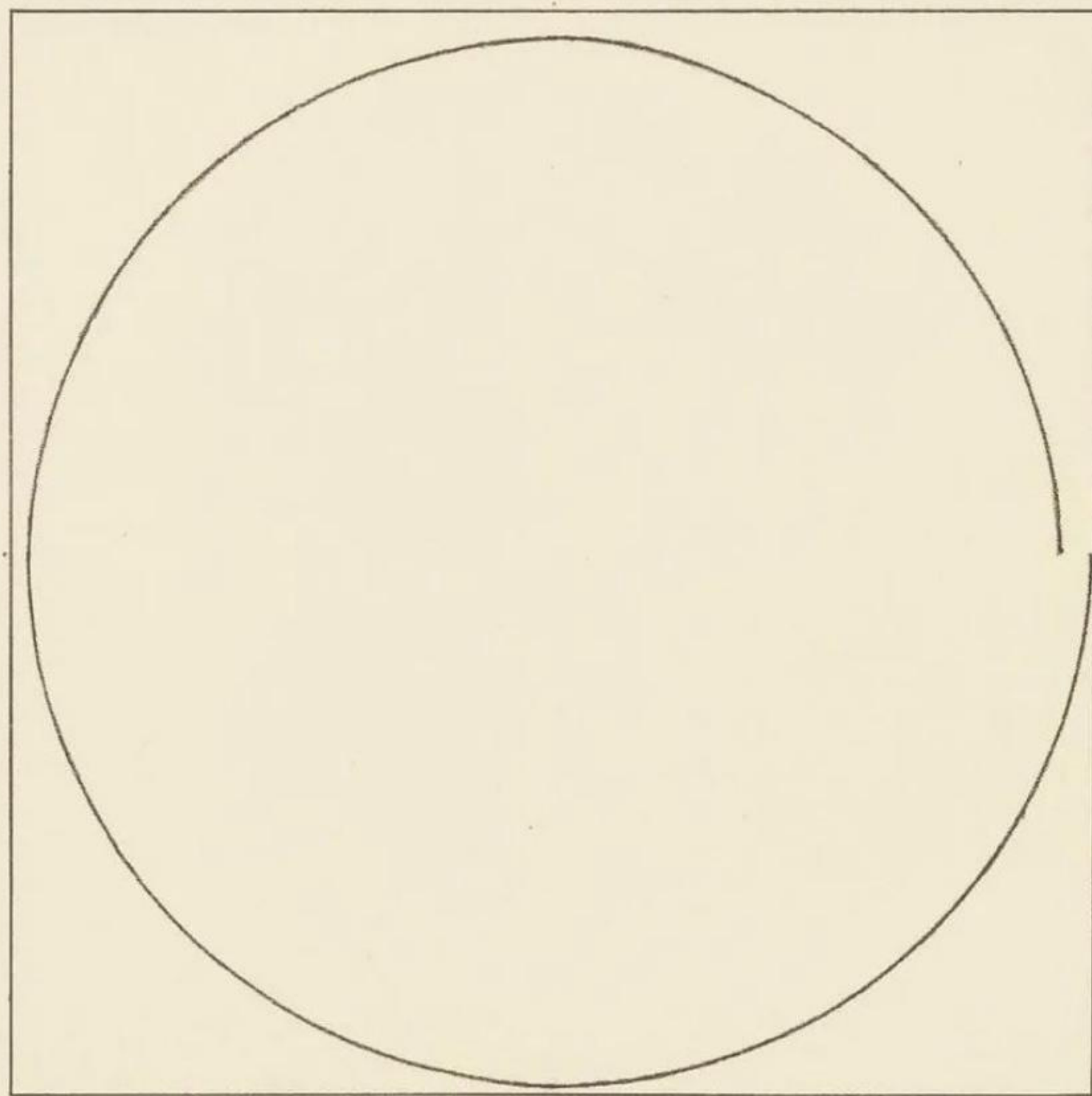




SACRED ECOLOGY

Embodied Presence &
The Miracle of Breath

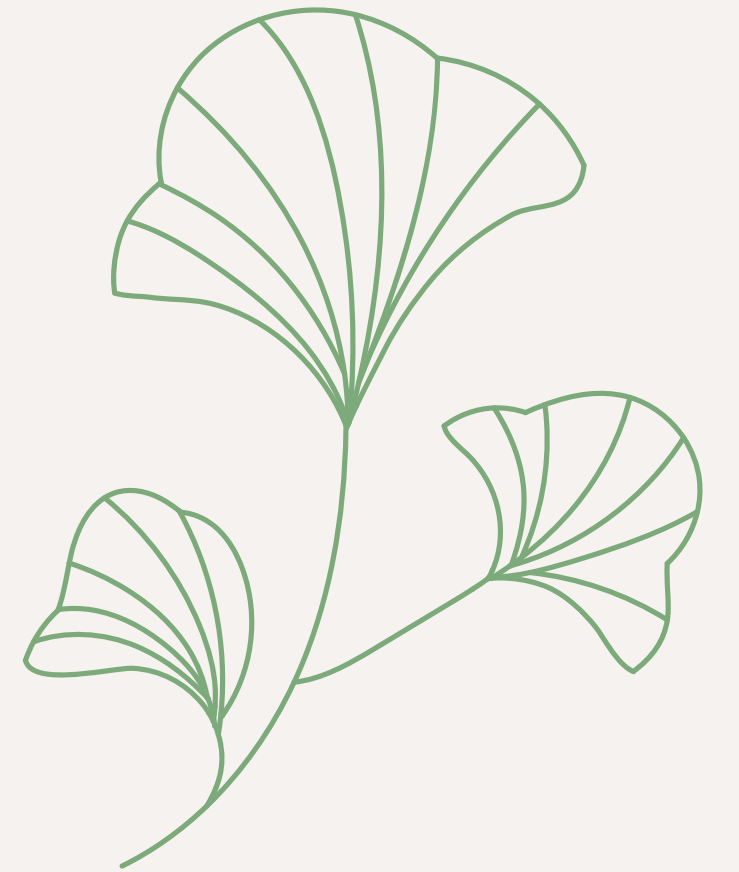
Rheanna Chen
May 10th 2023



R. Mangold 1972

an invitation to presence

mindfulness bell + release





R. Mangold 1972



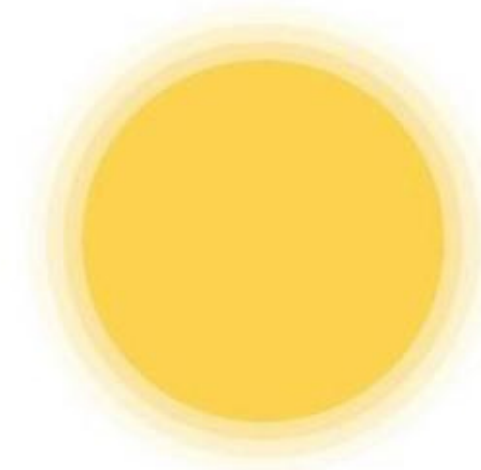
the present moment



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

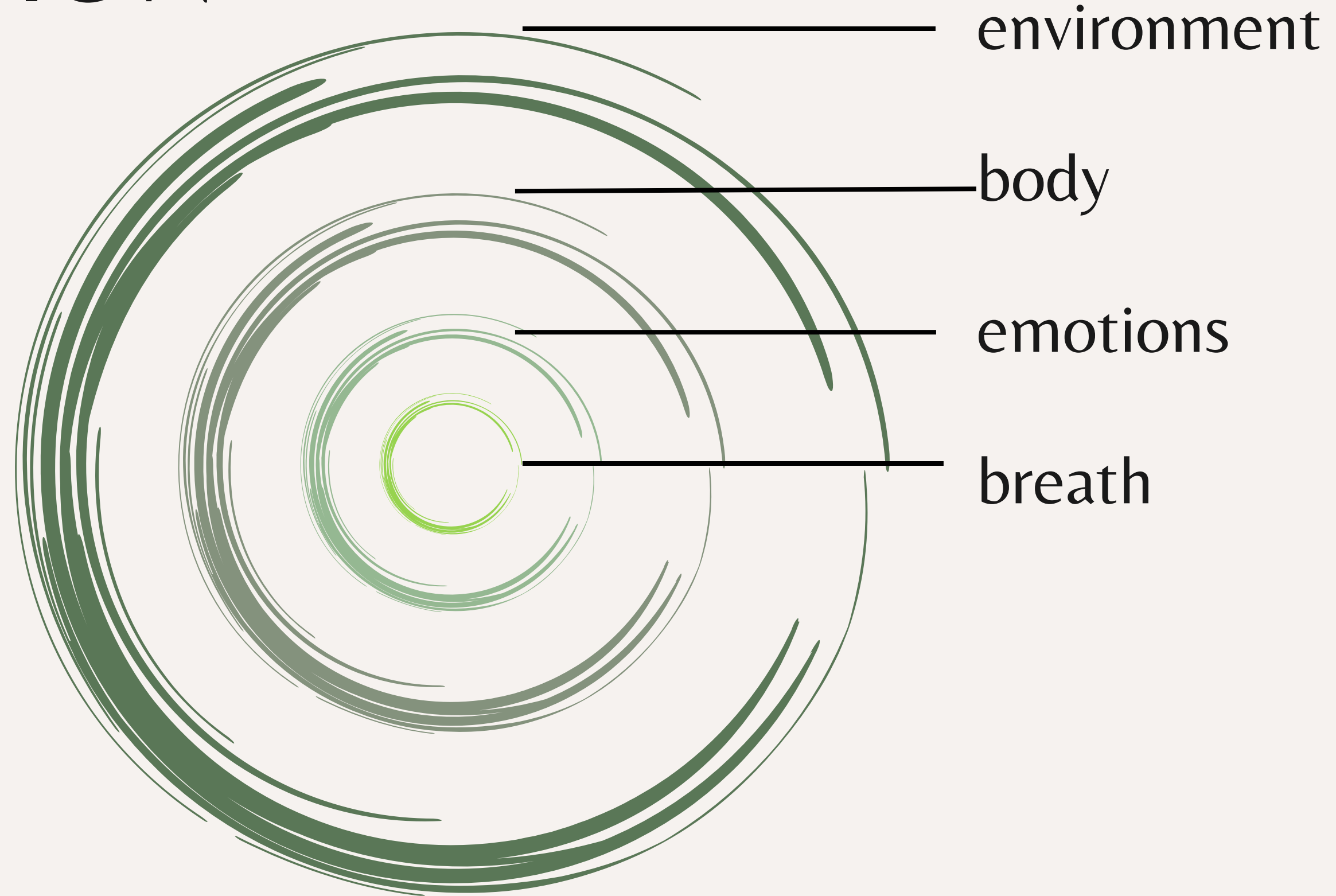
"ecos"
greek/ latin "oikos"
means home or community

" a place to live"

