

TITLE - "THREADS OF RENEWAL: THE HIDDEN DIALOGUE BETWEEN EARTH'S ELEMENTS AND LIFE"

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What does regeneration mean to me, currently at this particular moment it is about the INTANGIBLE ASPECT of regeneration, something I get by spending quality time with loved ones, speaking to them, a warm hug, ranting my frustrations out, or be relieved that I could help my close one out of the misery. To me after letting go of certain things and feeling fresh is regeneration, it helps me pick myself up and be ready for the next day.

Now physically speaking, the art of regeneration somehow happens in all living being, and in the molecular components which makes the earth function well. Our bodies regenerate by producing new cells, a lizard's cut tail regenerates on its own, well we're still are working towards the stem cell regeneration. The earth as a system regenerates itself through water cycles, Natural reforestation, carbon cycles and a lot of many other ways. While we have been working towards achieving the physical or the tangible aspect of sustainability, we often overlook the intangible, the behaviour, the emotions, the legacy behind all of this.

What I see regeneration is as a form of a relationship, it is like how a human needs another human for moral support, different species and different processes need each other too for moral support. The question is how one can enjoy and build a happy and a thriving relationship with one's surroundings, and by our surroundings I very much mean everything on earth itself.

There is an interaction and emotion of the non-living things that does happen but it cannot be synthesized by the human emotion. The humans need to understand that the planet is too somehow clinging on to its dear life as each day passes to provide for the inhabitants. It has its own understanding and commitment to its imaginative stake holders. The question to understanding how does it look, feel and sound like for all life to flourish together or what can spark regenerative transformation lies in understanding how the lifeless interacts with the lively.

The first is the transactional behaviour, which is that we need oxygen produced by the plants and they need Co₂ produced by us in response to them. This is the living transaction with two levels of the food chain, but what about something that is perhaps inedible!?

Imagine that WATER as a spirit of play, gleefully embracing and swallowing any swimmer, fish, or animal that happens to come into its domain. Water welcomes swimming humans by cooling their skin, softly stroking bodies, and lifting moods. The plants, sand, and rocks appear to be dancing to the rhythm of the currents, playing as wonderful supporting actors. Not only the intelligent life that enters the water body once in a while but also that are permanent residents are guided by the currents towards food and security. These lifeless supporting actors sometimes become the LIFE SAVING elements.

AIR is like an invisible courier; it moves quickly and is constantly in motion. As we breathe in, air shoots into our lungs, ready to mix with our blood to provide us with oxygen. Each breath is a gift from the natural world, carrying with it the scents of blossoming flowers, the salinity of the sea, and the freshness of rain. It alerts us to what's happening and either thrills or shields us from harm. A happy byproduct of this amazing phenomenon is the production of symphonizing gasses, which are likewise essential for life. They do not forget to react with lifeless members, creating something even more unique, like how metal rusts. The water, which

has its cousins spread across the planet, is nothing like air, which is free-flowing, rebellious, chaotic element that loves to travel and discover new areas. But at the same time, water's emotional intelligence shouldn't be underestimated. The air too has an alter ego when it becomes the Wind, it rustles leaves, spreads seeds, and shapes landscapes, guiding migrations and dispersing nutrients and without even realising, helping the man-made lifeless object to harness and create energy.

Imagine the SOIL as a warm and loving companion, holding roots and seeds in its warm arms. Whenever you plant something, the soil opens up to you and takes that bodily weight while we walk. It is modest that way. It is accommodating of small microorganisms and nutrients, something the humans haven't been lately. It's worth a thought how it acts like a networking medium, pretty much giving everyone the work opportunity they need to make meaning of their life. It even gullibly absorbs harmful synthetic fertilizers, in an attempt to aid the underprivileged while jeopardizing its own health. Let me remind you that humans make the most of their naivete.

Let's not forget that there exists a third interaction, between two non-living things, that very much affects the living. FIRE is both a transformative force of creation and destruction. A group project of oxygen, fuel and heat, it turns dead to dust and promotes new growth, it is like a neighbourhood – friendly goon. It provides warmth, light, and a means to cook food for humans. Controlled fires are used in agriculture to enrich soil and manage landscapes. It comes off as an ambassador of renewal and the balance of life. It's cousin, the SUNLIGHT is indeed a benevolent energy, giving warmth and light in its own way, which is its own entity rather than a conceivable project. Each day, sunlight meets us with a soft touch, lighting landscapes, nurturing plants, and raising emotions. It's unfathomable how it allows itself to be moulded by plans to become energy, I wonder if it realises what it becomes.

And to support a goon in its full glory is the ROCK, not the wrestler but the one that has acted as an ancient sentinel, stood trials of time, holds the history of the Earth within their layers and still continues to do so. They form the foundation of mountains, offer shelter in caves, and provide minerals essential for life. Humans quarry rocks for building, creating enduring structures, and discovering fossils that reveal Earth's ancient past. These silent giants remind us of the resilience and continuity of the natural world.

My idea of synthesising various elements was to make the human understand the actual interaction and relationship which exists, necessary for the continuation of life, indeed making it the key to regeneration. Regeneration comes here as a byproduct of the moral and physical support which has to be fulfilled by humans to keep the worth of these elements' functions, a collaboration as equal partners. While we may not be able to make fellow animals understand, or perhaps they have an understanding of their own, the mankind needs to understand that these elements / objects are not provided just for their mere comfort or for the sake of it. In simpler words, they are not the props, but rather our co actors. It's a two-way street, and to reciprocate the actions, one must understand what these actions are and what might be suitable to acknowledge them. From the perspective of the non-living elements of Earth, living beings are seen as dynamic, interconnected partners in the dance of existence. These non-living elements perceive living beings as their cherished companions, and each interaction weaving a tapestry of life that sustains the planet.

Now coming to the final question as to what can spark regenerative transformation, the focus should be on how the humans can in a kind way reciprocate those actions and be an equal partner. Starting with elements one by one, when water decides to visit you someday in the form rain, allow it into your homes, let it wash you, let it flow and take whatever it feels like,

let it clean and recharge the ground, allow it to sit in a coveted container, the one that you have specially sought for it, but do not discriminate the water that comes from above and the one that is extremely purified for you through your man-made treatment plants for your own convenience. Let it not wastefully exit your homes in an angry manner. Let the leaves and rocks be natural purifiers, do not disrupt their relationship out of your own insecurity. Let the water find you.

Let the air exercise its freedom, it shouldn't have to fight with enemies like the SMOG you created, unlawfully trying to enter and occupy its space. The more freedom you give to the pollutants, the easier passage will they find to bite the hand that feeds it. Be friends with the air and let it create its healthy havoc.

Respect the soil where you shall return once your biological body has done its function, be humbled by the fact that the lifeless body that has once put in the work will now be used to create another energy, while the soil holds you, the tiny microorganism will be paying homage to you and so, before that time comes, make the soil and its inhabitants your friend, develop a relation with it, stop taking advantage of its naiveness, become the upstander it needs from the chemical and plastic bully. The bully needs to be punished by stripping it of its status, its power. Recycling is the first step to break this bully's pedestal. And in doing so, a whole lot of exhausted resources are saved from the overcompensation they have been doing.

The act of Regeneration would be led by example and action, the synthesis and the scope of a beautiful friendship should be made known to every human possible, and the idea that your man-made foes are disturbing your natural friends should be impactful enough to make one realise that after all, a small, simple and genuine gesture is enough.