



Carly Ko: Unifying with Diversity



Carly works in the field of Somatic Therapy and Ecology. Carly has a background in theatre and dance and is currently exploring how people can live diversity within their own bodies, through several somatic experiences. In this session, Carly is inviting us to feel the space she embodies herself: “I am Nature and Nature is me”.

TOP EMBODIMENT TIP: Let us raise our own consciousness so that all of Life may thrive.

Focus for Today:

- Identify that it isn't about trying to connect to nature or save nature, but **to connect deeply to nature inside of us**.
- There are many conflicting thought patterns and approaches on how to save nature.
- Carly urges us to rather focus on **connecting more to our inner worlds** and how we are treating our own inner somatic ecology, than on the external ways in which we can do this.

I am Nature:

1. Carly shares **her story of fully discovering her true self**, addressing how she felt an initial disconnection from the whole. She began this inner discovery through somatic movement (through Tamalpa) and working with her pelvis.
2. Carly had the realization of **“I am Nature”** - and that every single thing out there is part of oneself, which cannot be understood through the mental realm.
3. Carly experienced the immense holding space of being in Nature which helped her open parts of herself that were long closed down.
4. *“I really invite you to connect more with nature on a body level, energetically, and just feel and sit and observe, allowing yourself to be held by nature. Ask nature what it wants, instead, before we decide what it needs”.*

Guided Experience:

- Guided somatic experience of entering Nature with Mongolian throat singing music - **Tuvan Throat Singing, Shamanic Drumming, Mongolian Healing**
- *“Everything we do to ourselves we do to the entire Earth”*

Resources

- ❖ **Website:** carlykocreation.com
- ❖ **Facebook:** [Higher - Raising Consciousness Together](#)
- ❖ **References:** Tamalpa (started by Anna & Daria Halprin)



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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.