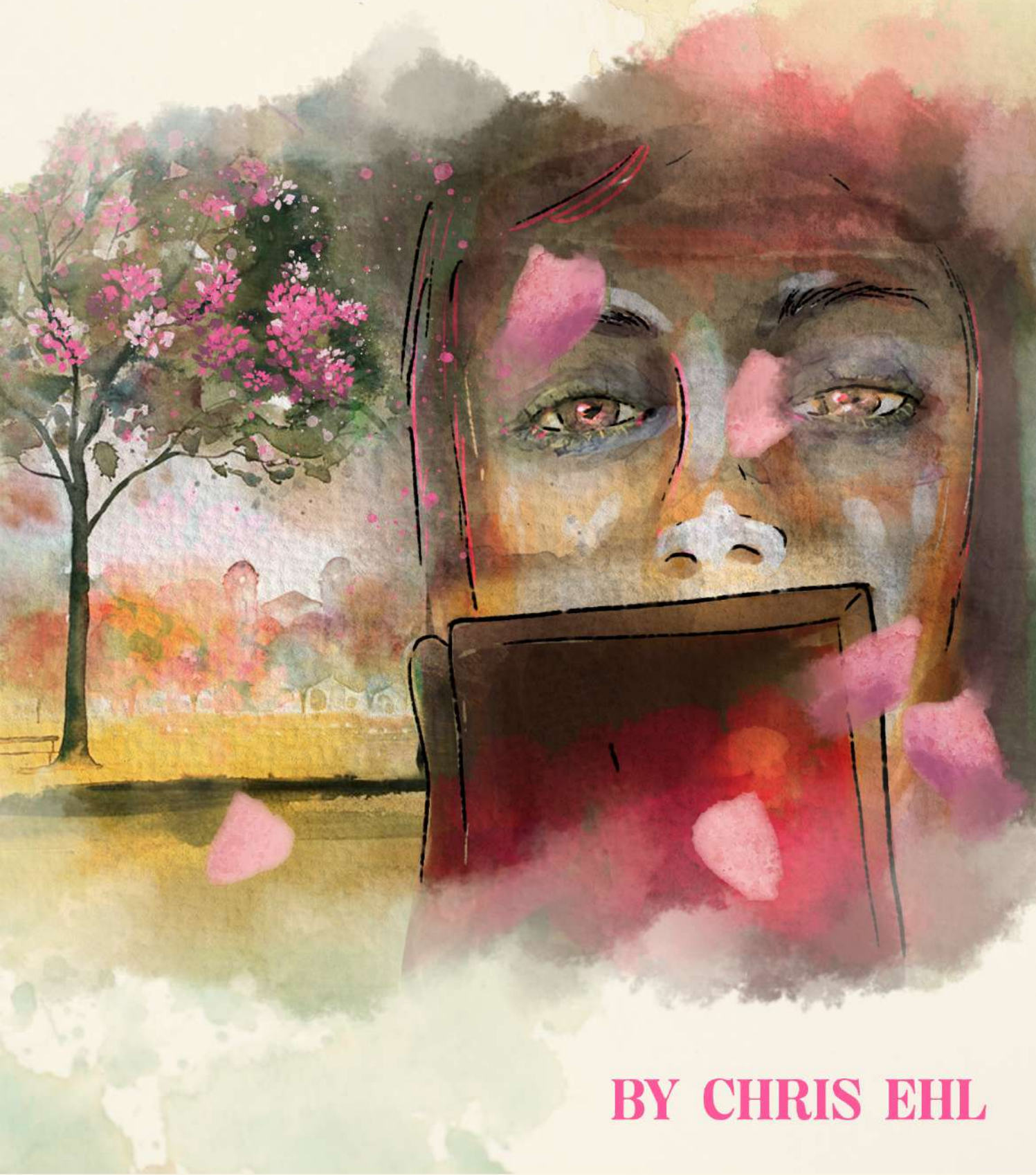


THE REGENERATION



BY CHRIS EHL

Acknowledgement

With generous support from these wonderful
and talented people:

Ryan Gersava driving the process

Doreen Gersava improving the text

Binsoy creating those wonderful illustrations

by Chris Ehl, 2023

Feel free to copy, share, distribute, alter and love any part of this book.

ISBN 9798851270116

Dedication

I dedicate this book to my grand children Ava and Mino
and to your future grand children.

Foreword

"The Regeneration" is a captivating tale of hope, second chances, and the power of choices. It reminds us that despite our wounded pasts and uncertain futures, we have the ability to heal and rediscover the beauty of life. Through the transformative power of nature and the connections we forge with others, we can find the strength to create a better world for ourselves and future generations.

Can you hear the voices of future beings?

