Panel Discussion: Aboriginal And Non-Aboriginal Ways Of Being On Land

Be enchanted by the poetic and loving way timely indigenous teachings and survivalist perspectives are spoken of in connection to land, ancestry, and embodied experiences, taken from Australian contexts.

TOP EMBODIMENT TIP: **Shaun Nannup:** Identifying patterns of our lives that aren't sustainable: When you allow your rhythm to change and acknowledge the great gift in front of you, you have embodied great teaching. |
Mike House: Reality is a gift - so Step One: accept whatever situation you're in and go from there.

Shaun Nannup: Indigenous Leader From Australia Focused On Reconciliation

- The quicker we are able to humble ourselves to the presence of our Mother (Earth) the greater are our chances to survive. Indigenous people have been waiting for people to fall in love with Mother Earth and their place.
- We don't want to suffer the pain and hurt of letting go, going from a state of being loved and cared for.
- As an indigenous person, your relationship with the land is your primary teacher: there is flexibility in those roles of Mother and Father, they come and go but the Land is eternal.
- **Layers of embodiment in three realms**: First, we need to be 'body present', 'mind present', 'heart present', 'spirit present' - softening everything through the breath, senses, etc. is where we must work from. Second, notice and attune our sense of being with movement in order to learn how to be...like the tree, the river, like the for example in how we move in the landscape, how we dance. Third realm, begin to tell stories, share, union, and the ability to love.
- As aboriginal people, we need to get you to soften your heart and mind. This is all about getting your body to get ready for a teacher - your body gets ready to be a vessel that can express love.
- Your energy is important to conserve: there are times to be active and times to rest. Nature has a good way of demanding of you times of when to be active, when can we be active.

Mike House: Australian Author, Speaker, Mentor, and Facilitator with Deep Experience In Survival.
- **Being embodied** is a state that supports survival: people who are switched on, to the opportunities and hazards around them are better off (analogy taken from survival situations in the Australian outback).
- **Speed** is something that disconnects us that creates pain as separation. One of the ways connection happens is through slowing down. Part of slowing down means making a conscious choice about the experience you want to have.
- **Accept the reality you're in** (acknowledgment is the starting point), make out how much energy you have to put into changing your reality. When we look at things we are dissatisfied with and come up with solutions, it's a case of moderating the energy you have and deciding what to do with it.
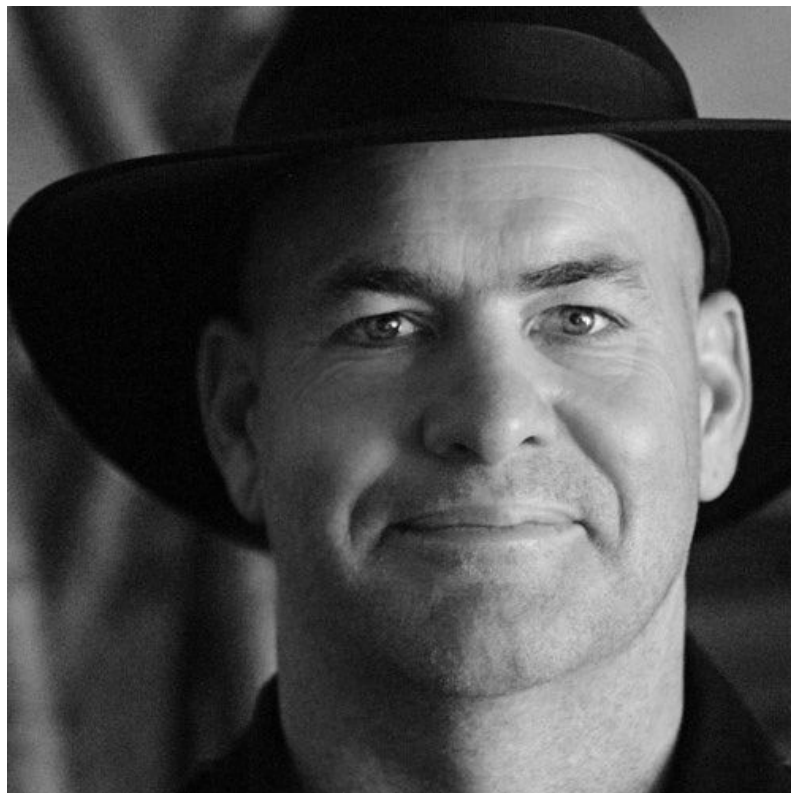
Resources
❖ **Website:** Shaun Nannup Mike House , **Books:** Thrive and Adapt: No Matter What by Mike House

Shaun Nannup

Mike House

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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.

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