



Michéal Connors & Rhonda Brandrick: Body and Love as Gateway to Earth Body



Michéal and Rhonda are eco-psychologists, ecotherapists, and outdoor teachers. They see our body as a wondrous and mysterious evolving part of the Earth, woven deeply into its story and life systems. Discover how you are deeply connected to the Earth in a grounding exercise and a deep imagination.

TOP EMBODIMENT TIP: Choose to engage on a daily basis with different kinds of ways to embody the wisdom of your own body.

Grounding Ourselves: Coming into connection to the earth.

- Allow your body to come back to its natural rhythm by slowing down your breath.
- Sense the soles of the feet and notice yourself being rooted in the land.
- Begin to take in nutrients and nourishment through your roots.

Remembering Our Body Within Body Of Earth: Coming back to ecocentric.

- For a long period of time, we have been focused on the idea that we are the most important part of the world.
- Deeply rooted in our relationship with Earth we are coming back into an ecocentric relationship and remember that we are part of a living system.

Love: Is the part that integrates balance.

- Cultivating wholeness as a gift of us coming back into good relation to ourselves, to all that is around us and within us.

Earth Body: We are made of the same substance.

- The plants and trees, the animals, the soil, the oceans and waters, the very air we breathe: it is all the sense of the body.
- It is an interconnected whole body in which we humans are an intricate unique niche.

Embodiment: Cultivating and living wholeness.

- A way in which we can begin to deepen into the depths of ourselves as human beings.
- We have a personal and intimate journey as human beings.
- We are not only a human body, but we have a tremendous amount of different kinds of beings that live within us.

Resources

- ❖ **Website:** www.naturalacademy.org
- ❖ **References:** David Brown, www.journeyoftheuniverse.org/, <https://animas.org/>



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.