

The Body, Nature and Dialogue

A year of living cyclically,
Samhain - Imbolc

Jessica Ball

Saminai

Wheel
OF the
year

31

dancing

WITH THE

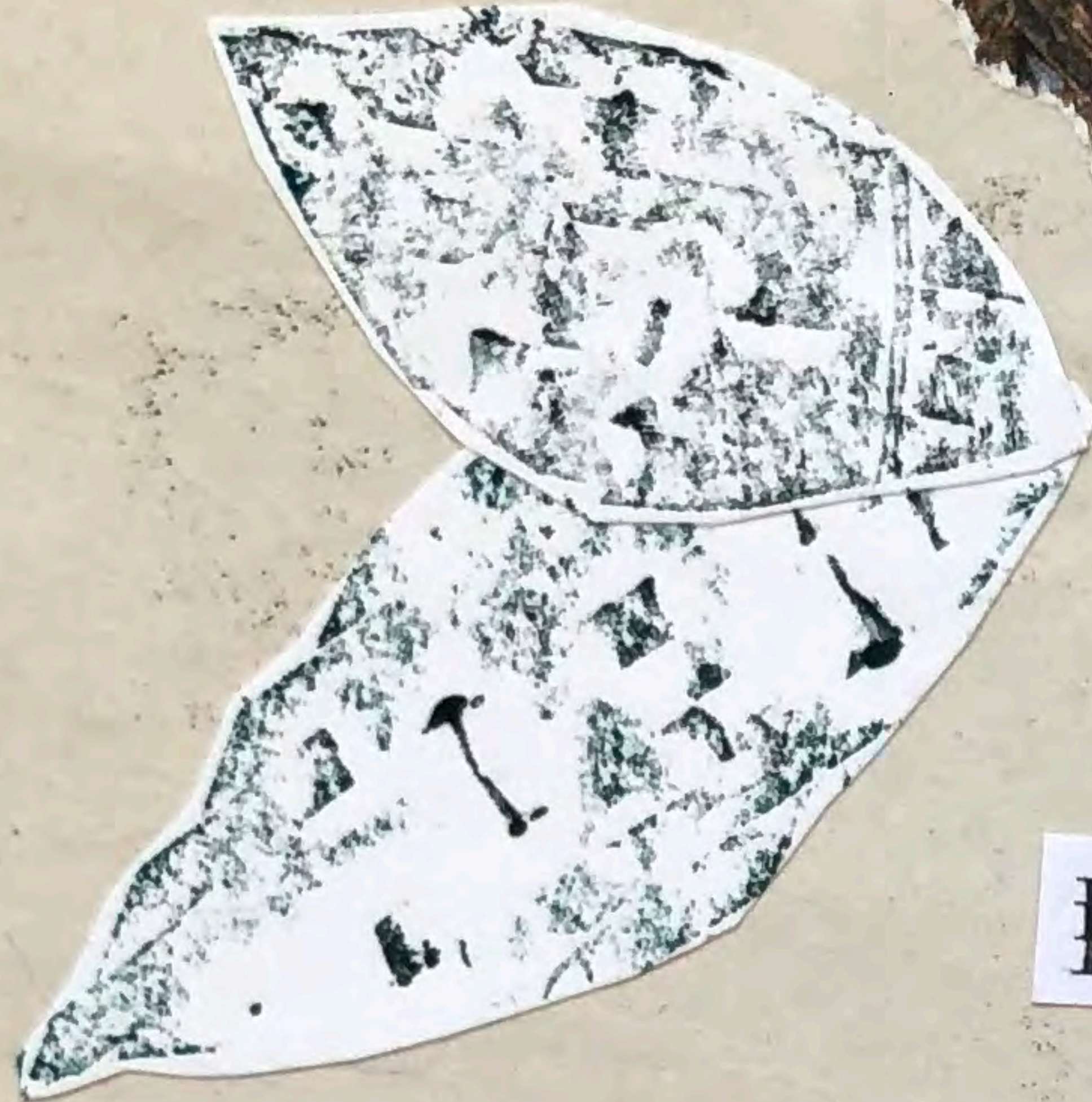
SUN

>In
The
Making

g r o u n d i n g



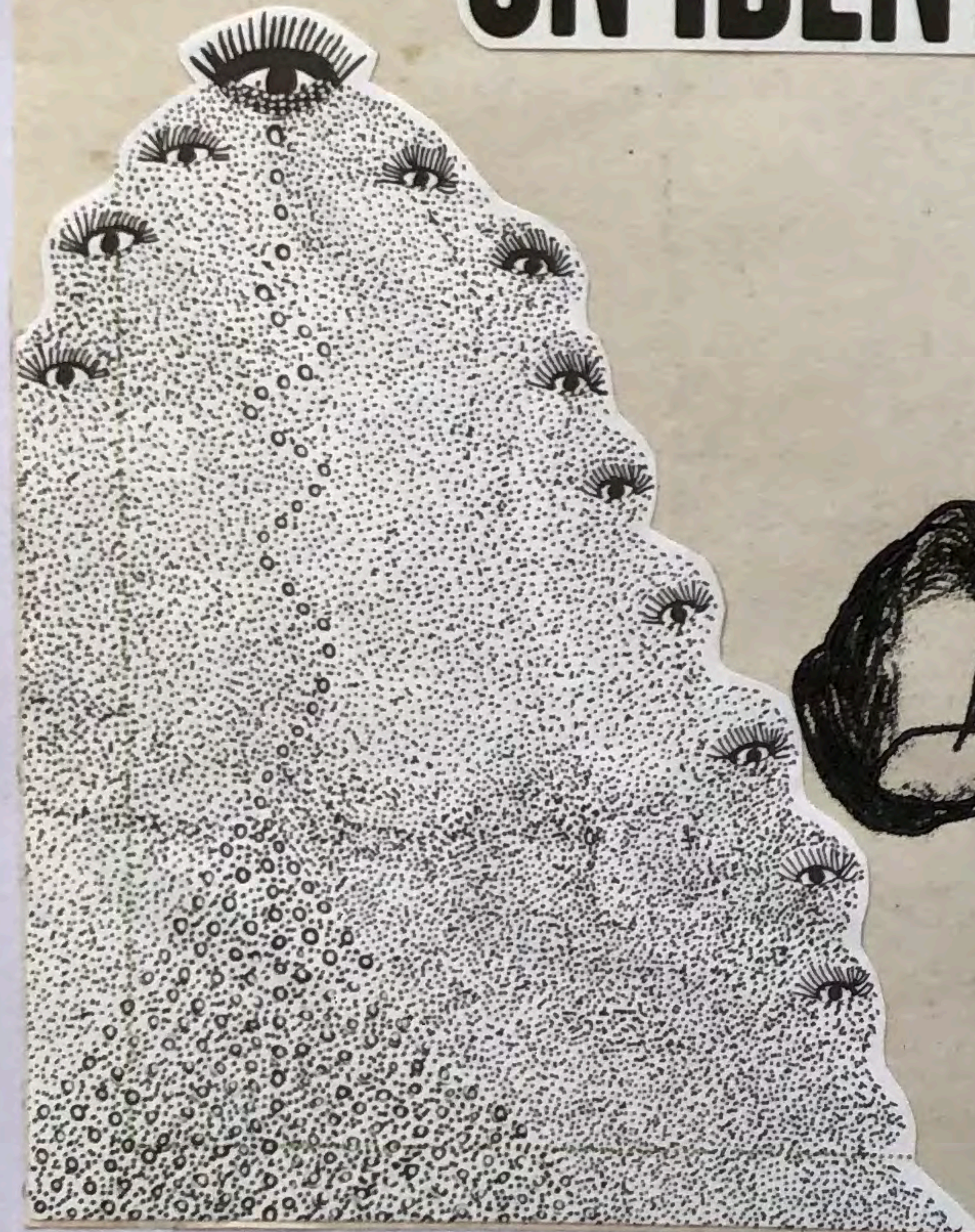
MIGHTY OAK



