

# WAYFINDER HOLISTICS



ANNUAL REPORT 2022

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*At Wayfinder Holistics, our mission is to work at the intersection of regenerative land management and holistic wellness practices, to foster thriving ecosystems, healthy communities, and food sovereignty. We are driven by the belief that true freedom is the ability to grow your own food and medicine and create your own abundance. We recognize that the land has always been our partner in this endeavor, and we strive to cultivate a deeper, ancestral connection with it.*

**SHANKARI AND DAN GOLDSTEIN**



# INTRODUCTION

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As we reflect on the past year at Wayfinder Holistics, we are filled with gratitude and awe for the many accomplishments and milestones we have achieved. In 2022, we continued to deepen our commitment to creating a world where humans live in harmony with the natural world, as we navigated new challenges and opportunities. In the past year, we took on exciting opportunities to oversee a grand total of four farms, which includes our latest lease with the Mayry family in Fluvanna County.

Our approach is rooted in the practice of regenerative agriculture, which nourishes the soil and actively works to positively impact as much land as possible, creating a more abundant and resilient future for ourselves and the planet. We are passionate about finding sustainable ways to raise food, build homes that harmonize with the natural environment, and cultivate medicine for both our bodies and the land. We see these practices not only as a means of achieving greater self-sufficiency, but also as a way to connect with the land in a more meaningful way and contribute to a more regenerative world. By continuing to find better and more regenerative ways of living, we hope to inspire others to join us in reclaiming our ancestral connection with the land, and creating a brighter future for ourselves and future generations.

At Wayfinder Holistics, our mission is to promote sustainable and holistic living through regenerative agriculture, educational programs, and community engagement. In 2022, we continued to make progress towards achieving our goals, with a focus on sharing our personal story and building awareness to help combat against our current climate crisis through digital content creation, partnerships with leading organizations, and innovative farming techniques.



What is regenerative agriculture?

*In simple terms, regenerative agriculture is a holistic approach to agriculture that focuses on the interconnection of farming systems and the ecological system as a whole. The concept of regenerative farming is not new. It was used by Indigenous communities centuries ago, long before industrial agriculture occurred.*

-Chesapeake Bay Foundation, 2021

**Wayfinder Holistics is regenerating over 200 acres in the heart of Virginia.**

# SOIL AND CARBON BLUEPRINT



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This past winter we received a grant to be enrolled into the [Ecological Outcome Verification](#) or EOv program through the [Robinia Institute](#) and the [Commonwealth Network](#). This became possible due to our direct partnership and commitment to providing consistent healthy food options for the region with Commons Provisions. This certification is a much more scientific and rigorous certification than say organic – which is much more top down, practice based. EOv is bottom up, outcomes based and puts the focus and support back onto our farmers and the land.

Through this transformative approach, farmers are empowered to embark on a journey towards monitoring and cultivating the vitality and resurgence of their land and soil for years to come. Despite the fact that many small farmers are already cultivating organically, they are unfortunately unable to participate in certification programs due to prohibitive costs and cumbersome bureaucratic barriers. These onerous requirements may discourage even the most dedicated farmers, leading them to resort to conventional, ecologically harmful methods that remain unchecked by stringent regulations.

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## SOIL AND CARBON BLUEPRINT

A holistic framework is at the core of Wayfinder Holistics' mission, as we believe in the vital link between land, animal, and human health. Our efforts to rejuvenate the land and create thriving ecosystems have yielded exciting results at Millstream, the 80 acre farm we manage in Earlysville, VA. Over the past seven years, we have successfully reintroduced 400,000 pounds of carbon into the soil, a significant accomplishment for our team.



### Celebrating wins!

**Removing 400,000 pounds of carbon from the atmosphere is equivalent to:**

- Taking approximately 52 cars off the road each year, based on average annual emissions per car in the United States.

- Powering approximately 5 homes each year with electricity generated from coal-fired power plants, which are a significant source of carbon emissions.
- Planting approximately 2,800 trees, assuming each tree can sequester 143 pounds of carbon over its lifetime.

### — Millstream Farm Impact Report

**52**

Cars off the road  
each year

**5**

Homes powered  
each year

**2,800**

Trees planted

\*It's important to note that these comparisons are not exact, as they are based on averages and assumptions.

## MILLSTREAM: FARM TO FORK

Our soil sequestering highlights the impact that regenerative agriculture can have on the environment. That's just one farm. Imagine the possibilities if more farms took this regenerative approach! At Millstream Farm, we manage over 60 livestock, including sheep and horses, which require several shelter locations and fencing throughout the property. We also have honeybees that contribute to the farm's ecosystem.

