



# my WHY

I believe this work matters because we are nature. In a world that pulls us away from our roots, into noise, into speed. We need something to bring us home. For me, nature became that home. It wasn't just a backdrop. It became a healer, a mirror, a kind of medicine I never found anywhere else.

Nature showed me that the Earth is alive with wisdom, and that healing doesn't have to be complicated. It can be as simple as sitting with the trees. I remember once, camping at dusk, when a million fireflies lit up the woods around us. It felt like the Earth was performing just for us. A reminder that wonder is real, and it's waiting. That kind of awe... it changes you. It slows you down. It reconnects you with something ancient inside.

I bring people into the wild because I've felt what it can do. I know what it's like to feel scattered, disconnected, drained by the pace of life and I know the medicine that nature holds. Not just for the individual, but for the collective. When we reconnect with the Earth, we remember who we are, and when we remember who we are, we begin to heal. Ourselves. Each other. The world. That's why I share this work. Especially here in our beautiful Ontario, where the land still holds so much quiet magic, if you know how to listen.

