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00:00:17,220 --> 00:00:21,390

Hello listeners, and welcome back to new episode of Connecting with Nature.

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00:00:22,020 --> 00:00:25,440

Today is the 27th of February 2024.

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00:00:26,070 --> 00:00:28,080

I'm Linnea. Currently in Helsinki.

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00:00:28,500 --> 00:00:36,270

And with me are Madeleine, Emma and Manom, studying sustainable organising in times of crisis at Hanken School of Economics.

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00:00:37,260 --> 00:00:41,700

In today's episode, we will talk about building deeper connection with nature,

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00:00:42,210 --> 00:00:51,180

an eco somatic movement about understanding the idea of the human species as part of nature and more than human organising.

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00:00:53,100 --> 00:01:01,590

We are happy to welcome to today's podcast our guest, Gabriela Arana, an artistic eco preneur with her roots in Chile.

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00:01:02,220 --> 00:01:08,160

She will tell us about her experiences connecting with nature and her work as an eco preneur.

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00:01:09,060 --> 00:01:15,210

Welcome, Gabriela. I'm Gabriela. Ariana Aldana, originally from Chile.

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00:01:16,410 --> 00:01:21,390

I was born there and I lived there until I was 20.

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00:01:23,940 --> 00:01:29,530

I am a Performance artist.

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00:01:30,560 --> 00:01:35,020

I ended up being a performance artist.

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00:01:35,020 --> 00:01:39,400

But I studied with dance and.

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00:01:41,320 --> 00:01:46,720

Parallel to my my, let's say, official studies.

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00:01:47,320 --> 00:02:03,700

I had the honour to learn also about the traditions of my country and all what was related with the world view of.

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00:02:05,510 --> 00:02:10,430

Of I wouldn't say of my country, but of the.

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00:02:11,770 --> 00:02:16,560

Indigenous people of my country and.

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00:02:20,240 --> 00:02:29,600

I. I lived in dictator that was a dictatorship for my first 17 years of life.

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00:02:30,290 --> 00:02:43,099

And that that had a huge impact in me as it had a huge impact in everyone in my country and everything in my country,

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00:02:43,100 --> 00:02:54,350

because these also impact our nature and in a lot and also how we relate with

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00:02:54,350 --> 00:03:00,049

each and all of that because it brings to the extreme capitalism into it,

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00:03:00,050 --> 00:03:15,230

into our country. So in this context, there is no no awareness, no no respect for nature and in for human nature either.

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00:03:15,770 --> 00:03:23,940

So. But that impact me because since I start dancing, since I'm poor, so my connect,

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00:03:24,220 --> 00:03:31,140

my doing with the body is it has been like the the thing me and my body has been the

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00:03:31,140 --> 00:03:39,900

information source of how I see life and am and also herbs and tricks and all of that.

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00:03:39,900 --> 00:03:43,920

That it was more related with a Cosmo vision that I, I could.

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00:03:43,920 --> 00:03:48,610

I could. I could.

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00:03:49,120 --> 00:03:53,010

I don't want to say like learning to like from books, but the experience.

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00:03:53,050 --> 00:03:57,730

Yes. Yeah. And importantly. And. And.

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00:03:59,800 --> 00:04:06,280

My main question at certain point was like, how is that possible that people can get to do these atrocities?

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00:04:07,000 --> 00:04:10,500

So I was really busy with that when I came to the university.

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00:04:10,510 --> 00:04:19,630

So I went to study psychology and and but nothing, nothing seems to to give so much, you know, like answers.

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00:04:19,640 --> 00:04:26,130

I was feeling like. Yeah, but people get mixed up because they happen this and that.

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00:04:26,640 --> 00:04:33,910

But, but, but, but what then? And then. And then I went to philosophy and then I went to do physics.

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00:04:35,230 --> 00:04:42,520

I study physics. And it was a great university where you could go to different classes.

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00:04:42,520 --> 00:04:47,290

You had your main thing, and then you could go to recent I don't know how university is right now,

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00:04:47,290 --> 00:04:55,370

but at least this in in and I need to study biology as well with Prana.

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00:04:55,460 --> 00:05:10,540

That is somebody that we know in common with Maria. And so I just I just needed desperately to understand like why that is happening in.

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00:05:12,060 --> 00:05:17,480

And. Maybe every time I said, Oh, maybe it's because of that.

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00:05:17,480 --> 00:05:28,549

But then, you know, is that the way of the researcher is like, you find this, but then this comes with a gift, which is the next question in question.

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00:05:28,550 --> 00:05:38,150

Again, this thing and I think this is a gift because everything is more than we supposed to learn the time and and well,

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00:05:39,680 --> 00:05:45,560

to make it short, I think I could say I, I was an artist with all of that.

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00:05:46,040 --> 00:05:56,900

I for me, the art is the way that I can and that I can make myself understandable the best.

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00:05:58,460 --> 00:06:07,190

Because for me to make myself understandable is to open in share my experience with others.

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00:06:08,580 --> 00:06:20,040

Which then brings me to the performance art, and I left behind the fact that I would be a dancer and others would look at me on that.

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00:06:20,520 --> 00:06:24,000

We would almost be sharing the nest space, kind of.

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00:06:24,390 --> 00:06:28,740

And I want I needed more and more to make it even more concrete.

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00:06:29,220 --> 00:06:34,230

So I went out from the theatres and I stepped into the forest.

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00:06:35,630 --> 00:06:40,910

And in this middle of things I already left from Chile.

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00:06:41,180 --> 00:06:50,030

I spent two years in Central Europe doing this crazy life of freelance dancers in different countries,

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00:06:50,030 --> 00:06:55,579

in different projects, and in each country and in each culture I step in,

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00:06:55,580 --> 00:07:10,580

I always try to find what is here about nature, what is here about indigenous or old, old, even an ancient relation, religions or worldviews.

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00:07:11,930 --> 00:07:18,620

I was always very interested in that and continue writing and continue thinking and continue experiencing.

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00:07:19,550 --> 00:07:32,060

I also got a degree of body therapist in it, so I, I was working also with people in therapy, in body therapy,

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00:07:32,060 --> 00:07:37,160

body therapy, something, you know, somebody could think something was meant to cosmetological nowadays.

