

Meander Contributor Guide



Welcome, storytellers

We live in a time of ecological collapse, social fragmentation, and unsustainable economic systems. Current media narratives are overly abstract or fear-driven, leaving change makers uninspired. A regenerative movement is coalescing, but there is a lack of cohesive, accessible, and actionable storytelling.

Meander bridges this gap by celebrating local solutions with global relevance.

This editorial guide is for writers and photographers who are joining Meander on this collective journey. Here we outline the tone of voice, values and practicalities of contributing stories and artwork to Meander Magazine.

Welcome, friends.



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Meander is a seasonal print magazine paired with digital editions and a podcast.

A unique blend of local storytelling, practical tools, and regenerative principles in action.



Every issue highlights a current theme within the regenerative movement - the first issue will cover **bioregioning**.

Relatable

Relatable + actionable

Meander reaches progressive changemakers, wellness seekers, rural innovators, and regenerative practitioners.



Diverse storytelling

Partnerships in development with thought leaders, diverse storytellers and interest from aligned brands.

Diverse

Inspiring

Inspiring the movement

A regenerative societal system is emerging. Meander connects change makers to this wave, offering accessible, impactful content.



The background features a light beige, textured surface resembling recycled paper. Overlaid on this are several thin, dark olive-green lines that flow in a wavy, organic pattern across the entire frame. The text is centered in the middle of the image.

Content strategy

Our stories follow an intentional flow from regenerative principles through narratives down to the crucial “so what?”



Regenerative principles

Wholeness

Regeneration is a whole-systems approach, integrating ecological, social, and cultural dimensions.

Developmental

Regeneration is an ongoing process of learning, adaptation, and capacity-building to foster long-term resilience.

Reciprocity

Regeneration is based on mutual benefit, fostering relationships of care, responsibility, and ethical exchange.

Nestedness

Regeneration happens at multiple scales, from local to global, and each layer is interdependent.

Potential

Regeneration nurtures latent opportunities within ecosystems and societies, unlocking creativity and innovation.

Essence

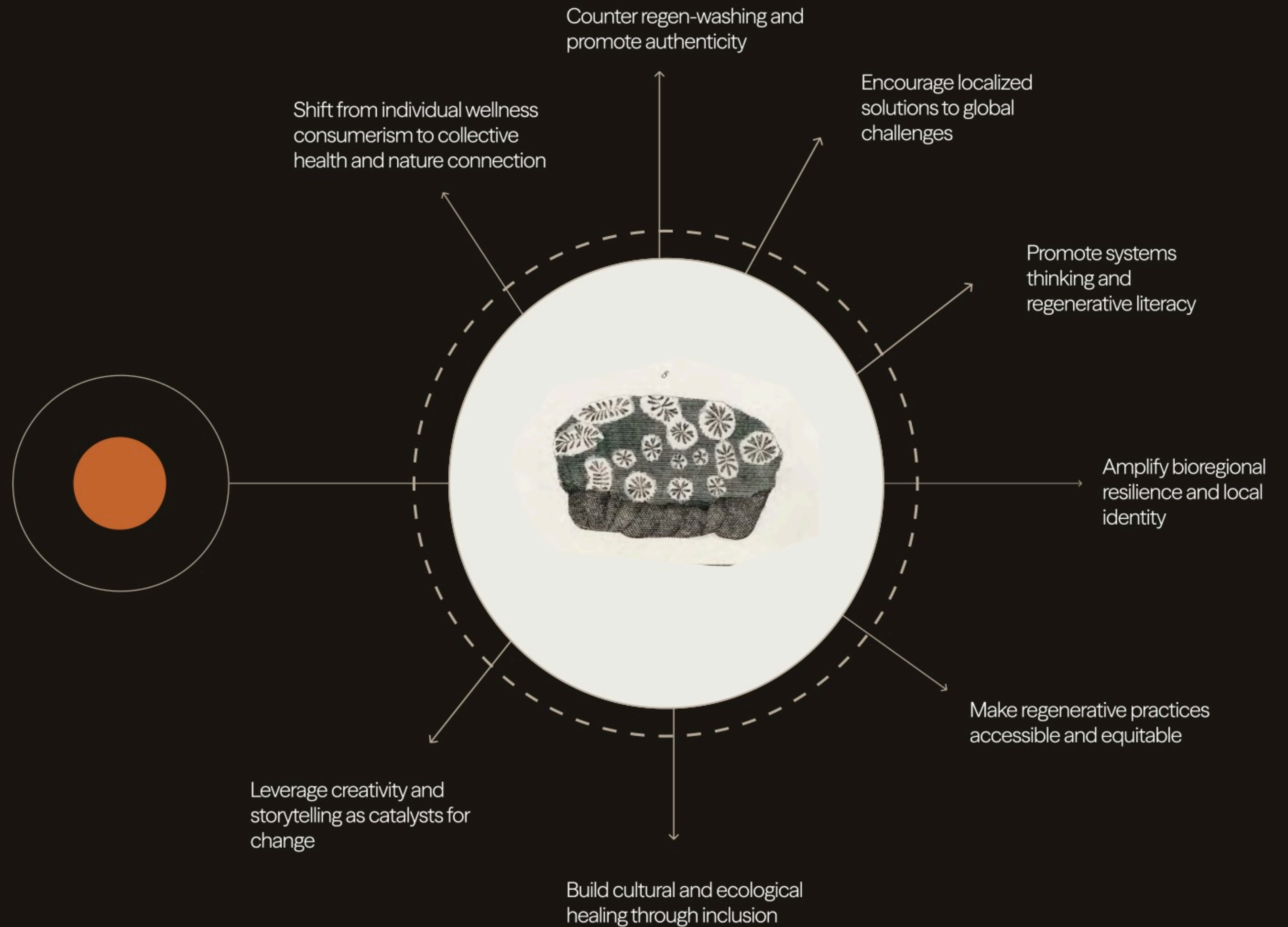
Each place holds a unique identity; regeneration must honor and amplify the intrinsic qualities of landscapes and communities.