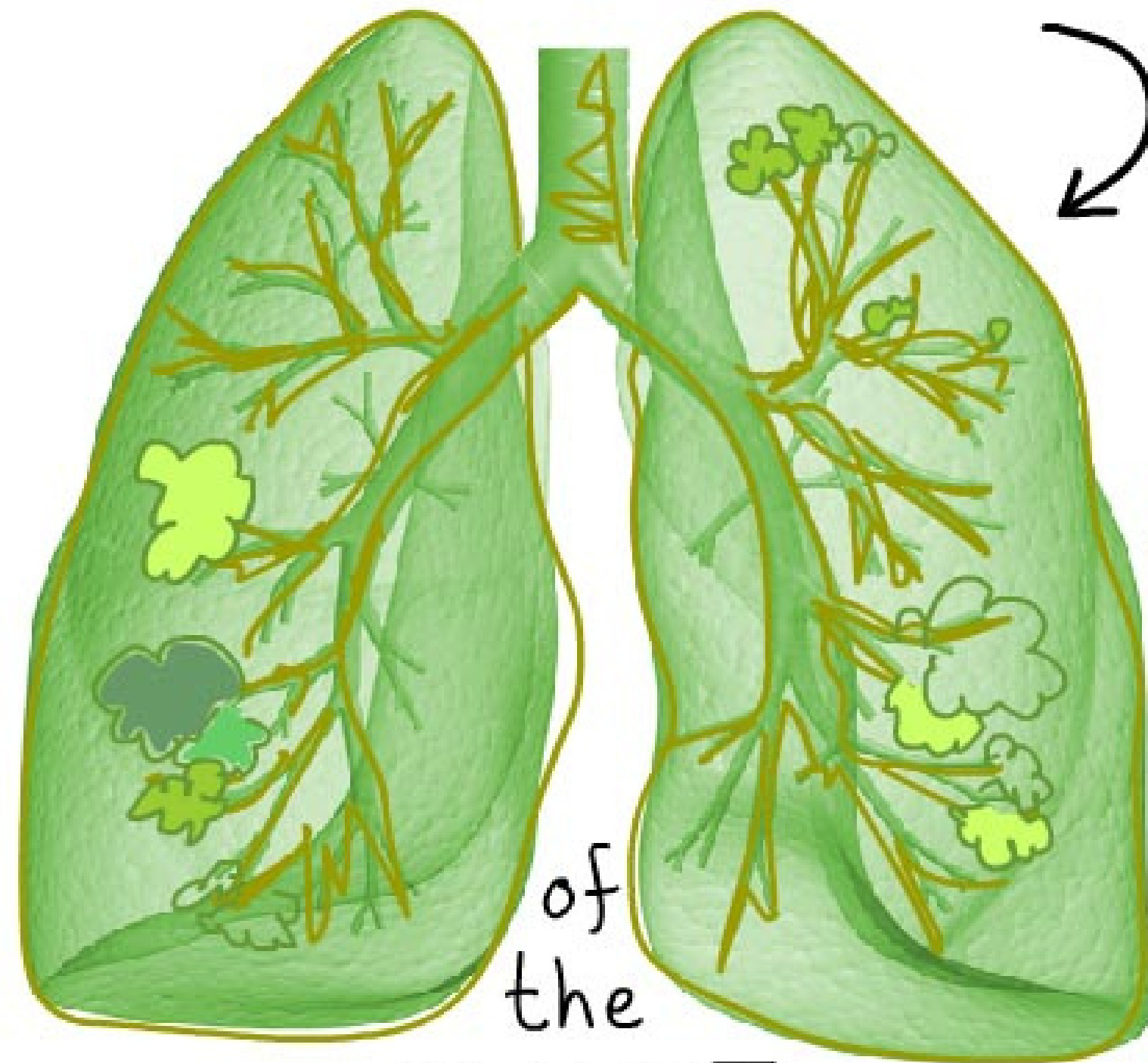


CONNECTION

deep ecology

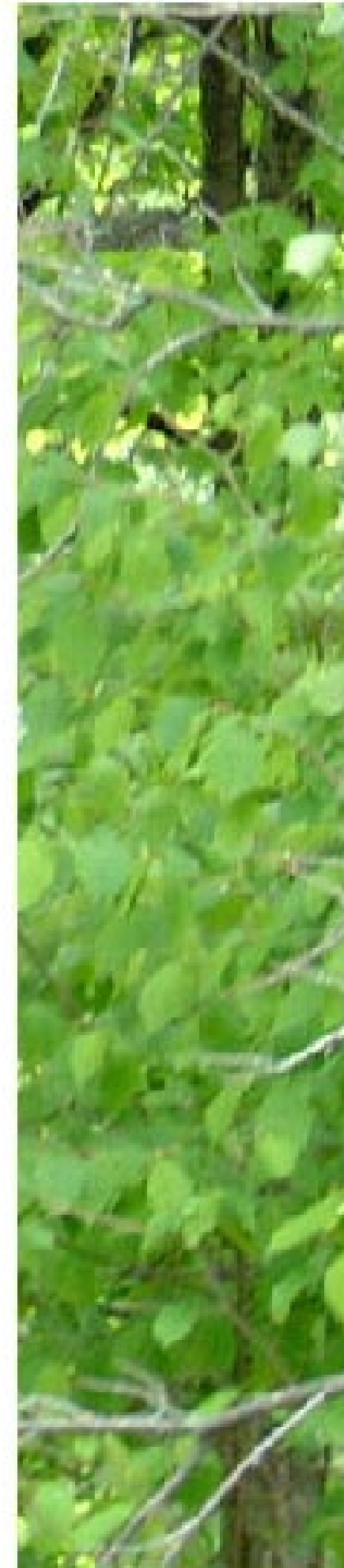
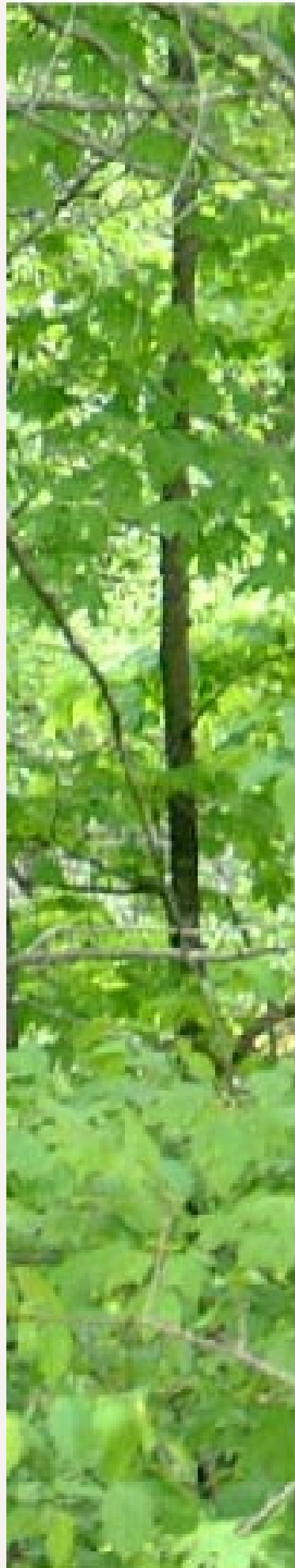


FORESTS are the



of
the
PLANET

FORESTS breathe in our CO₂
