



Joshua Michael Schrei: Embodied Landscapes:
Understanding Land as Body and Body as Land in Global Tradition



Joshua Michael Schrei is a writer, teacher, and lifelong student of the cosmologies and mythologies of the world, especially the ones of India. His writing has appeared in several books and he is the founder of The Emerald Podcast. Join Joshua as he takes a look at traditional notions of an enchanted land, the mythic link between land and body, and at living examples from the animist goddess traditions of India.

TOP EMBODIMENT TIP: Spend less time on zoom, and more time breathing.

Universal Mother Goddesses: **The Body Contains the Universe**

- Universal mother goddesses appear all over the world in many traditions e.g. Artemis, Nut, Sati.
- All animals and creatures inhabit the body of the universal mother goddess.
- Universe is seen as one great body, and the body is seen as containing universes - the vastness of the universe is something that is within the body. The body of the practitioner is where the forces of the universe meet.

Sacred Landmarks: **India**

- The universal body is reflected outwards in the primary features of the land.
- The map of India is created from parts of the goddess Sati's dismembered body and the places they fell in are the locations of 51 sacred sites across India.
- The name and song of a place reinforce an entire storyline/songline that is like the living neural network of the practitioner extended outwards on to the land. Land and body are reinforcing each other in a reciprocal relationship.

India's Energy Centres: **Pilgrimage, Offering, and True Alignment**

- The aim of the pilgrim's journey is to find wholeness, to re-member, to put the body back together again.
- When one goes on pilgrimage and visits sacred sites, one is re-establishing the structural coherence of one's own consciousness within oneself, within the community, and within the cosmos as a whole.
- Burn off what we need to burn off, offer what we need to offer, ritualize what we need to ritualize.
- Our role here is to offer - we live in a reciprocal relationship with nature - nature is absolutely supreme. Once we find true alignment, we can feel a deep and profound connection to nature's timelessness.

Resources

- ❖ **Website:** patreon.com/theemeraldpodcast
- ❖ **References:** *Wisdom Sits in Places: Landscape and Language Among the Western Apache* by Keith H. Basso



Joshua Michael Schrei





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