



Prof. Ximena Davila: Psyche Reset: It Begins With You



Prof. Ximena Davila is a Chilean sociologist with studies and practices in social action research in the field of human communities and the generation of well-being. Find out how culture affects your being and how you can contribute to a change in the world.

**TOP EMBODIMENT TIP:** What do I want to conserve in my life and what don't I want to conserve in my life anymore?

Cultural Biology:

- We are living beings and thereby we are biology.
- Our cultural interactions have a biological effect on us.
- **Humans are the only species that has the ability to reflect.**

Pain and Suffering:

- We live immersed in a culture that generates pain, because we live immersed in aggression, in violence.
- We live immersed in a culture that still solves conflicts in war.
- **Pain and suffering are of cultural origin.**

COVID-19: The Pandemic Has Shaken the Whole Planet.

- The virus moves us from being princes to beggars.
- It stops the economy and we are asked to rethink everything again.
- If in the history of humanity there always have been pandemics; Why shouldn't we live one?

Separation From the Natural World: The Natural World has Become Extractive.

- The natural world can not give more, this is climate change.
- We talk about climate change now, but it started many years ago, with the cultural way of life that we have.
- It is a way of living focused on relations of domination, of submission, of competition, focused on power.
- Winning is so immersed in your psyche, that we even compete with the natural world.
- The division of us, of our body, of us, our biology with the natural world, has made us sick in body and soul.

Adults Are the Future: We need to ask how are we doing what we are doing in our lives?

- Emotions are the guide of our living together.
- One can never help others, one can only trigger a certain process determined in the listener.

Spiritual Experience: Expanding your awareness through a path of open reflection.

- A spiritual experience takes you back to yourself.

Resources

- ❖ **Books:** *Habitar Humano: em Seis Ensaios de Biologia Cultural, 2008; El Arbol Del Vivir Tapa blanda, 2015.*



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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.

**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.