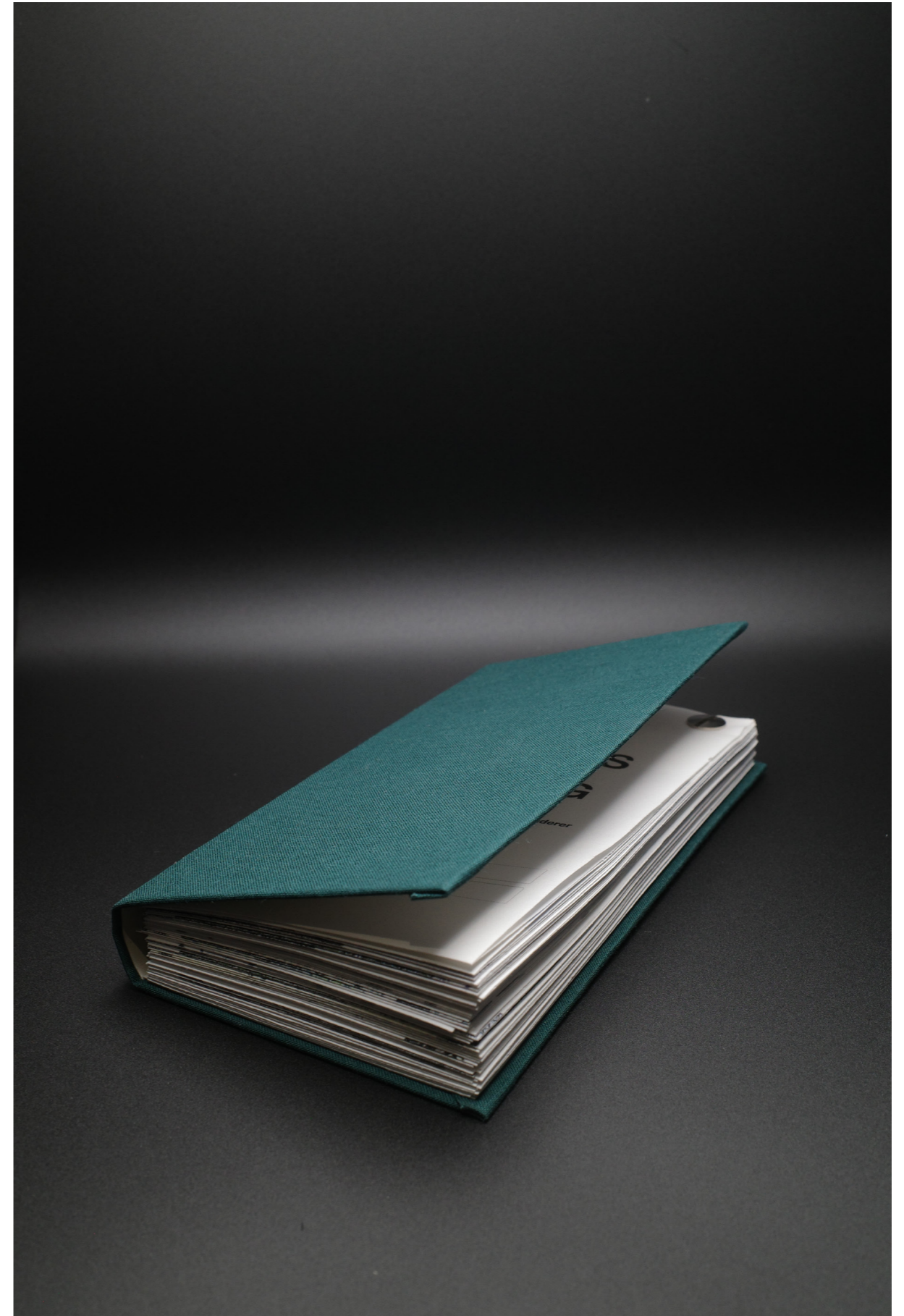




WALKS IN PROGRESS

- a book for the everyday wanderer

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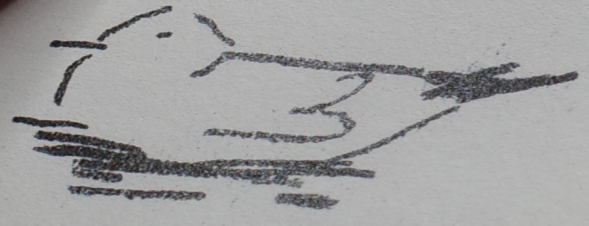






The world and us also created artificial like modern life and technology to help us live with others and stay connected. But all of these things are relatively new, we have to find balance in the way we interact with technology so we won't get distracted. We can call that 'being digital'. And that does not mean being less connected with nature or ourselves.

The prompts I created help me concentrate my full bodily connection to the environment, and I believe that with that practice I will find the answers to live a turley honest life along with modern technology.





I discovered that the colors and texture of my surroundings had a surprisingly large impact on my mood. Especially in a natural environment where the ambient noise is fairly quiet, it gave me space for contemplation and exploration through my other senses. I realized I feel most connected to my environment through tactile exploration, feeling the texture of plants and squelching my toes through the mud. The beauty of this practice is each wanderer will discover what speaks to them when they actually slow down and listen.