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00:07:37,160 --> 00:07:45,170

But nowadays we, we speak about somatic movement therapy or somatic movement education.

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00:07:45,980 --> 00:08:01,010

And so I was I was navigating with these things and and when I came to feel and this hits me a lot the situation because there was the

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00:08:01,370 --> 00:08:11,510

nature here people seems to want to go to nature and to go naked to the sauna and to jump into the lake and all these kind of things.

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00:08:12,050 --> 00:08:17,060

But still, there was something that I there was something that.

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00:08:19,480 --> 00:08:30,010

That he was missing. Which I always related with the connection with nature, which is the sense of community.

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00:08:30,850 --> 00:08:42,550

So at the moment, I always, always felt that, of course, if you have a connection with with nature, you that sense of community is there.

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00:08:42,640 --> 00:08:56,469

It just raised up from that. But I noticed and felt very strongly that that was really missing in in this country, in Finland and with no judging.

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00:08:56,470 --> 00:09:00,640

And I'm saying that I'm just noticing things.

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00:09:00,640 --> 00:09:05,290

So that was interesting because I thought, Oh, but is it that so?

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00:09:05,290 --> 00:09:09,669

And so I start to question, But what then is this connection like?

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00:09:09,670 --> 00:09:12,130

Is it that the connection is not just.

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00:09:12,640 --> 00:09:21,610

So that is how I started in this started in and I did some some work as a dancer for many years just to make myself,

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00:09:21,640 --> 00:09:26,020

you know, have the money to pay the bills and all these things.

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00:09:27,220 --> 00:09:30,220

I went back to dancing theatres, it seems like that.

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00:09:30,220 --> 00:09:38,860

But but that very soon I realised like, Oh no, this is I just cannot stand it anymore.

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00:09:38,860 --> 00:09:46,630

And, and I went back to the forest, which is easy to grow here because this is like 200 metres of where I live.

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00:09:46,990 --> 00:09:50,410

It's a city forest so it's not like a forest really, but it's.

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00:09:51,440 --> 00:09:54,349

It's trees. Is is nature there

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00:09:54,350 --> 00:10:02,419

Is this all there is the blueberries and there is some snakes even, which is always a good sign because it means that I mean,

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00:10:02,420 --> 00:10:07,430

if they can live there, it means that there is there is something good there.

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00:10:08,180 --> 00:10:14,330

And yeah, so I've been for the last 17 years or more.

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00:10:14,780 --> 00:10:21,589

Yeah, 19 years since I moved to Finland in the 2000.

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00:10:21,590 --> 00:10:30,390

So I've been here for 24 years. So but for the last nine, 19 years, I've been doing my research in the forest and.

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00:10:30,520 --> 00:10:42,020

And. Also giving up on many things so that I can.

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00:10:42,500 --> 00:10:47,450

I can. I can be.

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00:10:51,510 --> 00:10:55,080

Not only work on that, but live like that.

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00:10:55,590 --> 00:11:08,639

Yeah. Yeah. I'm just thinking, like, this topic, like more than human and being, like, connecting to nature.

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00:11:08,640 --> 00:11:14,880

It feels like for some of us, and at least for me, it feels like we have heard about it and we're like.

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00:11:14,910 --> 00:11:23,370

Especially in Finland, like the nature is so strongly built in us and we are like loving our nature.

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00:11:24,000 --> 00:11:27,840

But of course that can't be the same for everybody, like everybody in the world.

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00:11:28,800 --> 00:11:38,930



But I think I. This kind of mindset of the modern human in prioritising the nature and not only to.

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00:11:40,920 --> 00:11:47,100

Prioritise, but to actually, I don't know, connect with the nature in a sense, like being more.

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00:11:49,010 --> 00:11:59,030

How can you say like intra connect or action with the nature, but rather than like, you know, interconnect, it's like this different.

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00:12:01,930 --> 00:12:05,950

Way of mindset. And I think. How? Like.

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00:12:06,520 --> 00:12:13,990

But the people you work with, what kind of people and persons are do you work with?

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00:12:14,170 --> 00:12:23,870

Like, is it? Regular people because you have to be like some sort of person to maybe have already thought about

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00:12:23,870 --> 00:12:33,410

this ecosomatic or already thought about this topic or being more aware of the nature.

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00:12:33,770 --> 00:12:39,300

Yeah, I hear you very well. And I see you and I.

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00:12:40,670 --> 00:12:46,549

Yeah. Okay. I'm gonna say things that you're everything that you said in in.

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00:12:46,550 --> 00:12:55,400

I'm gonna try to first of all I would invite you invites anyone that it's interesting to reflect on.

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00:12:55,580 --> 00:12:59,300

On the on the connection. Ask us what it is.

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00:13:00,260 --> 00:13:04,460

What are we talking about when we talk about connecting?

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00:13:05,710 --> 00:13:11,020

What are what means that. And I'm not going to answer that.

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00:13:11,260 --> 00:13:21,110

I'm just inviting you to reflect for yourself. And the second is like, do we need to connect with.

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00:13:24,670 --> 00:13:32,290

Nature or are we connected with nature. And what then that means when we talk about we have to learn to connect with nature.

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00:13:33,980 --> 00:13:37,070

This is the first thing that came to my mind when you were talking.

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00:13:37,100 --> 00:13:41,060

The other thing is more related with what you were asking about.

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00:13:42,440 --> 00:13:47,180

About with who I work, then. Yeah, well.

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00:13:49,220 --> 00:13:53,900

I see myself in my work because we talk about my work.

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00:13:54,440 --> 00:13:58,640

I see myself as a student more than us.

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00:14:00,660 --> 00:14:04,980

I go to nature with no plans.

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00:14:07,380 --> 00:14:10,530

Maybe a ton of questions, but no plans.

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00:14:11,400 --> 00:14:15,510

And I go there to surrender.

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00:14:16,710 --> 00:14:18,960

And let the things raise up.

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00:14:19,900 --> 00:14:40,030

This is this is a very basic, normal, common way of being at which you can find in many indigenous cultures as a way you're learning, where you.

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00:14:42,210 --> 00:14:47,370

Where you surrender to receive the teachings and not.

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00:14:48,610 --> 00:14:59,470

Without trying to control, um, the how or the in which form it will come to you, their knowledge.