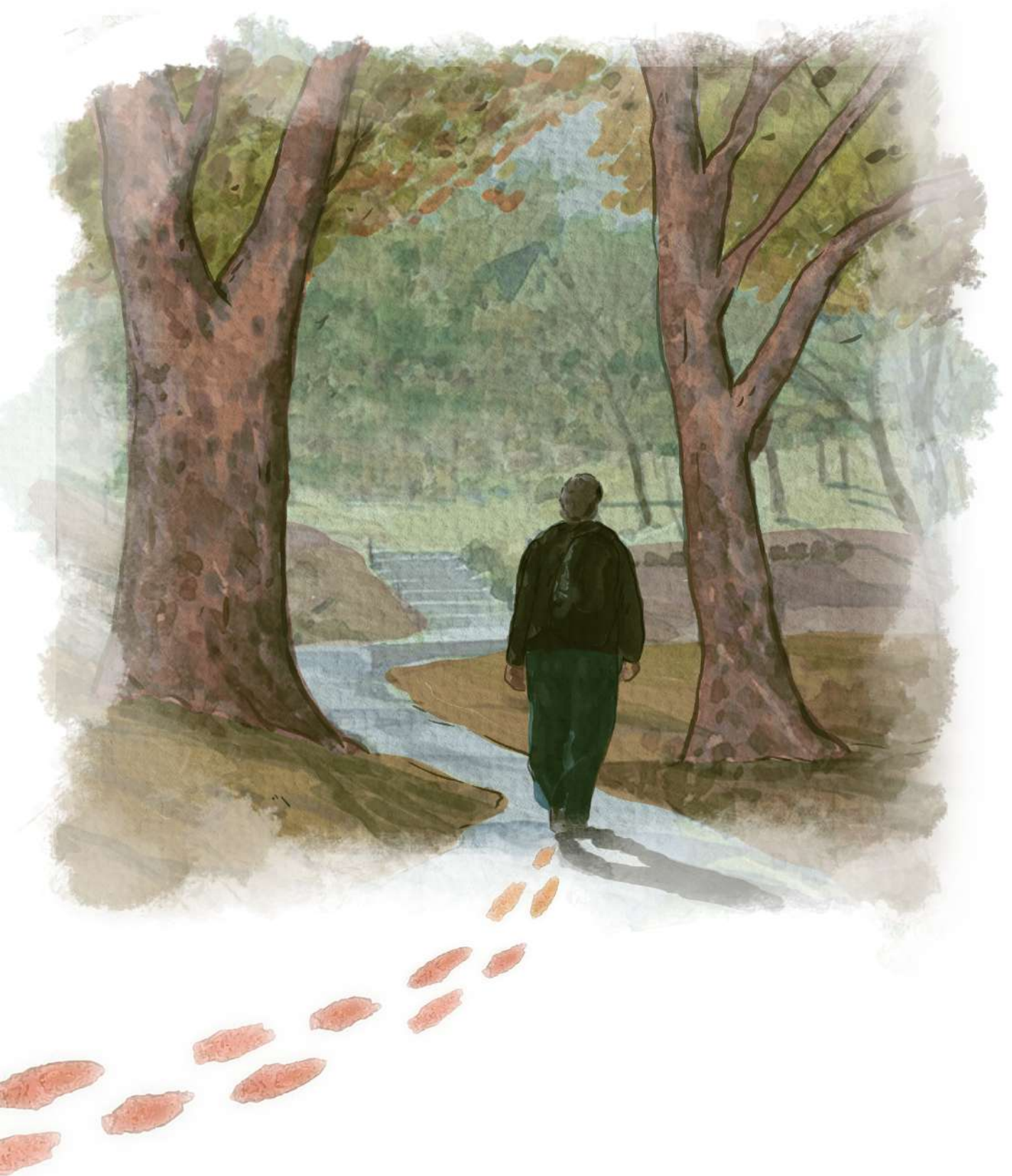
Can you yearn the voices of your future grand children?

His name is Raúl. He is a middle-aged man who tries to live life to the best he can.

But along the way, realizations come into place. Everything feels meaningless and mundane.

Each waking morning Raúl feels more desolate and lonely.





He heads down to the park, kicking each tiny pebble that crosses his way, wondering what went wrong with his life.

Just a few hours ago, he lost the job that pays his bills.



And like his other office workmates, he is replaced with automation. He exists in a generation where reality is operated by machines and technology, and human capabilities are taken over in a blink of an eye. It is a hard truth, but it happened and continuously happens to many. Raúl is a casualty.

It isn't his dream to do office work; it is more of a social responsibility to find the stability to help him pay his rent. But he loses it and doesn't know the next steps to take.



He holds his pace and breathes the air that brings him back to his past. He remembers his life, wife, city, and garden.

He misses his family and the life he once had. He wonders what brought him to this place of emptiness. "What have I done?" Why is this happening to me?" He wonders.

Raúl continues his stride and ends up on the park bench beside a tree. He rests his tired body, distressed heart, and troubled soul.

