



Claire Dunn: Rewilding the Soul: Learning to Embody Our Ecological Selves



Claire is a writer, speaker, rewilding facilitator, barefoot explorer, and founder of Nature's Apprentice. Explore how rewilding our ecological selves is core to rewilding our planet.

TOP EMBODIMENT TIP: Head outside, go wander around your neighborhood and assume that all life around you is as interesting and curious about you, as you are in it.

Rewilding the Soul: **Restoring balance and aliveness back to our human ecology.**

- We may live longer, like captivated animals, but our lives seem stripped of the fire we had inside us.
- Wildness is a healer, an antidote, and a pearl of wisdom in our current, captivating modern world that longs to be restored.

Visions of the Wild: **Surviving and thriving outside the modern world.**

- Attention to the nuances in a more than human world.
- Communication through and between all in the Wild.
- Learning about and living with the elements.
- Dissolving the outer goal beliefs and patterns.
- Coming back to an essential wild form of Self.

Urban rewilding: **Growing roots into the concrete.**

- Learning to embody our inner ecological wildness by looking at our urban world through wild eyes.
- Reconnecting to our wild heart, the more-than-human world, and the community.

Waking up the inner wildness: **Taking notice of the longing.**

- The longing is a sense of what our souls have been missing.
- Finding guidance for widening the longing into connection with our more-than-human world.
- Allowing our primal senses to awaken.
- Bringing back and integrating ceremonies into the community.
- Using the land/garden for foraging.

Resources

- ❖ **Books:** *My Year Without Matches*
- ❖ **Website:** www.naturesapprentice.com.au



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

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.