— and breathe out OXYGEN.





THE WAY OF THE EMPEROR



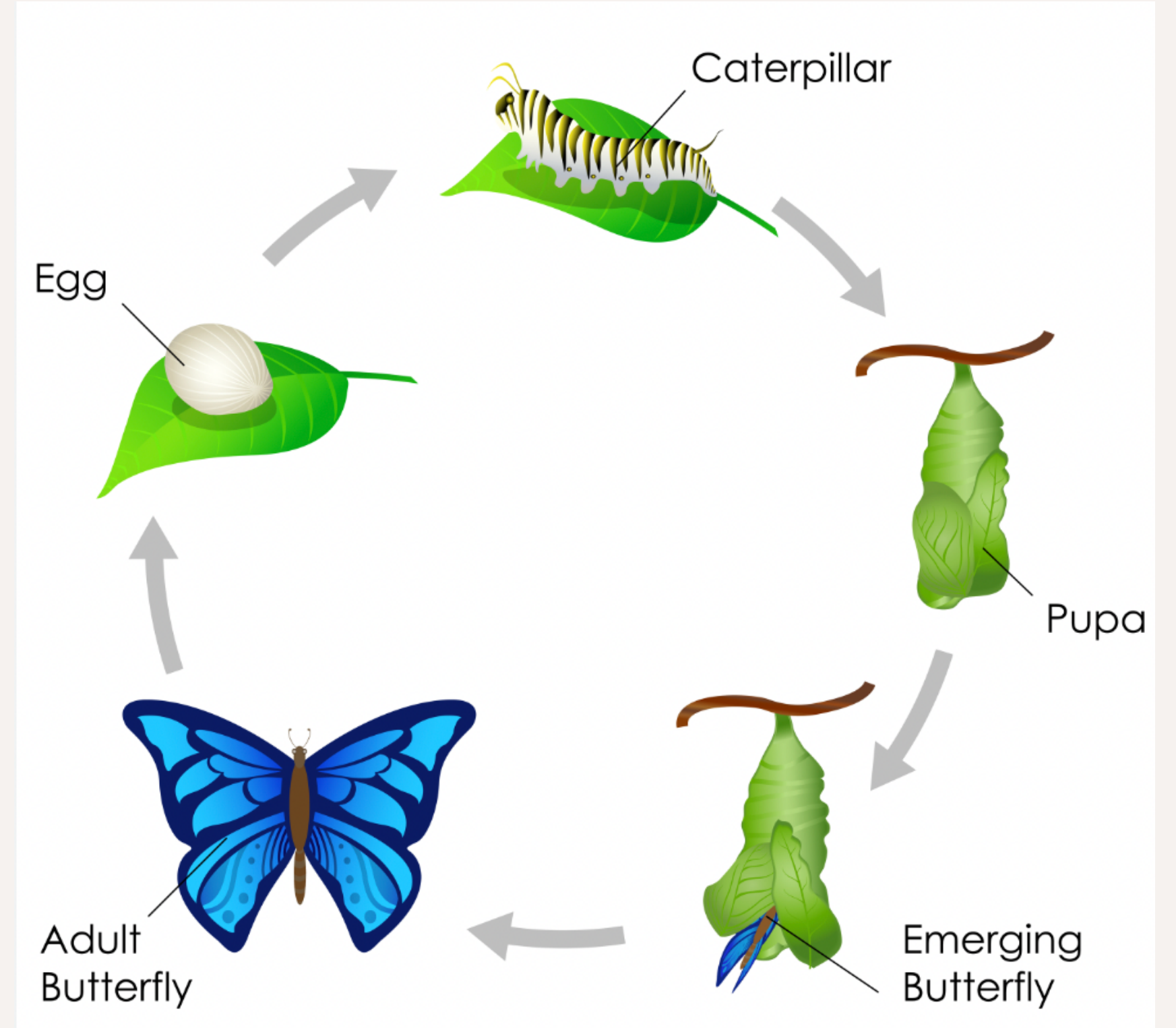
Morpho peleides- Emperor Butterfly

Order: Lepidoptera (Butterflies and Moths)

Class: Insecta (Insects)

Phylum: Arthropoda (Arthropods)