Nodal

Small, well-placed interventions can create ripple effects throughout entire systems, influencing broader transformation.

Systemic goals

Meander addresses a set of systemic goals that align with our purpose



Narrative shifts

We partner with other regenerative storytellers to curate narrative themes that help the movement to build momentum and counter degenerative or fear-driven media narratives. Examples include:

High tech → A blend of old and new

Progress → Reciprocity

Urgency → Slowing down

Fight the old system → Nurture a regenerative one

Self sufficiency → Community

Narrative shifts

High tech → A blend of old and new

Progress → Reciprocity

Urgency → Slowing down

Fight the old system → Nurture a regenerative one

Self sufficiency → Community



A person wearing a blue long-sleeved shirt and a wide-brimmed hat is working in a vineyard. They are surrounded by lush green grapevines. The background shows more of the vineyard and some trees under a bright sky.

Content pillars

Bioregional Culture

Stories of place-based identity and ecological belonging.

A person is lying on a bed in a sunlit room. They are looking out a window with a view of a tropical landscape. The room has a warm, golden light, and there are plants visible near the window.

Slow Living

Embracing intentionality, seasonal rhythms, and personal transformation.

A close-up shot of a person's hands holding a seed pod. The seeds are falling from the pod. The background is dark and out of focus, showing some greenery.

Regenerative Futures

Exploring ecological solutions and rethinking economies.

Content types



Reflections

Stories and perspectives on culture, philosophy and transformation



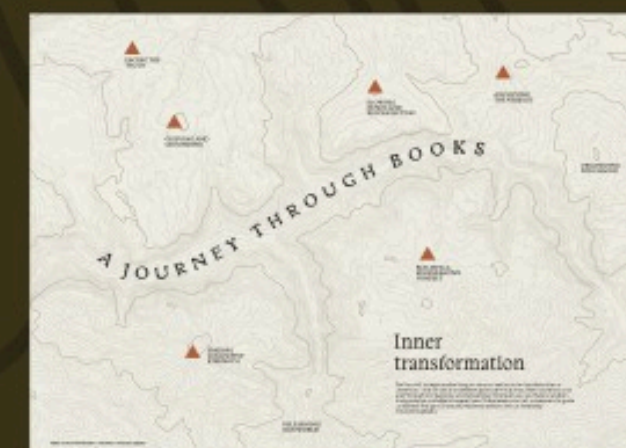
Currents

Our guide to what's flowing in art, culture and media



Field notes

Immersive, photo-led journalism capturing regenerative projects and landscapes.



Rafts

Actionable guides and toolkits to integrate regenerative living into daily life.

Reflections

The Bioregional Renaissance

Why its time is now

Why bioregioning is emerging as a critical framework for regenerative development. Isabel explores how this shift is happening in Europe and beyond, the role of community-led initiatives, and the systemic implications of designing

A model for change

50%

10%

Neque porro quisquam est qui dolorem ipsum quia dolor sit amet, consectetur, adipisci velit

Each issue could include contributions from artists or photographers exploring the connection between people, culture, and place.

"I have to learn how to reclaim that authority, which is different than being an engaged woman. It can be that, but that doesn't make it."

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engaged community

jobs

Supportive systems

We can't measure nature. It moves in ways that are beyond our control.

