

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



Dear Friends,  
On this day before the Global Climate Strike, I offer you a wonderful reminder about hope from the great teacher Wendell Berry with 3 positions from the body in relationship to space as antidotes to eco-anxiety: Lay Down, Sit and Stand Up.

Lay Down on the Earth and Merge - Find a place outdoors where you feel safe. Lie down on the ground, focus on the release of your exhale and let your body yield into place. Be held by this place and remember this is where you come from, and it is part of you.

Sit Upright and Become "Breathing Rock" - Feel your stability and your inner fluidity as you stay connected to the ground and begin to take in everything around you.

Stand Up and Become Tree - Find your resilient spine to support your expressive voice. Bring yourself out into the world with others, and advocate for the body of life.

Repeat all 3 positions as needed or desired.

Warmly,  
Jamie

**A Poem on Hope by Wendell Berry**

It is hard to have hope. It is harder as you grow old, for hope must not depend on feeling good and there's the dream of loneliness at absolute midnight. You also have withdrawn belief in the present reality of the future, which surely will surprise us, and hope is harder when it cannot come by prediction anymore than by wishing. But stop dithering. The young ask the old to hope. What will you tell them? Tell them at least what you say to yourself.

Because we have not made our lives to fit our places, the forests are ruined, the fields, eroded, the streams polluted, the mountains, overturned. Hope then to belong to your place by your own knowledge of what it is that no other place is, and by your caring for it, as you care for no other place, this knowledge cannot be taken from you by power or by wealth. It will stop your ears to the powerful when they ask for your faith, and to the wealthy when they ask for your land and your work. Be still and listen to the voices that belong to the stream banks and the

trees and the open fields. Find your hope, then, on the ground under your feet.

Your hope of Heaven, let it rest on the ground underfoot. The world is no better than its places. Its places at last are no better than their people while their people continue in them. When the people make dark the light within them, the world darkens.

## Upcoming Events

**September 20-27: The Power of the Pause for the Planet** [Global Climate Strike](#)

**October 19: Embodied Mindfulness Online Introduction** Information [HERE](#)

**October 20 - December 8: Embodied Mindfulness Online Fall Immersion** Information [HERE](#)

**October 21 – November 27: Thinking Body, Sensing Mind** Livestream twice-weekly class Information [HERE](#)

**October 26: Bringing Spirit into Form: The Moving Art of Breathing and Sounding** Yoga Mendocino, Ukiah, CA Information [HERE](#)

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



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