FOUNDATIONAL TO OUR CONTINUING EXISTENCE



ON IDENTITY



Nature

W
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E

let's cherish the darkness



THE POWER OF

Experience

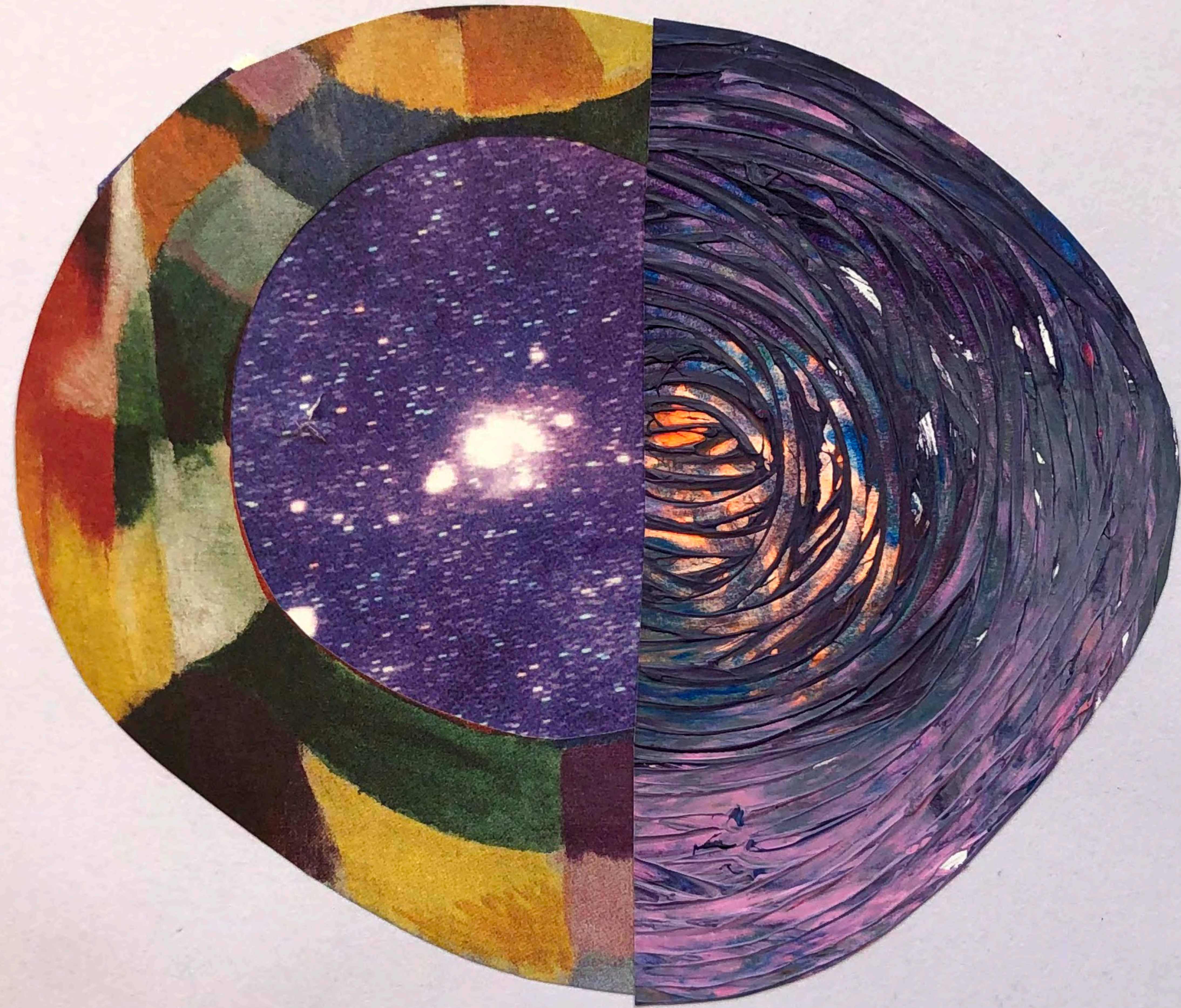
Who are
You?



the spaces in between

inhale

exhale



RECIPROcity



GIFT

flow like the water
with sparkling radiance
giving life to all



GratiTude

LET US PLEDGE RECIPROCITY WITH THE LIVING WORLD.

The essence of the gift is that it creates a set of relationships. The currency of a gift economy is, at its root, reciprocity



