours at mypwrsources.com

OUTDOOR • SUMMER

VIBE

a sound, frequency & soul journey

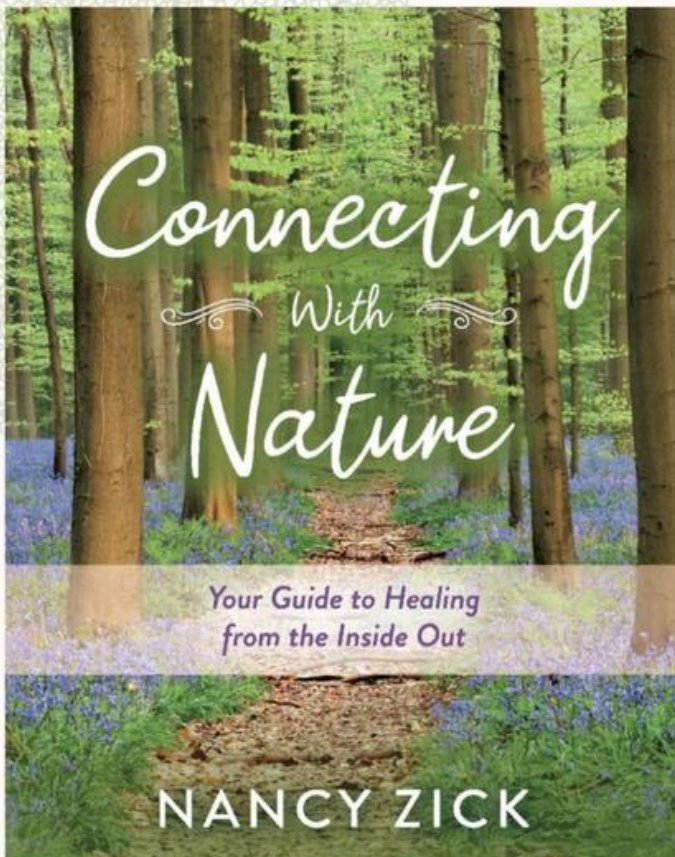
August 23rd | 10am | Genoa City, WI

[Learn More & Grab Your Ticket](#)



CONNECTING WITH NATURE

Author: Nancy Zick



This illuminating book will escort you on a path of healing, using personal stories and reflections, aromatherapy and gentle meditations to give you support and guidance as you make your own journey to physical and spiritual fulfillment. Discover how Nature can help you connect with your inner self and the Creator, and open your heart to joy, peace, hope and gratitude.

Available at
amazon

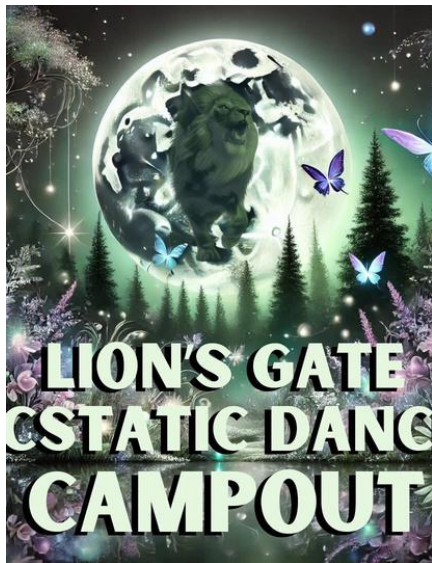
Available at
BookBaby

Homecoming

Welcoming Retreats

*Let the one that calls you,
be the one that moves you.*

Find more retreats at mypwrsources.com



Lion's Gate Ecstatic Dance

2-night ecstatic dance campout on a beautiful property in the Driftless region, graciously hosted by Lark Gibson of Radiant Spirit Retreats. We will have an intentionally woven ceremonial weekend camping retreat consisting of 4 dances with varying styles, intensities and intentions. The intention with this experience is to deepen your bond with yourself and with others with movement and music as the guide.



