



Claire Vanderplank: Embodying the Patterns of Nature



Claire Vanderplank is a facilitator and wilderness guide at Weapons of Mass Creation. She is a practitioner of both bodywork and shamanic healing and teaches people about forming conscious partnerships with nature. Join Claire as she explores how we can allow the patterns of nature to permeate every aspect of our being and express them into individual and collective life. Living as a pure expression of creation is necessary for ongoing existence on the planet.

TOP EMBODIMENT TIP: Partner with nature for your embodiment cultivation, because nature will restore your factory settings.

What are the Patterns of Nature?: **Energetic vibrations, the unchanging, truth, repeating across all of nature.**

- Patterns are the order in the energetic vibrations of the universe, order in energy, existing in living systems.
- Known as: natural law, universal law, the law of the land; set at the time of the Big Bang, unchanging, truth.
- Patterns repeating in our own bodies and across all of nature: patterns in tree rings, and fingerprints.

Why do we Need to Embody these Patterns?: **Living in harmony; generative and life-giving rather than destructive.**

- Embodying the harmonious, generative patterns of nature, enables humans to live in sync with the rest of the planet.
- Destructive, entropic patterns will repeat in any systems design if we don't embody the principles of living systems.
- We become an expression of the life-giving patterns - just through our action, without needing to think about it.

How do we Embody these Patterns?: **Sensing, listening, meditating, qigong, balancing our yin and yang energies.**

- Listening meditation, sensing, and feeling the patterns deeply: wind, dawn chorus, Taoism, qigong.
- **Entrainment:** humans vibrate to the vibrations of nature simply by being out in it. Learn from indigenous people.
- Letting go of excessive control, balancing yin and yang energies, gardening to the seasons, natural body clock.

Collective Embodiment: **Systems in coherence, reciprocity, distribution of power, and leadership.**

- When we adhere to these patterns, it results in systems, which we are part of, that are in coherence, so we enter into reciprocal, and mutually beneficial relationships with everything around us.
- Working towards cultures where power is evenly distributed, and organizations have distributed leadership.

Resources

- ❖ **Website:** <https://clairevanderplank.com/>
- ❖ **References:** *Sand Talk: How Indigenous Thinking Can Save the World* (Tyson Yunkaporta), *The Way of Nature* - John P Milton: <https://www.sacredpassage.com/>, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* (Robin Wall Kimmerer)



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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.