



Dr. Adrian Harris: The Embodied Pathways of Connection



Dr. Adrian is an environmental activist, ecotherapist, and embodiment theorist. Adrian's Ph.D. explored embodied knowing in Eco-Paganism and his MSc researched psychotherapy in nature. Join Adrian to discover diverse Embodied Pathways of Connection (EPoCs) that lead us from the illusion of separation back to our truth of connection.

TOP EMBODIMENT TIP: Self-awareness. Get connected to what's going on in the embodied knowing. If you don't know what's going on, you can't do anything about it.

Types of Knowing

- **Embodied Pathways of Connection (EPoC) lead us away from the illusion of separation.**
- While we can know things on a cognitive level, there is often a disconnect between the top layer of awareness and embodied knowing. It is only when our conscious awareness opens to an embodied knowing of how we relate to our environment that the illusion of separation dissolves.

The Embodied Pathways of Connection (EPoC)

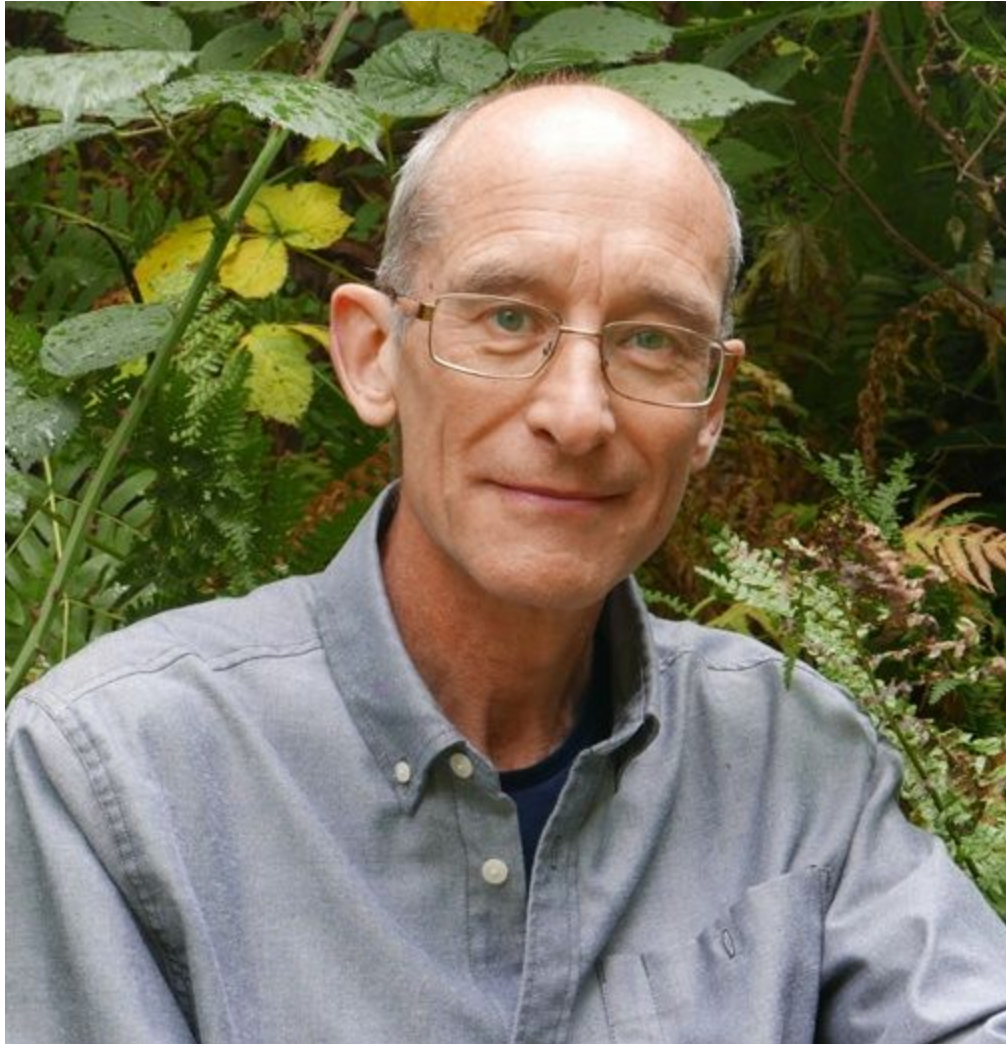
- **Nature Connection, Mindfulness, Ritual, Dance, Psychedelics.**
- Gateway EPoCs: If you don't have these down, the EPoCs won't be accessible!
 1. **Centering:** If you're not centered when attempting to access other EPoCs, you won't be able to receive the benefits.
 2. **Sensuous Experience:** If you are not allowing yourself to sense what's happening in an EPoC, it's not going to work!

Resources

- ❖ **Please note that psychedelics are currently illegal in many parts of the world so do check the legal situation in your location. While there is significant evidence that psychedelics can have therapeutic benefits, it is recommended that you always work with an experienced therapist. For more information see:**
 - [The Embodiment Conference Library: Leveraging Psychedelic Experiences](#)
 - [The Beckley Foundation](#) | [Centre for Psychedelic Research](#) | [Synthesis](#)
- ❖ **Website:** adrianharris.org / embodiedpathways.org
- ❖ **Books:** Danvers, J. 2016. *Interwoven nature: relatedness and identity in a changeful world*. Whitewick Press.
 - Gendlin, E., 1981. *Focusing*. Bantam (revised edition). New York.
 - Gibbs, R., 2006. *Embodiment and Cognitive Science*. Cambridge University Press, New York.
 - Harris, A., 1996. 'Sacred Ecology', in *Pagan Pathways: A Complete Guide to the Ancient Earth Traditions*,
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 - Harris, A., 2008. *The Wisdom of the Body: Embodied Knowing in Eco-Paganism*. Ph.D. Thesis, University of Southampton. Online: thegreenfuse.org/phd/
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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.

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.