

From the inside out

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Starting from inside of the seed, a tree grows from the inside out. From the first sprig that slowly cracks through to the outside of the casing, it takes just one piece to start the influx of growth. Keeping it's roots dug into the ground, the tree slowly starts to change the pathways in the soil around it. Much like how if one person is willing to start the change from the inside of themselves, it will overtime translate onto the others around them. They become the roots, daring those around them to form the change like the soil. Luba Lukova has made this type of impact with their exhibit Designing Justice in the Anderson University Wilson Gallery. From the three pieces " Peace & Planet", " Human", and " Upward Mobility", there is an underlying theme of growth, compassion, and overall empathy for those around us and the world around us as a whole. When we as humans learn that growth comes from our spirits and inner being, not only our biological standpoints, we will be able to find ways to better our world. Coming from a place of compassion, greatly impacts our abilities to comprehend the needs of those around us. We must understand that a place of peace and flourishing can only come from the conscious choice to be a change.

When we take a chance on another human being in hopes to inspire them to grow as well, our world around us begins to change. Within the work " Human" there is a theme of growth. Growing within ourselves and continuing finding new ways to better ourselves. Within the heart there was a seedling inside of it, this shows that humans grow from the heart, not just biologically. We grow as people through our experiences and personalities. This creates different ripple effects throughout the population. Our personalities stretch and vegetate like the branches of a tree. They all have their own separate

leaves, but overall they are all connected from the same base, the same roots. We as a human race believe that we are the most superior, this can sometimes lead to our own separation of ourselves as people. Though humans hold our race as the highest of the species we are still apart of nature. We still have faults and we still grow and develop as our lives continue on. "Upward Mobility" shows the gap between America's homeless and working classes. We often get lost in the act of trying to cultivate better futures and overall well being of ourselves that we forget to look around in the moment. More times than not, this causes us to not take the time to look around and see who and what needs our attention. I feel that we often overlook those who need help because we are too caught up in our own lives. There is often a stigma around helping out those in a more difficult situation. People get the idea that those who they are attempting to help are going to misuse the resources given to them.

We regularly lack empathy for those who have life worse off than we do. Through the artistic choices that were made with "Peace and Planet" the overall theme conveyed the message that we need to be more responsible for our Earth and how we treat it. The images shown gives an emotional connection to all the different forms of testing and such that we do without stopping to think about how we are impacting our planet. To me this means we need to try and find a way to start using more natural and renewable resources. , needing to be sure that we are taking every precaution to protect our environment before there's not one to protect. Having a compassionate spirit for our world and all who inhabit it can make the change in how we live and how how the Earth lives and grows. Through

everything it endures a tree continues to grow and stretch itself farther to expand its leaves. As humans we have a similar nature, we plant our roots, and we grow from there. We grow from the inside out. From our hearts we are able to empathize with one another and grow with one another creating a ripple effect among humanity. One person has to want to be the change, they have to want to look around and notice who or what around them needs their care. Outstretching like branches, we would we be able to engulf our world with a better sense of compassion and caring all around.