Somatic Practices for Connection and Vitality

Short films demonstrating the practice of ‘somatic ecology’ by Jenny from XRUK regenerative Culture’s circle.

In these films Jenny invites you to explore with her. She invites you to pause to notice sensation in your body: to feel the ground beneath you, the movement of breathing, the sounds and smells around you. A sensory attunement.
From there she invites you to see how your body directly responds to the environment around you and how parts of the body respond to other parts of the body. We might call this ‘the felt-sense of your living body (soma)’ in resonant connection with the natural world.
In developing these practices people often notice how supported they feel by the natural world. Sleep can improve, healthier food choices increase, creativity flourishes, decision making is more aligned to wellbeing, relationships with others may become more responsive and less reactive. We may start to be in direct dialogue with the whole natural world through the sensing body.

1. Somatic Ecology: Without Words - Pointing to something that’s happening without the need for words. Just as the heart beats without the need for any words.

2. Somatic Ecology: Connecting to the Source of Life, Creativity, Healing, Relationships - Coming into this sensory curiosity as a way into presence.Out of past conditioning and future concerns, we connect to the source of what is new. Open to new creative insights and healing and harmonious relationship.

3. Somatic Ecology: The Body as a Weather-Vane to the Wider Ecology - In reciprocity, correspondence, felt relationship with the environment, other plants, animals and the elements themselves.

4. Somatic Ecology - Surrendering all words of ownership (I, me, mine, ours)separation, domination, can help us feel the natural relational field. Also as we exchange nouns for verbs.

5. Somatic Ecology: The Child of Nature - The intelligence of innate nature-wisdom felt through the body in connection to the rest of the living world.

6. Somatic Ecology: In Resonant Connection with All Life - Feeling the rest of life, as living movements of the (so-called) outside world, inside us. Feeling the living world as kin. Feeling the support and safety of the community on a continuous basis.

7. Somatic Ecology: Liberated to Speak It! - Inviting you, when you feel safe enough to do so, to share with others how you are experiencing the world. What is happening in your body(soma) and felt-sense when you see the birds fly overhead, when you smell the scent of a flower, when you hear the sound of the rain.

8. Somatic Ecology: In Celebration of Innate Embodied Wisdom - In thanks for the willingness to listen to all of life; the land itself, the earth, the smell of the earth, the sounds of the twigs and how it feels directly in the body (my body). The twig breaks out there in the woods and something happens in this body. Let’s amplify and give value to this felt-sense of correspondence.

9. Somatic Ecology: In Solidarity with the Message of Connection - In the resonance you are acknowledging its reality. An embodied and relational solidarity.
