



Skye Cielita Flor & Miraz Mycena: Maps to Connected Perception: Deep Ecology, Plant Medicine and Animism as Gateways into the Wider Body of Earth



Dive deep into this perceptual journey from Separation to Interbeing, using the synergy of ecology, plant medicine, and animism. Skye Cielita Flor and Miraz Mycena are activists of perception. Their work is aimed at awakening the human from the trance of separation and anthropocentrism, and into the truth of interbeing: our identity as interconnected and interdependent cells in the living body of Earth.

TOP EMBODIMENT TIP: Consider this: What it would mean to be a cell in the living body of Earth?

What is Animism?:

- Animism is “**A way of approaching life that emphasizes relationships. Animists see the world full of persons, both human and other-than-human, and prioritizes living in conscious and respectful ways with others**” - Daniel Foor.

Maps to Connected Perception: These 3 steps lead to a return to the awe of our Earthly condition

- **Ritual Technologies of Remembrance / Depth Perception:** Psychedelics, Breathwork, Grief Ritual, Sweat Lodge, Ecstatic Dance, Vision Fasts.
- **Rooted in Living Earth Frameworks:** Indigenous Wisdom (animistic traditions), Engaged Buddhism, Deep Ecology, Systems Theory, Complexity Science, Gaia Theory, Evolutionary Cosmology, Ecopsychology, Somatics.
- **Accompanied by Relational / Deep Listening Practices:** Plant Diets, Sensory Gating, Sit Spots, Meditation, Foraging, Tracking, Medicine Making.

The Story of Separation and Anthropocentrism: Misperceptions at the heart of the Industrial Growth Culture

- These misperceptions include **Anthropocentrism**, in which humans are seen as separate and superior to the rest of nature, and **Mechanomorphic concepts**, in which all of nature is seen as a machine that can be exploited.

Skye and Miraz’s Personal Journey: From Dismembering to Remembering

- Skye and Miraz discuss their own pain as a sane and intelligent response to the world's suffering. They have experienced awareness using plant medicines that disrupt the habits, stories, and behaviors the culture has imprinted upon humans. They discuss their experience of grief and deep questioning, after reintegration into a culture that is fundamentally sick. They highlight the **benefits of getting lost** and seeing **grief as a doorway to authentic relationships**.

❖ **References:** Experiential Deep Ecology (AKA The Work that Reconnects / Active Hope)



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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.

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