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00:15:00,820 --> 00:15:09,670

Because the thing is that in my experience and of human nature.

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00:15:12,460 --> 00:15:25,670

I carry the knowledge. But I'm not aware of it because it's in because one is not only in me.

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00:15:27,020 --> 00:15:32,510

For me to realise it and to I'm not aware of it.

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00:15:33,470 --> 00:15:43,520

So how I, how I make myself aware of it, I have to switch into other state of, of being,

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00:15:44,240 --> 00:15:55,040

which is on a state that is not about as an example to go with my perfect plan and I'm going to do this and this and doing that.

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00:15:55,040 --> 00:16:01,699

I'm going to do such a choreography that everybody will like and I'm going to go to the forest and I'm

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00:16:01,700 --> 00:16:10,010

going to do it there and it will last for 2 minutes and it will have ten dancers and it will be so famous,

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00:16:10,880 --> 00:16:18,500

you know, I will get so much volume for that. And so I, I, you know, I go with the plan there.

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00:16:18,890 --> 00:16:28,070

And and, you know, I just I just go there as a as a human, as an animal.

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00:16:29,030 --> 00:16:38,149

And in recognising that I the knowledge I have is minimum because if I especially if I rely only

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00:16:38,150 --> 00:16:45,500

in the rational knowledge especially is minimum in cooperation with the great knowledge of,

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00:16:45,920 --> 00:16:51,350

of life itself, which is this planet and even the cosmos.

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00:16:52,580 --> 00:16:57,320

And it has a knowledge as well. And so I'm this one person.

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00:16:57,530 --> 00:17:05,690

So I go there with this, with this idea of surrendering and and to.

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00:17:06,710 --> 00:17:15,680

Because surrendering is actually the only one way to step in this field of the non-rational.

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00:17:17,060 --> 00:17:23,120

And and you it's it's a field of not controlling.

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00:17:24,020 --> 00:17:33,920

And then the body comes and go is the feel of of yielding into nature and into rending and being.

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00:17:34,850 --> 00:17:40,040

But with awareness I mean yeah, I felt asleep as well.

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00:17:40,370 --> 00:17:50,300

But you know the idea is not to follow because you and the one that is informing you of everything is your body.

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00:17:51,480 --> 00:17:56,580

Because this is who we are. I mean, the big question, who we are?

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00:17:56,880 --> 00:18:04,890

Well, we are nature and its a body. And we can sense the things so thought through our senses.

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00:18:05,170 --> 00:18:10,500

Yes. Our body informs us of.

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00:18:11,490 --> 00:18:16,850

Of everything. Anyone can do that because it's a human capacity.

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00:18:19,140 --> 00:18:24,080

If anyone can do that. It's free.

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00:18:26,320 --> 00:18:32,200

So now is the part of of of my reflection that is very critical of society.

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00:18:33,100 --> 00:18:46,840

And is very critical of how we have understand a human relations, education, you know, working place dynamics,

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00:18:47,110 --> 00:18:57,980

industry dynamics with the workers like all of that without not even yet getting into the the the ecological part of how we have built things.

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00:18:58,000 --> 00:19:06,070

Well, in a sense, also, I feel like in today's society, like the life of us is so hectic,

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00:19:06,310 --> 00:19:19,090

like we're always getting emphasized and encouraged to like push forward always and, you know, thinking forward all the time but rather also needing to.

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00:19:19,990 --> 00:19:29,139

I feel like the challenge is to actually learn to just exist and to like, you know, stay in the moment and relax a little bit.

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00:19:29,140 --> 00:19:34,600

And you don't have to always like rush everywhere, you know, be hectic and everything.

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00:19:34,690 --> 00:19:41,139

So I think everybody should practice this in a sense of their own mental health.

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00:19:41,140 --> 00:19:46,600

And also, you know, calming down in the sense.

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00:19:47,800 --> 00:19:51,360

Well, that's right. That's totally right.

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00:19:51,390 --> 00:20:02,170

And I see it also, as you know, this society that where we live is not something that just came like that.

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00:20:03,640 --> 00:20:18,520

There was people thinking on how to build a society so that the power or power money would stay into some little group of hands.

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00:20:18,530 --> 00:20:33,189

And and then the others would be the workers working to to to keep up these these standard of life that has been always like that.

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00:20:33,190 --> 00:20:40,239

Like always I we are talking about like at the times of the the Platon the philosopher.

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00:20:40,240 --> 00:20:44,950

I mean he wrote the republic. I mean this is old stuff.

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00:20:46,640 --> 00:20:55,090

It's very clear. I mean in the propositions this, this person does and but also we have a the big message for the,

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00:20:55,090 --> 00:21:00,430

the for the for our society, which comes even from the Bible.

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00:21:00,730 --> 00:21:04,900

Like, I have enormous respect for anyone's religion.

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00:21:05,050 --> 00:21:09,070

I'm just I've been just researching and noticing things.

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00:21:09,520 --> 00:21:16,510

And so but there is a part I don't remember from outside but you can find you can even Google it if you want.

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00:21:16,750 --> 00:21:28,810

Like what? What God says to Eva and Adam and you will read there is he says like, look, this is this is the world and is yours.

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00:21:29,410 --> 00:21:34,550

Do whatever you want with it. Like take from there whatever you want.

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00:21:36,100 --> 00:21:45,470

So. Would it be different, these different for instance this God would say, like you are from here.

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00:21:45,710 --> 00:21:49,820

This is this is part of you. You depend on this nature.

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00:21:49,820 --> 00:21:54,080

So you got to respect it and take care of. Be careful.

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00:21:54,110 --> 00:21:59,930

Take only what you need. Not what you want because you might want too much.

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00:22:00,080 --> 00:22:06,620

Take only what you need and have enough and search that others also have it now.

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00:22:06,800 --> 00:22:10,250

You know. But. But you can really do can google it if you want.

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00:22:10,850 --> 00:22:17,479

The the idea that settles it in this this idea,

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00:22:17,480 --> 00:22:28,790

this Bible reading the idea it has been influencing like a lot in the in the mindset of of western society.

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00:22:30,460 --> 00:22:42,090

Wath you say, It made me think of the fact that, as you say, it's in our culture, it's the idea and the philosophy that we learned.

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00:22:42,430 --> 00:22:46,780

We said the way it is. This is what we teach to our children.