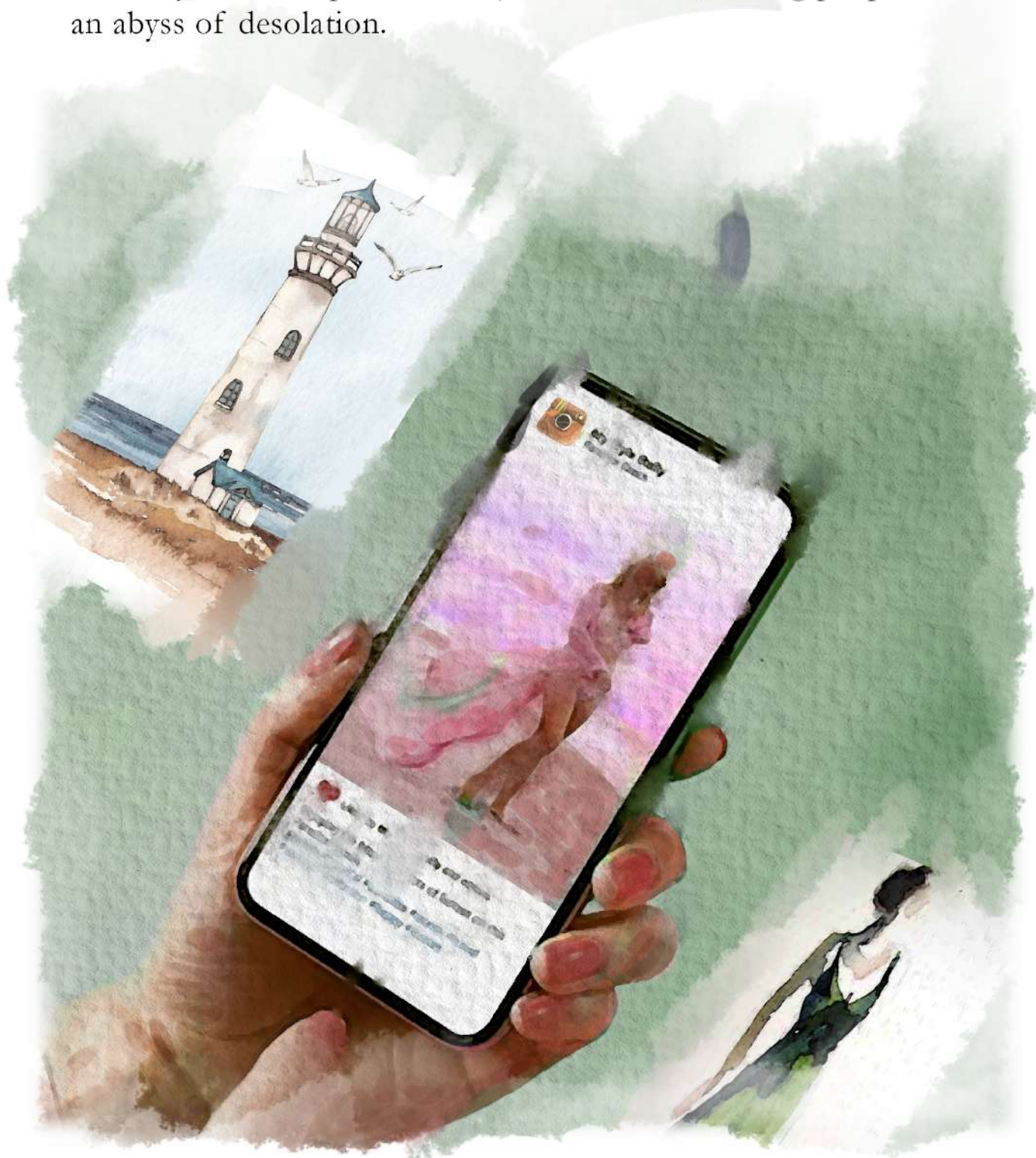
Across him is a young girl, maybe in her 20s, endlessly scrolling through her phone. Her name is Geeta.

She is absorbed in the world of the tiny thing in her hand. She skims through the unending display of photos of screaming faces, people in yachts, robots and machines, girls in skimpy clothes, summer and beach, and women's fashion.



She wants every single thing she sees on her screen. She likes shoes, bags, swimsuits, being on the beach, drinking wine on the yacht. She imagines it all, wanting to be the girl in the photo, an unmistakable thought of deliberate envy.

Geeta sees the smiles and the seemingly genuine happiness, but in reality, all those pictures are just show-offs, leaving people in an abyss of desolation.



Unnoticed, time quickly passes. The sun sets, and Geeta is still engaged in endless scrolling. She's on her phone for hours, unaware of the whereabouts of her surroundings. She is in a trance of the imagined life feeding her jealousy.

In a split moment of distraction, she looks up. It's dark, and she notices there are no stars above her. She looks around, and the people have left. Only a grey old man is on the other side; she doesn't even notice Raúl right in front of her.





An old woman with white desiccated hair in tatty ragged clothes crouched on her rollator walks to the park rapidly. She's at the sunset of her years yearning to relish the little moments she has.

She holds her pace, closes her eyes, and smells the crisp afternoon breeze. She doesn't remember her years, only her name — Chiyao.

