



Krupa Jhaveri: Inner Nature Embodiment: Nature-based Expressive Arts Therapy



Krupa Jhaveri is an international expressive arts therapist, art director, artist and founder of Sankalpa: Art Journeys and Sankalpalam based in Auroville, south India. Born in the US and of Indian ethnic origin, she bridges cultures through art. Explore the beauty, depth and inspiration that can be found in nature-based expressive arts therapy in this session. By sourcing materials from nature, we can observe, relate and restore the connection between our bodies, the earth and how we create.

TOP EMBODIMENT TIP: Embodiment is about showing up in presence and allowing nature to experience us.

Responsibility: Personal embodiment through Nature-based Expressive Arts Therapy (NEAT).

- We have a responsibility to connect with ourselves, to be available and present for others, and to support them in the most meaningful ways. We can use art as a tool to connect to nature, our inner nature, and our embodiment.
- Keep a balance within ourselves in spite of all that is going on in the world, accept all that is.
- Connect to nature and our own true inner nature - collect treasures from nature (leaves, stones, feathers). Meditating on the four elements in our body can be an anchor to come back to in difficult moments.
- Sankalpa sells handmade art kits which people can purchase and use for their own personal embodiment.
- NEAT is a very powerful, intimate experience - a story of shift and change.

Group Connection: NEAT is a holistic experience, connecting our hearts, bodies, minds and spirit.

- The art installation created by individuals at the Sankalpa center in 2019 used materials from nature.
- The workshop included meditation, movement, drawing, nature-based body maps, poetry, and sharing in an outdoor geodesic dome. People came together silently and co-created a universe in the space.
- Themes which arose included: honoring the body, non-judgment, self-compassion, self-acceptance, self-love, life cycles, change/impermanence and resilience.
- NEAT process: is a journey - deep and powerful for all participants and for the art therapist to witness.

Collective Connection: Develop compassion which we can put into action.

- We can't fully care about recycling unless we actually have a deep connection with nature.
- Rather than 'knowing' nature, embodiment is about showing up in presence and allowing nature to experience us.

Resources:

- ❖ **Website:** sankalpajourneys.com/
- ❖ **References:** *Where I am From* [poem] and *Tell Me, She Said* [poem] (Sally Atkins)



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