



Dr. Emily Grossman and Kimwei McCarthy: Emergency on Planet Earth:
Guiding Environmental Activists through Environmental Crises in an Embodied Way



Dr. Emily Grossman is an internationally acclaimed science author, speaker, and TV personality, with a natural sciences degree (Cambridge University) and a Ph.D. in cancer research. She is a co-founder of Scientists for Extinction Rebellion and lead author of *Emergency on Planet Earth*. **Kimwei McCarthy** is the Grand Bard of Exeter. A Bard pledges a commitment to the land as well as to be creative. Learn about the climate and ecological emergency through Dr. Grossman's discussion of the climate crisis, and learn more about yourself to act in response. Kimwei McCarthy will lead you through some techniques to help ground you into a state of both power and peace, to find your most empowered inner activist.

TOP EMBODIMENT TIP: Find the power in your body's stress responses by noticing these, then give them the space they need to turn into wisdom and to turn into action.

Embodiment Practice: **From the wisdom of your body, find an empowered place from which you can take action.**

- Develop a relationship with the land, a dialogue, ask the land for permission to take its resources.
- Imagine roots coming down from your feet, hearing the sound of birds, feeling fresh grass beneath your feet.
- Ask the land specifically beneath your feet: will you nourish me? Will you sustain me? Will you give me life?

Climate Change Affects Everything: **Weather, wildlife, habitats, health, bacteria, flooding, crops, air quality.**

- Weather patterns, hotter for longer, then wetter for longer: outcome= flooding, crops affected, habitats altered.
- Melting ice and rising seas, ocean life, ocean dead zones: gets hotter when there's less oxygen in the sea.
- Health effects: bacteria can thrive more easily, malaria increases in Europe, melting permafrost releases bacteria.

Breathing Exercise: **Breathing into the stress response; feelings related to the climate emergency**

- Climate change crises can activate fight/flight/freeze responses in the body.
- Healthy stress responses about climate change are: numbness, panic, irritation, anger, frustration, anxiety, stress, whirling mind, short breath, and trembling. Notice your feelings and breathe into them.

Movement Practice: **Come into connection with the land and what action you can take.**

- Stand up and move in the way your body wants to move; feel how much energy was pent up.
- Return to some form of stillness, breath, return to a sense of connection to the land beneath your feet.
- Ask this question as though you are addressing the land: What is the most powerful thing I can do for you?

Resources:

- ❖ **Books:** *Emergency on Planet Earth* (Extinction Rebellion guide [online]: <https://extinctionrebellion.uk/the-truth/the-emergency/>)
- ❖ **Website:** www.Emilygrossman.co.uk, <http://www.kimwei.com/>



Emily Grossman





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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.

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