SACRED

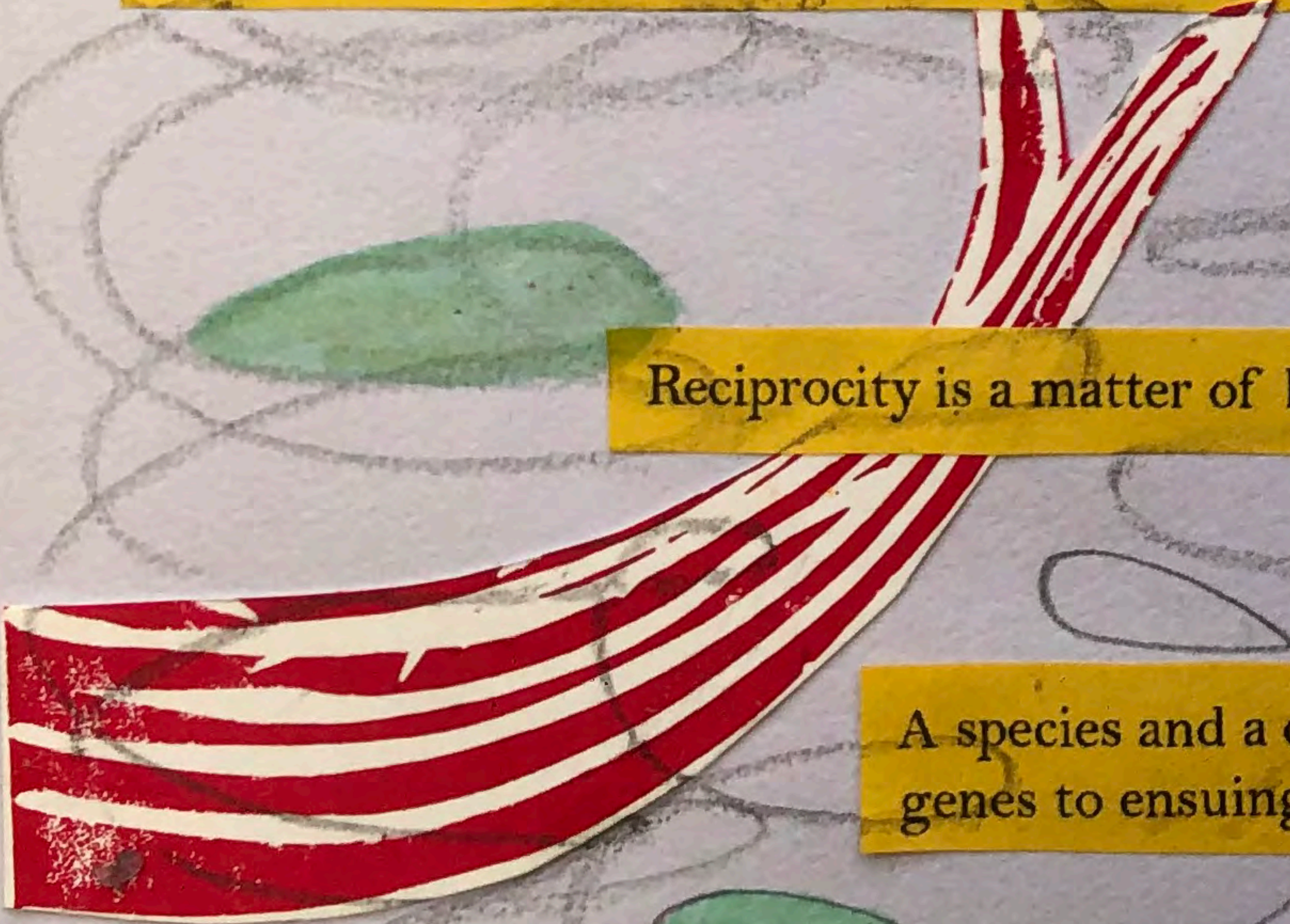
difference between what we think and what leads us to think it.



care

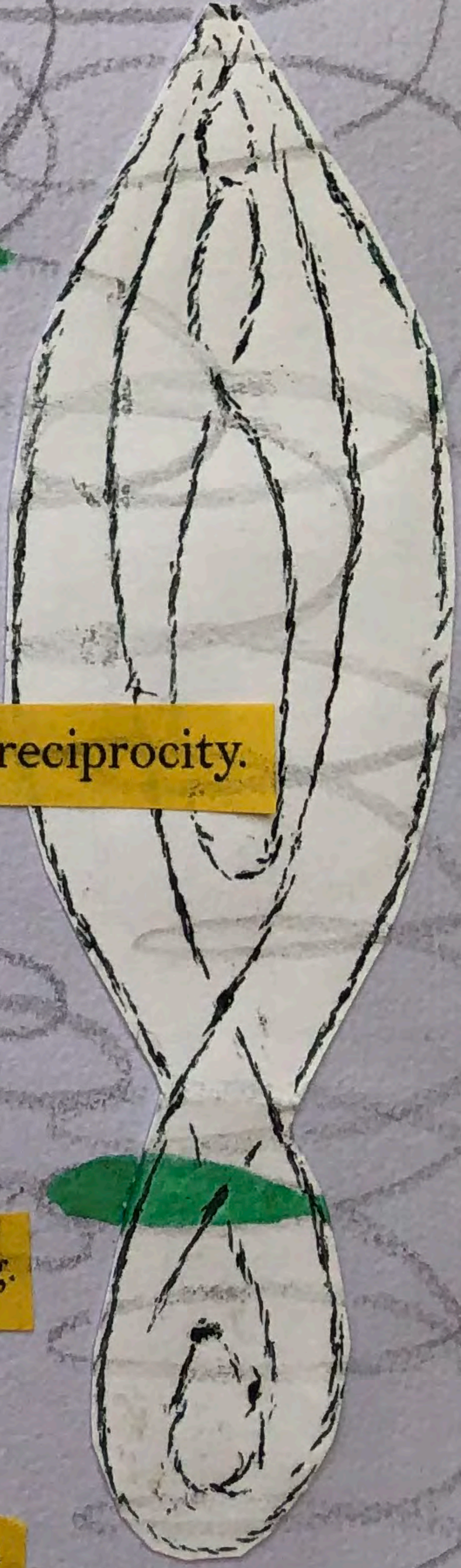
Cultures of gratitude must also be cultures of reciprocity.