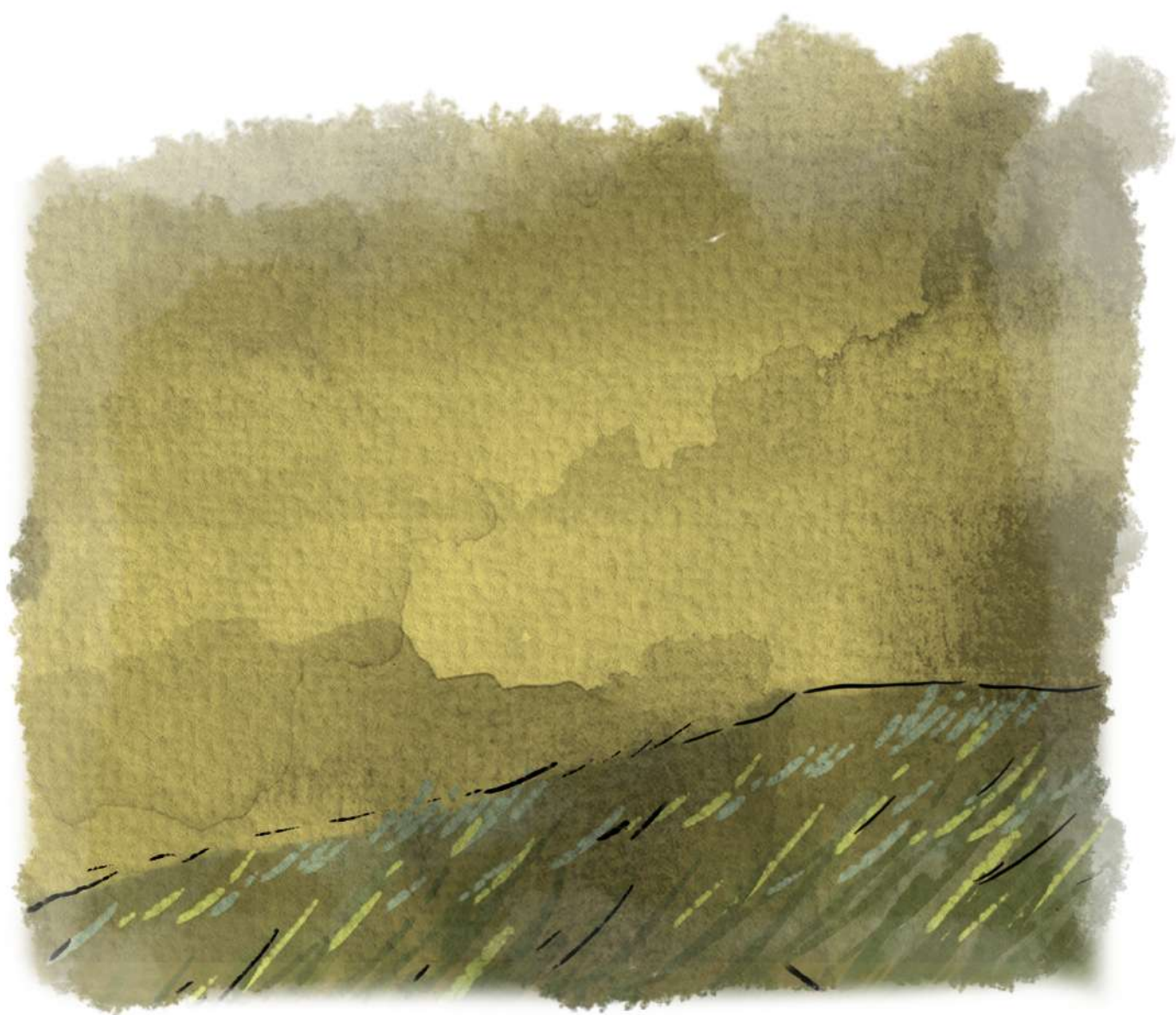
Though burdened with every step, Chiyao continues to take a few more, then stops near an empty bench.



She looks around and tries to remember her youth and the city several years back but only picks vague pictures from memory.

She does not notice the man or the girl in the park.

Chiyao takes an apple from her right coat pocket and puts it aside. The past months have been blurry and unclear. She needs to remember. Her thoughts drift with the moment. She gets up and leaves — the apple forgotten.



Days later.....

The apple Chiyao left, now rotten lies on the empty bench. People walk by, but no one notices, and no one bothers. The fruit starts to wither and decay.

A strong wind blows the fruit off the bench and rolls it onto the grass. The park cleaners sweep up all rubbish but miss the rotten apple.

