

Cycloserenity

(eng. cycle + serenity)

Inner peace achieved by embracing repetivness and patterns that surround us in nature, following the cycles and finding a place in them.

This publication is an effect of collective creation during the „Emboyding Health” workshops organised by the Tiliade association. The zine, based on interviews with participants and visits to local houses in Cornac aims to examin our relationship with both nature and communities and their influence on our mental health, asking questions about the sense of belonging, comfort and the idea of inner peace.

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People interviewed:

Natalia
Kathy
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with special thanks to the people of Cornac
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Cycloserenity

Franciszek Wantuch



Nature brings me rest

When I'm stressed or tired,
I would take a walk in nature
and listen to the sounds

the crickets,
the wind
going through the leaves

and these sounds,
and being in nature
soothes me

There is this intrinsic value in nature; it's so powerful simply because it exists.
It gives me such a sense of calm to observe what it offers us, and the way it works.

The fact that it is both very harmonious and,
at the same time, harsh and unfair, reminds me of life itself.

Being in nature makes me feel pride of it,
Makes me feel very small.

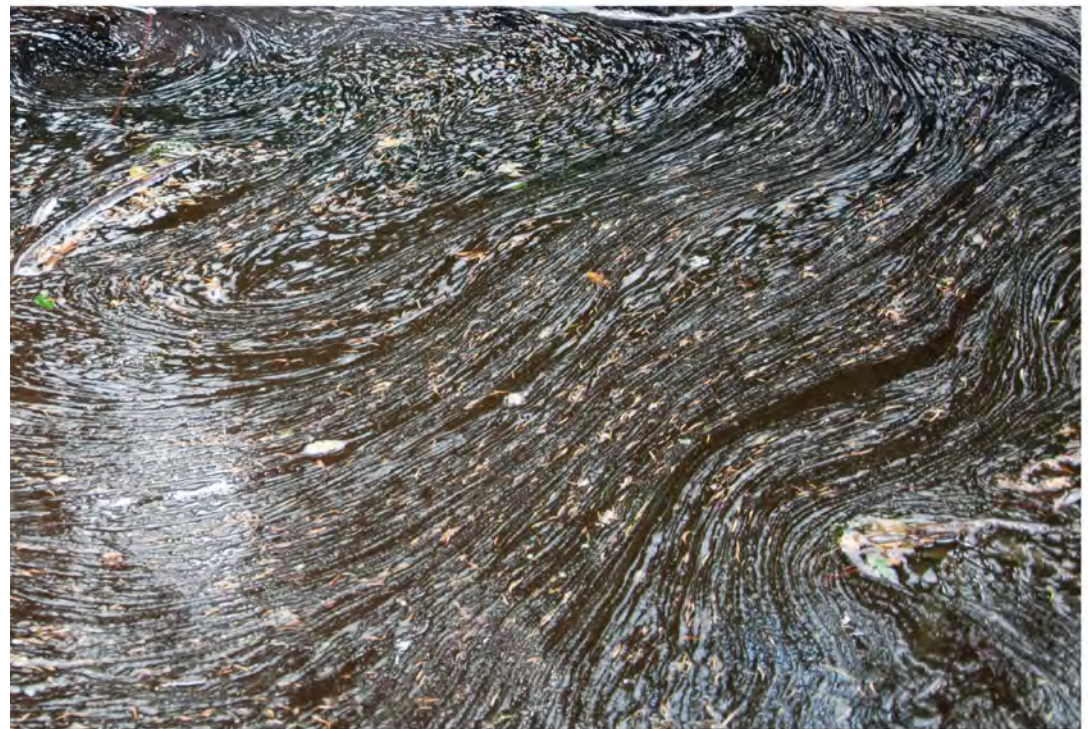
(...)

I think we can learn from nature that everything is in balance-
for instance, you see a tree, and it has fruit in it- eat half the fruit, leave the half
so that it can grow better for the next year.



Just observing the relationship
between different organisms, can teach us about balance:
that there are no stronger organisms, just different ways of evolution

As long as we exist in the same world,
all the organisms have the same value





shameless

nudity

being authentic



There is altruism in nature, just as there is in human communities. For example, meerkats: when one of them spots a predator, it gives an alarm call to warn the others, which makes it more vulnerable to an attack itself. It still does this, partly because of the way nature has evolved, but also because the others would do the same for it.