Just Be - Women's Retreat

Be yourself, Be your ideas, Be in community as we gather together to take care of ourselves, and celebrate the unique qualities in one another. Friday evening through Sunday we'll meet in an 1880s farmhouse situated on 40 acres with native prairie, a winding creek, maple and oak trees, and an organic garden



Elements Yoga, Movement & Wellness

Tap into your deepest layers of spiritual awakening. Designed to invite you to surrender. Enjoy up to two yoga classes or wellness experiences per day in a beautiful nature inspired setting overlooking the Pacific Ocean and poolside for sunrise and sunset flows.

So it's your first weekender event! You're excited for ecstatic dance, fires, streams, singing, sharing, connecting. But wait, you've never done this before and it's rare that an event puts together a camping list. It's sort of assumed you know how. Maybe these lists will help.

But What do I Bring

- Shelter: Tent, tarp, stakes, rain fly, and ground cover. Even if weather looks clear.
- Sleeping Setup: Sleeping pad or mat, sleeping bag, pillow, extra blanket. Comfort is medicine.
- Clothing: Layers, layers, layers. Sun hat, warm socks, something waterproof, something breathable. Temperatures can shift fast.
- Headlamp or lantern: Hands-free light saves you in the midnight portal walk.
- Water bottle and water: Hydration is survival. A personal 1-gallon refill jug is gold.
- Food: Easy-to-pack meals and nourishing snacks.
- Utensils: Bowl, fork/spoon/spork, mug. Ideally something durable and easy to rinse.
- Toiletries: Toothbrush, biodegradable soap, toilet paper, hand sanitizer, wet wipes.
- Sacred basics: Journal, pen, small altar item, offering for the land (flower, stone,



Camp



The Things You'll Be Glad You Brought

- A shawl or sarong: For warmth, sun protection, ceremony, or quiet moments alone.
- Camp chair or cushion: Something to sit on that's not the earth or your butt bones.
- Earplugs and an eye mask: Sleep matters, even on retreat.
- Electrolytes or herbal tea bags: A little boost when energy dips.
- Dry bag or zip-top pouches: Keep sacred things safe from unexpected rain or dust.
- Dress-up or something playful: Not required, but joy wants expression.
- An open heart and a soft "no": Bring your boundaries with your wonder.

What tips do YOU have? We'd love to hear them and share them in our newsletter! Trust, the community would be grateful for the guidance and it may even bring up attendance in these community gatherings Afterall, you don't know what you don't know and having guidance is a gift!

Harvest

RECEIVING THE OVERFLOW - FOR PRESENCE, GRATITUDE, AND THE SACRED ACT OF
GATHERING WHAT'S READY



Before you step into the garden, pause at the edge. Close your eyes. Take three breaths and place a hand on your belly or your heart, wherever you feel the most alive.

Whisper a quiet thank you to the soil, the sun, the water, and the unseen forces that have brought this abundance forward. Say it out loud if it feels right.

As you harvest each zucchini, pause just long enough to notice its shape, size, or weight. Hold it like a gift.

Let it speak to a part of your life that's overflowing nourishment, emotion, inspiration, even tasks, and offer a breath of gratitude for the chance to carry it. When you've finished gathering, place the harvest in a bowl or basket. Before washing or cooking, take a final moment to acknowledge the cycle you're part of. Something has grown, and you've been chosen to tend it forward.

You are a part of the offering now.

No one can hide from zucchini season in the midwest. It shows up on your doorsteps, on the passenger seat of your car, on your desk and somehow in your purse after you visit a friend.