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00:22:46,810 --> 00:22:51,549

We teach to children. It comes from Platon. It's come from really a long time.

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00:22:51,550 --> 00:22:58,140

And it goes with the idea that. Now we feel, as you said, that we are not.

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00:22:58,980 --> 00:23:03,390

We are on earth in the world, but not a part of it.

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00:23:03,960 --> 00:23:13,140

And from what we saw in class too, I would think he may be the kind of thing that we should tell the children right now.

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00:23:13,830 --> 00:23:21,899



You know, from, very young to make them know that the world they are living, they are part of it now, not just on it.

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00:23:21,900 --> 00:23:25,290

This is a way of thinking that could help them in the future.

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00:23:25,290 --> 00:23:30,779

Because when you think about the world as a part of you, you're not attached to it.

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00:23:30,780 --> 00:23:35,249

And maybe it could make people change that mindset.

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00:23:35,250 --> 00:23:44,750

Because if nature is being destroyed and there are so many problems right now, if people don't feel linked to it.

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00:23:45,860 --> 00:23:49,309

And this is, I think, the main problem we we have right now.

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00:23:49,310 --> 00:23:52,490

And from what I see, your work can help.

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00:23:53,120 --> 00:23:56,690

Beginning with the mindset and with the feeling. Mhm.

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00:23:57,260 --> 00:24:03,800

Yes I, I, I hear you and I totally agree with you.

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00:24:04,640 --> 00:24:16,850

There is one thing that is very important and I have noticed noticed that for, for, for quite a long while and this is this idea about telling.

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00:24:18,510 --> 00:24:24,740

Because it seems that telling it is not enough because you know, they are.

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00:24:26,250 --> 00:24:34,829

I don't exactly know. But I think it was even in the thousand 800 and something that there was this

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00:24:34,830 --> 00:24:42,090

first person explaining that about the emissions and about the the climate.

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00:24:43,980 --> 00:24:53,160

That warming. And and, you know, already in that moment there was somebody I think it was this Swedish researcher.

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00:24:53,160 --> 00:24:55,920

I don't remember. I really don't remember. Sorry.

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00:24:55,920 --> 00:25:03,990

But but it was this I remember that it was already in the in the 1800 and something that somebody already spoke about.

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00:25:04,440 --> 00:25:15,310

So we've been speaking about the problems with ecology, the problems with the living in not non-sustainable animal life in building,

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00:25:15,420 --> 00:25:21,120

which is basically no sustainable way for such a long time.

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00:25:21,540 --> 00:25:27,930

And nothing has changed. It's enough and it's getting worse.

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00:25:28,320 --> 00:25:41,400

It is getting worse and worse. So the I have a deep belief, which it comes from my experience.

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00:25:42,390 --> 00:25:45,880

That it's not enough to tell people.

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00:25:45,900 --> 00:25:53,760

It just doesn't go through because our bodies, for the cellular information in our bodies,

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00:25:54,900 --> 00:26:05,190

create something that eco somatic, which is how I would work with the with the body and the body of the main body.

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00:26:05,880 --> 00:26:09,360

The nature is the body somehow. Or it is.

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00:26:09,610 --> 00:26:22,040

And I. There is a kind of as if you have code something, so you code something to be like nothing.

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00:26:22,400 --> 00:26:32,030

And in this this information, let's learn this cultural way of being in way of related relating.

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00:26:32,030 --> 00:26:39,080

We live with ourselves, with each other as human, with everything that is alive, meaning nature.

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00:26:39,500 --> 00:26:49,730

And it is creates something that we could call a tone, a body tone.

201

00:26:50,600 --> 00:26:59,420

And that means that we have a tone means all the tensions and these tensions we have in our body.

202

00:26:59,840 --> 00:27:15,220

So if this doesn't change. Your understanding will not change because you will not be able to open up necessarily for new ideas.

203

00:27:15,550 --> 00:27:30,140

If the container of these ideas is all the time staying in the in this old coding or in this old tone, in this old program, do.

204

00:27:30,490 --> 00:27:33,620

No, no, no. Make myself understandable. Yeah.

205

00:27:33,980 --> 00:27:39,300

You know what I believe we need is the experience.

206

00:27:39,310 --> 00:27:50,710

We need the experience. And I remember when I became my mother and I had this kid,

207

00:27:51,100 --> 00:27:59,730

and I didn't know nothing about kids and much less about being a mother, because I haven't been a mother before.

208

00:27:59,740 --> 00:28:03,730

I mean, it was my first and. And.

209

00:28:05,910 --> 00:28:09,629

I wanted to be so good, Mom. So I wanted to.

210

00:28:09,630 --> 00:28:15,180

She has a very good self-esteem and that she, you know, you do all the the the best.

211

00:28:15,180 --> 00:28:18,750

You want to know all the things I didn't have that I support.

212

00:28:19,290 --> 00:28:28,110

You know it that to make your plans and but suddenly you realise that no matter how much you try, they will struggle with life.

213

00:28:29,650 --> 00:28:40,660

And I noticed that she starts a struggle with things that it wasn't logic that she would be struggling with because I took care of telling her.

214

00:28:41,890 --> 00:28:45,120

That. It's fine. These. And this.

215

00:28:45,120 --> 00:28:51,020

And that. And that. So why she was I used to tell her, like from the first day she was born,

216

00:28:51,030 --> 00:29:01,820

like why she's struggling with that and that it was, you know, again kids did just so much and, um, what about ourselves?

217

00:29:02,790 --> 00:29:10,530

So I realised. Okay, but. Well, I take them point after feeling guilty of not being enough, a good mother and all this stuff,

218

00:29:11,460 --> 00:29:18,630

I realised that the kids never learn what you tell them, but they learn what they experience.

219

00:29:19,110 --> 00:29:24,600

And as a mother you are. They saw you, so they experience you.

220

00:29:25,530 --> 00:29:31,860

So if you want it, they learn to take care of their needs and you don't do it.

221

00:29:32,960 --> 00:29:39,870

They will never learn that. And we are when we don't know what we don't know about something.

222

00:29:39,990 --> 00:29:45,810

We are like kids on that. So we adults even.

223

00:29:47,690 --> 00:29:59,420

Need to have the experience, to have the soil in order to be able to to transform or to change.

