



COMPASSIONATE NATURE

BY IMAGEN8

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COMPASSIONATE NATURE



01. A NEW MAGAZINE

The love of Nature is universal, we are part of it after all. I had been

considering ways to share photographs and thoughts related to nature in an easily accessible manner. I experiment with this form, in the hope that it will do good for the world.

02. CONTRIBUTIONS WELCOME

This is the first edition of the magazine, and I expect these to be published when there is enough good to be said

that is ready to be said. Contributions from others keen to share their art or thoughts are welcome.

04.

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**IT'S ONLY AFTER
THE DUST SETTLES
THAT WE SEE THE
WEB THAT CONNECTS
US ALL. BUT FIRST
THERE MUST BE
DUST.**

**MAY PEACE AND
BEAUTY BE WITH US
WHEN WE NEED IT
MOST.**

INFINITE PINK



NATURE FOR THESE ANXIOUS TIMES



There is much anxiety about global issues that concern us at the most basic level, safety and survival. Coronavirus, climate change, forest fires, nationalism, racism, terrorism. Anxiety triggers self-preservation, and makes it harder for us to be compassionate and kind. Our decision-making is compromised, and the combination makes things worse.

Most of this anxiety comes from the news that we gather or is shared with us. We generally don't have direct experience of these issues, or the ability to make an impact. But these worries take up an unsurprisingly large part of our brain time.

This creates a huge waste of energy. The energy from our sun that reaches earth and converts into powering our bodies and minds could be put to much better use if we can be resilient and peaceful in these anxious times.

It is very important for every human to have good clear purposes. A student's purpose is to learn. A teacher's purpose is to help each student be excited about learning. Energy spent on our purposes is well spent.

It is in quiet moments that we can find, remember and remind ourselves of our purposes. What does quiet really mean? Does it mean quiet outside, or inside? Our mind is one of our six senses, the others being sight, hearing, touch, smell and taste. When one of our other five senses grabs the awareness thread, less attention is paid to our thought-producing neurons.



Nature is an infinite source to activate one of our non-thinking senses, especially sight and sound.

There is always something to look when you are out in nature, and it is changing continuously, so our novelty-seeking awareness stays engaged. The sound of wind rustling leaves on trees, birds chirp-

ing, water flowing in a stream - there is always something to hear.

Nature creates quiet, from quiet comes purpose, from purpose come peace, We need less anxiety, more peace. Let's use our energy where it can do good to ourselves and to others.



AS THE LINES OF TIME FADE INTO THE
DISTANCE, I REST AND REJOICE IN
WHO I AM TODAY.



A DREAM IN SILVER

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R

ANGITOTO



Can there be another planet this beautiful?

It's not often that
there is a whale in
the sky at sunrise.



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NATURE

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AUCKLAND,
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