

## Somatic Expression® with Jamie McHugh *Body Wisdom for Modern Times*



*"Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life." - Herman Hesse (You can read his whole piece [here](#) )*

Dear Friends,

As I write this newsletter, I am - like many of you - feeling overwhelmed and at times hopeless, particularly with the state of the natural world. Each day brings news of yet one more sign of climate catastrophe – wildfires, record heat waves, and rapidly disappearing ice. And yet, the gravity of the situation seems to get lost in the barrage of endless information and constant distraction. What can we do as individuals and as coherent societies to mitigate this dire prognosis for the planet?

Certainly, each one of us needs to come up with our own action plan for responsible stewardship, whether it's consuming less plastic or meat, decreasing our carbon footprint, putting pressure on our politicians or even joining mass civil disobedience actions in the streets. Determining our own unique response is simply the creative, moral and ethical process that each functioning adult must grapple with NOW - if not for our own welfare, at the very least for the welfare of the young inheriting this planet.

September 20-27 is the **Global Climate Strike**. Young people around the world are asking us to take the pledge: "I will join young people in the streets for global climate strikes and a week of actions to demand an end to the age of fossil fuels and climate justice for everyone." Please take a few moments to visit their website and see how you can be involved. (Click on the image at the bottom of this email to view my latest video from the Breathing Room Series - "In the Beauty of the Wild" - in honor of the Climate Strike.) And if being in the streets is not possible, there are many ways to support this movement. A simple action we can all take is in literally one of the most down to earth ways: **PLANTING TREES**.

Yes, planting trees. Some of the science: "Research out of ETH Zurich using satellite imagery and on-the-ground data indicates that planting 1.2 trillion trees could absorb two-thirds of the carbon emissions pumped into the atmosphere since the Industrial Revolution. The science suggests that massive reforestation efforts should be moved to the top of the priority list of actions needed to combat the climate emergency." Read more [here](#)

A nationwide implementation of this idea just happened in Ethiopia - 350 million trees planted in one day! Read more [here](#)

Two action steps you can take today:

- 1) Change the search engine on your browser from Google to [Ecosia](#) - each search you do increases their profits and goes into planting trees.
- 2) Donate money to [One Tree Planted](#) or [Trees for the Future](#). Besides the obvious impact of carbon sequestration, planting trees also creates jobs, renews relationship to the natural world, and becomes an direct form of stewardship. I am using these organizations to offset my carbon footprint in traveling internationally to teach (and even then, am limiting my air travel to twice a year).

I think we can all agree trees, as Hermann Hesse so eloquently states, are sanctuaries and teachers that we should listen to, speak to, and be in wondrous dialogue with, for our somatic and psychic well-being. And taking it upon ourselves to be part of the solution in this manner (and in other ways) is an engaging and life-affirming antidote to despair.

I hope this information is useful and inspires you as it does me - and I look forward to seeing you online or in-person in my various formats for exploring the inner somatic sanctuary to cultivate increased resilience, ease and comfort.

In hope,  
Jamie

## Upcoming Events

**September 7-15:** "Embodying Nature Creative Incubation Retreat", Sea Ranch, CA (waitlist only)

**October 20:** "Embodied Mindfulness" Online Intensive (6 consecutive Sunday mornings + Daylong retreat)

**October 21 – November 27:** "Thinking Body, Sensing Mind" Livestream twice-weekly class

**October 26:** "Bringing Spirit into Form - The Moving Art of Breathing and Sounding", Yoga Mendocino in Ukiah

INFORMATION ON ALL EVENTS CAN BE FOUND [HERE](#)



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