



## Catherine McKay: Embodied Earth Activism - Moving the Body from Grief to Connection



Catherine McKay is a yoga teacher, dancer, video and performance artist, permaculturalist, and mother. She lives and works at PEACE Farm (which stands for Permaculture, Education, Art, Community, Enterprise) in Australia's Yarra Valley. Over the last few years, Cat has directed and performed in a collaborative immersive multimedia dance project called Moving Landscapes, a body response to the destruction of the tall trees and ancient rainforests close to her home.

**TOP EMBODIMENT TIP:** Find time in nature to listen to nature, to listen to your body and to be moved from that place.

### Connection with the Earth: **Something Innate that can Also Be Developed**

- A felt sense of connection with the body, and with the Earth.
- Discover the places where this connection is stronger, e.g. you may feel a sense of oneness at a particular place, so this is where you can go to listen to the Earth.

### Connection with Our Bodies: **Our Bodies are Vessels of Transformation**

- Notice the somatic contrast of what you see, sense, and feel in a lush forest vs. at a logged and burned site.
- Allowing ourselves to feel deeply allows us to move into a space of connection and inspired action.
- We must apply a strategy to keep doing this work and not get stuck in hopelessness (e.g. Chi Yoga).

### Movement: **Chi Yoga & Dance**

- Chi Yoga uses the five-elements theory and looks at the body as having four levels: structural, functional, emotional, and spiritual. One level can be used to influence the state of the other levels.
- You can work with different zones of the body in order to acknowledge, process, and transform emotional energies.
- Moving forward requires being connected to hopefulness.
- Moving through a music-inspired journey offers release and transformation.

### Sharing from an Inspired Place: **Sharing What's Meaningful in an Artistic & Embodied Way**

- Embodied action and artistic expression lean away from appealing to the logical brain and can affect people on a deeper level.
- Moving Landscapes Project with Karina Doughty - a way to go through emotions in a creative and healthy manner in order to move into hope and action.

### Resources

- ❖ **Courses:** [Peace Farm Education](#), [Soul Dance](#)
- ❖ **Website:** [peacefarm.com.au](http://peacefarm.com.au)
- ❖ **Social:** [@peacefarm.yarravalley](#), [Peace Farm Yarra Valley](#)
- ❖ **References:** [Presencing Institute](#), GAIA (Global Activation of Intention & Action), Karina Doughty, Moving Landscapes Project



## **Catherine McKay**





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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.

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