

Podcast Series: Holistic Nature of Us

Episode # 85: Meet: Nate Liebenberg

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Welcome everyone to my podcast series The Holistic Nature of Us. I invite you to take a journey with me into a better understanding of the concepts behind our holistic nature and how that ties us directly to the natural world around us. My intention is to be your guide for this half hour as we begin seeing our world with fresh eyes, gaining more understanding, and learning how we can connect the dots in practical ways that we are nature and nature is in us.

I feature a broad range of guests deeply concerned about the environmental issues of our time and more; authors and educators, practitioners, and others whose passion for this earth and for all species help us create sustainable bridges of understanding. These folks are innovators. They're action oriented, creating solutions in a variety of ways that honor us and the planet's holistic nature and I am so honored to share their stories, their projects, and their passion with all of you. So I thank all of you for joining us today for another engaging interview.

I'd delighted to introduce you to Nate Liebenberg. He's an ocean fanatic who founded I Dive Blue along with his brother Bill in 2018. Nat previously worked in financial modeling for a medical group and at a genetics and bioscience company before deciding to pursue his dream of running his marine conservation and water sport business full time in 2019. The brothers are a couple of South Africans who have scuba dived, swum, snorkeled, and sailed, canoed, and kayaked, fished, kite surfed all around the world. They hold several marine certifications across these activities including skipper's licenses, PADI certifications and more. They consider themselves water-born and as such they've made it their mission to help preserve our oceans and waterways. Their site, I Dive Blue, provides community work and resources to those who love the oceans too.

So welcome Nate! It's a pleasure to have you here today.

NATE: Oh Judith, thank you. Thank you so much for having me as well and hi to all your viewers, or listeners rather, all the way through in the United States of America.

JUDITH: Yes, yes. I'm so delighted to have you here for a couple of reasons. First of all I love the ocean and, like you, I'm also a certified scuba diver. I've done it a couple of times in my lifetime and I've had some wonderful diving experiences and deeply appreciate the diversity of our oceans. For our listeners Nate contacted me, his company has put out a great article about what we're doing to the oceans and how we're changing them, and not in a good way. And there are good things happening, but I'll let Nate describe that too.

So Nate, let's start with you. How did you get into your love of diving and being with the ocean and starting your company?

NATE: Well that's the good of it, Judith said she's popped down on a couple dives during our small briefing and she did mention that she's been down 127 feet below water surface, so I think that's very, very impressive. It's deeper than myself in fact.

So Judith I studied financial analysis and portfolio management at a post graduate level down in University of Cape Town and prior to that I studied up in Victoria at Africa's premier cities. Growing up I was always mad about sports, competitive sports, football or soccer, as I know your audience likes to call it. Cricket, squash, and a whole bunch more but we have a holistic site and I was fortunate enough growing up that we were raised in a holistic environment as well.

Me and my siblings had a great passion for the Arts. We had a passion for reading, writing, performing, being encouraged to learn an instrument, being encouraged to learn another and more so than that, we were raised around nature. My father is a farmer, which is a very big part of South African culture, especially the Dutch South Africans even as you pronounced it earlier it's of Dutch origin, and ya performing and Boerdery is a word they use, is a very big part of the identity and it was the same for us as siblings. But we're also water people, as much as we love nature, we love water. So yeah, we would swim, and we would swim in anything; hot, cold, river, lagoon, Pacific, Atlantic, Indian.

So yeah, I think I was very lucky that I had all these passions and they just sort of congregate or intersect at the point of water sport. So yeah, we were those kids who would throw on a set of goggles and pop in some snorkels and we'd jump in anywhere. We've always been fearless in that sense, quite

often reprimanded. You know we'd swim with just about most sea creatures, dolphins, seals, sharks, eels. We swam through an Indian Ocean sardine sea run and yeah, we really just have some bizarre stories with some bizarre memories.

JUDITH: Oh I bet you do. I can't imagine what it's like going through a sardine sea run. I've seen a couple of big schools of fish and the energy around them is just really cool, but I don't think it's on the same level as a sardine swim if I'm hearing you correctly.

NATE: I mean it's magnificent, you know, it's not just the fish running in the ocean. And quite honestly you could walk on what is a commercial beach in a place like Margate and Durban in South Africa and stick a bucket down and hold it down for 5-10 seconds, pull it up and it's full of fish, full of sardines. And beyond that people forget the whole ecosystem following the sardine run; the sea gulls, the dolphins, the sharks, the everything. It's just one big creative marine life.

