



**Jamie McHugh: Embodying Nature: The Art of Creative Reciprocity**



Jamie McHugh is the creator of Somatic Expression--Body Wisdom for Modern Times. He is an interdisciplinary artist and somatic movement specialist who focuses on rewilding the body and decolonizing the mind. In this session learn how to animate the inner landscape with somatic technologies.

**TOP EMBODIMENT TIP:** Breathing. It Takes the Edge Off!

**Reciprocity: Connecting the inner and outer landscape**

- Discover 5 somatic technologies that animate the inner landscape: breath, vocalization, contact, movement, and stillness.
- Enter an active relationship with the outer landscape with a 5 part map: contacting, witnessing, mirroring, responding, and resting.
- Learn to shift attention back and forth, to **initiate a conversation between the inner and outer landscapes.**

**Orientation: Learn to orient within and orient without**

- We tend to orient outward to assess danger and safety. **If we feel safe, we take in information differently.**
- Jamie shared a brief exercise for developing our interoceptive capacity.
- The goal is alertness without fear.

**Breathing In and Out: Generating a unified consciousness**

- **We can breathe the environment in and breathe ourselves into the environment.**
- Doing so, we escape our cultural conditioning, free the mind, and become what we behold.
- The practice requires two kinds of attention: meticulous attention and spacious attention.

**Exercise: Practice Embodying Nature**

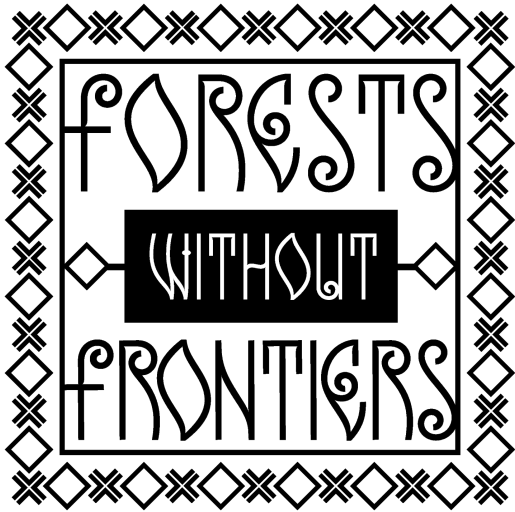
- Jamie shared a video featuring nature images and sound, inviting a practice of the 5 somatic technologies and 5-part map.

**Resources**

- ❖ **Video during Activity:** Immanent Becoming | Being Nature (2020)
- ❖ **Concept & Images:** Jamie McHugh <http://www.naturebeingart.org>
- ❖ **Music:** "The Way Beyond" by Jim Cole & Spectral Voices <https://www.spectralvoices.com>



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