Here's a delicious treat to sweeten the season. **This chocolate zucchini cake recipe comes from community member, Amy Basil-Moore.** (hmm..maybe we should've asked her for a 'Basil' recipe...) 😊



- Preheat the oven to 350°F. Line an 8 by 8-inch metal baking pan* with parchment paper then spray with nonstick cooking spray.
- In a large bowl, whisk together the flour, cocoa, sugar, salt, and baking soda.
- In a small bowl, whisk together the melted butter, oil, sour cream, eggs, egg yolk, and vanilla extract.
- Make a well in the center of the dry ingredients and pour in the wet ingredients. Stir until a few streaks of flour remain. Squeeze out any additional moisture from the shredded zucchini before adding to the batter (see recipe post for tips on reducing excess moisture, which will create a gummy cake texture). Add in the chocolate chips. Stir until just barely combined.
- Pour the batter into the prepared pan and bake for 30 minutes or until a toothpick or cake tester comes out clean. If your cake sinks slightly in the middle, that's normal because it's so moist and rich!
- Let cool completely.

** If using a glass pan, bake at 325°F for 35 to 40 minutes, or until a toothpick or cake tester comes out clean.*

- 1 cup plus 2 tablespoons flour
- 1/2 cup unsweetened cocoa, measured correctly
- 1 cup light brown sugar
- 1 teaspoon fine sea salt
- 1 teaspoon baking soda
- 4 tablespoons unsalted butter, melted
- 1/4 cup fresh vegetable oil
- 1/2 cup full fat sour cream or plain whole milk yogurt, at room temperature
- 2 large eggs plus 1 egg yolk, at room temperature
- 2 teaspoons vanilla extract
- 1 cup shredded zucchini, from about 1 medium zucchini
- 1 cup semisweet chocolate chips

Leadership

with Dr. Teri Mahaney

We are honored to have Dr. Teri Mahaney join us for a series on Leadership. Before we begin to share her brilliant articles and support in coming editions of Soul & Soil, let's start with an introduction.

Dr. T is a multi-faceted game changer, an effective C-Suite transformational leader, a university professor, and creator / founder of a neuroscience-based self help program.

She is fiercely committed to supporting your life-changes—sharing her extensive practical knowledge and hard-won wisdom through her products and services.

Change Your Mind While You Sleep: SuperSleep® is the EASIEST personal and professional transformation program available. Simply play an MP3 while you sleep, and change effortlessly. Dr. Teri Mahaney is the international expert on the neuroscience of re-coding the theta brain state. She synthesized several proven elements in her program: her 20+ years of research and client observation; theta brain state research; Suggestopedia research, music and statement cadencing; researched suggestion statements; and her single minded commitment to your success. Use her practical tools to reach your next level.

This program has helped:

NFL, NBA, NCAA athletes

Career-changers

Concerned parents

Struggling business people

Unconfident adults and kids

Self-sabotagers

Anxious adults and kids

Underachieving students

Adults with dysfunctional pasts

Those seeking motivation and direction, clarity and purpose, balance and harmony, prosperity and ease.



Learn more and work with Dr. T - terimahaney.com



Change Your Mind

...mentoring / master classes

Empowerment Master Class

- Why:** Change your life by expanding & anchoring your personal power mindset, skills and behaviors
- When:** 12 bi-monthly Zoom classes with Dr T (6 months)
- Who:** 5-9 like-minded women
- How:** In combination with Dr. T's mentoring and coaching, use a monthly **Empowerment** Change Your Mind streaming audio: Your First Step, Heal Your Childhood, Release Your Past, Claim Your Personal Power, Speak Up for Yourself, Accept Change & Face Your Future

Get life-changing direction and support in classes with Dr. T, a master mentor and coach. Known for her extensive experience and practical approach, she is also a natural intuitive who zeros in on your challenges and provides insights and strategies for focused change. Get core level transformation using Dr. T's sleep-to audios, based on the neuroscience of re-coding the theta-brain - the driver of behavior.

terimahaney.com



Teri Mahaney, PhD



MEET LEAH JURGENS

Shine



Leah moves like a story being told. Her art, her voice, the way she brings things into form - all of it carries something ancient, tender, and unwavering. Whether she's dancing, drawing, building adornment, or working with natural materials, her process feels like conversation with something larger. Creation becomes communion.

