



## Inspirational textes

### Bible, Genesis, 2, 7-8,15

Then the Lord God formed a man[a] from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. (...) The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

### Saint Francis of Assisi

The image of crucified Christ spoke to him. "Francis," it said, calling him by name: "go rebuild My house; as you see, it is all being destroyed. The one who works with his hands is a worker, the one who works with his hands and his head is a craftsman, the one who works with his hands, his head and his heart is an artist.

### Michel Serres, Philosophy magazine, 08/2007, n°11

The body is a mirror. What can the body do? Take the goalkeeper of a football team waiting for a penalty kick or a tennis player who goes up to the net to play on the fly. Look how it fits. The ball can come from above, from below, right, left, etc. He is therefore obliged to put his body in a virtual, almost abstract position. He is in a possible state of body. It is in a position that I will call "white". It is both all colors and the absence of color. You can't get a better picture of what the body can do.

## Links to songs

Italian song on the different parts of the body as a gift from God:

[L'unico Maestro](#)

[Paradise's voice - Ya Mohamed Ya Nabi](#)

### Laudato Si, 125

If we reflect on the proper relationship between human beings and the world around us, we see the need for a correct understanding of work; if we talk about the relationship between human beings and things, the question arises as to the meaning and purpose of all human activity. This has to do not only with manual or agricultural labour but with any activity involving a modification of existing reality, from producing a social report to the design of a technological development. Underlying every form of work is a concept of the relationship which we can and must have with what is other than ourselves.

### Talmud Megillah, 6b

If a person says to you: I have labored and not found success, do not believe him. Similarly, if he says to you: I have not labored but nevertheless I have found success, do not believe him. If, however, he says to you: I have labored and I have found success, believe him.

### Jah Olela Wembo

Remember that the body is the home of your mind. Its facade should never be more maintained or more considered than its place of life, its interior space. If you take care of it daily, your spirit will remain there as Blessed!

### Voltaire, Candide, chapter 30

Neither need you tell me," said Candide, "that we must take care of our garden." "You are in the right," said Pangloss; "for when man was put into the garden of Eden, it was with an intent to dress it; and this proves that man was not born to be idle." "Work then without disputing," said Martin; "it is the only way to render life supportable."

The little society, one and all, entered into this laudable design and set themselves to exert their different talents.

## Activities

🌀 Land art: look around, nature is full of elements that are tools for us. We build our world with these precious elements. Borrow from nature some tools that it left on the ground (stones, pieces of wood, ...) in order to build a natural work, a trace of your passage. While respecting nature and protecting it.

🌀 Connexion with nature:

🌀 Some do-it-yourself creations to bring nature into your home [25 Awesome DIY Projects Made From Nature](#)

🌀 Some ideas for land-art

[https://www.huffingtonpost.fr/2015/04/06/land-art-activite-enfants\\_n\\_6949150.html](https://www.huffingtonpost.fr/2015/04/06/land-art-activite-enfants_n_6949150.html)

🌀 Buddhist meditation techniques

## Links to videos

Body prayer by Juliana of Norwich  
[How to pray the body prayer of Julian of Norwich](#)

Medieval body prayer method by st Dominic  
[Comment prier avec son corps](#)

Video showing us how to use nature to make art and heal ourselves : [Nature Art Therapy](#)

[Zen meditation: breathing](#)

## Question for reflection

- ⚙️ What better world do I imagine? How can I help and participate in creating a better world?
- ⚙️ When was the last time I did something creative?
- ⚙️ What are my talents? How can I make them grow, make them grow and share them with others?
- ⚙️ How does my body help me in my everyday life? Do you take care of your body Why, what traces does my presence leave on nature?