



**David Mooney:** A Way to Creativity: Dance and Movement as a Creative Connection to the Natural World



David is a teacher of Movement Medicine Conscious Dance and Mindful Movement Practice. He is on the Faculty of the School of Movement Medicine. Explore the relationship between Neuroscience, the power of the imagination, the polyvagal nervous system and nature's elements as teachers for unlocking the creative life force of the body.

**TOP EMBODIMENT TIP:** Take 10 minutes every day to be in nature.

### The Importance of Being in Nature on the Physical Level of the Body

- We started to move away from the song of nature, from the soil where we came from, from our relationship with nature that was originally interwoven when the agricultural revolution happened. Currently we live our life almost always inside. There are a lot of studies showing the **impact that being in nature has on our being**. We breathe in aromas, which are emanated from forest trees, that **change the brain waves**. This changes also the rhythm of our breathing and our heartbeat. It also modulates your stress hormones, it increases the endorphins, it **increases your serotonin levels** and the **production of T-cells** which are natural cancer fighting cells. It affects and **relaxes also the polyvagal system** which reacts if we are overwhelmed or traumatized with a lot of negative effects on the whole body. Being in nature has a profound effect on our nervous system and the capacity to feel grounded and connected and safe. The research about the phenomenon has developed into a new clinical discipline in Japan called Forest Medicine. The idea of this presentation is to remember that **we are a part of nature and its important to reconnect**.

### A Reverse Understanding of our State of Being

- When we observe nature, we can see **everything is connected** - trees communicate over the mycelium network of mushrooms in their root system. Our bodies have multitudes of microorganisms in a symbiotic relationship with our body. Mitochondria and photosynthesis are creating energy and material. Science reveals the importance of all the interconnections in nature that also impact our state of being and perception of what we are. So there comes up a reverse understanding of all and we remember what the ancestral generations knew: that **we are a part of nature**. Indigenous people, like the Aboriginal people of Australia, see our system as reverse so they see the gut as the main brain and they see the heart as the second brain and the head is the third brain. With this indigenous wisdom about our rootedness in nature, about the **deep relationship between the natural world and our own inner ecology**, we can understand better our own natural human self. We are not separate. We need to go back to this understanding.

### Resources

- ❖ **Courses:** [6 Weeks-Course](#)
- ❖ **Website:** [embodiment.ie](#)
- ❖ **References:** [Book of Richard Powers: The Overstory](#) , [Thomas Hübl](#), [Used Music in the presentation](#)



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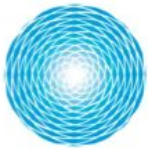
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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