There's an honesty in the way she shows up. She shares the mess, the beauty, the ache, the joy. She grows in the open, allowing others to witness her becoming without explanation. I feel it as full on permission. She lives and creates from the same place, a steady center that doesn't ask to be understood, only felt.

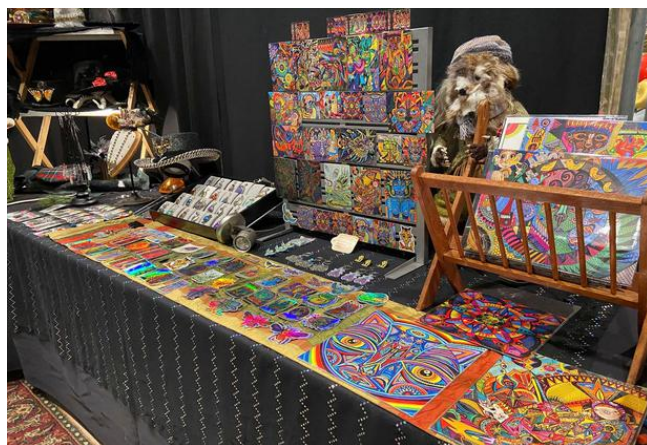
Her pieces emerge like rituals, each one a layered reflection of what's being moved through or honored. Some hold the fierce softness of healing, others pulse with ancestral imagery or sacred play. There's flow in her lines, breath in her color. Her work invites stillness and feeling, sometimes all at once.

To sit with her art is to be asked to slow down and let it speak. The stories she creates through symbol and shape are beyond expression. Each piece is truly an offering. What she creates is alive with passion and purpose and a reminder that this life is to be experienced.

In her own words:

"I have a light that never falters. I carry the spark of the Creator.

I bow in agreement, Leah. I am honored and grateful to stand in her light.



‘Where words fail - art speaks’ - Leah

Leah walks with that spark intact. She tends it. She shares it. Her work reminds us that the most meaningful creations come not from seeking attention, but from listening inward. From trusting what wants to come through.

Connect with Leah:

Email: kiwidrip@gmail.com



The Human Design Type Series:

Generators By Jennifer Grinder

Everything is made up of energy and that includes you. So what is your energetic configuration? Your energetic blueprint? And why would you even want to know?

Human design reveals your energy type, which is how you're naturally wired to interact with life, people, and opportunities. It's how you move through the world. And when you know how to listen to it, it can show you exactly when you're in alignment... and when you're not.

Now, you probably already know when something's off, but you might not understand why. That's where your Human Design type becomes a powerful guide.

There are five energetic types in Human Design:

Generators • Manifesting Generators • Manifestors • Projectors • Reflectors

We're starting with Generators.

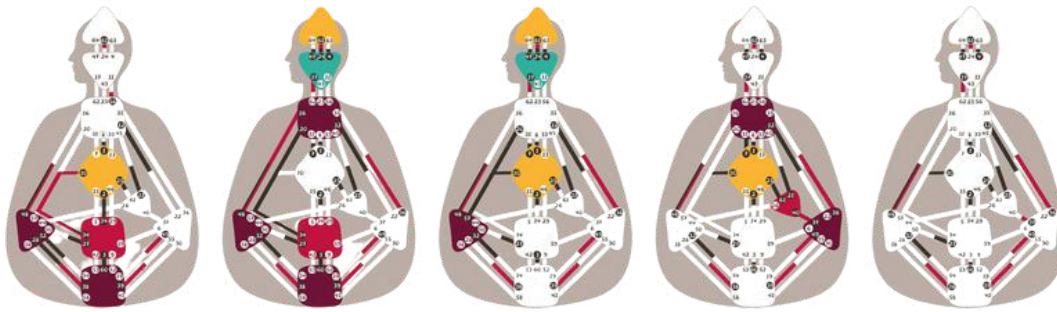
The Generator: Sacred Builder of the Collective

Generators are often called the sacred builders of our communities. They carry a warm, enveloping aura that people are naturally drawn to. It just feels good to be in a Generator's energy. There's often a steady, gentle hum to them. That's their life force energy emanating out of them. It is radiant, sustainable, and generative.

