



Steven Harper: Wild Nature as a Vehicle for Awakening



Steven Harper is a wilderness guide, workshop leader, facilitator, focusing on somatic approaches and the direct experience of wild nature as a vehicle for awakening and has taught at the Esalen Institute for over 40 years. Explore practices designed to access our capacity to innovate and participate with the essential movement processes of life that offer ways of centering, grounding, and knowing. This enables us to enter wilderness and somatically listen, learn, and let wild nature be our primary teacher.

TOP EMBODIMENT TIP: Feel your own authentic gratitude for whatever you can easily feel grateful for.

Cultivating Greater Awareness:

- **Wild nature can be our primary teacher** and requires heightened sense and other ways of knowing.
- How can we embody in order to be a student of wild nature?
- We need to invite ourselves into the place of not knowing.

We Are Nature:

- **We are wild nature and wilderness both inside and outside**
- The human body and earth body are one and the same.
- Full somatic embodiment includes the mind, body, and spirit.
- When we feel this connection we begin to soften the solidified sense of an inherent separate self.

Two Ways to Come Into the Body:

- Through **gravity** sensation.
- Through the **breath**.

We Are Connected With the Natural World: **Our lungs are only half of our lungs**

- The other half are all the green plants on earth and all the phytoplankton and algae in the sea and ocean.

Do Practices From This Session Outside:

- Move from the concept of interconnectedness to actually **feeling the connectedness** of the human body and Earth body and the parts of the lungs.

Resources

- ❖ **Website:** <https://www.stevenkharper.com>



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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.

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