



Thomas Schorr-Kon: From Normal to Nature: Master Your Inner World and Connect to Nature



Thomas Schorr-Kon learned wilderness awareness skills from Tom Brown Jr. and has over twenty-five years of experience teaching people to re-entrain their bodies and brains to the rhythms of nature. Explore the power of moving silently and invisibly through the natural world to calm your inner alarm system and expand your relationship with nature.

TOP EMBODIMENT TIP: Remember the shaman you already are

The Science of Embodied Spiritual Practice: **Brain Wave States**

- We spend our “normal” lives in brain wave states that fall outside the extremely low frequency known as the Schumann Resonance (around 7.8 Hz).
- We can **re-entrain our brains to resonate with this natural field** and access the calm, alert “forest state.”

Brain Waves in Development: **Stages of Brain Wave Development in Humans**

- During different stages of development, people have access to different brainwave frequencies. For example, **young children experience the world in a Delta state, deeply connected to the spirit.**

Movement Practices for Re-Entrainment: **Stalking**

- Thomas teaches the art of “stalking” - moving through nature quietly and intentionally, as a method for achieving the natural state.
- Stalking practice comes from the wilderness awareness tradition of Tom Brown Jr. and involves stepping very slowly through the forest, making little disturbance or noise.
- **After just six minutes, students find they drop into a deeper state.**

Movement Practices for Re-Entrainment: **Wide Angle Vision Exercise**

- With arms extended out to the side, look straight ahead, seeing your fingers only in your peripheral vision. Breathe deeply for 12 breaths. **With this practice, you can reach deeper states in just two minutes.**

Homework: **Don't Believe a Word I Say (Experiment for Yourself)**

- Take these practices back into the world with you and see how they work for you. Test it. **“See if you can break it.”**

Resources

- ❖ **Books:** *True Nature: Connecting with Nature Spirit and Heart to Move Beyond the Illusion of Separation*
- ❖ **Website:** trackways.co.uk
- ❖ **References:**
 - Otto Schumann, Schumann Resonance
 - Heart Math Institute
 - Tom Brown Jr.



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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.

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