CONSCIOUS FOOD SYSTEMS ALLIANCE

GLOBAL CONSCIOUS FOOD SYSTEMS SUMMIT

# ACTIVATING THE HEART

## A Global Invitation for the Conscious Food Systems Summit 2026

**As part of our journey to Bhutan, contribute your creative reflections and become part of a shared artistic expression of food systems transformation**

### 1 LISTEN

Listen to the guided meditation.

Click here to listen

*(Optional but encouraged)*

### 2 REFLECT

- What am I grateful for?
- What breaks my heart?
- What transformation do I long to see?
- What values can support that transformation?
- What can I commit to?

### 3 CREATE

Express your reflections through:

- Writing
- Drawing
- Photography
- Music or song
- Short video

### 4 SHARE

Upload your contribution to Padlet.

Click here to share

You may participate individually or as a group.

### CREATING A COLLECTIVE CONTRIBUTION

Gather friends, colleagues, students or community members.

Create a space for deep listening and reflection.

One shared submission can represent the group's harvest.

*From around the world, to Bhutan.*



Learn more: cofsa.org/summit-bhutan-2026