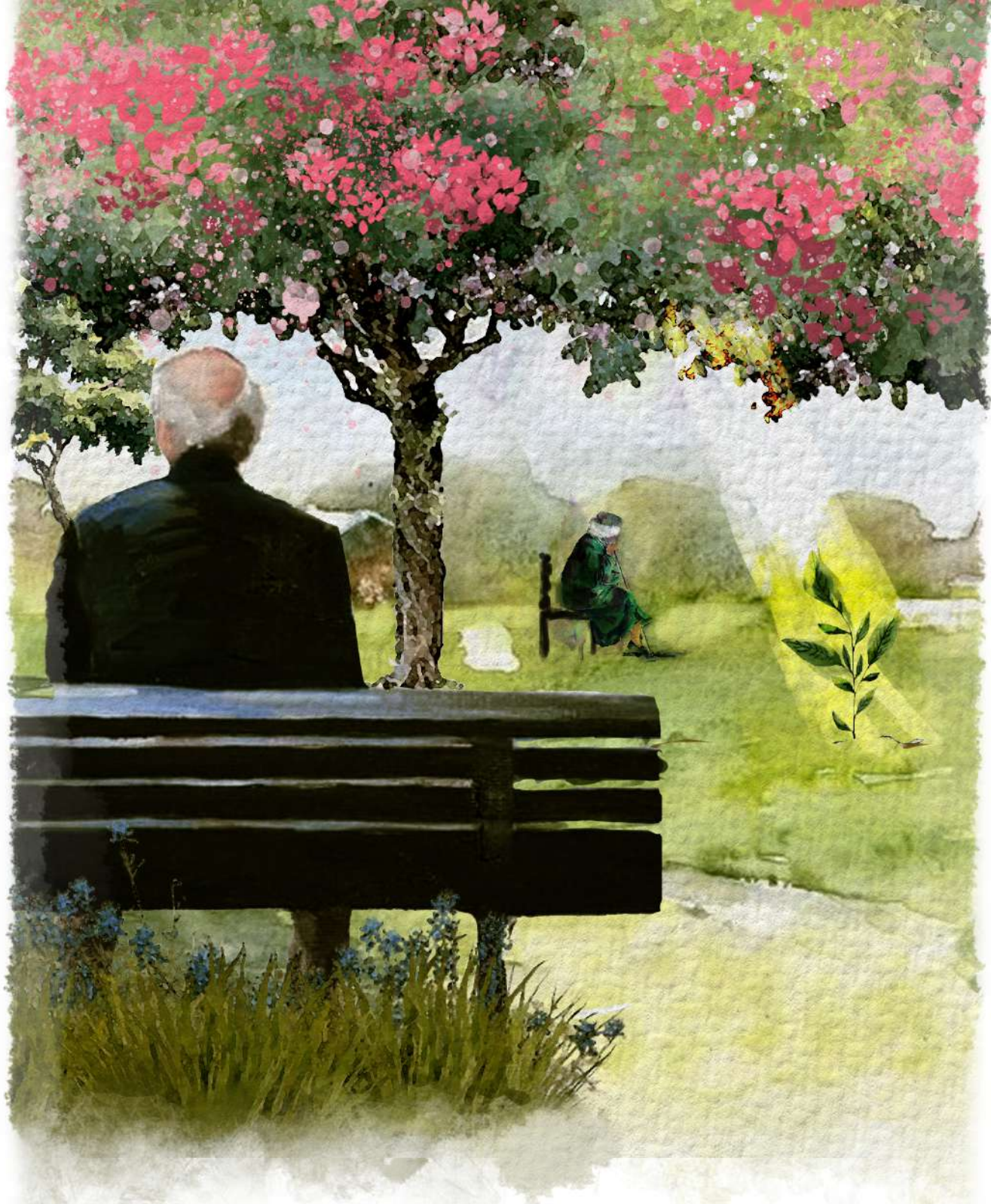






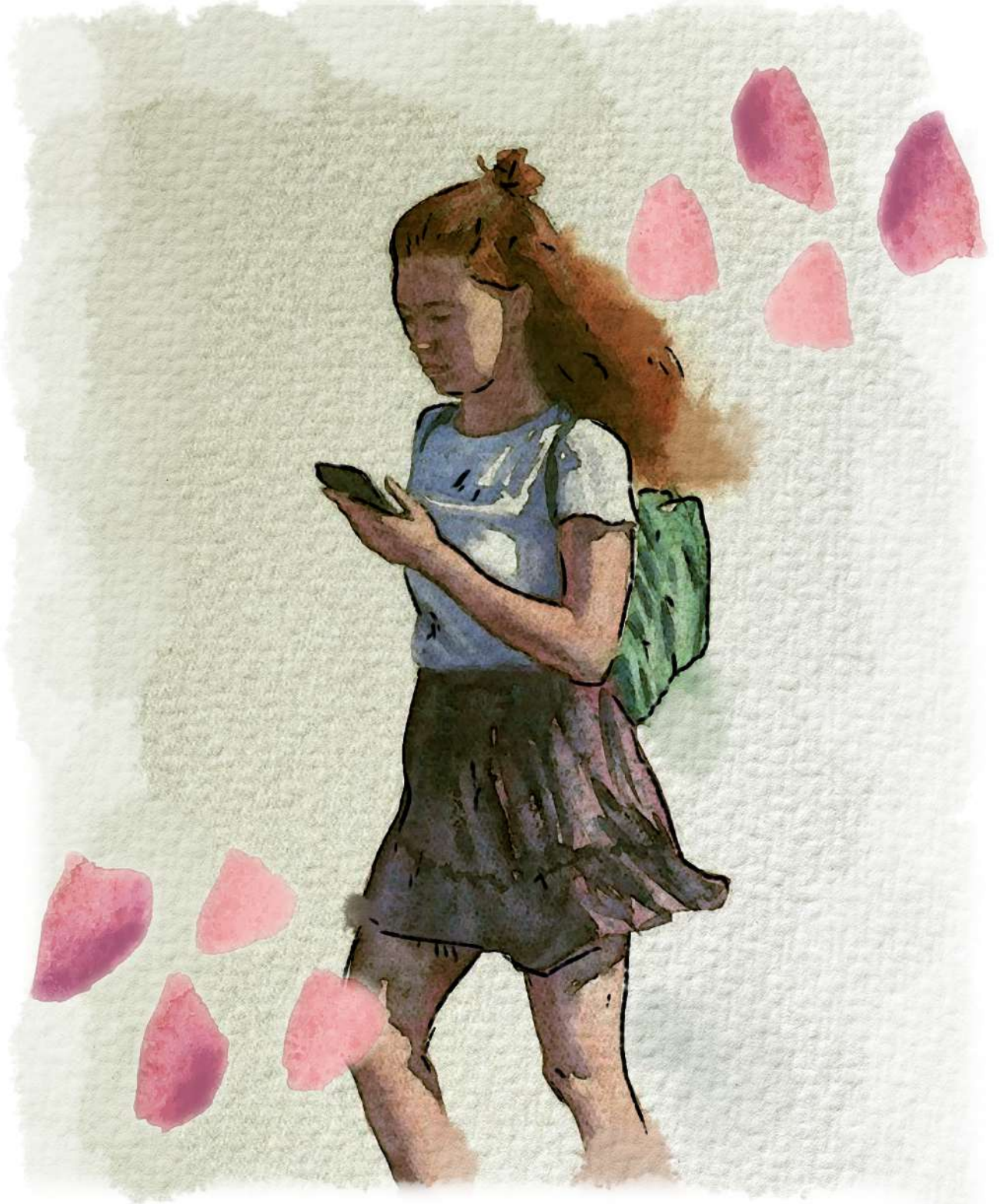
Years later...

