



Ben Page: Your Body is a Living Forest



Ben Page is a forest bathing advocate and guide. His primary interest is to live the question of what it feels like to be alive. Through meditation and journaling, explore the body not as a thing we have, but as an ecological experience that we are.

TOP EMBODIMENT TIP: Go outside. Pay attention. Don't forget to smell things. Have fun.

How do we inhabit our bodies?: **Our Bodies Are Not Inanimate Temples; They Are Much More Like Living Forests.**

- Our bodies are not separate from nature (as they have been seen in a dualistic worldview); our bodies *are* nature.
- Thinking of the body as a temple is akin to thinking of it as an object or a project to be built up and manipulated.
- The body, like an ecosystem, has its own intelligence, autonomy, and integrity.

Econormativity: **A Term That Means There is Supposed To Be a “Right” Nature or a “Good” Nature.**

- People’s judgments about nature fall into the realm of econormativity: we want it to be peaceful, tranquil, wild. If nature doesn’t meet expectations--maybe it’s not pristine enough, or it has too many bugs or pests--we judge it.
- **Econormativity applies to both the natural world *and* to our bodies.**
- In order to actually love nature, we have to love our bodies. And in order to love our bodies, we have to love nature.

What is Embodiment? **Embodiment is Our Ability to Experience Ourselves as Nature.**

- This experience is immediate and felt, it does not require thought.
- When we practice embodiment, we are remembering a wordless language that relates us to the world around us.
- In doing this, we abandon the abstract idea of ourselves and our specialness and return to our ecological selves.
- Unless our consciousness leaves our bodies, we are always embodied, even if we’re not aware of it.

The world speaks without words: **The World Speaks a Language that We Have Known Since Birth.**

- The world speaks to us through our senses.
- As infants, even our circadian rhythms develop as part of our relationship with the natural world.
- **Nature receives us not as *who we are*, but as *what we are*.** You don’t need to impress trees.
- When we can relate to nature through this language, we can start to experience ourselves as part of everything.

Nature is Autonomous: **Nature Tended to Itself Long Before Humans Ever Did.**

- We think of ourselves as stewards, which contributes to the misperception of our separateness, and specialness.
- We think that our tending to the land is what’s best for it; when often what’s best is to just leave it alone.
- To tend to the land productively, as in indigenous traditions, we can’t impose our own agendas onto it.

Resources:

- ❖ **Website:** integralforestbathing.com



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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.