

Osmosis

Lynbreck Croft

Composed by Mhairi Hall
(Of the Land 2025)

To live the land... scape, _____
_____ and feel the earth
5 be neath my foot steps, _____
_____ in eve ry breathe.
10 Hope for the life that we are li... ving, _____
_____ care for the love that we are gi...ving. _____ Thank the
air _____ the sky lark breathes and the
15
rain _____ up on my face, to the
wind _____ that blows the leaves and the
20 sun that gives us life.

This music has been composed as part of a unique collaboration between academics, musicians and communities: Building Sustainability on a Foundation of Care. Led by University of Edinburgh social scientists Dr Sarah Parry and Dr Rachel Hunt, this project explores the experiences and practices of care for people, nature and place in Badenoch and Strathspey, Scotland. Following the wider project, the music is grouped around three case studies involving environmental action in Badenoch and Strathspey: Wildland Ltd., Lynbreck Croft and Carrbridge Community Orchard.

Mhairi Hall's music explores and reflects her engagement with the research process and findings of each case. The musical pieces also aim to encourage wider conversations around care as a hopeful response to the climate and nature crises. As you learn to play the music, we invite you to also reflect on your thoughts and feelings towards care for people, nature and place in your communities.

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