



Rivka Worth: Breathing with Trees



Rivka Worth is an Embodiment Elfin who created Seed of Sovereignty - SoS to support you into alignment and regain full agency of your essential self through embodied connection with nature. Explorer your connection to the ecosystem through breathing.

TOP EMBODIMENT TIP:

Find ways to love your body and raise your heart to really love the environment that you are in.

Tree Breathing Journey: **Main Practice.**

- Explore how the breath goes from the external environment all the way into the internal environment of your breathing body.
- Settle in and feel the supportive earth beneath you.
- Communicate and check in with trees where you find your spot.
- We are part of this one ecosystem; feel the connection to the tree in the interchanging relationship of breathing together. What you exhale, the tree takes in. You inhale the oxygen the trees release.
- Ask the ecosystem for wisdom.

The Roots: **Connecting to the roots of the tree allows you to connect to your own roots.**

Oxygen and Carbon Dioxide: **A circle between plants and us.**

- Feel the oxygen released into the atmosphere, entering your body.
- Our lungs branch like a tree.
- 30 percent of the carbon dioxide we exhale is used by trees, and 70 percent goes into the ocean to the phytoplankton.

Listening: **Traditional way to connect to land and nature.**

- Take the time to slow down and find that inner stillness that will enable you to listen with all of your body and not just with your ears.

Seed of Sovereignty: **Finding alignment in who we truly are in connection to a global reality.**

Resources

- ❖ **Facebook:** [Seed of Sovereignty](#)



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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.