

Mother of Mountains (and Waters)



The bumpy road to Tinamastes drew us higher and higher into the mountains....

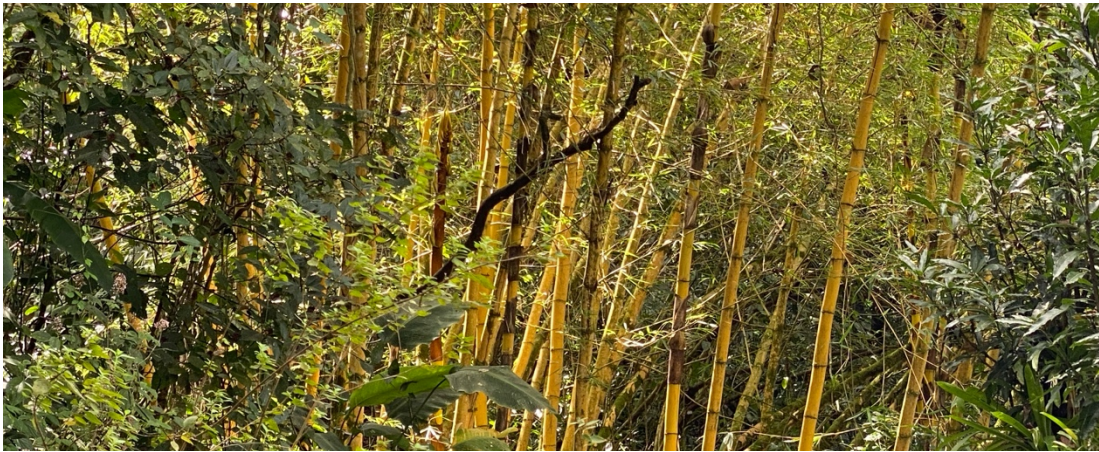
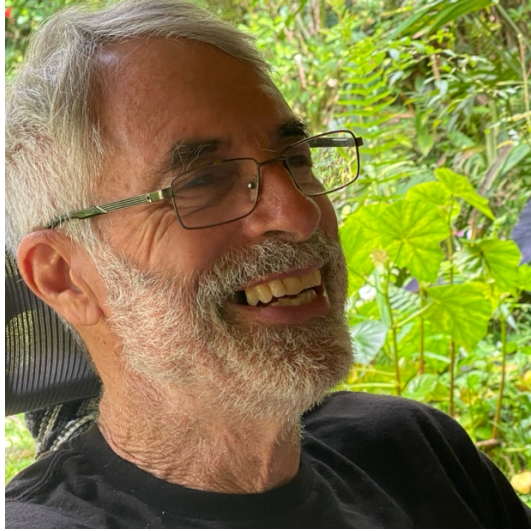


...a journey to reconnect
with a special friend Guadalupe Urbina
MadreMonte or Mother of the Mountains

Guadalupe welcomed us to the mountainside site of her artist residency



We hadn't see each other since the pandemic, so we each had projects to share: I gifted Lupe our Earth to Tables Legacies book and she told us about the project she was dreaming up here: to create a Central American orchestra for the waters....sharing local stories and music that can feed a broader movement to defend the waters.



John made friends with the surrounding plants, including his beloved hibiscus.



I was thrilled to introduce Joshua and Yassie to Guadalupe.

The best way to connect was collectively creating a delicious meal and sharing food and rich conversation at the table.



Perhaps the most profound gift Lupe offered us was an introduction to her Project - Grandmothers, Chamas and Midwives: Mesoamerican Feminine Archetypes. We were enthralled with her wisdom, grounded in deep research into matriarchal cosmovisions that have been buried and are resurging for the health of the planet.





What I treasure most is this friendship
not only what we have shared in the past
but how we can nurture each other's creativity
at this phase of our lives.

And how happy that I was able to share this experience with my family...!





A visit that nurtured body, mind, and spirit....