



Niralli D'Costa: Embodying Our True Nature: Awakening Our Ecological Selves



Niralli D'Costa is a licensed marriage and family therapist, certified eco-therapist, and teacher and practitioner of the integrative energy healing modality Syntara System. Engage with embodied inquiry to inspire a perceptual shift in your relationship to our natural environment.

TOP EMBODIMENT TIP: Have Thanksgiving Twelve Months a Year.

Separateness is a Myth

- As human beings, we mistakenly believe that we are separate from nature.
- The reality is **we don't live in a world of separate things, but a world of relationships.**
- We can shift our perception to see that we're not separate; we are part of the earth.
- Shifting into an understanding of our connectedness is essential to the survival of all life on earth.

The Damage Done:

- Believing we are separate is costing us dearly. We have learned to look at nature and groups of people as "other," which breaks the cycle of reciprocity we need.
- **Climate change** can be seen as a feedback loop; we've lost our reciprocal relationship with nature and climate change reminds us of that relationship.

Climate Grief:

- **What looks like apathy is actually fear;** we turn away from the climate crisis to avoid the pain.
- The planetary anguish we feel, however, can lift us up to another systemic level where we open to the collective experience and develop an expanded sense of self.

Healing:

- Rabindranath Tagore says *"The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures."*
- We need to locate our sense of self beyond our individualized human identities in order to **enact life-sustaining change** in the world and for the planet.

Practices:

- Niralli suggests five questions to ask ourselves, related to **what we project on nature from our enculturation;** such as a sense of ownership, a tendency to put a monetary value on nature, and an attitude of consumption.

Resources

- ❖ **Courses:** Mind Body Therapy Certificate Program at Embodied Philosophy
- ❖ **Website:** <https://www.nirallitara.com/>
- ❖ **Email:** nirallitara@gmail.com
- ❖ **References:** *Spiritual Ecology*, by Joanna Macy



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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.