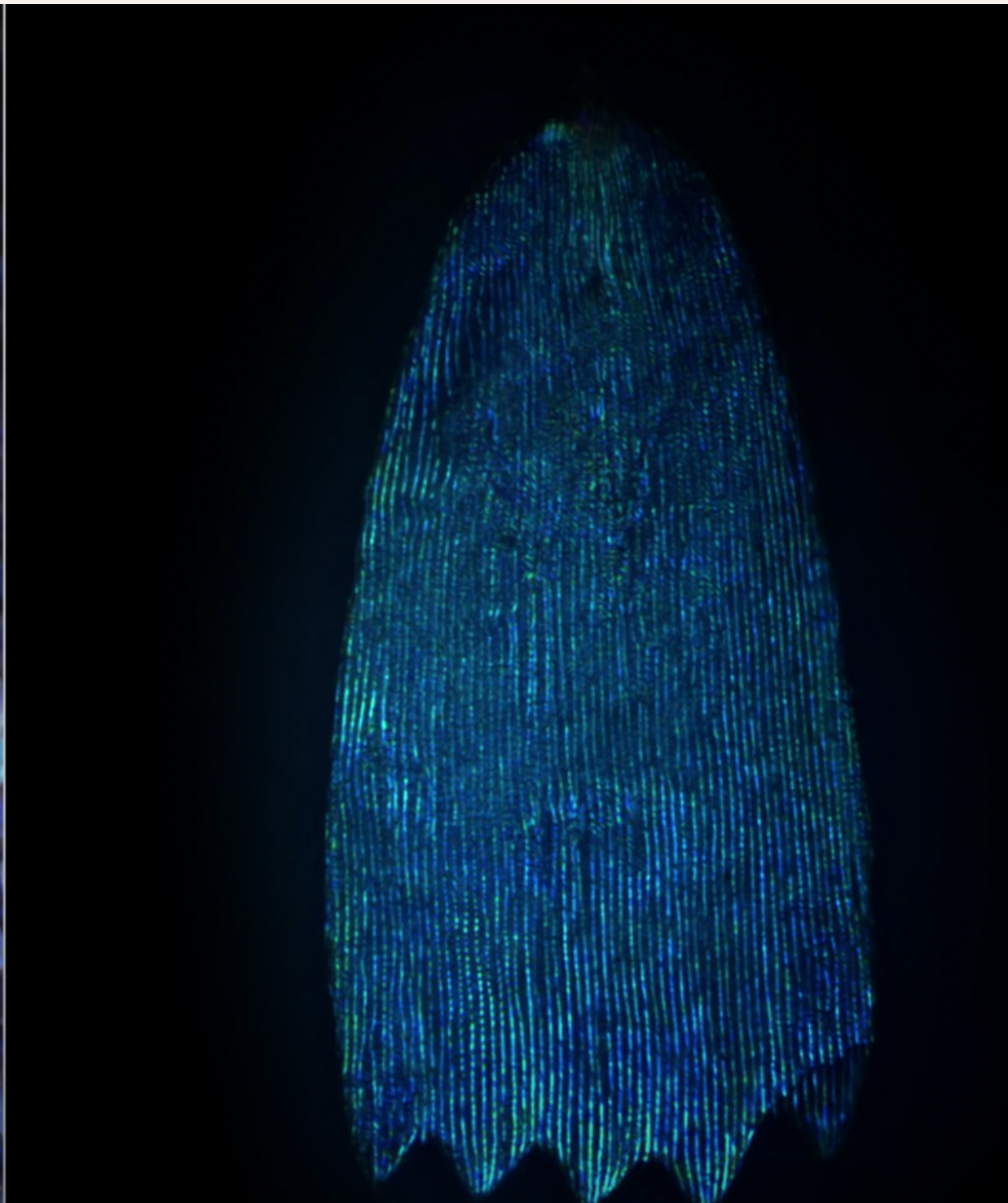


ON COCOON



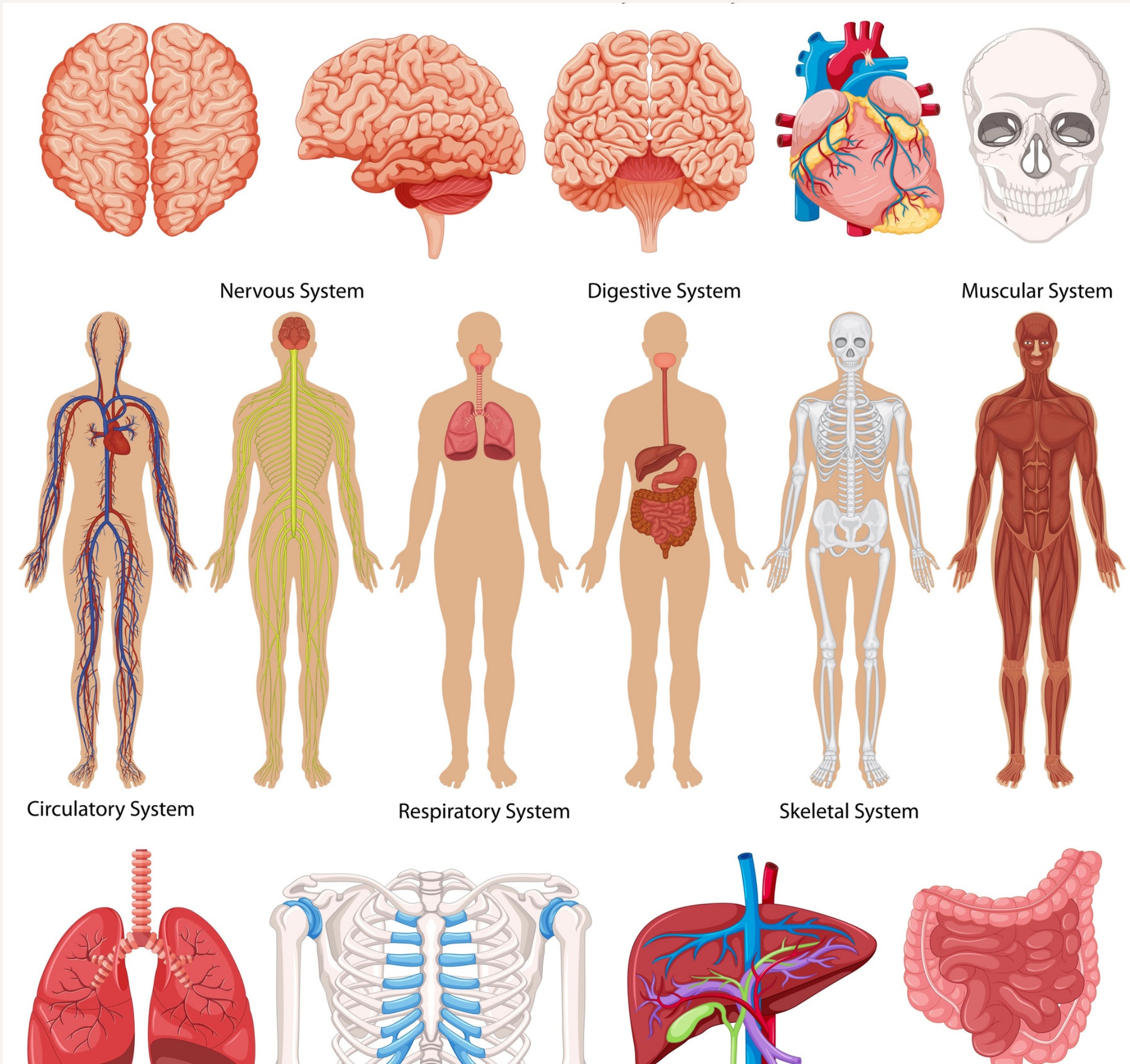
5 senses meditation & body scan

ON EMERGENCE



BODY AWARENESS

where in your body do you hold tension and trauma?



