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## **Stardust to Soil - a perspective check**

Hello to you all, can you believe we're halfway through September already?!

During **Week 3** of #NaturePact 2022, we'd like you to consider your connection with nature from a different, bigger perspective – across time and space!

When was the last time you took a moment to gaze up at the stars, or feel the grains of sand or soil between your toes? Have you pondered how the stars above us are connected to the soil beneath our feet?

In Week 1, Uncle Tinawin invited you to 'connect with Country'. For Australian Indigenous people, Country isn't just the ground beneath our feet, it is also [the stars in the sky](#) and everything connected in between.

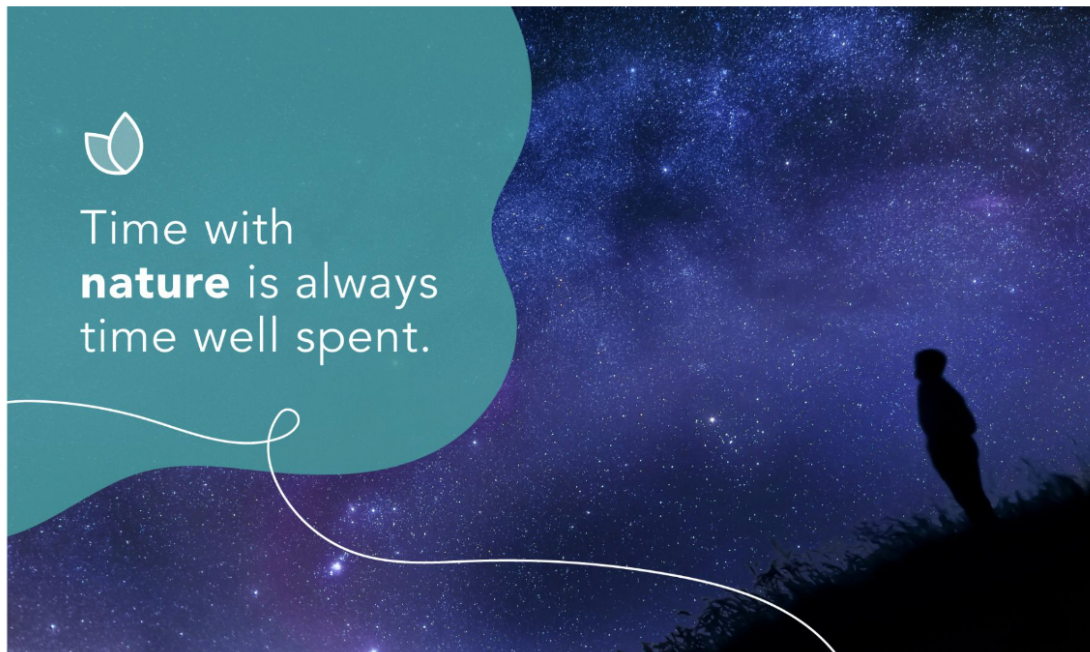
What connects the stars to soil – and us to everything – is stardust. Stardust is cosmic dust formed at the beginning of the universe, nearly 14 billion years ago, and makes up all known matter throughout the universe. Including you and me.

“Everything we are and everything in the universe and on Earth originated from stardust, and it continually floats through us even today. It directly connects us to the universe, rebuilding our bodies over and over again over our lifetimes.”

(National Geographic, 28 Jan 2015)

It's amazing to consider that we humans have been on earth for around 2 million years – a blink in the eye of the universe – and that [the very same stardust](#) that made those first humans continues to make us today. And that we are made from the same cosmic material that makes everything, from gold... to grapes.

Stardust is formed when a star explodes, and this stardust forms new stars and planets and people! Life and the universe is literally from stardust to stardust.



People have long gazed up at the stars, using them to tell stories, find meaning and make decisions. Despite being on opposite sides of the world, the [ancient Greeks and Aboriginal Australians saw constellations in common](#) and told mythological stories about the characters they saw and the relationships between them.

When we remember that you and I – and the mountains, trees and bees – are [all made of stardust](#), we realise that we really are all part of nature, and we really are all inter-connected. Each of us belongs to a very big, very complex system – bigger than us, older than us.





This week as part of your **#NaturePact** – try a nighttime **Nature Dose**. One night this week, step outside, maybe with bare feet, and gaze up at the stars. See that each star, each grain of soil and each one of us are part of this incredible, ancient, mind-blowing system.

Share a photo, video or your thoughts about your nighttime **Nature Dose**. How does it make you feel knowing the nature beneath our feet was once held in the stars above our heads?

***Remember, we are all part of nature, and nature connects us all – even across time and space.***

Kind regards  
Alison Hill  
Managing Director  
[People and Parks Foundation](#)

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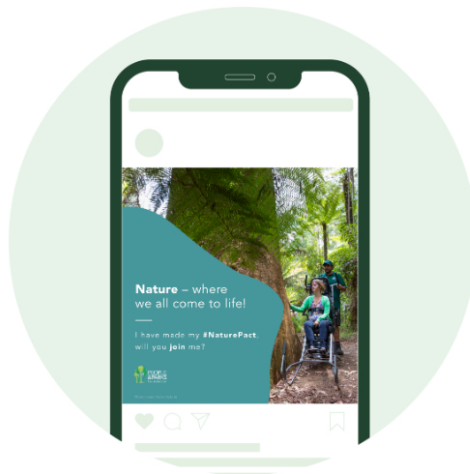
PS Share your experiences with us for the chance to win beautiful, sustainable plant-based prizes from our valued **#NaturePact** campaign principal supporter and partner, [Koala Eco](#).





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**Have you made your  
#NaturePact?**

[info@peopleandparks.org](mailto:info@peopleandparks.org)



We respectfully acknowledge the Traditional Owners of the country throughout Australia and acknowledge the ongoing living culture of Aboriginal people.

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