JUDITH: Well it is and thank you for highlighting that because the ocean is so incredibly diverse, but we have some major problems and that's what your company is trying to bring our awareness to is what's going on in the oceans.

So tell us more. Tell us more about plastics, about floating marine debris that you see and any stories about what's happening to the reefs that you've seen at least in your neck of the woods.

NATE: Well Judith, first off, I like to give my disclaimer because we try to be authentic about what we're doing and what we're doing is purely out of passion. I'm no marine conservationist and neither is Bill and it's the scientists who are out there fighting hard really to put together the means and the solutions. I'm really just here to shout the message and try to report the figures that I understand.

But you know my generation coming through, we've been hyperaware of environmental shortfalls and that's why we see the likes of Greta Thunberg. Our teens are vocal at points that they can be. But I think we don't quite understand the gravity of ocean related sort of environment disasters. If I think out to the Amazon fires or the Australian fires that have just passed recently, that's all we did to conceptualize when someone tells you that a forest is burning at one football field every so many minutes or so. I think

it's very tough to understand the level at which these plastic related disasters exist at. They aren't just a disaster where we need to solve the problem now. We need to solve the problem and then go back and solve the legacy problem that exists too. And that's what I want to bring up, the first of which is the Great Pacific Garbage Patch.

It's a colossal, colossal 1.6 million square kilometer just current vortex of plastic running in the Pacific. And scientists estimate it about 4 particles per cubic meter and most of those plastic pieces are smaller than the top joint of your pinky finger. Which most people would think, oh now great, there's no plastic bags or big chunks of any other industrial corporate plastic. Since it's such a small level, how do you get them out? And if you add up all those little plastic microbials you get 10 to 100 kilograms per square kilometer for 1.6 million square kilometers of plastic infected water, some are older than 50 years. Scientists say they're going to need, or plastic requires 20-1,000 years to sort of work its way into an elemental form. And half the time even still that only breaks them down to a microbial form or they break up into their original core elements, which is toxic. I mean it's produced from gasoline. So yeah, lucky we have some ocean water enthusiasts who've made it their journey and mission to fight this kind of battle but I mean I for one can't conceptualize 1.6 million square kilometers of infested waters.

JUDITH: No I can't either. That's such a huge amount to do that. And correct me if I'm wrong, but it sounds to me like the fossil fuels that we use to create the plastic are breaking down into micro-particles which is in a sense another oil spill.

NATE: It's all the same. It's got to go somewhere at the end of the day.

JUDITH: Yeah.

NATE: So that's one big theme that I wanted to run in today into this podcast and I'll bring it up later. I don't want to run into all of it now. But you know we're approaching things holistically here, which is rightful to do so. And I think we need to be the same about our solutions, about our understanding of sustainability and about how we're going to tackle problems because it doesn't help to recycle something if the cost of recycling to the environment in itself works out worse than having not recycled it at all. It's like you say the oil is breaking down into microbials.

You're just leaving it someplace to infect and you know cause more toxicity there.

JUDITH: Yeah, that's a good point and it's also about sustainability because we want to create products on any level that's going to contribute to a sustainable environment, not destroy the environment.

NATE: Absolutely. Absolutely Judith. So I think, a lot of it plays into human arrogance. It's a big thing for me, you know? I think that the more educated we become we are fooled by a very dangerous notion and I'm going to go just a little bit philosophical here.

JUDITH: Okay.

NATE: I do believe it's one of the causes of most our human disasters is pure human arrogance. Half the time if we were to just apply a humble lens and see something for what it is, we'll see us for our shortfalls. We'd be okay with our approach and we wouldn't nick things beyond doing to the degree that they are. And so it's just what they call the Johari window. It's just four quadrants and really, really simple. You get what you call no knowns, no unknowns, unknown unknowns, unknown unknown. Now all I want to Highlight from a philosophical point view as prescribed by a guy called Joseph (not sure of last name)is that it's the, how would you call it, it's the known unknown. You heard that right? I'm muddled myself here. Um, yes, so it's the known unknown. It's the things that we think we know that we don't know that are the most, the biggest and greatest threat to us.