224

00:30:00,710 --> 00:30:08,060

So that when you look around and relate with others, that will change as well.

225

00:30:09,340 --> 00:30:13,630

And I think this is the missing thing in all this.

226

00:30:13,840 --> 00:30:20,020

Like, there are so much that is too much brilliant research people talking about,

227

00:30:20,020 --> 00:30:25,780

like people talking in these things that they organise with all the presidents and all the

228

00:30:25,780 --> 00:30:32,229

dada and they go and talk and they scientific people like proving even that little things,

229

00:30:32,230 --> 00:30:36,750

you know. And here we are warming up.

230

00:30:36,790 --> 00:30:41,410

Warming up? So what happen.

231

00:30:41,620 --> 00:30:50,800

You know how you can convince a millionaire that has been making their money in it, you know?

232

00:30:50,890 --> 00:30:55,870

Let's put an example. I'm not against all millionaires. No, it's not about that.

233

00:30:56,140 --> 00:31:09,730

It's about just trying to explain about my point, which is, you know, a millionaire that, you know, exploding oil and, you know, selling it like like.

234

00:31:11,180 --> 00:31:15,030

They don't get confused. With all the research.

235

00:31:15,480 --> 00:31:20,550

They are not ready. They will not give up their millions.

236

00:31:21,550 --> 00:31:24,760

In order to change the world. They don't do that.

237

00:31:26,630 --> 00:31:33,140

And it's because they have so built another tone and other body tone.

238

00:31:33,410 --> 00:31:41,960

And this is how we do things. And there is no way that maybe some millionaires have changed a little bit their strategies, but.

239

00:31:43,160 --> 00:31:48,290

Not at all enough. I mean, we could be in a much better place already.

240

00:31:49,930 --> 00:31:53,830

And we are not. We are in a much worse place already.

241

00:31:54,670 --> 00:32:03,250

If we want to change the future, we need to give the kids a different kind of education where they can experience themselves,

242

00:32:03,970 --> 00:32:08,890

where they can get in touch with their bodies, with they can learn from that.

243

00:32:12,060 --> 00:32:16,740

Not to believe that they belong, but to experience that they belong.

244

00:32:17,580 --> 00:32:23,490

Not to believe that we have to recycle the garbage, but that we need to recycle the garbage.

245

00:32:23,910 --> 00:32:30,750

But this is this is this is related with the future food we will eat or not have.

246

00:32:31,080 --> 00:32:37,080

But the education is the say that over a thousand years ago they are learning almost the same thing.

247

00:32:37,080 --> 00:32:42,090

There are some variations, but they are always about telling telling about the global warming.

248

00:32:42,480 --> 00:32:47,400

Okay, they get anxiousness attacks. Know what I mean?

249

00:32:47,760 --> 00:32:51,930

We need to recover the experiential knowledge.

250

00:32:52,830 --> 00:33:00,540

We need to recover the belief that even I cannot explain it with words, even I cannot measure it.

251

00:33:02,190 --> 00:33:13,740

It will give me it will offer me a reset in my body that experience it recycling everything in my body and things will change.

252

00:33:15,390 --> 00:33:20,310

And at one point this resetting. It has to be collective.

253

00:33:20,700 --> 00:33:31,200

It has to be a collective experience because this is not this kind of me, me, myself getting healed.

254

00:33:31,620 --> 00:33:35,910

No, it doesn't happen like that. Uh.

255

00:33:37,260 --> 00:33:42,270

I mean, what is that, if you will still live in this society?

256

00:33:42,270 --> 00:33:49,940

I mean, so many people. For a while I was organising retreats because I felt like, okay, one day is not enough.

257

00:33:49,950 --> 00:33:56,550

We need like a bigger time to do to experience nature so that things can start changing.

258

00:33:57,180 --> 00:34:05,130

But then I realised, well, this is, this is not enough either, because then we will come back to the same.

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00:34:07,150 --> 00:34:13,090



Situation either. We go back to that same situation of of of.

260

00:34:14,460 --> 00:34:25,260

Of an society that doesn't understand these things that maybe you experience in your retreat or four days or five days in the forest,

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00:34:25,620 --> 00:34:31,980

and then you you totally collapse again in a short while or, you know, so.

262

00:34:32,070 --> 00:34:35,670

So these need to go to the roots.

263

00:34:35,880 --> 00:34:46,950

And it's it needs to be constant and it needs to be part of everything so that it can start changing.

264

00:34:48,210 --> 00:34:55,090

Well, this is, of course, only my point of view, and that's why I'm doing what I'm doing, which is performance art.

265

00:34:55,110 --> 00:35:01,770

When I open the spaces for everyone to come to experience this and right now I'm working with resting,

266

00:35:02,220 --> 00:35:07,230

resting collectively that look like, like, look like or include.

267

00:35:08,170 --> 00:35:11,510

How does the. For someone for me.

268

00:35:11,510 --> 00:35:17,090

Like, I don't know what that like means. What would that include?

269

00:35:18,570 --> 00:35:24,450

Nothing, nothing extra. I mean, anyone can come in, come and rest together.

270

00:35:24,450 --> 00:35:30,240

And the only thing that I, I used to do is to hold a space.

271

00:35:31,050 --> 00:35:38,490

And I have a and right now, I. I got funding so I can have a working group.

272

00:35:38,620 --> 00:35:47,000

So the working group there is a musician. Oh, so I guide with a ecosomatic guiding.

273

00:35:49,330 --> 00:35:55,220

And. The idea is that you don't need to.

274

00:35:56,140 --> 00:35:59,320

You are already the nature we need to put together.

275

00:35:59,320 --> 00:36:05,460

So you might need resting. Because we are all tired.

276

00:36:06,890 --> 00:36:10,250

So this is something in common we have. So why not?

277

00:36:12,200 --> 00:36:24,200

The thing is that while resting is related with my reflection about how we can connect or how we can become aware again about the connection we have.

278

00:36:24,710 --> 00:36:28,970

And I search a lot about that.

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00:36:28,970 --> 00:36:36,150

And I even created many kind of ecosomatic of my experiences in all of that.

280

00:36:36,200 --> 00:36:40,310

Then finally, to realise that, yes, they also help you.

