

Pay a visit to a Delta ~ collect a pile of river sand. Set it aside for later.
Dip your hands in the delta's river. Slow.

Starting with the tips of your fingers. Hand perpendicular to the water's surface. Slowly slide your hands into the water. Letting it surround your skin in a perfect coat of liquid.

As you go, close your eyes and let the water transmit some images to you about where it has been - a mountain waterfall, the headwaters, the valley, and now resiliently, affluently, into the delta. Sit here taking in river images for as long as you like.

Your hands are coated in this water and its journey. Handshake.
Coat your river hands with sand from your pile. Sand skin.

Sand is like skin because it is the protective layer ... the porous membrane that buffers the bedrock land from the forces of the sea. The particles cling and harden, mineralizing around your hand. A crust of granite, feldspar and mica safely wrapping your skin.

Through the day, try to protect this protection. Sand on hand. Sand as skin around skin. Hand as land.
Hand in pocket, embark on a careful anti-erosion day.

Write about what goes right and what goes wrong with this experiment.