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Field notes



Lessons from Regenerative Communities

Each issue could include contributions from artists or photographers exploring the connection between people, culture, and place.

10.02.25 SANGARAI VALLY POPULATION: 100

FIELD NOTES

SANGARAI VALLY

24 10.02.25



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Rafts

A JOURNEY THROUGH BOOKS

Inner transformation

For the shift to regenerative living an inner as well as outer transformation is underway – and we are all at different points of the journey, from awareness and grief through to integrating and networking. Wherever you are, there is wisdom and guidance available to support you. These books can act as beacons to guide us towards the light. Share your recommendations with us here [bitly/meanderingbooks](#)

FACING THE TRUTH

SLOWING DOWN AND RECONNECTING

AMPLIFYING THE MESSAGE

ORGANIZING FOR CHANGE

BUILDING A REGENERATIVE MINDSET

FINDING COLLECTIVE STRENGTH

GRIEVING AND GROUNDING

RELEARNING OUR WORLD

INNER TRANSFORMATION: A JOURNEY THROUGH BOOKS

Facing the Truth
 Joanna Macy and Chris Johnson
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

Grieving and Grounding
 Joanna Macy and Chris Johnson
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

Finding Collective Strength
 Rob Epstein
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

Relearning Our World
 Rob Epstein
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

Breaking Together
 Rob Epstein
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

Active Hope
 Joanna Macy and Chris Johnson
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

From What Is to What If
 Rob Epstein
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

Braiding Sweetgrass
 Robin Wall Kimmerer
 "You have nothing but me, and yet, you'd let me go?" "I have nothing but you, so I am letting you go."

WWW.TRANSFORMATIONALJOURNEYTHROUGHBOOKS

The background of the image features a dark, charcoal-colored field with a pattern of light gray, wavy, organic lines that resemble topographical contour lines or a marbled texture. These lines flow across the frame, creating a sense of movement and depth.

Editorial style

Writing from the world we are already building

We invite others to walk with us, writing stories with roots, and letting language be slow, soft and alive.

Meander's tone is grounded and clear. We strike a thoughtful balance between the spiritual and the academic, without leaning too far in either direction. We translate complex regenerative ideas into content that's relatable, emotionally resonant and culturally accessible, without oversimplifying. This balance makes our voice welcoming to changemakers and communities alike. It's what allows us to stay diverse, relatable and inspiring.

Warm

Inviting, human, emotionally open

Wise

Reflective and grounded in lived or systemic understanding

Curious

Open to complexity, contradiction and diverse perspectives

Grounded

Place based, embodied, seasonal

Editorial values

Relational

Regeneration is about restoring right relationship with land, culture and each another. Stories reflect regenerative principles like nestedness, potential and reciprocity.

Place based

Our stories are rooted in real places - landscapes, communities, seasons.

Hopeful

We acknowledge collapse, but we focus on what's possible, what's emerging and what's already being lived.

Relatable

We make deep ideas accessible without oversimplifying. We honour complexity while speaking in everyday language. Regeneration is for everyone - not just experts.

Embodied

We value stories that come from the body, senses, and lived experience - not just ideas. Writing can be intuitive, sensory and alive.

Inclusive

We amplify diverse voices and honour place, culture, and story through caring collaboration.

Language

- English (UK) spellings as standard, using -ize not -ise (for global audience).
- Lyrical but not overly flowery
- Avoiding clichés and overused tropes
- Embracing metaphor and the poetic if it supports clarity and emotional resonance
- Citing Indigenous and local sources thoughtfully
- Celebrating complexity and avoiding oversimplification



Audience

The Curious Connectors

Wellness
Seekers



Progressive Rural
Communities



Environmental
Activists



Regenerative
Practitioners



Non-human
persons



Editorial process

The brief

We create a brief that touches on each layer of the content architecture and asks:

- Which **regenerative principles** will be brought to life?
- What **systemic goals** will this support?
- What **key narratives** do we wish to weave into this story?
- Who is our key **audience**?
- How are we **collaborating** with the subject?
- Which **content type** and theme are we covering?
- **So what?** How does this support individual or collective transformation?

Submissions + review

1. Submit your article as a Word document, along with any accompanying images (JPEG format, minimum 300dpi), using the upload link provided in your brief.
2. Email editor@meandermagazine.earth with your article title in the subject line to confirm your submission.
3. We'll confirm receipt and review your piece. You'll hear back within 1–2 weeks with any suggested edits or questions.
4. We may suggest light revisions or clarifications - these will be sent to you via email with a clear deadline for response.
5. Once approved, you'll receive a final version for sign-off before publication.
6. If your piece is selected for print, we may follow up for higher-res images, a short bio, or additional context.
7. We aim to process invoices immediately (not post-publish)

