



Shai Zakai: Spacing Within / Guided Imagery: How Deep Can We Go Inside Our Body? How High Can We Fly Above Lockdowns?



Shai Zakai is a multimedia artist, writer, spiritual activist, and holistic therapist working with energy fields to cure Gaia and humans. Explore how we can create more space for breathing and living in our body-mind-soul and reconnect to natural entities.

TOP EMBODIMENT TIP: Switch heavy thoughts to light and happiness.

Raising Awareness: **Spiritual Activism**

- Shai is an ecologist who wants to make the world a better place by raising awareness on how to keep natural places and open spaces alive and untouched.
- Her intention is to leave something for future generations. She also wants to explore damaged places and see if spiritually and collectively, it is possible to raise the power and the energy of the place to protect itself.

Guided Meditation: **A Sensorial Journey to Happiness**

- When we don't know something, we are at a starting point where things start to happen.
- Find a comfortable space and position and join Shai in a guided meditation, an imaginary voyage with music to come in touch with our body and the earth.
- Feel an elevation of happiness and gratitude, and spread it to the rest of the world. As we feel it inside, we can send this healing energy out to others.

Resources

❖ **Website:** shaizakai.wixsite.com/zoom



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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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