



## Red Lady Activity

### Healing the Wastelands

Vinotok holds a vision for the future. To begin, we must live in **gratitude** for all our gifts – from the Earth, and from each other. From there we must seek **balance** and **reciprocity** with our natural world, where what we give back to the Earth, is as equal to or less than, what we take. We must **banish** the hunger of greed and power that got us here, and **beckon** the more positive future we intend to manifest.

The Wastelands appear as a concept in ancient Celtic mythology as a consequence from lack of respect and relationship for and with the Earth and her gifts. Part of regaining balance and practicing reciprocity with our natural world, is **healing** and **nourishing** the wounded places we have created in the land – our Wastelands – with our spirit. Physically, for us, while we deeply honor the cultural roots that built this community, we must also heal the Wastelands of our mining heritage that caused literal gashes in our place and pushed the Ute people from their home here.

Locally Mt. Emmons, or Red Lady, is the site of some of our most profound Wastelands. On her flanks are the Keystone Mine, Standard Mine and Daisy Mine. She has been the site of a Superfund Cleanup and other numerous environmental mitigation measures to stop such things as toxic elements leaching into our water from these places.

Globally and nationally we are living in an age of the Wastelands. From climate change to the pandemic, from racial injustice to political ineptitude, this social and environmental barrenness rises from a culture of neglect and imbalance.

We are here to change this paradigm. With this altar, and this activity, we set our own energies to heal this mountain, as well as other Wastelands in our midst.

### Journaling Activity

***Finding your voice:** As you respond to the prompts following the meditation, don't worry about grammar, punctuation or writing rules—just let it flow. Write thoughts as they come to you, without any editing or judgement Take time to stare at the clouds, the water moving by, the leaves in the breeze. Ponder. Consider. Contemplate. For these kinds of prompts, it is best to write until you have no more to say about the matter.*

**Naming the Wasteland** Where do the Wastelands exist in your home place? These are places that have been adversely impacted by human activity. What has made them that way – both logistically as well as culturally or ideologically? What is your relationship to these places? What could it be? What are your underlying feelings about these Wastelands, your emotions? What does your soul have to say about all this? Your inner scientist? Your own inner reluctant or outer warrior? What voice can you lend to the Wastelands? What is your calling, your purpose here, your modality here?

What actions can you specifically take to heal the Wastelands in your home place?