



Lila Johnson: Inner Activism: Becoming The Change



Lila Johnson is a body-based Presence Practitioner. After being struck by a debilitating illness she reevaluated her need to accomplish and fix the outer world as an activist. Lila turned to her inner world and developed a practice of full-body awareness and relational availability that she now offers to others and applies to her environmental stewardship, social justice activism, and education reform. Learn how to get out of your head, get into your body, and access your inner wisdom. Experience what it means to be the change we want to see in the world.

TOP EMBODIMENT TIP: Actively relax, drop your shoulders, extend your out-breath and smile.

The Body is Wise: Our Body is Home and Wants us to Thrive

- Your body has millions of years of evolutionary knowledge, it knows how to thrive on this planet.
- Your body is your teacher, and my body is my teacher. Listen to your own body, it has your own wisdom.
- Know yourself as the wholeness you experience through awareness of your body.

Healing Happens In Relationship: Head, Heart, and Belly

- We have three brains that are interconnected, the Head, the Heart, and the Belly.
- Experiment with allowing your sense of identity to inhabit each of your Head, Heart, and Belly, then all three brains at once.
- Connecting with our whole and integrated bodies, we can't help but interact with the world and with others in a different way.

Embodied Activism: Act From a Place of Wholeness

- Develop a practice of checking in with your body. Look inside and ask, "*Where is this issue in my body and my life?*"
- Our bodies are an example of disparate systems working together in harmony. The harmony we seek in the world is available in our bodies.
- Act from a place of wholeness and integrated Head, Heart, and Belly. When we become embodied, actions in the world come from our wholeness, rather than our brokenness.
- Learn when to say No, to practice self-care, and reflect deeply on where your efforts will really be of most service.

Resources :

- ❖ **Website:** theministryofstillness.com
- ❖ **References:** *The Work That Reconnects*, Joanna Macy; Extinction Rebellion



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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.