Only when people understand the symbiotic relationships that sustain them can they become people of corn, capable of gratitude and reciprocity.

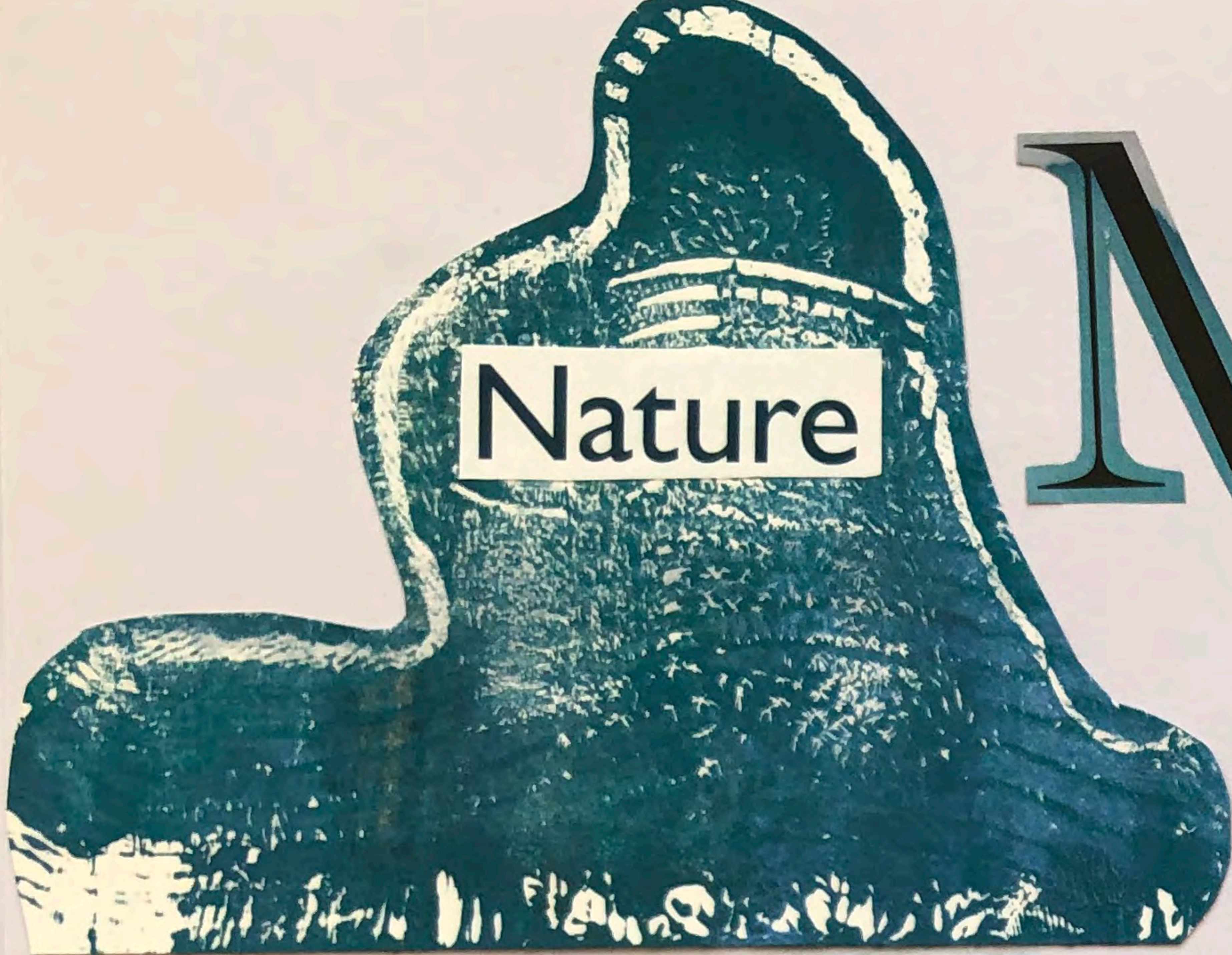


Reciprocity is a matter of keeping the gift in motion through self-perpetuating cycles of giving and receiving.

A species and a culture that treat the natural world with respect and reciprocity will surely pass on genes to ensuing generations with a higher frequency than the people who destroy it.