1,423

trees planted



## RUMINATION

Over the last seven years, our team has transformed Millstream Farm from an overworked and depleted land parcel to a thriving ecosystem. Our efforts have included the installation of livestock waterers and fencing in collaboration with local conservation groups. We have also planted 1,423 trees in collaboration with James River Association, as well as introducing permaculture features, ponds, and small market gardens to the property.

400,000 lb  
of Carbon  
Sequestered

# FARM HABITAT AND INFRASTRUCTURE

Wayfinder Holistics continued to diversify our food and medicinal offerings and cultivate edible landscapes by introducing several new species onto the land.

We also increased our plantings of perennials and berry bushes. We finished framing our raised beds, and grew over 75+ varieties of edible foods and medicines.

We collaborated with the **Frasier family** and the James River Association to plant 173 diverse, native trees along Cunningham Creek on Frasier Farm, one of the properties we lease.



## INTRODUCED SPECIES

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Calendula, Loofah, Pepper Varieties, Gomphrena, Tumeric, Lemon Verbena, Bluebells, Hopi Black Dye Sunflower, Yarrow, and Dahlias.

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## INCREASED BIODIVERSITY

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Rosemary, Lemon Balm, Echinacea, Bee Balm, Chamomile, Catnip, Hyssop, Rose, and Mint to name a few.

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## NEW PLANTINGS

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Mulberry, Dogwood, Elderberry, Persimmon, Oak, Sycamore, Hazelnut, Pawpaw, Black Willow, American Plum and more.

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## CULTIVATE

As we reflect on the progress we've made at Wayfinder Holistics, we are filled with a sense of gratitude for the land that sustains us and the community that supports us. At Millstream Farm, we've embraced regenerative agriculture as a way to honor the earth and create a more sustainable future for all beings. Our success in implementing this approach has been supported by tangible results. We hope to achieve similar results at our new lease with the **Mayry family**, transforming 100 acres of sprawling pasture in the heart of Fluvanna county.

Our commitment to regenerative agriculture is more than just a farming practice; it's a way of life that integrates ancestral indigenous wisdom and contemporary knowledge. We've learned that the key to restoring and rejuvenating the land lies in nurturing the seeds of this wisdom, allowing them to flourish in new and innovative ways.



300

pounds of Chickory and  
Clover seed sown

At the Mayry and Frasier farms, we are working hard to bring nutrients and good forage back to the land.

## ECOTONE

An ecotone is a transitional zone where different ecosystems meet and intermingle, creating a unique and diverse habitat. Ecotones are often places of great ecological richness, where the interactions between different species and ecosystems create a web of interdependence and mutual benefit.

As we move forward, we are excited to continue our work in promoting sustainable and holistic living through regenerative agriculture, educational programs, and community engagement. We know that this journey requires ongoing learning, growth, and evolution, as we deepen our understanding of our interconnectedness with the land and all its inhabitants.

# EDUCATIONAL PROGRAMS

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In the month of April, we graciously extended our welcome to a cohort of young, vibrant souls hailing from the Global Majority, a collective of Black youth. Together, we facilitated a transformative gathering of self-care and learning, made possible by our steadfast partnership with Sentara Healthcare, a beacon of light in our local network. The idyllic Waddle Om Farm, awash in rustic charm, was the site of this bountiful exchange, where 15 youths, ranging in ages from 8 to 14, converged in joyous communion.

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According to research conducted by the World Health Organization, young people who are exposed to nature and green spaces tend to experience a variety of health advantages.

These benefits include enhanced mental health, a decreased likelihood of developing chronic illnesses, and lower mortality rates.





Our collective focus was on cultivating a deeper understanding of the world around us, as we lovingly tended to the propagation of seeds, nurturing the soil with tender care. We embarked on a wondrous journey of discovery, delving into the manifold aspects of health and wellness, while making intimate acquaintances with the resident creatures of the farm.

For many of our youthful participants, this was an opportunity to immerse themselves in the splendor of nature, a precious and all too rare gift for those who dwell within the confines of urban spaces.

With open hearts and eager minds, we spent a day reveling in the majesty of the great outdoors, basking in the warmth of the sun, and luxuriating in the gentle embrace of the earth. It was a time of growth, both literal and metaphorical, as we nurtured the seeds of our shared future, rooted in the richness of our collective culture and the bounty of the land.