We live in small bubbles and
the point is to leave them
a better place than
we found them

We create a safe-net
that we isolate from the rest of the world
because these small places work just way better
than the whole world together

Community
Togetherness
Laughing



I feel that I belong somewhere,

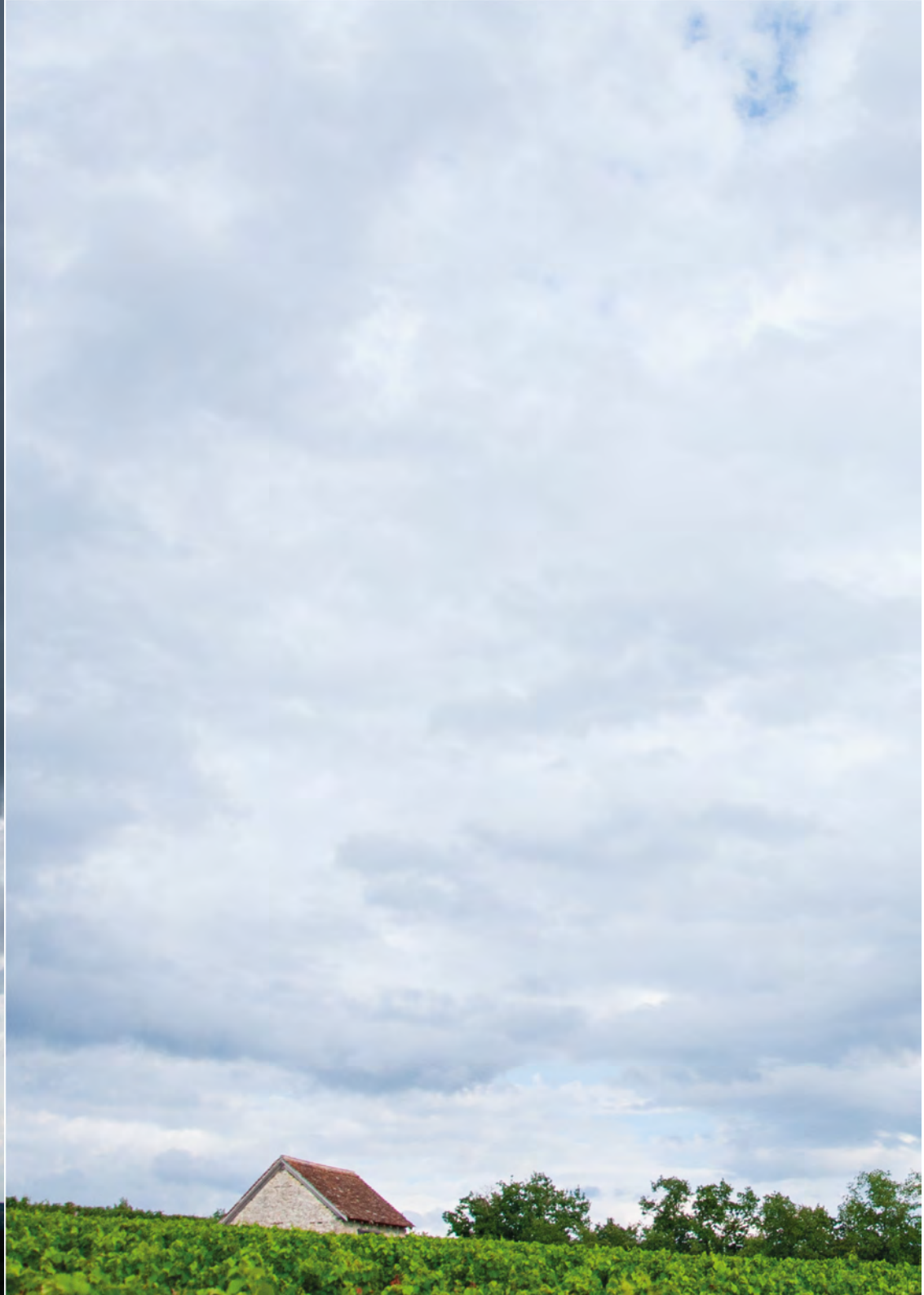
when I'm capable of sharing and it's accepted.



Sharing of an idea is what makes a community.
Even though the world is very hard to live in,
we still have hope that we can do something better
if we work together- so we don't choose isolation,
but the hard path of being together.







I feel that I belong somewhere when I can silently co-exist,
look into another's eyes,
and smile.

connection
feeling at home









You're there for each other,
you help each other,

But I also miss
a place of resting

an ocean
a river
the criquets

exchanging

Maybe community is more about giving

learning

understanding

I belong somewhere when I'm seen
That they see me for who I am
That I make friends with them
And they invite me

When we work together
and for each other.

Silence

I love sounds in nature that we hear- and I can be really annoyed by the garbage people who come by and make a lot of noise or the guys with the thing that blows all the leafes away like OOOOO

Because of the nice sounds here, it makes me more aware of my high-sensitivity, and it makes me notice that I feel empowered by these sounds. My senses are enjoying it.