Now, some might label Generators as "worker bees," but there's far more to their story. Generators are here to follow what lights up their Sacral. It's the deep inner fire that says, "Yes, more of this!" And when they follow it, they become magnetic, sustainable, and deeply impactful.

Strategy: Wait to Respond

A Generator's strategy is to wait to respond. Whether that be to life, to invitations, to gut reactions, when something is placed in front of them, their body offers a clear response: a full-bodied yes or a pulling no. The Generator doesn't need to push, initiate, or force outcomes. Instead their Sacral response becomes the compass. It guides them toward the things that energize them and away from what drains them.



When they honor that response, life unfolds with more ease, joy, and satisfaction. But when they override their gut by saying yes when their body says no, it often leads to frustration, depletion, and burnout.

Building Momentum: The Generator's Rhythm

Energetically, Generators build momentum over time. Imagine a powerful locomotive. They may be slow at first, but unstoppable once in motion. They thrive in process. Repetition doesn't bore them if it's lit up from within.

But sudden pivots can be jarring to a Generator. When asked to change direction quickly, they may need a moment to pause, reconnect, and rebuild their momentum in the new direction. They can absolutely adjust, they just move best when given the time to regroup.

Generator Energy in the World:

Generators carry a sacred life force energy that nourishes everyone around them. When they are lit up, the world around them glows brighter too.

With Generators and Manifesting Generators (don't worry, we'll talk about them next time) making up nearly 70% of the population, chances are you either are one or you love several. Understanding Generator energy can bring more compassion, clarity, and respect to the way we work, relate, and grow together.

And if you're not sure what your energetic type is, you run your free Human Design chart at: [faironeclarity.com/your-chart](https://www.faironeclarity.com/your-chart)



To work with Jennifer, you can find her at
www.faironeclarity.com
or on social media [@faironeclarity](https://www.instagram.com/faironeclarity)

Pour DECISIONS

Mocktails that taste as good as they look

You asked and we started to search Pinterest and find some yummy summer Mocktails! Here's a 'taste' of what we found. The search was rather abundant - we are sure there is a mocktail out there to suit your tastebuds.



Lavendar Mojito Mocktail

This Virgin Lavender Mojito is the perfect balance of floral, citrus, and minty freshness. Whether you're a seasoned mixologist, a total beginner, or just short on time, this mocktail can be tailored to fit your needs. Using lavender syrup (homemade or store-bought), lime juice, fresh mint, and sparkling water, it's simple, elegant, and kid-friendly.



Strawberry + Lime Mock Margarita

This Strawberry Lime Mocktail Margarita recipe is full of the best summer flavors! It's refreshing and the perfect balance of sweet and tangy. Serve it over ice with a classic flaky salt rim for the ultimate healthy drink you'll want to keep on repeat!



Moscow Mule Mocktail

It's Gingery, limey, sweet and a little spicy, it covers all your taste bud bases. The Mock Moscow Mule is the refresher of the summer.

Have a great mocktail recipe? We'd love to try it! Send it over: team@eleven11-thestudio.com



LIVE LIFE

Spiritual Direction

Live the song of your soul

Spiritual Coaching | Reiki Bioenergetic Healing | Events



Denise Maple
Mind Body Spirit Coach
Whitewater & Virtual

LIVELIFESPIRITUAL.COM



Sound CITIZENS

Sound is one of the oldest medicines we know. Long before we had language for healing, we were humming to newborns, singing across fires, moving to rhythms passed through bone and breath. Sound reaches us before thought. It holds memory, clears space, and reminds us of something ancient we carry inside.

