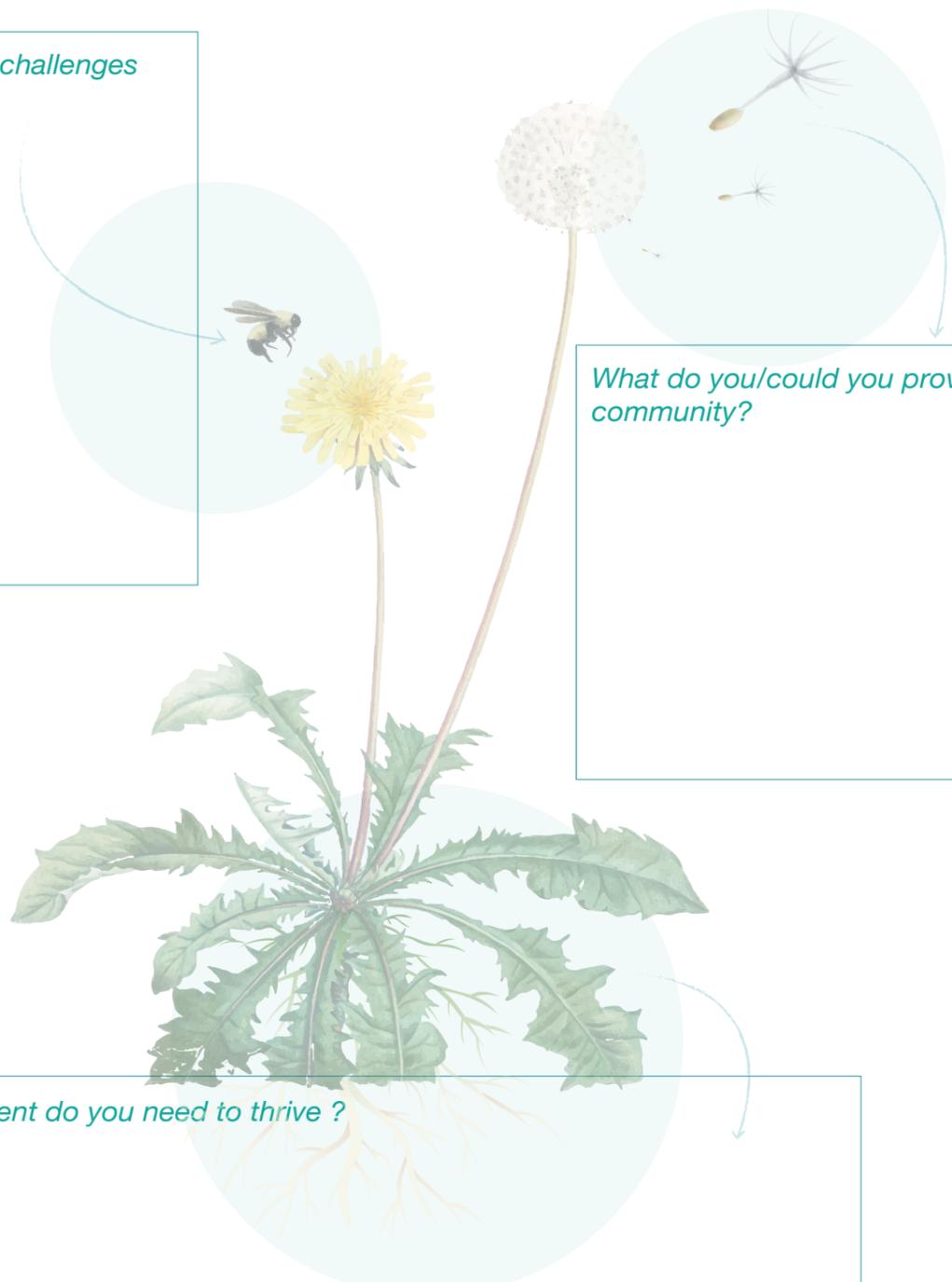


*If you were a plant, what kind of plant would you be?*

*Think about a plant species that you feel identified with and reflect about yourself using plant metaphors. Botanical empathy helps us understand that we share the same essence with other human beings, other non-human beings and every element of this planet and universe.*

*By focusing on the things in common, not on the differences, we reach the deeper layers of our natural living systems. When experimenting the essential level, we feel connected, we feel whole, we feel one.*

*Which are your biggest challenges and aspirations?*



*What do you/could you provide to your community?*

*What kind of environment do you need to thrive ?*

*Sketch your plant-self:*