



Bruce Fertman: Where Our Inner World and Outer World Meet



Bruce Fertman is a renowned Alexander Technique Teacher and somatically orientated ecopsychologist. He has worked with over 15,000 people and is developing a body-of-work in understanding how intertwined our personal and planetary lives are. He is Director of the Alexander Alliance International- an educational hub that operates globally. Be immersed in the wisdom of this cutting edge interview and discover how deeply intertwined and connected we truly are.

TOP EMBODIMENT TIP: Develop Your physical and sensorial relationship to our animate and inanimate world.
We will feel it viscerally when we get back into our animal bodies.

Our Blueprint: **Influenced by the collaborative thoughts of these three people:**

- Frederick Matthias Alexander “*When an investigation comes to be made, it would be found that every single thing we are doing in the work is exactly what is being done in nature where the conditions are right- the difference being that we are learning to do it consciously.*”
- Aldo Leopold, from The Sand County Almanac: “*A thing is right when it tends to preserve the integrity, stability, and beauty of the bionic community, and it's wrong when it tends otherwise.*”
- Sir Laurens Jan van der Post “*If you keep the earth as close to the most initial blueprint as creation as you can and bring a person in contact with it and the person was not whole form a lopsided society, PFFFFT the person changes.*”
- **If we can keep the body as close to this initial blueprint and come into contact, then maybe we can change.**

Humanity and Cultural Constructs:

- What is our animal body? How to strip back to our true movement nature?
- **Discovered we moved in specific patterned ways relating to culture and gender.**
- Moving in accordance with the blueprint awakens your awareness of the animal-body and awakens our sympathy for other animals.

Metaphor: **Being on the Road**

- Life is like a road trip, our body being our mobile home. Our well-being is contingent on the well-being of the planet.
- Maintenance of and relationships to our home/our body, sensory impressions (in maintaining our animal instincts), space, air, food, time, our vital organs, environment, and others are intertwined.
- Awakening embodied sense perceptibility through primary experiencing of our environment is vital and awakens a more caring attitude.
- **Relating to everything as though it was alive, connects us and dissolves loneliness.**

Resources:

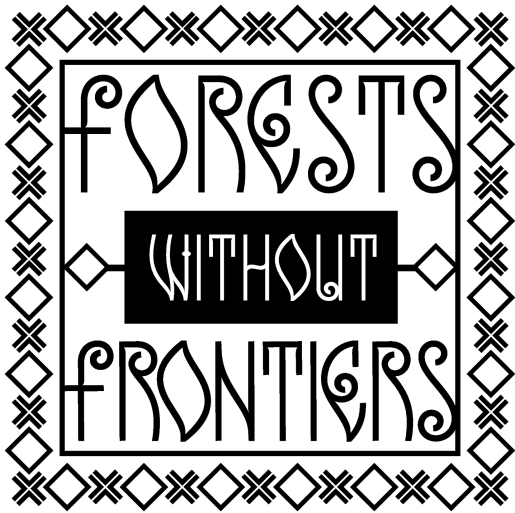
- ❖ **Books:** currently being written- In Good Company: The End of Living Alone
- ❖ **Courses:** A Grace of Sense online course: on website
- ❖ **Website:** [the Alexander Alliance](http://thealexanderalliance.com)



❖ **References:** The Sand County Almanac by Aldo Leopold; Spell of the Sensuous Perceptions by David Abram

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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 Transilvania. 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.

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