

Soil Health & Soul Health

1. Living roots In the ground
2. Maximized diversity
3. Minimized disturbance
4. Keep soil covered. No bare soil.
5. Animal contact with soil
6. Slow and sink rainwater

1. Stay grounded. Live close to the land that feeds us.
2. Welcome physical and philosophical diversity. Eat well.
3. Keep conflict to a minimum.
4. Protect and nurture yourself.
5. Humans need soil contact for health and well being.
6. Water is life. Consciously embrace and embody the flows of energy.