

A sample score for Embodying Nature by Jamie McHugh

To understand the concepts behind this document, please go here first:

<http://somaticexpression.com/articlesEmbodyingNature.html>

**Find your place** - seeking and finding a place where you belong in the moment.

Go for a walk outside in a natural setting where you can feel safe and undisturbed. (You may want to invite another person or two to share this activity with you – there is safety in numbers.)

Every now and then when something interesting, beautiful, or unfamiliar catches your attention - stop, place your hands on your belly and/or chest, take at least three breaths while giving this moment your undivided attention. As you continue to walk, become increasingly aware of the movement and sounds around – the dance and song of your environment. Punctuate your walk with: stop – make contact with yourself - three-breath **witnessing** (looking and listening) – move on.

After some time of settling into this rhythm of moving, noticing, coming to attention, and then moving on, identify a **place** with recognizable movement where you want to linger. (Recognizable movement might be clouds passing, water flowing, leaves shaking, etc.)

**Orient Without.** Begin by scanning, witnessing and absorbing this place, and then sit comfortably while settling in with your breathing.

**Orient Within.** Close your eyes and make contact with your hands anywhere on your torso. Feel the movement of your breath as awareness of your physical structure comes into the foreground. As we continue, sensing the fluctuations of your breath will be the through line connecting the inner and outer.

**Inner and Outer Meet.** When you open your eyes, focus on an aspect of your environment. Activate your head to **mirror** (imitate) the quality, directionality and tempo of whatever you are witnessing. Commit presence to what you

behold and become its action. You are breathing and moving at the same time...and every now and then, punctuating the action with stillness.

**Focus and Wander.** Move as you wish at times as a counterpoint to the focused attention. Allow your attention to soften as you daydream in movement. After some time, shift the movement focus from your head to your shoulders. You are breathing and moving - and every now and then, punctuating the exploration with stillness and your own movement **response**. Feel free to stand and occupy more space.

After some time, shift the movement focus from your shoulders to any body part you want to move in relationship to your element of focus. You are breathing and moving at the same time - and periodically, punctuating the mirroring with stillness, a change of body part or your own movement response.

**Pause.** End in stillness. Sit or lie down on the ground and let your bodymind **rest**.

**Reflect.** When you are ready, do a piece of free writing to harvest your experience, writing down sensory impressions, thoughts, or feelings in a random order or in a linear narrative. Feel free to let your voice emerge in your own unique way. Here are some prompts you can use if you like:

- How do you experience the inner landscape of your body now?
- What did finding your place mean to you before this activity, and now afterwards?
- What surprised you?
- How would you recycle this activity?