



Sarah Ryan: The Wild Walk Home: Exploring the Vitality of the Body and the Living World



Sarah is a soulful adventurer, writer, and guide to wild places inside and out. She is dedicated to helping people rekindle a sense of the innate wildness of their bodies and to come into an intimate relationship with the living world. Join a wild walk with Sarah. Expect to feel more alive, soothed in mind, and energized in body, with a vivid sense of yourself as a human animal. You will need headphones and to be outside or be ready to leave ten minutes after the session starts.

**TOP EMBODIMENT TIP:** Go with a feeling of a kind curiosity.

Wild Walk: An Experience of Connecting to the Outside and the Inside Wild World

- Look around. Take a breath in. Allow yourself a moment to just sit. Notice what you can hear. Notice the particular weather where you are - what's the temperature like, what season is it. Bring to mind all the other creatures where you are. Acknowledge that this is their home. Notice a sense of gratitude and richness.
- We are going to connect to the wild world outside and the wild world inside. It is important to get to know the wild creature that is your human body, the animal that is in relationship with the other world. **We are in a relationship with the whole natural world all the time.** When we die, we will go back to the earth and will be eaten by nature. We consume and we'll be consumed by.
- Get into a comfortable position. Close your eyes. Bring the awareness inside yourself. Put your hands somewhere where that makes you feel solid and warm. Say a gentle "Hello" to your body. Notice with what mood you've just said this. **Coming home to the body is not always immediately a happy experience, but always an enriching one.** Notice how you are feeling. Feel the weight of your body, the solidity of your skeleton, the softness of your body around it. **When we re-engage with the outside world, we enhance our perception.** What's the temperature of the body relative to the outside temperature? Notice the air you breathe in and out, the inflation of your lungs.
- Go back to your body, stretch, make noise if you feel like. Go for a roam. Travel at your own pace. **Wildness and becoming tuned to it is allowing your body to come first and your mind to come next.** Tune with yourself and go with whatever feels like life at the moment. Shake, spread the toes, stretch. Feel the ground. Allow all the colors to float into your vision. Focus on one thing, e.g. a tree. Then allow your vision to relax and go to peripheral vision. Do it a couple of times.
- Keep going. Allow yourself to be curious, discover something on your way. Get involved! Walk with care. See how soft you can make your footsteps. **Explore with a sense of openness.** Go wherever your attention brings you to. It is about being perceptive and inquiring. Notice how it feels to be out in nature. Let your emotions just be what they are. Advocate for staying aware of the nature inside you. **Allow yourself to be a human animal.**

Resources

- ❖ **Facebook:** [facebook.com/outsidesarah](https://www.facebook.com/outsidesarah)
- ❖ **Website:** [thewildwalkhome.com](http://thewildwalkhome.com)



## **Sarah Ryan**





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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.