



Dr. Alastair McIntosh:

Embodying Community: Climate change, consciousness, and cultural trauma



Alastair McIntosh has been described as one of the world's leading environmental campaigners, best known for his work on land reform, climate change, and spirituality. "Mainly, it's about deepening our humanity". Learn about the embodied connections between people and our place on earth, connections that we've lost. How this loss has made us vulnerable to destruction and consumerism? And ways of recovering what it takes to rebuild both community and spiritual life. Alastair illustrates with slides of his work, from Scotland to New Guinea.

TOP EMBODIMENT TIP: Dig in where you stand.

Climate Change: The consensus science is alarming

- Since the 1960s, sea levels have risen 6 inches, storms have become more vigorous, and wildfires epic.

Theory of the 4 Cs: Clearance, Collapse, Consumerism, Community

- **Clearance:** The forced removal of people from their homelands, the disembodiment of ourselves from the patch of the planet on which our forebears might have been (through, for example, the enclosure movement).
- **Collapse:** When people become disconnected from the land and each other, there is a concurrent collapse on the inside, a neurological impact. It includes loss of identity, and increased vulnerability.
- **Consumerism:** We get caught up in trying to fill the emptiness and loss of soil with purchasing power. This leads to an insatiable hunger for satisfaction. Marketing forces then take advantage of this.
- **Community:** To heal the disconnect, we must work to rebuild the community.

Healing: Steps, self, community, political and land reform

- Starting with the self, we must liberate our souls from consumerism, and find our way to doing the work of reweaving the weft in the basket of what holds us in community.
- Feed the hungry, give service to the community. Look to find the rope that can pull us all together. What are the strands that can be twinned together to make that rope? In the political realm, how do we put land back into the people's hands? Land trusts are one example.

Public Art: Remembrance Sculptures

- Art can help us touch what is lost inside of us, through the remembering of historical traumas. This can help us to reweave ourselves back into wholeness. With storytelling, we can regain the inspiration to hold each other in community and recommit to being human relatives to each other, and to the patch of the planet, we are living on.

Resources

- ❖ **Books:** *Riders on the Storm*, *Poacher's Pilgrimage*
- ❖ **Website:** alastairmcintosh.com



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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.