281

00:36:40,340 --> 00:36:44,210

They also keep up the thing. They also give you something.

282

00:36:44,580 --> 00:36:47,660

But the main.

283

00:36:49,130 --> 00:36:52,520

The main way. The main, Yeah. The main way.

284

00:36:52,520 --> 00:37:08,310

The main channel to, to, to. To be able to reset our bodies from this tone and from these old tones that are not the ones helping us to cope,

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00:37:08,770 --> 00:37:17,530

to do to change things, to create the solutions is by resetting your body.

286

00:37:17,530 --> 00:37:32,050

And you cannot reset the body if you don't rest in and I am I believe that we have even lose the capacity of resting in this world.

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00:37:32,290 --> 00:37:42,009

Nowadays, humans are not really like resting because before a certain point maybe they go to sleep at night.

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00:37:42,010 --> 00:37:49,329

It was enough for resting. But we have enormously this problem of, well, first of all, people did have problems to fall asleep,

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00:37:49,330 --> 00:37:55,990

but also the people that wake up really tired even to have slept in, you are all that time just tired.

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00:37:56,920 --> 00:38:02,980

And this is this is a sickness of this society that even keeps.

291

00:38:04,380 --> 00:38:11,550

Kids are nowadays a lot feeling super tired and they are struggling with the mental

292

00:38:12,240 --> 00:38:21,719

illnesses and problems that you would think that have a person in the least 40-50 and no.

293

00:38:21,720 --> 00:38:33,840

I mean, I have had some some clients that are in day care and they get just all the time tired and went to the

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00:38:33,840 --> 00:38:42,750

doctor and nothing is wrong and they are just super tired you know is something it's is it's very clear.

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00:38:43,690 --> 00:38:57,700

So we need to rest and we need to rest collectively because that collective experience is what will create the transformation,

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00:38:57,710 --> 00:39:03,650

the change, the resetting. Otherwise, it will be non-sustainable.

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00:39:04,330 --> 00:39:13,299

The collective side is something that you talked about in your answer and when you were explaining,

298

00:39:13,300 --> 00:39:17,560

and I like to know because, well, I'm not Finnish.

299

00:39:18,820 --> 00:39:26,110

I'm from France and I lived in Belgium and I like to know what should to be, you know,

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00:39:26,110 --> 00:39:38,020

the ecosomatic way and the artistic way of live with nature and all, but, you know, feeling, which is fine if it elsewhere.

301

00:39:38,080 --> 00:39:45,250

Can we find this sort of movement in French, in France, for example, in other parts of the world.

302

00:39:47,310 --> 00:39:53,190

What I know is that eco somatic is not a concept that I create.

303

00:39:53,940 --> 00:39:56,099

It started in the year 2008,

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00:39:56,100 --> 00:40:09,480

the first time that somebody started talking about eco somatic and in the field of somatic movement nowadays the somatic word is fashion.

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00:40:10,020 --> 00:40:14,070

They put it on top of everything, so do not get lost.

306

00:40:14,370 --> 00:40:25,439

I'm talking about somatic movement and in and from the field of somatic movement that have existed, just like I would say,

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00:40:25,440 --> 00:40:38,339

they started like probably during or between the first and Second World War or when

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00:40:38,340 --> 00:40:43,620

the soldiers would come back from the war and they would have this war trauma.

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00:40:44,010 --> 00:40:45,810

So they would be like healthy,

310

00:40:46,140 --> 00:40:56,430

but then they would have an enormous amount of problems to readjust and they would have panic attacks and even like many,

311

00:40:56,430 --> 00:41:06,360

many problems of of mental health. So that was like even psychiatrists didn't know what to do or how to help them.

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00:41:06,930 --> 00:41:20,840

So that was from this psychiatrist and from people working even in in rehab with very physically, let's say they start to question like, what is this?

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00:41:20,850 --> 00:41:31,260

That is, you know. And they start to realise that they will they would study very deeply that and observe very deeply

314

00:41:31,650 --> 00:41:42,060

and experience very deeply and realise after many years that that when you have a strong experience,

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00:41:42,150 --> 00:41:49,170

it gets encoded in your body and your body change totally the way that they function.

316

00:41:49,170 --> 00:41:58,050

And when the body change how it function, it change the way that you feel, the change, the way you think, the change that you perceive anything.

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00:41:58,890 --> 00:42:07,770

So from that moment that together more and more the field of somatic movement and we it's a very long story.

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00:42:07,770 --> 00:42:13,950

So I will not go on that. But just to tell you that this is something that it's for years.

319

00:42:13,950 --> 00:42:17,750

This is not a new project that are in the market.

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00:42:17,760 --> 00:42:28,739

This is long story and about a year to 2007 and thousand and eight at the start from these people,

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00:42:28,740 --> 00:42:35,580

from among these people, somatic movement movers, practitioners and educators and therapists.

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00:42:36,420 --> 00:42:40,200

This idea of bringing this practice to nature.

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00:42:41,190 --> 00:42:49,950

And, you know, in in this somatic movement, there is not such a thing as creating brand.

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00:42:52,090 --> 00:42:56,530

We share a lot. Of course, there are people that have come from that great,

325

00:42:56,530 --> 00:43:06,550

but you know that the main the main stream of of of of of these because it is about a lot about community.

326

00:43:06,640 --> 00:43:10,480

So it goes semantics is a term that anyone can use.

327

00:43:10,960 --> 00:43:16,810

I also want to point out that in France there is a very strong you can even study somatic

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00:43:16,810 --> 00:43:22,470

movement in France like legal get you are you going to study that in France?

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00:43:22,490 --> 00:43:30,610

In France, there is a very big movement of somatic movement, especially the coming from body Bainbridge,

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00:43:30,880 --> 00:43:40,060

Bonni Bainbridge Cohen which is one of the main people that have been really creating methods and is studying the body so deeply.

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00:43:40,370 --> 00:43:47,650

And in many of her students, we're the ones coming up with the eco somatic.

332

00:43:48,370 --> 00:44:00,870

And there is also this social somatic. As well, because actually having this this kind of training in somatic movement,

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00:44:00,870 --> 00:44:10,080

you can actually apply it in anything like even if you have an even if you have a business like you could apply the concept,

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00:44:10,450 --> 00:44:19,230

the ways that ways of create community and you could definitely apply it in anything in everywhere you are.