A middle-aged man enters the park. It's Raúl. He is a very different man from not so long ago. His smile is more extensive and brighter than last time. He isn't as troubled as before. He is wearing a uniform, something he was not used to before, but he doesn't mind. He sweeps the scattered leaves and the trash from under the trees and along the cemented pathways.



He is in this exact same spot many moons back. The place looks different from what he remembers. The lone tree is now paralleled with an apple sapling. It hasn't grown to its full bloom; still small but shows hope.

Raúl loves the apple sapling. He returns daily to water it and ensures it receives the care it needs to survive. There's something within it that nurtures Raúl's hope. It's nature's magic.



A young girl enters the park. It's Geeta. She walks across the park and throws away her cup into the grass.

She's still fixed on her screen but finally notices something. There's a new sapling and a beautiful apple tree filled with pink blossoms. She walks closer and fixes her gaze on the beautiful blooms. She looks in wonder. They have all shades of pink. Why hadn't she noticed this before? Where did this beauty come from? This wasn't here before.", she thought.

Geeta examines the blossoms. It's the most beautiful and real thing she has ever seen and held in years. She never knew that reality could be so much more beautiful than the fiction created by the virtual world she was consumed with. It's lovely, almost unreal. She tries to pick a flower, but it resists. It is light and soft; it follows the direction of the wind. Still enthralled, she looks at every bloom, every branch. There's silence, a peaceful kind of silence.