Sound Citizens is a new series within Soul & Soil®, a place to share the music, tones, and practices that are shaping the way we connect. In these pages, you'll find community-created playlists, DJ sets, mantra, songwriters, singers, frequency tracks, sound baths, and conversations with those who work with sound as expression, as anchor, as prayer.



Here, we highlight the tools as much as the artists. Vibroacoustic furniture, singing bowls, the human voice, the deck, beneficial apps, music therapy practices, etc. The technology and insider tips. The rituals and the rawness.

This space is meant to evolve. **To be built by the community, for the community.** Each edition, we'll share new sounds, ideas, and the people behind them. Whether you're listening, creating, or simply curious, you're already part of the field.

For this first offering, I'm sharing a few vibrations that I'm currently feeling called toward. Music, frequency, and medicine from voices in our circle.

Come listen. Give them a follow. Share what you love.



[John Stuart](#) | DJ LoveAmplified | Sound Alchemist | Producer | MC | Author | Artist | Civic Futurist
Integrative Systems | Ethical Governance
Responsible Innovation | Conscious Evolution
(SoundCloud)



[Whitney Rose](#) - 'Bad Ass Singer Songwriter | Catch her [live!](#)
(YouTube)



[Shri Steep](#) - 'Devoted Song Catcher' | Singer Songwriter
(Spotify)



[Marc Statz](#) | Music Producer | 'On a mission to make the world move'
(SoundCloud)



Check out this insta page - I love to practice throat singing
[@throatsingking](#)



Ready to be a Featured Sound Citizen?

Each month, I'm highlighting one community member whose work with sound feels meaningful, embodied, and alive. I'd love to share a glimpse of your journey. What you're creating, how you work, what sound means to you, and anything else you feel called to offer.

This feature is a space to go deeper. To share your tools, your story, your why, your wisdom, your voice. Beyond the finished product.

Prefer to share your links, videos, recordings to stir the buzz?

If sound plays a part in how you connect, create, or care for others, I'd love to hear from you. Submit your offering for a future edition of Soul & Soil® - Sound Citizens.

Bring your ideas... We can shape it together! Simply email: team@eleven11-thestudio.com



Journaling Corner >>

katy daiXon
photography & creative healing arts

Energy Shifter

Self-Reflection Coach

Tarot Reader

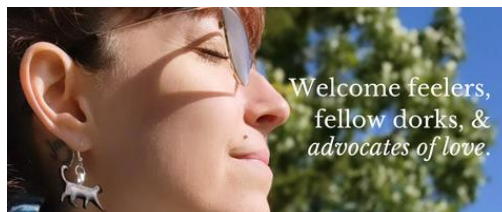
Reclaim your wholeness and live a more aligned, soul-led life.

Book now: www.katydaixon.net | Receive 10% off when you mention this ad.



Journaling Corner with Katy Daixon

Katy has accepted the invite to join Soul & Soil® each month with astrological and current collective energy updates including prompts for your journaling practice.



Find out more, work with and follow Katy:



Instagram: @katydaixon



Facebook: @katydaixon



katydaixon.net

Current

I saw her watching the birds, not just glancing but really watching, the way only someone who's done it a thousand times does. I imagined she didn't need to name them or speak about their migration or fill the moment with facts. She simply watched. And something about the way her body rested into that stillness made me wonder when I stopped asking people like her to tell me what they see.

There was a time when I listened more.

I don't mean listen with just my ears, but with my whole being. A kind of listening that feels what's being spoken, that doesn't reach for quick answers. The kind that slows the breath and lets a truth land fully before responding. I used to sit like that. I remember it. I remember feeling the weight of a voice that had weathered more years than mine and sensing, without needing to name it, that I was being offered something sacred.