335

00:44:19,380 --> 00:44:28,110

Like, I would dream that when people started to become teachers of our Childress would have that training.

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00:44:28,920 --> 00:44:35,550

Like, it would change. Like really like it would impact so much the world.

337

00:44:38,730 --> 00:44:44,280

It could be a way to spread the eco somatic way.

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00:44:44,580 --> 00:44:47,760

If we begin to do that. We bring it home.

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00:44:48,060 --> 00:44:52,260

We experience it with friends who then experience it with friends.

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00:44:53,280 --> 00:44:56,860

Hmm. Well, absolutely. Absolutely.

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00:44:57,030 --> 00:45:02,690

It's like I when I hear you, I think like.

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00:45:02,700 --> 00:45:08,880

Yes. And then I see immediately the situation, which is that we are so tied.

343

00:45:09,630 --> 00:45:12,000

We have these good ideas now.

344

00:45:12,060 --> 00:45:23,010

Okay, Next time you go somewhere, you take your friends and you go to rest to the forest, and you just breathe and rest for a while.



345

00:45:23,370 --> 00:45:29,570

Like, if you get anxious because of this, I'm not doing you can even put, you know,

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00:45:29,860 --> 00:45:35,480

a time so that, you know, you can call me your anxiousness and have a time for so like it.

347

00:45:35,890 --> 00:45:39,030

Half an hour And then. And then.

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00:45:39,330 --> 00:45:48,300

Then you just slowly come up and sit down and then maybe you can sit in circle so that everybody feels that is included in.

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00:45:49,290 --> 00:45:57,660

And then anyone that want to say something or do something can do it or say it like

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00:45:57,870 --> 00:46:09,509

somebody want to seeing or move or shout or or say a poem or her or continue resting or,

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00:46:09,510 --> 00:46:13,350

you know, you just and you, you, you witness each other.

352

00:46:13,920 --> 00:46:25,860

This will be like a first experience of of of being together in that way and in these experiential knowledge it requires

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00:46:25,860 --> 00:46:35,400

time requires that you come back to the same thing and it grows layer by layer and it's like as layers as you go there,

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00:46:35,580 --> 00:46:38,730

it will always have a new layer. So.

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00:46:41,310 --> 00:46:44,430

Yeah, of course you can do it. Of course.

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00:46:44,430 --> 00:46:51,410

To be an eco somatic practitioner, it's not just to go and rest with your because.

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00:46:51,640 --> 00:46:57,510

It includes also that you can hold a space in a sustainable way for others.

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00:46:57,510 --> 00:47:07,770

So that mind required for you to to train yourself, which is mainly to go so deep yourself in those experiences.

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00:47:08,750 --> 00:47:18,409

So that then you can share them because you cannot again be the soil of anyone else unless you have you are that ready.

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00:47:18,410 --> 00:47:29,390

So and I have the urgency to mention something because when I talk about when we started this somatic movement,

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00:47:29,600 --> 00:47:38,450

so somatic movement is so I talk about the white history of it.

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00:47:40,450 --> 00:47:44,620

But especially everything that is related with eco somatic.

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00:47:44,620 --> 00:47:51,280

I want to acknowledge the very old in ancient knowledge of indigenous cultures.

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00:47:52,190 --> 00:47:55,400

Because. They knew all of that.

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00:47:56,300 --> 00:48:02,420

Everything that we are talking now, it's not brand new thing is so old.

366

00:48:03,140 --> 00:48:10,520

And they knew. And there are groups of them that are still keeping up this way of living.

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00:48:11,060 --> 00:48:15,920

They know it now. But why

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00:48:15,920 --> 00:48:20,239

I want to acknowledge that because I know by talking with,

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00:48:20,240 --> 00:48:30,710

like all teachers of of of somatic movement that they know and they remember that they had they meet their meetings

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00:48:31,130 --> 00:48:40,940

with these indigenous peoples at a certain point and they got inspired by them to bring this these cosmo vision,

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00:48:40,940 --> 00:48:45,050

these worldviews into the field of of somatics.

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00:48:45,920 --> 00:48:49,700

And unfortunately, not ever including them.

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00:48:50,180 --> 00:48:58,729

I for me it's very important that that these that we can call now eco somatic and we put a name of that

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00:48:58,730 --> 00:49:07,070

is actually the very way of understanding the world in the very words of leaving that we as humans.

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00:49:08,150 --> 00:49:16,250

And it had it in ancient times in in, in, in, in the times where people lived in tribes.

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00:49:16,250 --> 00:49:21,590

And we talk about indigenous people, but we are as human as them.

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00:49:21,590 --> 00:49:30,170

So we've I've, I would say like our ancestors, our humans ancestors, because we have human ancestors and a human ancestors with.

378

00:49:31,300 --> 00:49:34,870

This is something very important to remember and to mention.

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00:49:36,410 --> 00:49:41,810

Yeah, I would have a question that I'm interested in.

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00:49:41,840 --> 00:49:45,590

Also, as you should practice this.

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00:49:45,600 --> 00:49:56,900

Like you said, collectively, I'm just thinking about the relation to animals in this because like for me,

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00:49:56,930 --> 00:50:08,780

myself and I think many others also, they find that they connect with animals in a much different level than maybe humans or anything else.

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00:50:08,960 --> 00:50:19,700

Like how do you find like animals in this equation with, you know, working collectively with other humans during these sessions?

384

00:50:19,700 --> 00:50:23,090

Or could animals also be included?

385

00:50:24,500 --> 00:50:30,470

Yeah, well, the thing is, if you look at the horse's eyes.

386

00:50:33,670 --> 00:50:43,330

You might even if you if you're open to it, you might get even healed in that very moment.

387

00:50:44,510 --> 00:51:01,700

Yeah. But when you come back and you you know, I'm and I'm saying you talking about me and then if somebody come back to visiting that horse to,

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00:51:01,790 --> 00:51:08,690

you know, working place, for instance, and you have the same human people around you.

389

00:51:10,280 --> 00:51:22,030

That. I'm going to use these words. It is very, very, very used lately triggers you in in in in in many ways.

390

00:51:24,760 --> 00:51:33,070

That means that maybe you can use the experience with the horse to help you to cope.