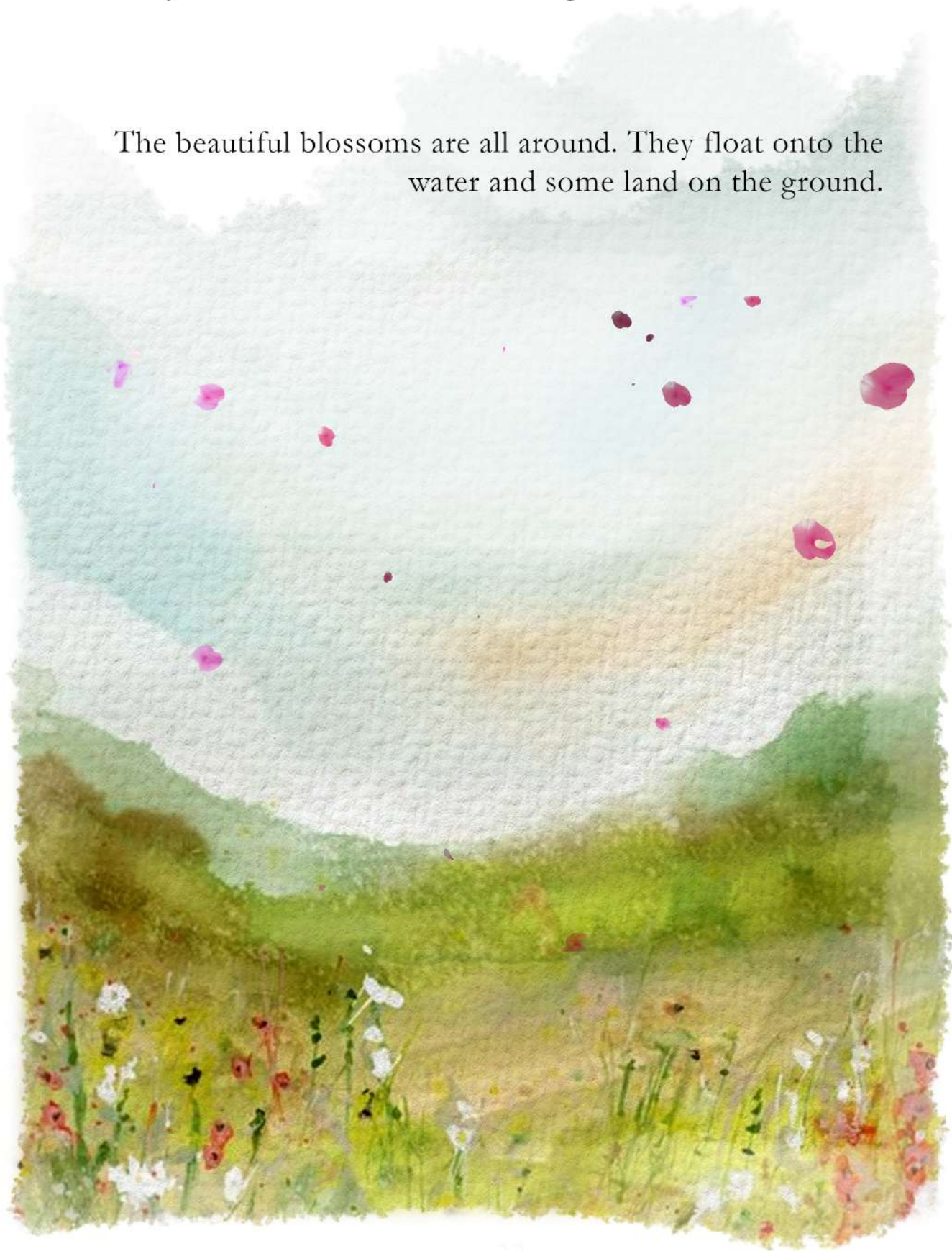


Out of the blue, an old woman breaks the temporary silence as she stumbles next to Geeta. It's Chiyao. She moans from discomfort, and Geeta steps up to help.

Chiyao notices the blossoms of life.

The wind blows. The blossoms follow its directions to the grass....
to the city streets... to the trains... to apartment windows....

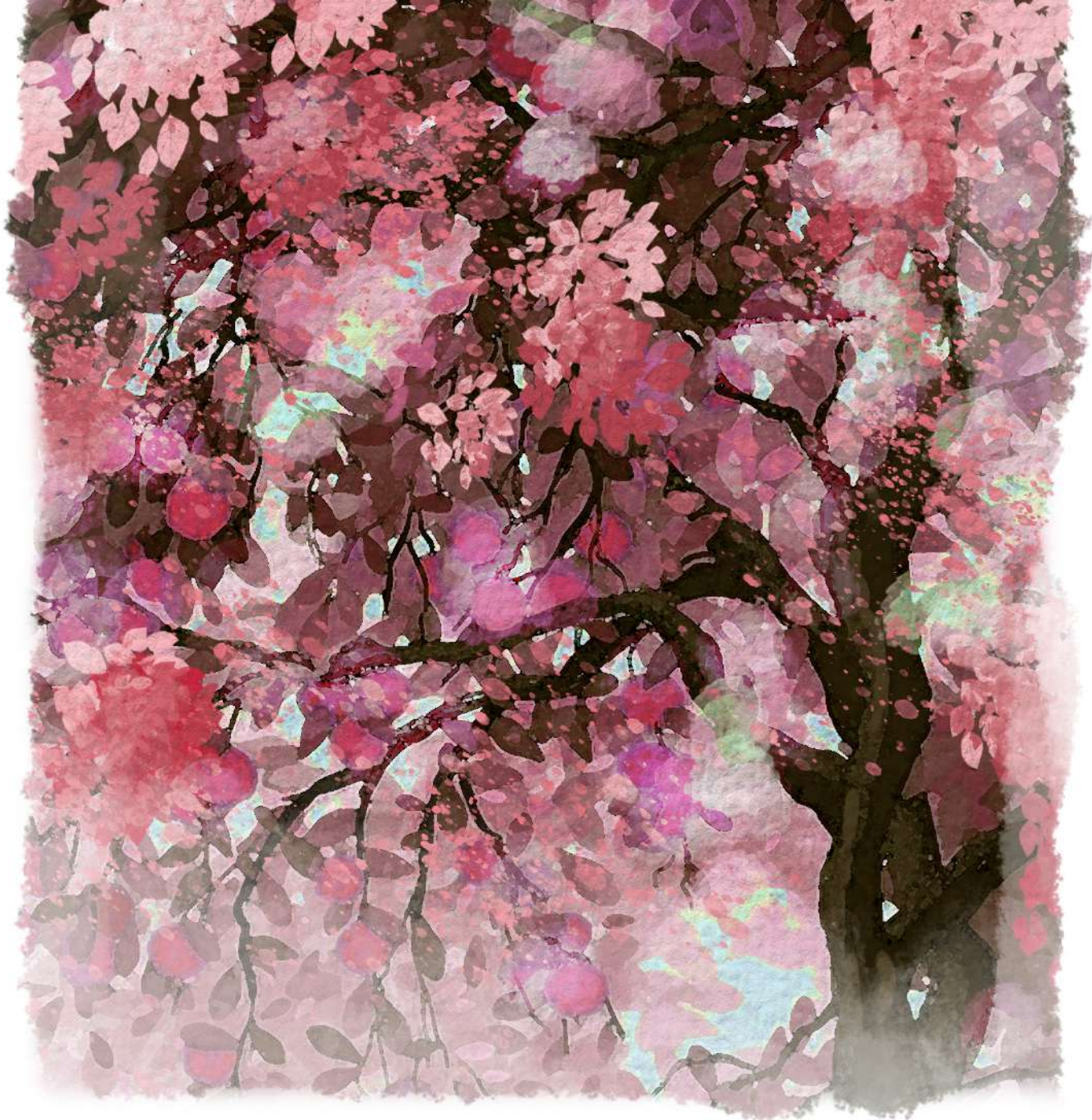
The beautiful blossoms are all around. They float onto the
water and some land on the ground.