Nervous System

Digestive System

Muscular System

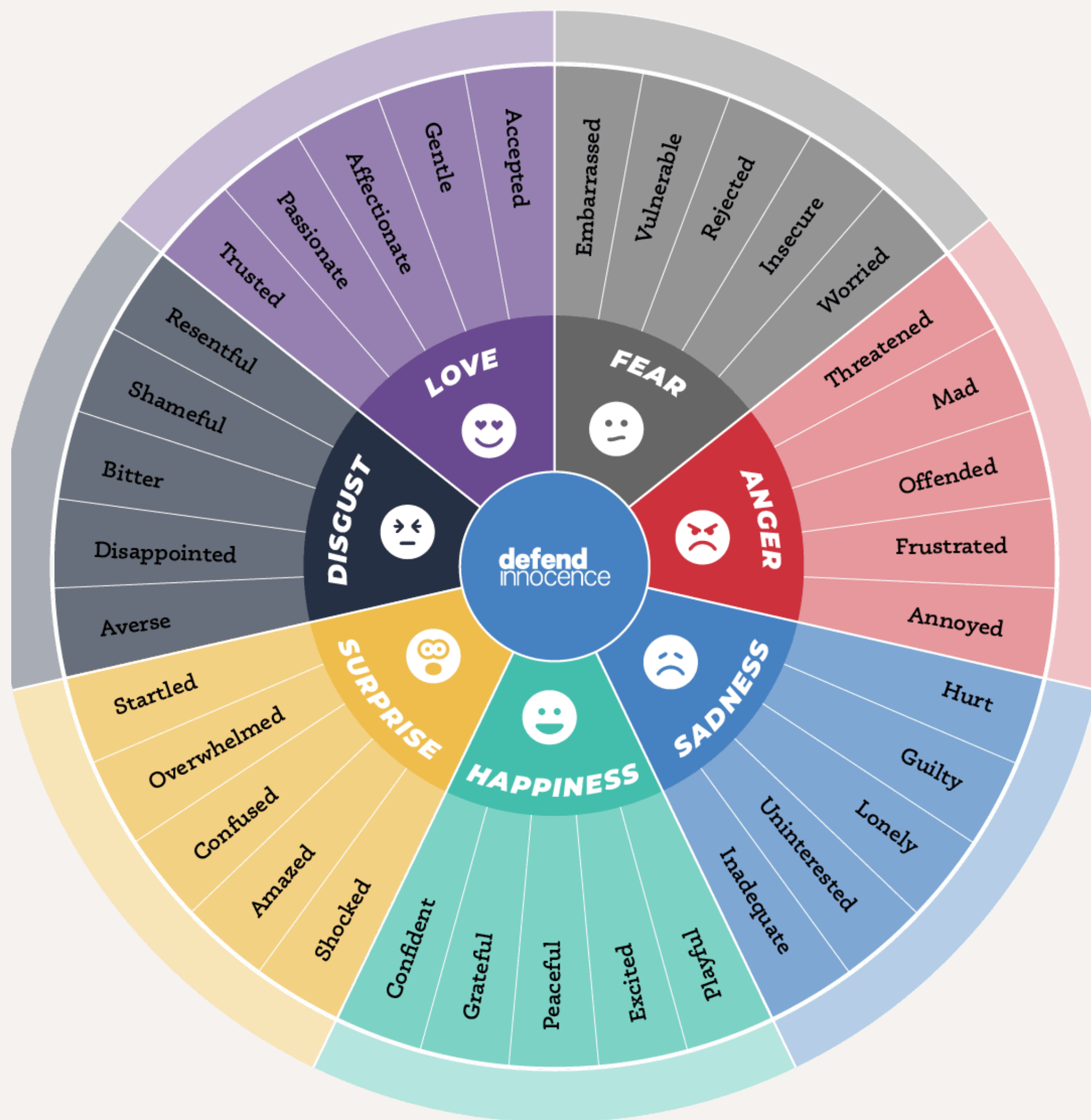
Circulatory System

Respiratory System

Skeletal System

WHEEL OF EMOTIONS

what emotion(s) are you feeling today?



light movement

*earth sky breathwork *
shaking





keep fascia hydrated

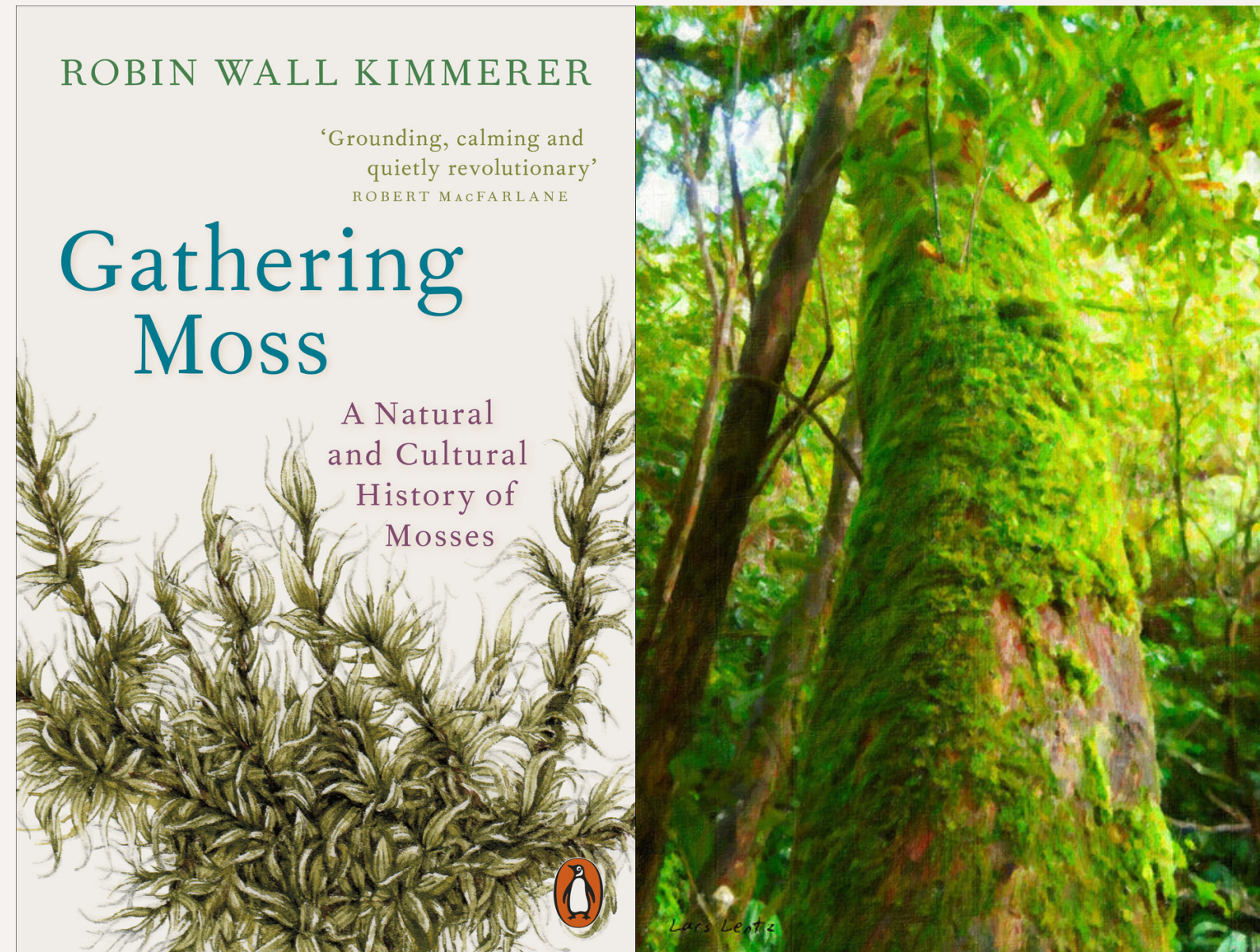
*drink water *

SLOWING DOWN



what happens when life slows down,
just for a moment?

