



Rock #5 www.naturebeingart.org

"When we approach with reverence, great things decide to approach us. Our real life comes to the surface and its light awakens the concealed beauty in things. When we walk on the earth with reverence, beauty will decide to trust us. The rushed heart and arrogant mind lack the gentleness and patience to enter that embrace." - John O'Donohue

Dear Friends,

As I prepare to embark for a month overseas, I am reflecting on the mystery of reciprocity and how that informs not only my creativity and well-being, but that of my students and clients as well. As a somatic movement specialist and an interdisciplinary, I am dedicated to the aesthetic exploration and integration of the inner and outer landscapes, and the magic that happens in that unfolding sensorimotor relationship.

Finding places in the wild where I can open up my sensory awareness through somatic practices of breath, contact, stillness, and movement to temporarily leave ordinary consciousness and "become what I behold" is the underpinning of my art and work as a guide. A liminal world of light, motion, color and form emerges in this practice, and images arise and reveal themselves like contemporary paintings. This for me is "[NatureBeingArt](http://www.naturebeingart.org)" – the embedded aesthetic of the natural world made visible to us freely and benevolently.

As modern life becomes more breathless, fragmented, and yes, even terrifying, the sanctuary we are able to uncover within our own beings, and in the natural world, can modulate our anxiety and offer perspective. The long-standing tradition in various cultures of vision quests - the stripping away of routine, being on one's own and coming into direct contact with the natural world - seems more important now than ever before. And yet, as with all traditions, we don't have to repeat the form as it was to uncover the essence of the teaching it was providing.

You can spend a preverbal day (or half day) in nature with no plan other than following your own intrinsic rhythm and emptying your mind as you attend to life within and without, alternating movement with stillness, and focused attention with spacious wandering. And in this act of self-remembering surrounded by the larger body of life, an exchange naturally occurs. But this requires space, time and intention to access what is freely available.

I am finishing up an "Embodying Nature" manual this year to provide simple and sustainable somatic-expressive activities for facilitators to guide others in making the transition from urban

mind to nature being. Those of you interested in learning this work, the "[Embodying Nature](#)" training in France beginning on May 31 has one space left; and the training on the northern California coast in September is now accepting applications.

In other art and nature news, my image "[InterBeing](#)" received the award for "Exceptional Composition and Design" in the "[Our Beautiful Planet](#)" exhibit hosted by Still Point Art Gallery.

And I was happy to discover the music of Shane Cotee and "[In The Branches](#)", providing the soundtrack for the latest Breathing Room series video "Earth's Whisper" released on Earth Day in honor of Extinction Rebellion and all Guardians of our planet. ([NatureBeingArt](#) purchases subsidize these freely available videos on [YouTube](#) for rest and regeneration.)

Finally, new dates are up on my [calendar](#) here for the Summer and Fall series of the livestream weekly class, "Thinking Body, Sensing Mind" and for the more in-depth online immersion "Embodied Mindfulness" Module One.

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

Warmly,
Jamie

Europe Schedule

May 22: **Berlin**

Bringing Spirit into Form Workshop

May 24: **Bern**

Inner and Outer Landscapes Evening

May 25-26: **Bern**

Bringing Spirit into Form Workshop

May 31-June 9: **St Pierre D'Entremont, France**
Embodying Nature, Becoming Ourselves Training

All information about these offerings can be found [HERE](#)

