



Ann Moradian: Human Ecologies & Systemic Health:

Human Beings are in the Midst of an Evolutionary Shift: Will We Take Our Bodies With Us, or Not?



Ann Moradian is a movement artist, educator, researcher, and systems thinker with over 40 years of experience focused on human ecologies and systemic health. Discover why our bodies matter now more than we might imagine.

TOP EMBODIMENT TIP: Allow yourself to feel what you feel. All of it. And then do the best you can with it.

Transhumanism: What Do We Become When We Are Past Being Human?

- There is a long history of rejection and devaluation of the body, dating to the Late Bronze/Early Iron Age.
- We are part of an interconnected system. Change the environment faster than we can adapt & species extinction occurs.
- We need to return to an older mind in which the mind and body are integrated.
- The origin of human-ness is love, in our connections to others, and yet our external world is driven by domination, manipulation, competition, and exploitation.

Double Binds: When Given Contradictory Directives, You Will Always Fail in at Least One

- The mind/body duality is an example of a double bind. The deeper we go into embodiment we encounter not only caring, connection, and love, but also violence, sexuality, and madness.
- Being taught that the body has no value leads to a disconnect from our emotions, including our ability to feel a sense of belonging, which brings purpose and meaning to our lives.

Determination of Who We Are: DNA is Responsible for 5%, the Rest is Determined by Our Manner of Living Together

- Who/what we become is largely influenced by experiences we have during infancy and the neonatal period, however the stories we tell ourselves affect and shape us as well.
- It is only by agreeing to believe in something that it begins to have significance, with an example being our current economic system. How do we create structures that encourage us to be the best we can be?

Two Causes of Enormous Stress:

- **States of Change and Not Knowing** - The human brain cannot tolerate uncertainty. Knowledge is not static; it's in a constant state of change. We need to change our relationship with the unknown, including death.
- **The Capacity of the Human Being** - What we can do with our awareness and consciousness is extraordinary, however, we are also embedded in the reality of flesh and blood, impermanence, and decay.

Moving Forward: Embracing Change

- We need to get comfortable with change on an individual and/or community level.
- What are our domains of influence? Where can we lead in the shifts that need to be happening?

Resources:

- ❖ **Website:** annmoradian-perspectives.blogspot.com/Contact
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- ❖ **References:** Humberto Maturana, Maxine Sheets-Johnstone, Mark Taylor, Anne Baring, Brene Brown.



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transilvania), 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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