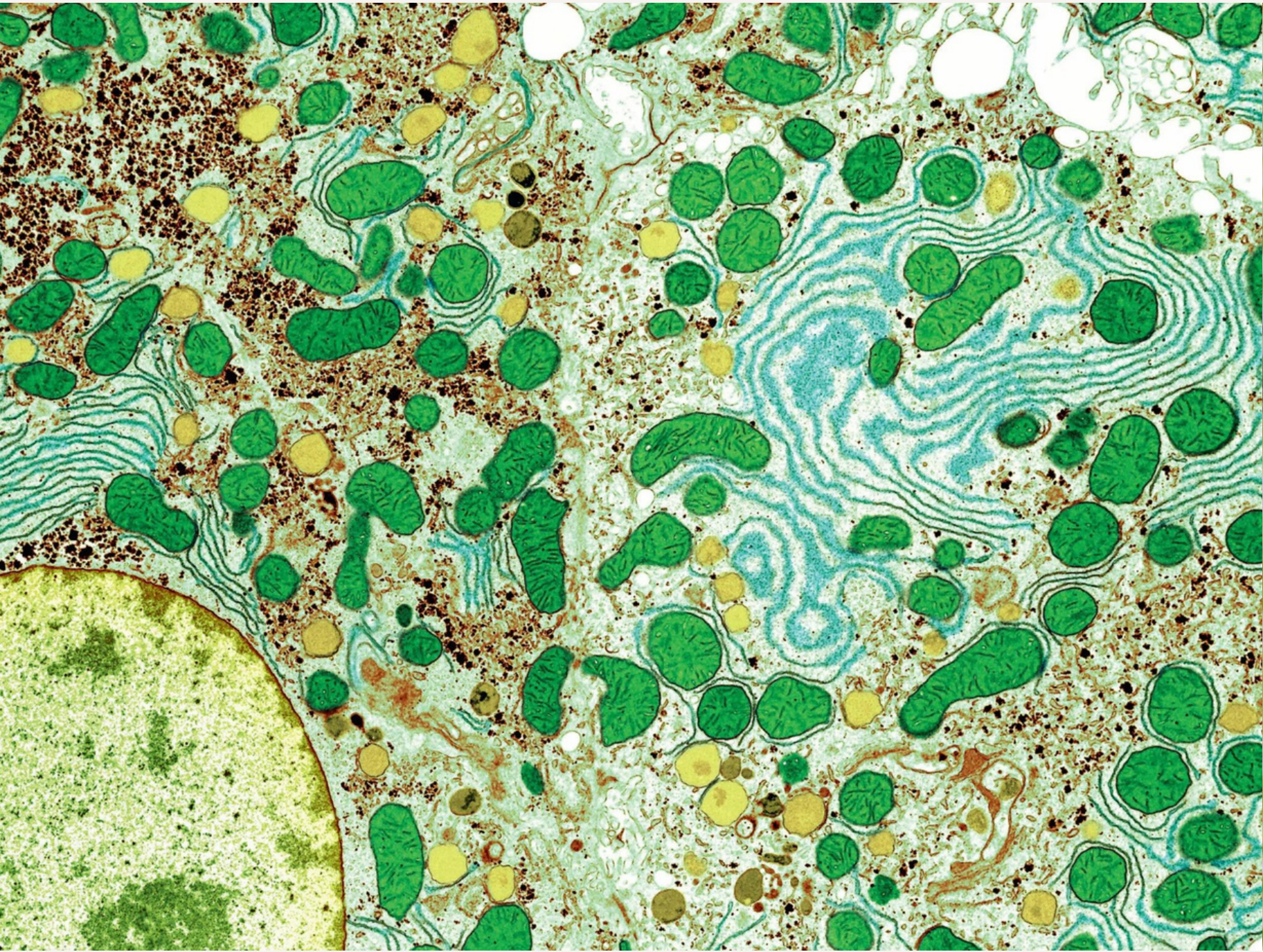
WITH A HEART TO FEEL



“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*

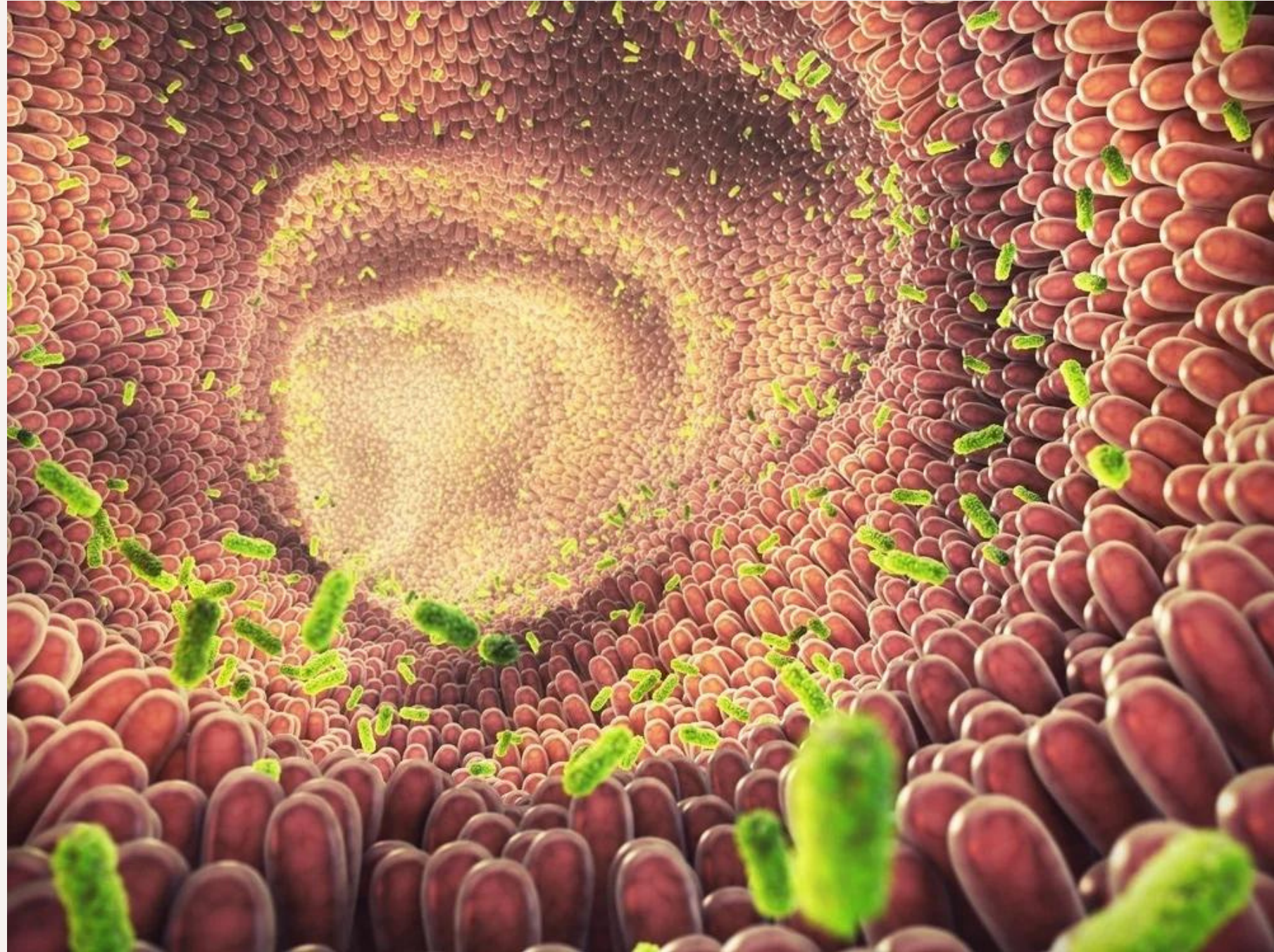
& EYES TO SEE



