SACRED ECOLOGY

Embodied Presence &
The Miracle of Breath

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May 10th 2023
an invitation to presence

*mindfulness bell* + release
this moment

R. Mangold 1972
the present moment

the present moment when you're distracted

the present moment when you're rushing

the present moment when you savor it
INTRO
*gratitude practice*

What is one thing you are grateful for in this moment? (write in chat)
ECOLOGY

"ecos"
greek/ latin "oikos"
means home or community

" a place to live"
Forests are the lungs of the planet. Forests breathe in our CO₂ — and breathe out oxygen.
THE WAY OF THE EMPEROR

Morpho peleides- Emperor Butterfly

Order: Lepidoptera (Butterflies and Moths)
Class: Insecta (Insects)
Phylum: Arthropoda (Arthropods)
ON COCOON

5 senses meditation & body scan
ON EMERGENCE
where in your body do you hold tension and trauma?

BODY AWARENESS
what emotion(s) are you feeling today?

WHEEL OF EMOTIONS
light movement

*earth sky breathwork*

*shaking*
keep fascia hydrated

*drink water*
SLOWING DOWN

what happens when life slows down, just for a moment?
“There is an ancient conversation going on between mosses and rocks... About light and shadows... past and present, softness and hardness, stillness and vibrancy, yin and yang”
— Robin Wall Kimmerer, Gathering Moss
& EYES TO SEE
THE STRESS OF LIFE
LIFE'S DUALITY
Fight/Flight/Freeze
Our System In "Survival Mode"

Prefrontal Cortex
Thinking/Problem Solving
Offline

Limbic System
Reactionary/Emotional
Running the show
Maslow's hierarchy of needs

- **Physiological needs**
  - air, water, food, shelter, sleep, clothing, reproduction

- **Safety needs**
  - personal security, employment, resources, health, property

- **Love and belonging**
  - friendship, intimacy, family, sense of connection

- **Esteem**
  - respect, self-esteem, status, recognition, strength, freedom

- **Self-actualization**
  - desire to become the most that one can be
Daily habits for a healthy mind and body

Adequate sleep → Hydration → Nourishment

Fun and play → Gratitude → Movement

Lifelong learning ↔ Time in nature ↔ Connection
Teenager

My commitment to me

- yoga & meditation
- journalling/ reading
- dancing/ running
- volunteering
- church
My commitment to me

20s

- educational goals
- therapy
- forest hikes/ sea baths
- friendships
- career affirmations

- yoga & meditation
- journalling/ reading
- 8-10 hrs of sleep
- nourishing meals
- gardening & pottery
# 30s

**My commitment to me**

- face cleansing routine
- nature walks with dogs
- yoga & meditation
- making a home/ comfort
- staying hydrated
- journalling/ reading
- financial stability
- therapy
- 8-10 hrs of sleep
- healthy relationships
- boundaries; saying no
- nourishing meals
- massages & pedicures
- body talk/ acupuncture
- gardening & pottery
My Favourite Treat: Ice Cream
Recap: 10 practices

- mindful pause
- gratitude
- 5 senses meditation
- body scan
- earth-sky breathwork
- shaking
- hydration
- reframing
- self massage
these moments
What's your personal favourite? (write in chat)

We must find the time to rest
To return home to our body and breath

Closing Bell
GRATITUDE FOR YOU