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**"I WANT TO THANK  
YOU FOR TODAY. I FEEL  
REALLY HAPPY, CALM,  
AND I LEARNED A LOT.  
I THINK WE FEEL  
CONNECTED TO YOU  
WHICH IS CRAZY  
BECAUSE WE JUST MET  
YOU."**

**-PROGRAM PARTICIPANT**

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# CONTENT CREATION

Our co-founder, Shankari Goldstein, continued to support development of digital programming with the Mind & Life Institute.

She hosted online programs and summits and interviewed several inspiring catalysts including contemplative practitioners, activists, researchers, and political leaders. In addition, she helped develop the "Global Joy Summit," which took place on November 13-16, 2022, a free, four-day, online international event inspired by the extraordinary friendship between His Holiness the Dalai Lama and Archbishop Desmond Tutu.

- In these spaces she was able to share the deep transformational work of Wayfinder Holistics, through her personal farming journey, and commitment to racial equity to a global audience. Personal storytelling and first hand accounts are like windows into the experiences of others, offering invaluable insights that can expand and enrich our understanding of the world.



The Summit  
reached nearly  
200,000 people  
from over 150  
countries.

- During the Global Joy Summit Shankari hosted daily sessions and interviewed several presenters. The summit explored how the latest findings on the science of joy, along with contemplative and faith-based teachings and practices, can help us rise to our better selves in light of the many global challenges we now face.

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Shankari traveled to Dharamsala, India in the fall to help guide 108 people across the country into the Himalayan mountains to take audience with His Holiness the Dalai Lama. After months of curating discussion points, we shared two days of Mind & Life Institute conversations with His Holiness, that were transformational to those in the room and thousands online. This is a photo from the final day of conversations with our team on the ground.







# MEDIA AND PUBLICATIONS

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## WAYFINDER HOLISTICS

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### **DULUTH TRADING CO.**

with Dan and Shankari

### **DOES SOIL HEALTH MATTER? ROBINIA INSTITUTE AND HUMAN-SCALE FARMING**

with Dan and Shankari

### **GLOBAL JOY SUMMIT**

- Michelle C. Johnson - [Joy, Collective Grief, and Healing Toxic Cultures of Supremacy and Dominance](#)
- Kelly McGonigal - [The Joy of Movement](#)
- Mamphela Ramphele, MD and Reverend Mpho Tutu van Furth, daughter of Archbishop Desmond Tutu - [Ubuntu: A Essential Key to Healing Our Planet In Crises](#)

with Shankari Goldstein

### **INSPIRING MINDS**

- Elissa Epel and Tenzin Wangyal Rinpoche - [From Climate Distress to Action](#)
- Pumla Gobodo-Madikizela, Hawah Kasat, and Aaron Stern - [Healing Intergenerational Trauma](#)

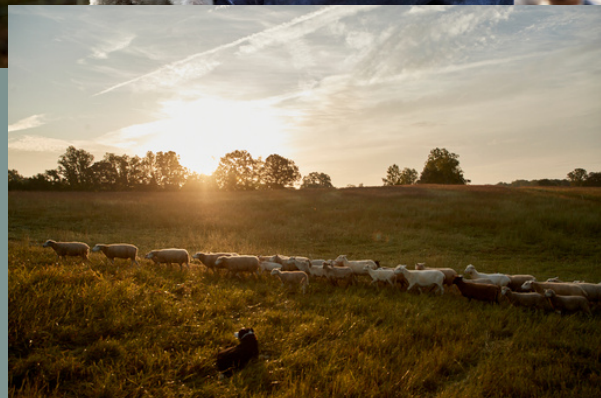
with Shankari Goldstein

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## WAYFINDER HOLISTICS

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We were invited to participate in Duluth Trading Co.'s Spring 2023 campaign, where we shared our inspiring story and approach to holistic farming as Wayforgers. The **Mayry family**, who lease us their land, allowed us to shoot part of the campaign on their farm. The production team traveled from all over the country to Virginia and were impressed with its beauty. Check out the campaign and highlight video on their website, and flip through some photos to experience the event. You can view the commercial on their [website](#).





# WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS SUPPORT AND TRUST TO HELP STEWARD THE LAND.

Together, we can create a future where the earth thrives and all beings can flourish. We are proud of the progress we've made at Wayfinder Holistics, and we look forward to continuing this journey with our community.

**THANK YOU TO ALL OF  
OUR STAKEHOLDERS AND  
FARM TEAM - FLETCHER,  
DELANEY, GABRIEL, AND  
LUCY.**



—  
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