

# Somatic Expression® with Jamie McHugh

## Body Wisdom for Modern Times



Mosaic #10 (2018) [www.naturebeingart.org](http://www.naturebeingart.org)

*"Worrying does not accomplish anything. Even if you worry twenty times more, it will not change the situation of the world. In fact, your anxiety will only make things worse. Even though things are not as we would like, we can still be content, knowing we are trying our best and will continue to do so. If we don't know how to breathe, smile, and live every moment of our life deeply, we will never be able to help anyone. I am happy in the present moment. I do not ask for anything else. I do not expect any additional happiness or conditions that will bring about more happiness. The most important practice is aimlessness, not running after things, not grasping." - Thich Nhat Hanh (Sunday, October 11 is his 94th Birthday/Continuation Day)*

Dear Friends,

How often do you give yourself time to be aimless, to be mindless, to let your attention be softly occupied by the stream of your breath or the ripples of trees? The word "mindless" may be a surprise in this day and age of mindfulness, and yet, we need wandering just as much as focusing to embrace the abundant complexity of being alive. This aimlessness and the softening of our drives that Thich Nhat Hanh is referencing goes hand in hand with becoming available to the present moment. This is best exemplified by his constant reminder in contemplative practice: "enjoy your breath". This wonderful invitation to embody well-being can be globalized into "enjoy your body", "enjoy your family", "enjoy this wondrous planet" as much as you are able, especially in these times of great anxiety and worry.

And I am quite aware of the paradox of "not running after things, not grasping" while graciously planning and preparing to receive - and encouraging you to attend as well - The Embodiment Conference (October 14-25)! This cornucopia of over 1,000 presenters should be quite the extravaganza and is not to be missed. Click [HERE](#) to register for FREE.

You don't need to binge in these 12 days either - the complete library of recordings is available for purchase after the conference (or by October 13 for a steep discount). Once you register [HERE](#), you can view the complete schedule of offerings. I will be presenting twice: **Embodying Nature: The Art of Creative Reciprocity** on October 18 @ noon Pacific Time, and then **Embodied Art: Somatic-Expressive Research Practices with Nature** - a panel with 2 artistic collaborators on October 20 @ 6pm Pacific Time.

I hope you can join me online at the conference, or in one of my upcoming group sessions, to gift yourself with somatic replenishment, creative explorations and new perspectives - mindfully and mindlessly.

Warmly,  
Jamie

**THE POWER OF THE PAUSE: BREATHING ROOM**  
**October 11, 9:30am Pacific Time**

A practical somatic tool for dissipating anxiety and stabilizing attention - experience 360 degree breathing and individual variations in this FREE hourlong session. MORE DATES, TIMES AND REGISTRATION [HERE](#)

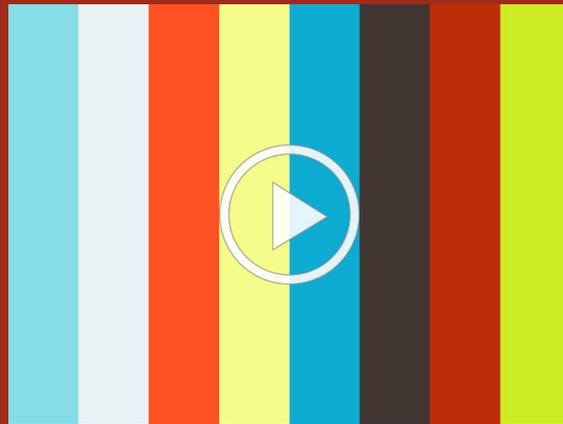
**THINKING BODY, SENSING MIND SERIES BEGINS NOVEMBER 1**

A progressive sequence of journeys into the inner landscape of the body designed to increase awareness, relaxation, and presence by highlighting sensory experience with the basics: breath, vocalization, alignment, self-contact, and subtle movement. REGISTRATION INFORMATION [HERE](#)

**SOMATICA POETICA 4-PART SERIES BEGINS NOVEMBER 8**

Guided somatic explorations to evoke another intelligence for untethering the metaphoric mind, bringing it forward through written language and then given breath/sound in an embodied improvisatory expression. (A sample of this language riffing can be heard in the video "Pause and Arrive" below.) REGISTRATION INFORMATION [HERE](#)

**NEW VIDEO:** "Pause and Arrive"- Kate Cleary (Poem) Jamie McHugh (Images)



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