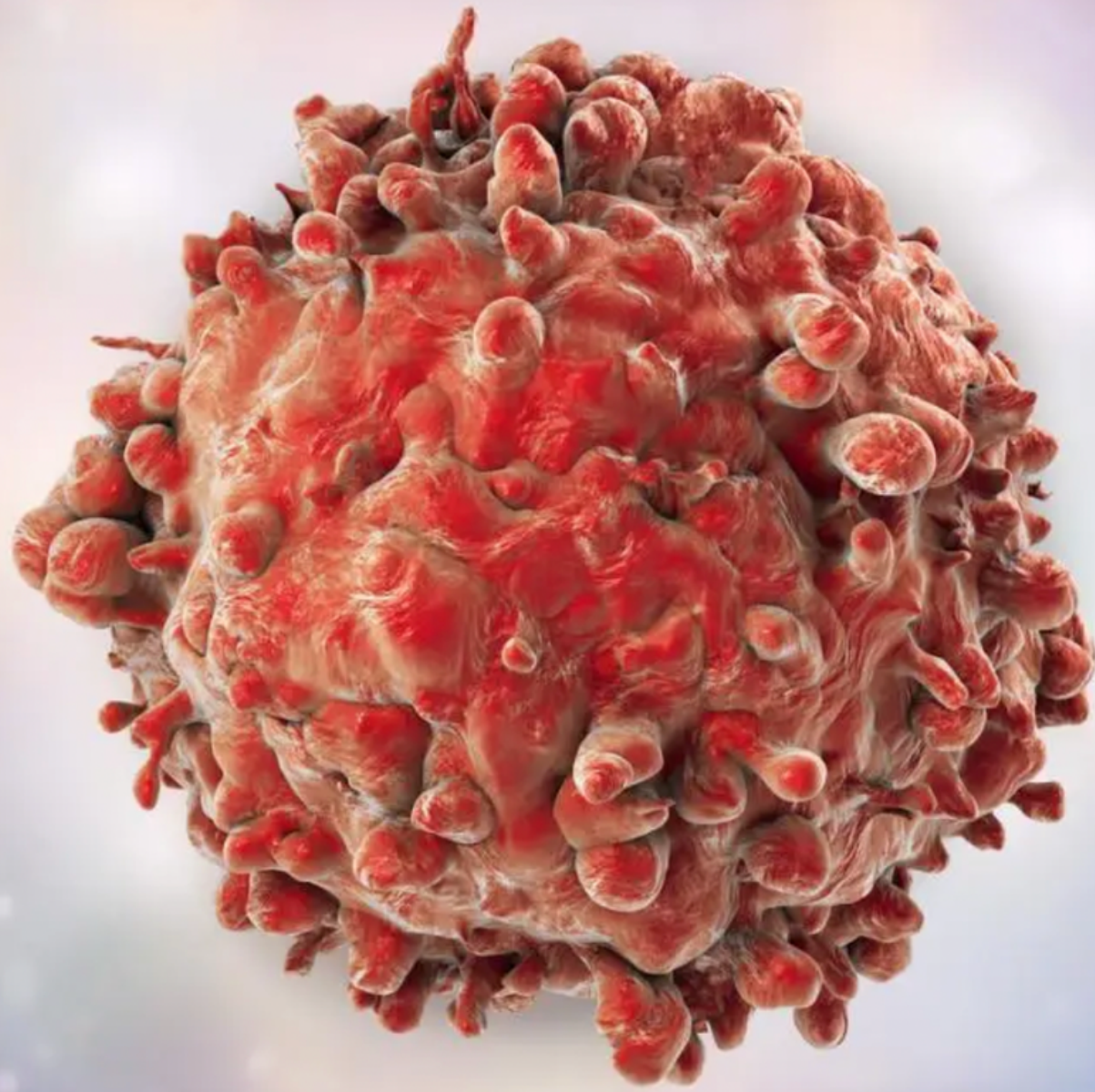








THE STRESS OF LIFE



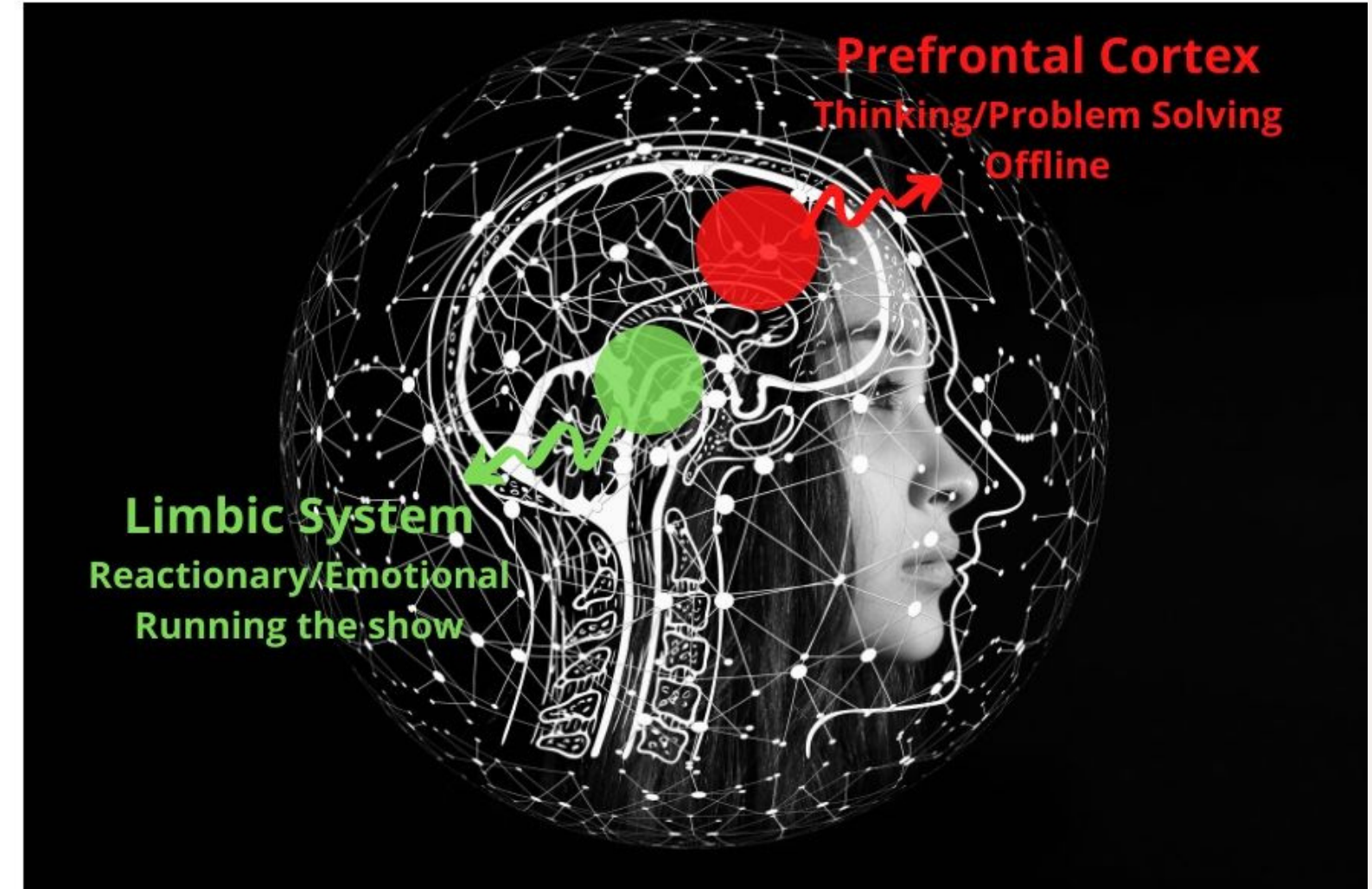
LIFE'S DUALITY





Fight/Flight/Freeze

Our System In "Survival Mode"