We once circled around those voices. We once held space for the slow telling. We once asked our elders to go on.



Grace
Editorial by Brandee Walton

But somewhere along the way, our gaze shifted. We began seeking something shinier, louder, more immediate. We built whole systems around speed and reward, and in that, we stopped turning toward those who have lived long enough to speak without performance. We moved away from the steady rhythm of wisdom and began measuring truth in engagement, in youth, in image. In who appears untouched by time.

And then, quietly, we made aging something to hide. We called it natural, but didn't treat it that way. We whispered about sagging skin and silver hair and bodies that change shape, forgetting that those bodies held decades of story. Of labor. Of love. Of survival. We speak of honoring the sacred, but often we shrink away from the very things that make life sacred in the first place.

I've been thinking, too, about how far we've drifted from our own bodies. The same bodies we expect to perform endlessly, to stay smooth, to stay small, to stay silent when they ache. We forget they are always speaking. We forget they carry us, not just through days, but through entire seasons of becoming. And in that forgetting, we lose something of our belonging.

What would it feel like to truly come home to ourselves again?

To soften into our skin rather than bracing against it. To trace the lines as proof we've lived. To stop waiting for our bodies to return to a former version and instead listen for what they are trying to say now. Hunger, grief, pleasure, exhaustion, wisdom, it's all there, waiting for our attention. Is it really asking to be fixed or is it asking to be felt, honored and trusted?

And perhaps this is where the practice begins. In being honest about how often we still evaluate each other through the lens of appearance, even when we speak of depth. In noticing how quickly we look away from what makes us uncomfortable. In choosing to stay present when someone's truth doesn't match the image we had of them.

If we say we value presence, do we hold it when it challenges our expectations? If we say we care about authenticity, do we honor it when it's messy, slow, quiet, or aged?

The mirror doesn't lie, but our stories about it often do.

There is room now to rewrite the way we respond to aging, to embodiment, to wisdom, to one another. Room to return to a slower rhythm, to the seat beside an elder, to the rituals of reverence. Room to tend to the bodies we live in and the people we've stopped listening to. Room to see beauty in what unfolds beyond the peak.

Because the truth is, beauty has never been a moment. It's been a continuum. A remembering. A presence.

And when we choose to see it, we get to be part of keeping it alive.

“Choosing to return to the wisdom of our bodies, the stories of our elders, and the knowing that connects us all is how we begin to remember what it means to truly see.