Are you alive? Are you free?



Years later.

The park is filled with beautiful fruit trees and blossoms. Children are playing, and people walk together. They seem to be incredibly happy and connected. It's the magic of nature.

A man is guiding a tour of the beautiful garden in the park. It's Raúl. He explains that the fruits and plants that grow in the greens can be eaten. His listeners are amazed at how mother earth provides effortlessly.

A small grocery store stands just outside the park, filled with fruits and vegetables and all sorts of colorful plants.

A middle-aged man is attending the store. It's Raúl. He interacts with his customers and makes sure he smiles with after every conversation. He is kind; he finds contentment in simple joys, unlike before.





Opposite the grocery store stands an impressive building . It's overwhelming, the good kind of overwhelming. The building is owned by a company that recreates and not destroys. It's a company that helps regenerate the environment, people, and human life. The building is just near the park, where people come by and bike around. It's the same park brought Raúl, Geeta, and Chiyao together.

There's something symbiotic with both the Regeneration Company and nature. They both take any form of trash and make them into something new and even more beautiful than the original form.

At the other side of the park, a tiny simple school stands. It's full of playful children. Watching the children play gives so much hope and anticipation to what the future holds for them. The poster walls are painted with trees, flowers, blossoms, animals, and giant oceans.

The sky is clear, and the sun is out but not scorching. It is a perfect mix of the cool breeze and the warm sun.



Geeta is walking in the park, but she is not alone. She's pushing an old lady in a wheelchair. It's Chiyao. They exchange laughter as Chiyao retells her past and Geeta shares her future plans. They are a generation apart, but they meet halfway to find lessons from the lives they live. They share their life lessons. They have overcome the divide of age and differing ideals and found joy in their connection.

They continue laughing. A middle-aged man passes them by. It's Raúl. Raúl can't help but wonder what made them so happy. He has flowers in his hands. They smile at each other. It's the start of history.



Workers all around are opening their windows in awe.
They are starting to breathe again.

We all come from wounded pasts and uncertain futures. The pain in the past is temporary, and the uncertainty of the future is arbitrary. They are inevitable in this life. Yet no matter how difficult life can get, we can always heal. People can help us heal. Nature can help us regenerate.



That is the story of Geeta, Raúl, and Chiyao.
This is our regeneration.

What is your story? How will you heal?

Author's profile

Chris is a passionate humanity activist, and entrepreneur. He is also a speaker with a diverse array of roles and achievements. Chris serves as part of the board of various impact organizations like the World Food Programme. A self-described cycling addict, Chris travels the globe by bike, connecting people and businesses to tackle societal challenges, believing in the power of persistence, continual movement, and love for one's work. He encourages others to join him in his latest endeavor: pushing his personal boundaries for a positive impact on people and our beloved planet. You can read more on Chris at www.ehl.do.

In a world where automation has replaced human capabilities, Raul, a middle-aged man, loses his job and spirals into desolation. Seeking solace, he finds himself in a city park, where he encounters Geeta, a young woman trapped in a virtual world of envy and superficial happiness. Unbeknownst to them, Chiyao, an elderly woman yearning for life's simple joys, leaves behind a rotten apple.

Years later, Raul returns to the park transformed, tending to an apple sapling that symbolizes hope and rejuvenation. Geeta, awakened by the beauty of nature, breaks free from her virtual prison. As the park transforms into a thriving garden, Raul becomes a tour guide, sharing the magic of nature and operating a humble grocery store. Geeta and Chiyao's chance encounter leads to an unexpected friendship, bridging the generational gap. Laughter fills the air as Raul crosses their path with flowers in hand.

"The Regeneration" is a captivating tale of hope, second chances, and the power of choices, reminding us that through the transformative power of nature and connections with others, we can heal and create a better world for ourselves and future generations.