JUDITH: Oh, I totally agree. There's a saying I like. It's strange how much you have to know before you know how little you know. And I think that kind of says the Johari quadrant in just a little bit different way.

NATE: Exactly. I think absolutely. I read another book that said much of the message quite differently and quite brilliantly. It's called "Black Swan" by a guy called Nassim Nicholas Taleb who's a brilliant investor and financial mind and he actually...I mean I don't want to say he predicted this current pandemic, but he said that the world's next disaster would most likely be some sort of viral pandemic. And he said it's not because he's a brilliant mind. He just said this is what scientists have been pointing at for a while. He's not going to say when it's going to happen. He's not going to gaze into his crystal ball, but we can't be arrogant enough to think that these things can't happen to us; that we're not at the mercy of nature at any time

and any place. And from the environmental point of view that's the biggest part of it. We always say we're destroying nature. We're devastating the planet. It won't be nature that's destroyed if we don't look after these things. Nature will be here long after our descendants as well it was long before us. If we destroy our habitat and our home, it will be us that really doesn't have any where to go.

JUDITH: Yeah, I agree, and I hear that theme over and over and over again with many of my guests on the show, you know? The earth will take care of itself. A lot of the indigenous people know that, and a lot of the indigenous people have given us markers along the way to say, "come on, respect this place. It's our home." And I agree with you. I think it is a level of arrogance that has said we can dominate and control instead of sustain and regenerate, and that's the model I'd like to see changed.

So Nate, tell me more. Tell me more about you know how you link all these ideas to your idea of conservation for the ocean.

NATE: So another shortfall, because this is my very simple, very layman approach to conservation is it's sort of do what you can where you can and change just one thing and that's your mindset. Because we have some fundamental misunderstandings that have sort of corrupted our view as to the fact that we can now do nothing. We are incapacitated and can't really help. I'm just one person and you see at the bottom of that plastics article that one of our marine conservationists wrote...I put in a piece just at the bottom called Reach Out and I'm actually going to retype it. It speaks of the day you know and that always runs into our excuse for why environmental issues are the way they are. And it's our way of casting the blame and our way of pointing the finger. We always speak of it and you know it's they who need to do something about the testing problem. It's they who need to stop over-fishing. What they are doing to our oceans is simply unacceptable and I just want to ask, who are they? Is it the government, you know, at the end of the day? Because the government serves as sort of an administrative body elected by us. Is it mass corporates? All they're doing is fulfilling the way that our money speaks. Our money has asked for these and those goods. And our money has said that that's okay and this is okay. So they'll keep mining in such a fashion. They'll keep fishing in such a fashion. We are they. That is it. We elect election of individuals. I'm part of the problem. You're part of the problem. It's not they it's us. And so the onus does lie on us as individuals.

JUDITH: Nate I agree with you. I agree with you one hundred percent. There's other folks from a more philosophical field to say just that. That we are the ones we've been waiting for. There is no they.

I have to tell you, years ago I had a health food store and there was a camp nearby and the counselors came in and we got to talking one day and they were just a great bunch of men and women who loved the environment. Loved teaching the kids about the forest and that kind of thing and they had a song called, "Where is Away?" And it was all about garbage, *Where is Away?* We keep saying we're going to throw it away but where is away? And it was a clever song that they sang in my store so I could hear it but it was something that they did for the campers. I don't believe it's ever been recorded. But you remind me of that. That by saying "they" we excuse ourselves from responsibility and the holistic model is we have to understand accountability in the holistic model and what part are we doing? So you bring up some really great point and I thank you for that.

Let's continue on. Do you have a story about something that you've seen that kind of drives home some of the points you've made?

NATE: Yeah. You know Judith I was actually telling you that story earlier and I think of all my experiences with the ocean, I think it's resonated with me the most. So yeah, I'd like to tell it to your audience as well. But before then, you know, you follow a medicine wheel Judith and one of the elements on that medicine wheel is sort of the intuition. Which direction is intuition?

JUDITH: The center.

