



Dr. Brian Stafford: Reclaiming Your Wild Mind and Your Belonging to Earth



Dr. Brian Stafford is one of the leaders in the rewilding and ensouling movement and Director of the Wild Mind Training Program at the Animas Valley Institute. Access and explore the nature-based tasks necessary for full human development and eco-awakening.

TOP EMBODIMENT TIP: Trust Your Longing.

Disconnection from Nature: **Symptoms, Diagnosis, & Treatment**

- The symptoms of disconnection include anxiety, fear, addiction, inability to act for future generations.
- The diagnosis is hard to hear--we are lost as a people--but if we start with that truth, we can change it.
- Treatment requires us to **get out of the cultural context that caused our symptoms--return to the wild.**

Stages of Development: **From Ego-centric to Eco-centric**

- There are eight stages of natural human development, but **humanity has stalled in an early stage, an ego-centric, adolescent stage.**
- We need to go back and experience the early stages of development more fully if we are to move forward.
- We can use our curiosity to explore the world, our own bodies, and our imagination to help us move into higher levels of development.

Re-Connecting: **What Is Eco-Awakening?**

- Eco-awakening is a somatic, emotional, and spiritual shift in how we experience and interact with the world.
- It's the dawning of understanding of what earth is, a sense of **"oh, now I get it"** that completely changes your perspective.
- It's the freedom to cultivate and activate wholeness through multiple ways of knowing.

The Wild Indigenous One: **Making the Shift**

- Like Brian, **we can all make the shift from a modern Western mindset to an understanding of ourselves as having a native kinship with nature.**
- Practices to try: sit spot, wonder walk, embodied nature practice (see <https://animas.org/>)

Resources:

- ❖ **Courses:** Wild Mind Training Program at the Animas Valley Institute
- ❖ **Website:** <https://animas.org/programs/training/wild-mind-training-brochure/>
- ❖ **References:** All of Bill Plotkin's books (*Wild Mind*, *Soulcraft*, *Nature and the Human Soul*, *The Journey of Soul Initiation* (forthcoming))



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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.

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