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00:51:34,160 --> 00:51:37,780

With this trigger. But.

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00:51:39,060 --> 00:51:45,100

This will not change. In a sustainable way that.

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00:51:46,340 --> 00:51:51,860

The next bit for the next ten years, you will never, ever get triggered with that.

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00:51:52,220 --> 00:52:01,880

Because the thing is, the humans, the human species, we need to we need other humans.

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00:52:03,620 --> 00:52:16,340

We need other humans as well, and we have a need to feel the belong in a way to our own species, into other humans.

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00:52:16,970 --> 00:52:21,620

Yeah, not to everyone, but to at least, you know, one or two people at least.

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00:52:21,920 --> 00:52:26,690

Yeah. And that we can feel safe.

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00:52:27,750 --> 00:52:37,900

Among. Humans. Not everyone again, but at least have this experience because this is what it will.

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00:52:38,710 --> 00:52:49,720

This is this is what it will build in you. The connection with other species will support enormously.

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00:52:49,720 --> 00:52:57,140

You probably. I would say yes. But there will be still missing.

401

00:52:58,160 --> 00:53:09,290

And we need to recover this capacity because when we do terrible things in this world, we do it against humans.

402

00:53:09,620 --> 00:53:16,890

I mean, we do it against nature, of course, but but we do it against each other.

403

00:53:17,060 --> 00:53:23,640

We in a sense, what I mean, it's like. You do throw the bomb on top of the.

404

00:53:24,920 --> 00:53:30,830

Other place where these other people will because they don't agree with what you say.

405

00:53:31,310 --> 00:53:37,450

We do these kind of things and. We are able to.

406

00:53:39,360 --> 00:53:42,870

And none of the sustainable.

407

00:53:45,040 --> 00:53:50,109

Like none of the sustainable move that we will do to make things better.

408

00:53:50,110 --> 00:54:00,050

We will save. The fact that in any moment somebody decides that I don't agree with you, so I will throw a bomb on your city.

409

00:54:01,770 --> 00:54:11,670

So in that sense I feel that is super important and basic that we also learn to.

410

00:54:12,960 --> 00:54:21,810

Have these experiences that can open possibilities of relating with yourself and each others.

411

00:54:22,170 --> 00:54:28,220

Because in the how the world is is a reflection.

412

00:54:28,230 --> 00:54:31,650

Because we took all we want it all.

413

00:54:31,650 --> 00:54:38,730

So we now the world is unfortunately just a reflection of what humans are doing here.

414

00:54:40,550 --> 00:54:49,070

Like hardly you. Do you find these spots in the world that are only a reflection of the nature happening there?

415

00:54:50,560 --> 00:54:53,680

So we have to take the responsibility.

416

00:54:55,020 --> 00:54:59,520

If if we are here, like deciding what happened with every forest around,

417

00:54:59,970 --> 00:55:07,320

we have to take the responsibility of learning how to relate with ourselves and with each other as humans.

418

00:55:08,390 --> 00:55:13,870

It's community. I think it's kind of the work we have to remember.

419

00:55:14,420 --> 00:55:18,820

Take time. To listen community.

420

00:55:19,420 --> 00:55:25,750

If we could, you know, conclude it in a way, how would you conclude it?

421

00:55:26,900 --> 00:55:28,400

With this works or.

422

00:55:30,560 --> 00:55:43,040

Maybe I can just one thing add which is related with the way that you go to the forest at the end is not that you go to the forest to heal.

423

00:55:43,130 --> 00:55:47,690

It's not about that. Not even in the community, not even in a group.

424

00:55:48,380 --> 00:55:51,980

And the attitude is different. The attitude is.

425

00:55:54,010 --> 00:56:06,970

We start from go into not to rest, but the aim is not to struck the healing from the body or to use the destructive healing from the forest,

426

00:56:07,180 --> 00:56:11,110

or to use the resources of the forest to heal ourselves.

427

00:56:11,260 --> 00:56:23,620

Human rights are important, blah blah. No it's about also surrendering in that way that you says what you are giving to the forest.

428

00:56:23,630 --> 00:56:27,160

So is creating a dialogue with nature.

429

00:56:27,910 --> 00:56:32,470

It is a word you tap into a different kind of a field.

430

00:56:34,720 --> 00:56:42,460

This is connection. So yeah, it's about creating a dialogue and listening.

431

00:56:42,850 --> 00:56:48,640

I would say even. Listening more and to ourselves to.

432



00:56:50,160 --> 00:56:59,050

To talk more not to ask so much. That's a good way to conclude.

433

00:57:00,340 --> 00:57:04,780

I would like to thank you again, because I think for my part,

434

00:57:04,780 --> 00:57:11,680

I discovered a lot of things because when I arrived I looked a bit I researched a bit on ecodynamics what you were doing,

435

00:57:12,190 --> 00:57:17,230

but it was unclear and with your answers with the question.

436

00:57:18,730 --> 00:57:22,060

It's it's still, you know, as you said, we can adjust.

437

00:57:23,550 --> 00:57:27,240

If from Earth we we can just learn to connect.

438

00:57:27,510 --> 00:57:33,960

It has to come from Earth. It has to be mutual. But I think I understand it really better and.

439

00:57:35,340 --> 00:57:39,180

This is something I would like to try, so. Thank you.

440

00:57:39,570 --> 00:57:44,670

Thank you for that. Well, I will I with our group.

441

00:57:44,680 --> 00:57:48,299

Well, I will working group. We will be offering open practices.

442

00:57:48,300 --> 00:57:53,540

So welcome. Thank you.

443

00:57:53,550 --> 00:58:01,950

Yeah, I just wanted to thank you. Also, I found this super, super interesting, and I should this topic.

444

00:58:01,950 --> 00:58:12,240

And then all of this should be, you know, become more in our people's awareness and talk about this more and also practice this.

445

00:58:13,830 --> 00:58:19,080

So also from my side. Thank you so much for this, for your insights.

446

00:58:19,080 --> 00:58:27,280

Thanks you and I hope it serves you well and I hope we see you around, may be you come to the practices.

447

00:58:27,320 --> 00:58:31,350

So I don't. But thank you very much. Thank you.

448

00:58:31,380 --> 00:58:34,410

Have a nice week. Yeah, you too.