NATE: Ah, okay, intuition lies at the center. Fair enough. But to me that speaks for ocean preservation about things not being or looking in place. Now I just always as a child, I always would sit on the rocks overlook the beach or sit on the rocks and a bunch of fisherman or just take a boat out myself and just sort of sit there on the ocean and you look at the sense of wonder. I don't know what it is about the ocean, but you get a sense of, you become grounded. You just get a sense of some sense of wanderlust or what's a purpose, you know? There's some sort of meaning in it. And a lot of people also get that feeling when they go beneath the water where they sort of cut all the noise off from around them and it's just sort of you and your thoughts. So for me there's just something slightly sacred about that. When you're up on a boat or up on those rocks and you see fishing line just

stuck rock-to-rock, cove-to-cove. If you see a sea urchin in a plastic bag or you're up and about and you see the same, it looks so out of place. Something within you, your intuition just says no, I mean that's not just fit. It shouldn't be there. And I think that resounded with me a few years ago on a trip we made through to Mozambique.

Now Mozambique was a place we frequented as kids, as siblings very, very passionate about the water. And we would really just grab a mask, snorkel, go in any reef, any water. If the currents were too much than we'd just try a different place. We'd always try to see how far we could go out. Who could do it... Who could hold their breathe the longest but there was a reef at a place called Tofo and it really, I think still up until today is the most beautiful reef I've seen. And I saw it as a child, which obviously adds that much more sense of wonder. But the fish, the size of the fish, the schools of fish, the rays we saw there. The corals, the colors of the corals. You know playing with eels underwater, the drop off at the back. Just the most insane drop off at the back.

And I've been to that reef for the second time only a couple of years ago, 2018, and I was there with my brother and my father and I reentered that reef quite excited, you know, and obviously I had hedged my expectations knowing that it wouldn't be as great as a grown-up but to see the devastation and to see the fishing line wrapped in coral piece to piece, I said to Judith that the dulling of the coral really, really hit home. For something to have been so wonderful once, and I always get it if you ever pull a fish out of the water, underwater it always looks bigger first off because it's magnified, and the colors are magnificent. But you pull it out of water and it's dulled within moments. And I felt like that had happened to the corals beneath the water. There were less corals. The colors were less. There was no big sea life. There were no rays. There were no nothing and that's not an isolated thing. That's not because Mozambique is a third world country and the people are purging that reef. This is happening everywhere. There's not a place I've been to or snorkeled at or dived, or someone who's come back from a trip to Bali or where ever it is and said that reef is ready. It still looks like what it did five years ago.

JUDITH: So you and the folks that you connect with are seeing the devastation and you're all seeing it first hand?

NATE: It's so evident, we're not to do the finger pointing. Shaner Place at Mozambique we go there as South Africans we say you know people will just, they fish whatever fish they want. The locals there will put up whatever they can. They don't care about size restriction. The Chinese trawlers come around the back and again they just pull out anything they like, but at the same time, all the things, all the waste that we're putting out there. The 500 billion plastic bags that we use as a global population every year, it's devastating in a broad environmental sense from year to year, from place to place it's just very tangible and it's very ugly.

JUDITH: And what's the rub, so to speak, for the ocean is that we don't see it, you know? Yes, a lot of our population lives by the ocean and yes, we might see some garbage up on a beach here or there. People do pick it up. But we still don't see the bigger picture. I don't see the great Pacific gyre that you just mentioned and 1.6 million acres, what kind of size is that? Are you talking about Australia, the size of Australia, or the size of Texas, you know? I have no idea what that looks like. I can get a glimpse of it on YouTube but it's a virtual experience. It's not a firsthand experience and I think that's one reason it makes it a little hard to stay connected to the issue and to the problems of plastic bags. And now with the Covid, I don't know about your country but here in my neck of the woods they're saying, well maybe we should go back to plastics because cloth bags could carry the virus and plastic we can throw away. Why do we take two steps forward to take one step back? There has to be some other solution.

NATE: Can we not just put our heads down and think a bit harder, you know? It doesn't have to be one or the other.

JUDITH: Aha.

NATE: Yah, you speak of the great Pacific garbage patch. I just had a quick look at the size and it's pretty much the specter of, Australia is 7-1/2 million specters and I mean Australia is massive. Australia is a continent. The Great Pacific Garbage Patch is 1.6 million. What a colossal piece of land, you know, were it land. And ya, in terms of solutions; in terms of alternatives...we'll bring on two solutions later but for me the big thing is change your mindset first. I've always found it's like that with anything in life. You want to aspire to something or move towards something, you've got to sort of stretch your mindset towards it first, you know? Change how your habits are going to construct that situation. And we can, we can change

our mindset about this problem. We absolutely can. And we need to start realizing that if enough people change their minds it becomes a majority and then the rest just kind of falls in place.

