Ecopsychology, Embodying Nature & Embodied Mindfulness

"What may emerge as the most important insight of the twenty-first century is that man was not designed to live at the speed of light. As he sits in the informational control room, whether at home or at work, receiving data at enormous speeds – imagistic, sound, or tactile – from all areas of the world, the results could be dangerously inflating and schizophrenic." - Marshall McLuhan, philosopher

McLuhan was certainly a prophet when he wrote this in 1962, long before the Internet era. This foreshadowing of modern times highlights our pivotal moment in human evolution. Can we come back down to Earth and slow down enough so we can paradoxically speed up in order to tackle the challenges of our times, such as climate change and income equality? A radical restructuring of our economies and politics is clearly and desperately needed. At the same time, there are individual measures we can all take in our daily lives.

*(**In the spirit of lessening the information overload in your life, I only send out only 2 emails per month.** You can always find updated information at my website* [HERE](#)*)*

The time-honored technologies of body wisdom found in various cultural forms worldwide for millennia are present in somatic practices now. Breath, vocalization, contact, movement and stillness are indigenous to your body and are readily available for liberating the overstimulated mind from "the speed of light". Through daily practice, these somatic technologies become as ingrained and normalized as looking at your smartphone or speaking with a friend. ***Slowing down time starts in our own bodies.***

Spending time outside and being in contact with the natural world is also another readily available practice for coming back down to Earth. Research on Shinrin-Yoku, the Japanese art and science of "forest bathing", has documented the many benefits of simply wandering and taking in the natural environment with all of our senses without a goal or plan. ***Slowing down time is supported and enhanced by the natural world.***

This is all common sense - and we know it. But of course, *knowing* is different than *embodying*. This is why I've been developing maps and methods for contemplative and expressive practice over many years - to provide people with a departure point for their own unique, individualized inquiry and practice of having an intimate relationship with their own bodies and with the larger body of the planet.

Embodied Mindfulness and **Embodying Nature** are the two different yet overlapping applications of my research into the worlds of somatics, meditation, ecology, and creativity. Underlying both these approaches are the questions: how can we befriend our own bodies? How can we be kind stewards of ourselves and the planet? How can we experience more and consume less? What are the foundational preverbal and nonlinear resources that can guide us into different states of being and result in new perspectives? And how can we utilize this ordinary magic in our daily lives to improve the quality of all our relationships?

Join me in 2019 if you are seeking a comprehensive practice for your own well-being that is pragmatic and easily repeatable - both in relationship with the inner ecosystem of your own soma and with the outer ecosystem of the larger body that sustains us all.

In spirit,
Jamie

Embodied Mindfulness

Introductory (or Refresher) Online Sessions
December 16, 2018
January 13, 2019
February 16, 2019

Module One Online Immersion
Begins February 10, 2019

Embodying Nature

French Alps
May 31-June 9, 2019

California Coast
September 7-15, 2019

Bringing Spirit into Form

Bern, Switzerland
May 24-26, 2019

Other 2019 dates TBA

Ecopsychology Certificate Program

I will be a guest presenter in this 6 month program hosted by Holos Institute/Jan Edl Stein beginning April, 2019 Information **HERE**

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