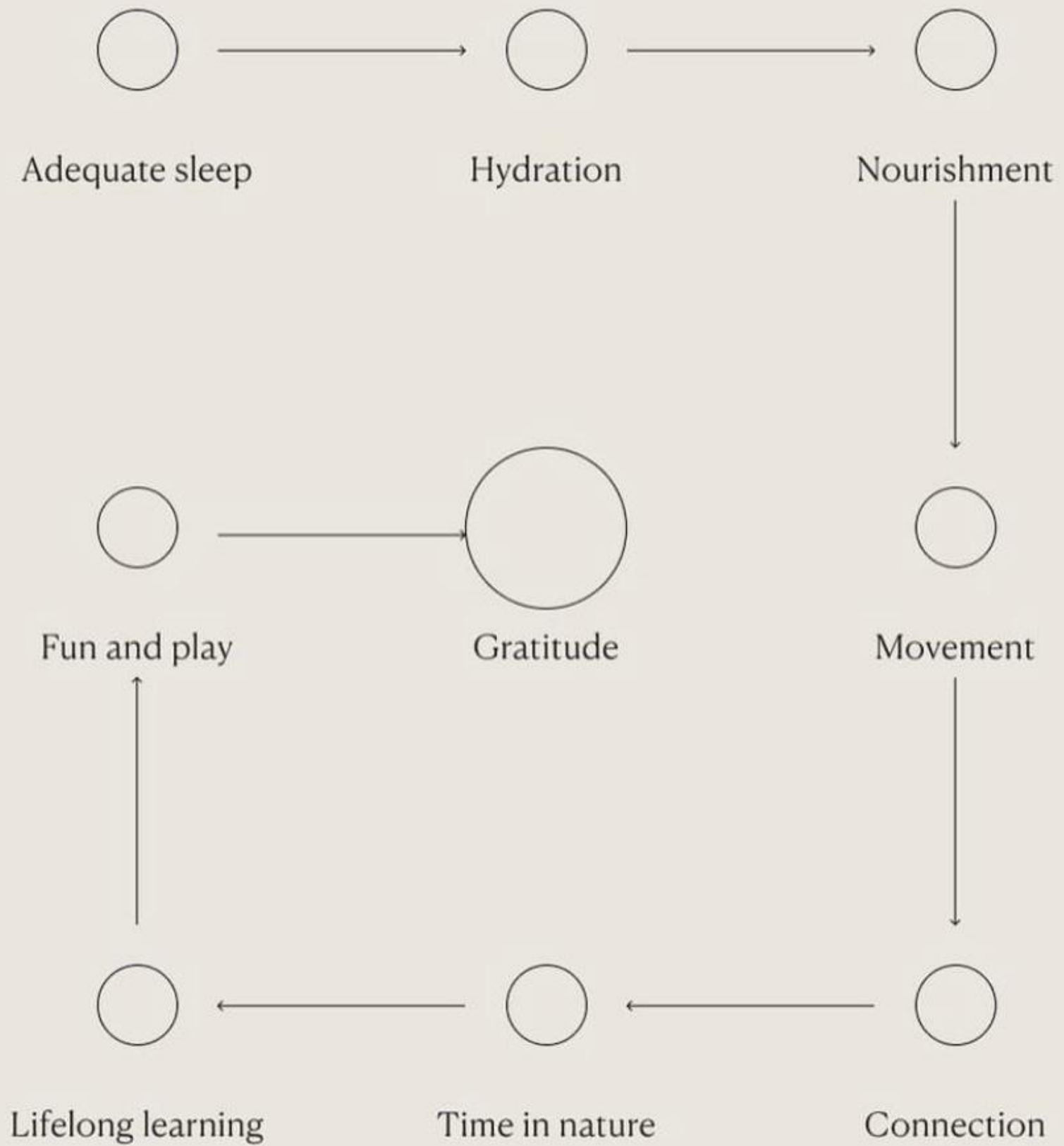
REFRAMING





Maslow's hierarchy of needs

Daily habits for a healthy mind and body



Teenager

My commitment to me



yoga & meditation



journalling/ reading



dancing/ running



volunteering



church

20s

My commitment to me



educational goals



yoga & meditation



therapy



journalling/ reading



forest hikes/ sea baths



8-10 hrs of sleep



friendships



nourishing meals



career affirmations



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

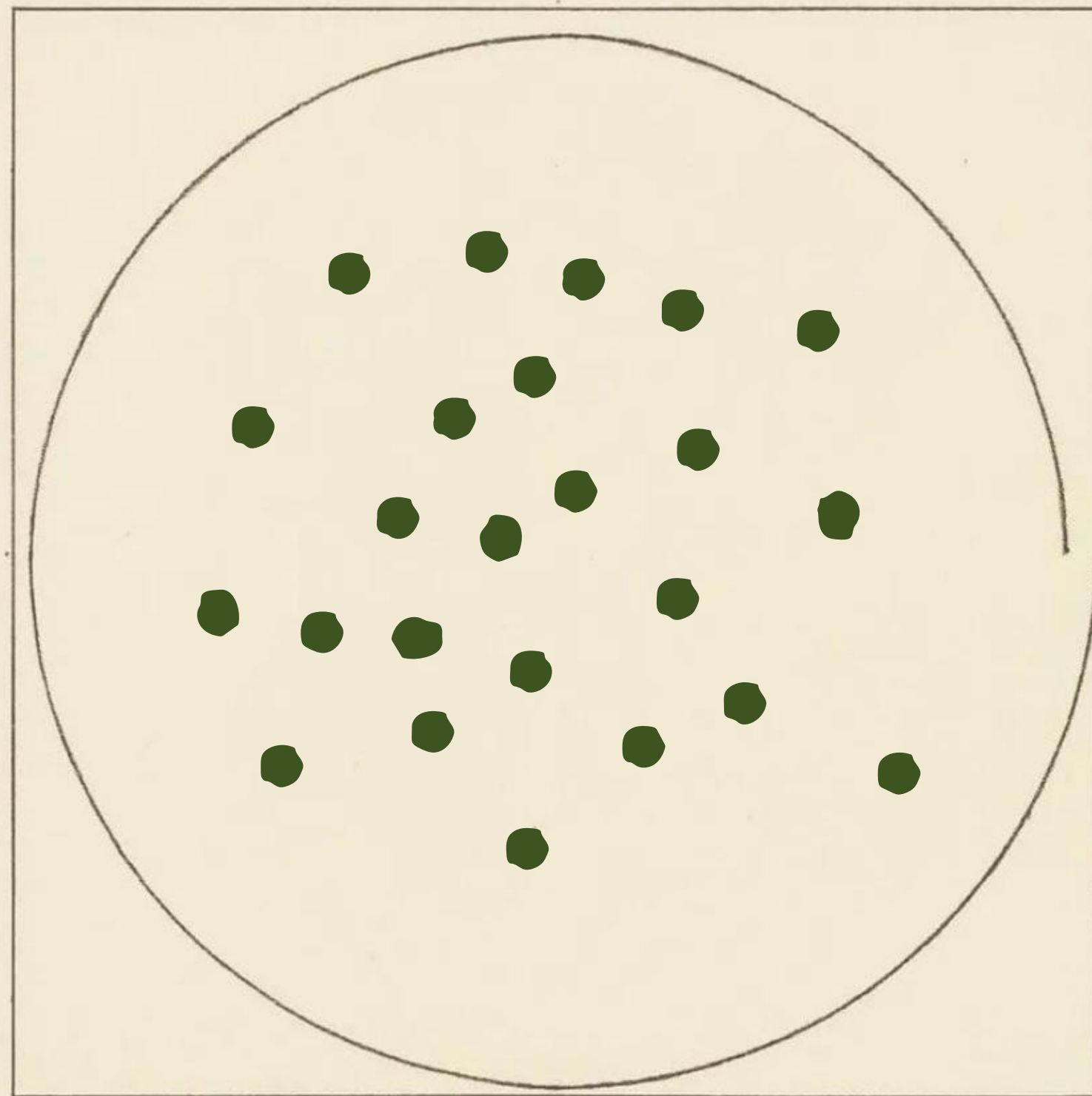
My Favourite Treat: Ice Cream



Recap: 10 practices

- mindful pause
- gratitude
- 5 senses meditation
- body scan
- earth- sky breathwork
- shaking
- hydration
- reframing
- self massage

these moments



R. Mangold 1972



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

