



**Dr. Kumanga Andrahennadi: Contemplative Ecology Through Water**



Dr. Andrahennadi is an author, mindfulness teacher/trainer, consultant, the developer of “Mindfulness-Based Design Practice” and the founder of CALM: Center for the Advanced Learning of Mindfulness. Learn how to integrate the water element into your meditation practice, to help develop calmness, compassion, and deep contemplation.

**TOP EMBODIMENT TIP:** “Embodiment, it costs water”

**Water: Common Threads**

- Evocative nature of water.
- Water functions in the body; *“All is borne of water and upheld by water, too!”*.
- *“Water connects all of us, we are water, the planet is a water planet, it is the blood in our body and that of planet earth”*.
- Meditative tool, the stages of the mind: the waterfall, river, and ocean.
- *“Water is with us everywhere we go, whatever we do”*.

**Nature: The science of well-being**

- Dr. Masaru Emoto; water as transmitter and carrier, intelligent and responsive.
- Activities grounded in water prescribed by Scottish Shetland doctors to help mental and physical ailments.
- Mindfulness of the body, feelings, mind, and phenomena.
- All senses can experience water; 5 senses and mind as the sixth sense.
- All parts of water can witness phenomena.

**Sacred Well: The depth**

- Water for purification, living instruction, living dharma,
- *“Your mind becomes what your mind feels; calm, cool qualities, your mind becomes that”*.
- Third teacher: interdependent nature of the mind.
- Ethical element of mindfulness: wholesome, unwholesome.
- Attunement of water to all the senses.
- The deep and wide path; meditation is deep, to bring about our highest natures.
- We are all connected to, and by, water.

**Resources**

- ❖ **Courses:** 8 Week Live Online Advanced Mindful-Based Practice
- ❖ **Website:** <https://calmmindfulness.org/>
- ❖ **References:** Dr. Masaru Emoto



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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.

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