~Brandee

Fly

In memorium

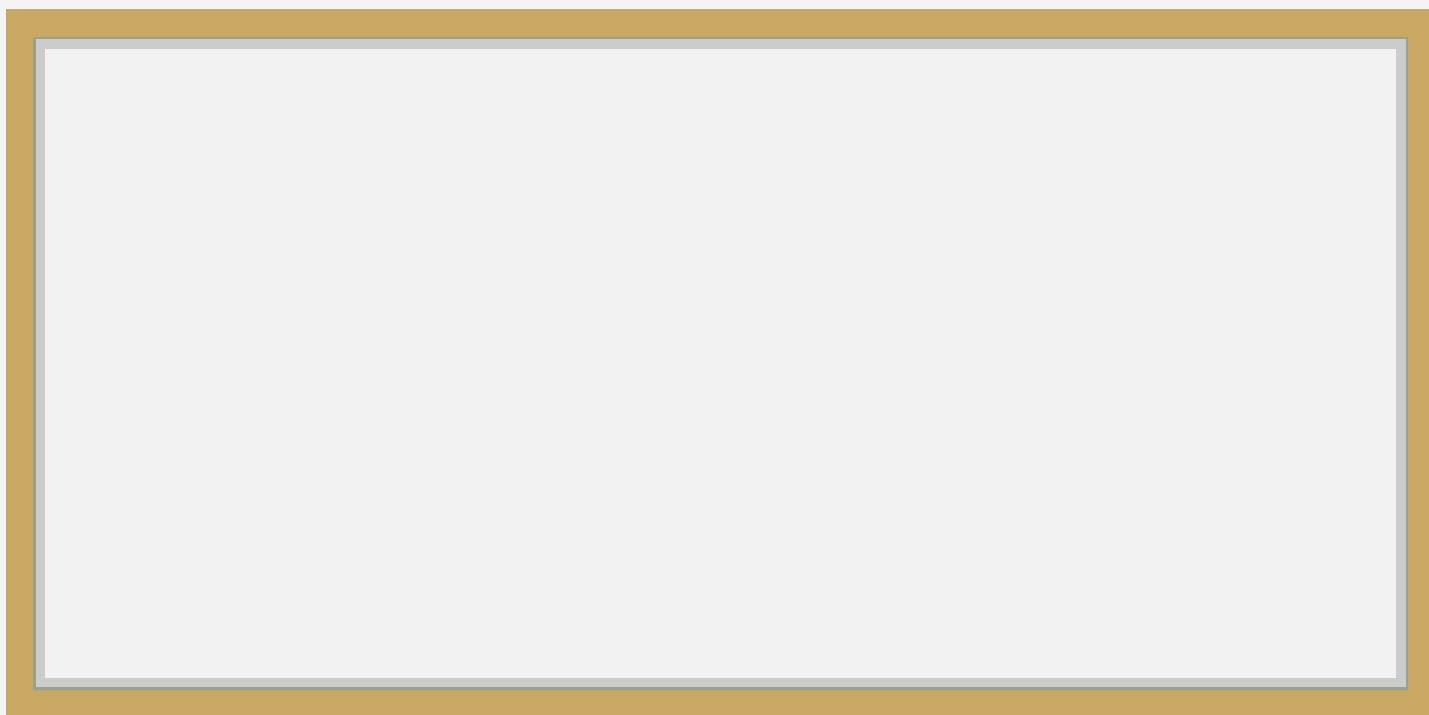
None of us have ever been our bodies.

If we were, how would we fit in each other's hearts?

-Andrea Gibson



Andrea Gibson -August 13, 1975 – July 14, 2025



Poet | Writer

*Enjoy more from
Andrea Gibson*



All the Doors Are Open

We are not made of sides.
We are made of skin.
Of bone and bruise and
that unnameable ache
that makes us look for home
in each other's eyes.

You
with your grief stitched quietly
beneath your smile.
Me
carrying a thousand unnamed
fears
in my ribcage
like birds too tired to fly.

They told us to build fences.
To mistrust the wind
if it came from a mouth
shaped differently than ours.
Told us love had a language,
and only some tongues
could speak it right.

But look
I've seen a mother
with no words in common
kneel beside a child
whose scream split the silence,
and I swear the way she reached
out
translated the whole damn
universe.

I've seen a man
with holes in his shoes
carry another across floodwaters
without asking for a name.
Because names don't matter
when the soul is drowning.

Tell me,
what makes a neighbor?
Is it a picket fence
or a palm open wide?
Is it tradition
or transformation?

There are no chosen people.
Only people
choosing
to show up.

We are the patchwork
stitched together
by Sunday soup shares,
sidewalk chalk apologies,
and the audacity
to believe we belong
to each other.

And let's not forget
The heart doesn't ask
where the blood came from
before it pumps.

So I say,
unlearn the lines.
Let the labels peel off
like old bumper stickers
on a car bound for somewhere better.
Somewhere
we don't check credentials
to enter compassion.
Where the table is long,
the meal is potluck,
and everyone brings
whatever they've got left.



On this street,
your sorrow is safe.
On this block,
your joy has a choir.
In this town,
no one walks alone.

All the doors are open.
Step in.
Say your name.
Or don't.
We already know you.
You are us.
You always were.

xo,
B

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Until next time...

Let the pause be part of the language.

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