JUDITH: And Nate, that takes time. Changing a mindset does take time and we have some data to support that. But go ahead, what else would you recommend?

NATE: Solutions wise? So, again, When I offer solutions on a problem it's very laymen. I'm not a marine conservationist but I do know that for me first, like I say, it's a mindset. It's about **being positive**. It's about **taking the initiative**, you know.

One thing that really just irks me is people saying society cannot change. Things don't really change. Look how terrible mankind is. We've not really gotten much better over all this period of time. I mean that's simply not true. We can have change. I mean we don't kill each other so much anymore. If we look at just basic statistics, we know that more people in 2020 will die of suicide than things like famine and war combined. We take greater care of each other these days. We have systems for providing food to people who don't have it. Even if you just go back a couple thousand years and contrast the situation and they're entirely different. So it's like you said Judith, we do change the system but it's a slow process. But it doesn't help to use that as an excuse, you know I don't need to change because it takes so damn long. You do still need to change your mind and it does still contribute to the greater problem.

JUDITH: Before you continue, but along that line Nate, the holistic model is what we do to ourselves we do to the whole. So if we could construct this world from a holistic model, we would see that every thought, action, and deed that we have plays a role in creating this world. So that's a very indigenous kind of philosophy but I think it's been coming into the forefront and that's where I see change happening. People are starting to talk about this idea more. Fifty short years ago we didn't use the language of changing our consciousness. It just wasn't a part of our understanding but look what's happened today with what people are able to do around the world. So anyway, I wanted to interject that. So please continue.

NATE: No, but it's so true. I mean I think let's say fifty years ago we were sort of at that peak of human arrogance and other ways. We were laughing

off concepts of adjusting our consciousness and our mindsets but yah, it's coming into play and the realization has dawned on us now just how important it is. It's huge and think with ecosystems that's hugely, hugely important. Ecosystems can either be tremendously complex or they can just actually be simple in the way they exist. And they can be simple in the sense that, you know when to expect them. You know when to expect the rain in your place of the world but at the same time we look at ecosystems and we don't understand entirely, and we think we understand but we don't.

But if you remove one-item things really go off in every which way. You know I like to compare the two situations of ecological fixes or tempered fixes. One very Californian was to sort of solve the renewable energy crisis. We can see that the costing now of solar panels is sufficient and we can go out and just mass acquire solar panels and it will resolve the problem over a slow pace and the economics of doing that is to get them at a cheaper rate as possible. But scientist calculated ten or so years after mass implementation is that if you're going to use terrible quality low cost solar panels, they're not like the standard solar panels that are being produced now that are 80% recyclable. They're all chunked up with heavy metals like cadmium and lead and again the cost to the environment today is sufficiently, sufficiently more than the cost of having just used coal burnt electricity. I believe that the environmental fix that they made in Yellowstone Park in 1995 and it's that they were reintroducing into the park an apex predator and just a magnificent difference it made in everything, in absolutely everything. That one simple thing the intricate differences it made to everything in the park. And when I say everything, I mean waterways. Waterways were coming back to life. They were flowing in places they hadn't flowed in years. Bears were coming back to life. Things were greener and that's something that speaks to the mystic uniqueness of the solutions we need to these problems.

JUDITH: It does; I know. I've seen that Yellowstone one a couple of times, you know it goes round and round between Facebook, You Tube, etc., but it's a beautiful story. Thank you for reminding us of that. And so from what I gathered from your research and articles, there are people who are making some changes with the plastics in the ocean. There are companies that have created barges that go in and gather it up and clean-up different waterways in different cities. I believe there's a Scandinavian operation looking at the North Atlantic in terms of cleaning up the ocean. So yes, I think what I'm trying to say is a crisis often gives us an opportunity to stretch our creative muscles and come up with solutions, and that's what I

like about talking with folks like you because you remind us that that in fact is happening.

NATE: Absolutely Judith. I don't know if you want me to quickly run through Boyan Slat. You were talking about what he's gone and done.

JUDITH: Yes please.

