

Somatic Expression® with Jamie McHugh Body Wisdom for Modern Times



*"The earth is rude, silent, incomprehensible at first;
Be not discouraged - keep on - there are divine things, well envelop'd;
I swear to you there are divine things more beautiful than words can tell." - Walt Whitman*

*"Track the subtle ways that eternity tries to visit you,
Instead of being busy find more openings to timelessness." -Michael Meade*

Dear Friends,

As we go about our day-to-day routines and try to live the best way possible, we are constantly interrupted, maybe even hijacked, by distressing news in our immediate circle or in the larger world. It is hard not to be aware of planetary turbulence and social discord rocking the boats of equanimity. Two people I know have died within the last two months, and two more are actively dying now. Meanwhile, the planet is on fire and tempers are rising; the body politic is crumbling and reforming as uncertainty grows.

What do each of us do to mitigate the impact of the next upheaval? Beyond the necessary political and social action those of us with any modicum of privilege must take on behalf of the greater good, there is also the daily dose of timelessness that is invaluable for our well-being. This essential breathing room supports basic kindness and general openness towards ourselves and others, and softens the inevitable tightening and holding that arises each day. Pause - breathe - remember - carry on.

As I continue to teach and develop the **Embodied Mindfulness** protocol (consisting of equal parts of form and formlessness, somatic resources and spontaneous discoveries), I have been gratified to see the work spread out into the world through various students.

Elisabeth Wille in Austria is a newly certified practitioner, having embodied the fundamentals of this body-oriented approach to contemplative practice and embellished it with her own unique application. Here is an excerpt of her reflections on the benefits of daily practice:

"My emotional edges softened while my tolerance and my ability to love grew. I experienced myself as calmer, more spacious, deeply nourished and softer. My capacity to just be with what is and to rest in my own structure developed. I attribute this to daily granting myself a secure amount of time for my practice. Exclusive time, I realized, has something to do with excluding other things. And if I attend to my practice, spaciousness is created within that is then transferred to the outer world." You can read her complete reflection [here](#)

The next **Embodied Mindfulness Module One** online livestream training begins Sunday, October 20; the early registration discount deadline is September 15. All information [here](#)

Upcoming 75-minute Introductory sessions are:
Sunday, August 25 at 10 AM Pacific time
Saturday, October 19 at 9 AM Pacific time
Information [here](#)

New dates are up on my [calendar](#) for the Fall series of the livestream twice weekly class, "Thinking Body, Sensing Mind" beginning October 21 and an afternoon of "Bringing Spirit into Form - The Moving Art of Breathing and Sounding" @ Yoga Mendocino in Ukiah on October 26.

Finally, the atmospheric music of Shane Cotee and "[In The Branches](#)" again provided the soundtrack for my latest Breathing Room video "In the Beauty of the Wild" in honor of the [Global Climate Strike](#) (September 20-27, 2019).

Purchases of [NatureBeingArt](#) subsidize these freely available videos on Vimeo for rest and regeneration. Please stop by the online galleries - and drop in whenever you wish to enjoy some [Breathing Room](#).

Hope to see you online or in person at upcoming events!

Warmly,
Jamie

