**Berlin Park Stories**

**Personal stories and reflections by Berlin-based residents**

**A project for mindful coexistence**

I’m Reina, and we’re here in Wilmersdorfer Park. My friend Angela and I often meet here. We always enjoy our time together in the park. I like walking through park’s woods by myself sometimes, but parks are ultimately a place where community meets. Especially during times like these, parks become even more important. So many people are nagging and complaining. They feel desperate in life, and people need to come together.

Nature has this way of pulling deep thoughts and emotions out of us. Nature is a place where we talk and exchange ideas, and the park is no different. Sometimes I even feel the trees need to let out their emotions, too. There is great healing in allowing oneself to open up and be vulnerable. We tend to relax when we open up and know this is a space where vulnerability is appreciated. Something in the air changes. People become more aware of the nature around them and start to see it with new eyes. The way we interact changes, and people start to really see each other. Before this happens, people are just in their own heads. Nature pulls us out of this state and connects us to our own kind. It’s something that’s readily available to us at any time.

**For more Berlin park stories and further information on our initiative “Together We Are Park”, please visit** [**www.meingruenes.berlin.de**](http://www.meingruenes.berlin.de)