NATE: You know I spoke earlier of excuses we are found of or speculate a lot of or fixing this problem is a numbers game but there are other resources out there. There's belief so yes be credible about how you use them. That's what an eighteen year-old boy when he raised 2.2 million dollars at the age of eighteen. All he had at that stage was a high school project, science day project, which he really put together superbly. It was a concept on how to clean-up plastics out of the ocean and that concept went to a TED talk and that TED talk gained a lot of attention on You Tube and the likes. Next thing he was Crowd Funding pitching and yeah put together 2.2 million U.S. dollars. From there he's turned into a multi-national functional NGO and from there he's received fellowships form the U.N. and Tiel who was one of the billionaires and founders of paypal along with Elon Musk. So you know both of these resources there because it was purely nothing more than tenacity at that point.

JUDITH: Yeah that's a good point. Well Nate we're starting to wind down a little bit here. I know you gave us two things that I feel are important. You know, change your mindset first, look at our habits and do what you can do wherever you are in whatever way you're drawn to. Is there anything else you'd like to add for a practical tip that folks could take away today?

NATE: Yeah let me give a practical tip, always look at a problem like this, and especially with the plastics problem; apply the obvious fixes. What do I mean by that? I mean when you're faced with a big problem or a problem as a big as this and you feel like you don't have to have your first step being charging into the U.N. and making mark.

JUDITH: Yeah that's funny; I like that. Yes.

NATE: You don't have to be sabotaging plastic bottling plants and the like. Make the smallest fixes that elicit the biggest changes. It's the good old 80/20 rule that 20% of change that solves 80% of the problem. These small

things you won't believe it, they do make a difference. I promise you they make a difference. So what are these things?

1. Reusable shopping bags, please. Other reusable items: use water bottles, coffee mugs and food wrap.
2. People don't think about food wrap. How much of it do you go through?
3. Another one which is becoming a big global trend is Diva menstrual cups. It's also becoming a very big popular trend in Africa because it's obviously a far more costly solution. A lot of these things are actually more cost efficient. It just requires a bit of effort that's all.
4. The next is intelligent use of Tupperware, you know? You don't always have to be carrying things around in a single use this or single use plastic box that.
5. And then of course we can't go through a plastic talk without mentioning plastic straws. Just don't use them, please! There are brilliant alternatives out there and the impact has been calculated and they know it's meaningful so I'm going through all the designs but the basic is to use them which is the most economically efficient but, well I mean I've calculated it to be awkward believe it to be paper but it doesn't matter. You can go to a restaurant and use two or three paper straws and they can be thrown away and you can keep going through, the difference in the impact on the environment is tremendous. And what this does and the statement this makes is it makes it the norm. You're doing what you do makes it the norm, so it makes other people feel uncomfortable. It's not some flashy trend. If I go somewhere and they're not available, so challenge the shop owners for not having them, you know? Give them a stiff look. If they have to use plastics then act as if they're putting money in your hand and support the kiosks that do give you paper straws. They've gone through an effort and a cost to do so. So I know, even though you feel like it doesn't make a dent in the problem, it makes a statement. And it says we can change our behavior.

JUDITH: Yeah and we can do it today.

NATE: Absolutely!

JUDITH: And that's the point I like to leave with my listeners. We can do anything today to make a difference. And again I like to remind my listeners

and myself that every time I purchase something, I'm casting a vote and how am I casting a vote today? So thank you again. Those are really, really good tips.

Is there anything else you'd like to end with?

NATE: I love that analogy you've just given there Judith and yeah, I just want to expand to it and add just a little bit more to it is vote with your money. You know vote with your money. Everything you pay for contributes to that invisible hand. Use that hand to spank industries back in place and don't make them ravage our oceans the way they do. Your money is a vote in what you buy and what you support. It can be contributing to the right or the wrong thing.

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JUDITH: It's true. It's so true. Well Nate I think it's time for us to close. I want to thank you again for joining us here at the Holistic Nature of Us. I always feel inspired by my speakers, yourself included, and I love your practical advice and your story that you shared with us.

This is Judith Dreyer. I'm the author of "At the Garden's Gate", book and blog. My book is available through my website, which is www.judithdreyer.com as well as several distribution arms such as Amazon, Nook, Goodreads and more. I'd like to remind all of you that a transcript is available for each podcast. Please like and share them. Let's support each other and get the word out.

And remember, **now** is the time for practical action and profound inner change so we value our world again.

Thank you, Nate, and everyone enjoy your day.