Braiding Sweetgrass, Robin Wall Kimmerer



Nature

METAPHOR

MYSTICAL

biodiversity

in your heart

place

freedom

abundance

intuition

different cultures.

collaborative

creative

ecosystems

wholeness

Body & SOUL

empathy

values

budding

Listen

community

Share

change

Mindfulness

COLLECTIVE ACTION

Seed

stories

rhythm



facilitate collaboration.

LIFE IS BEAUTIFUL

our planet

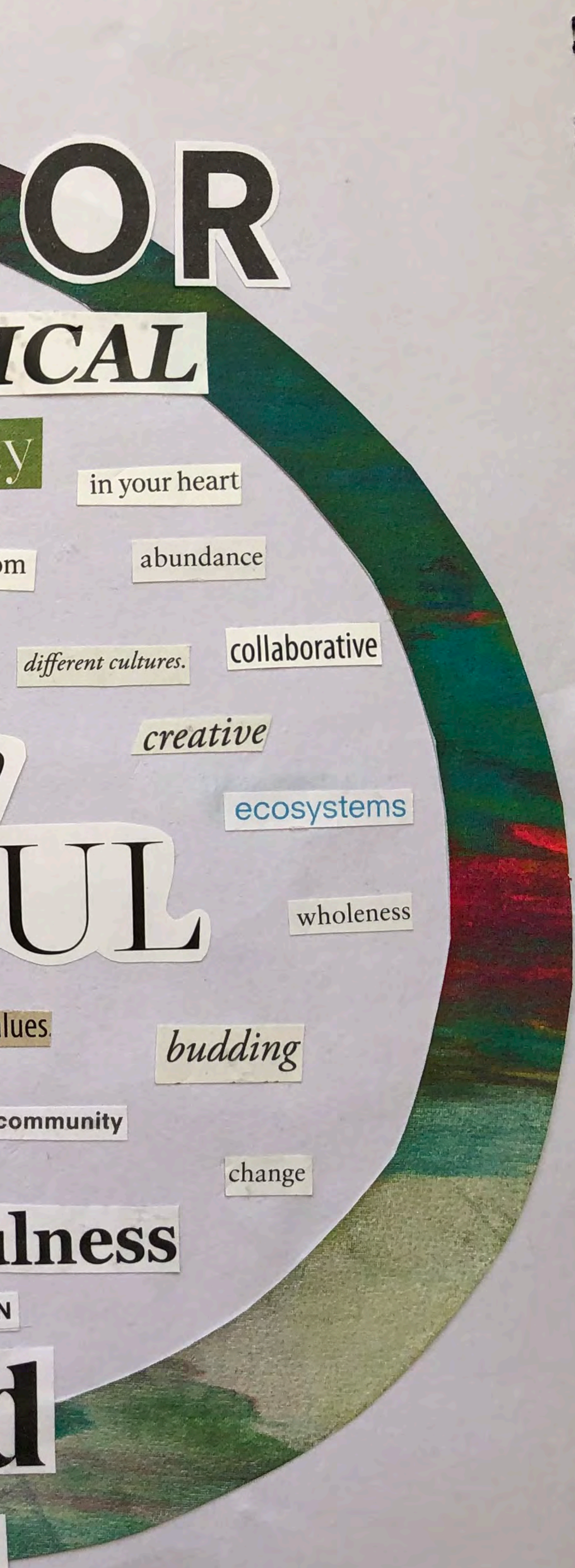
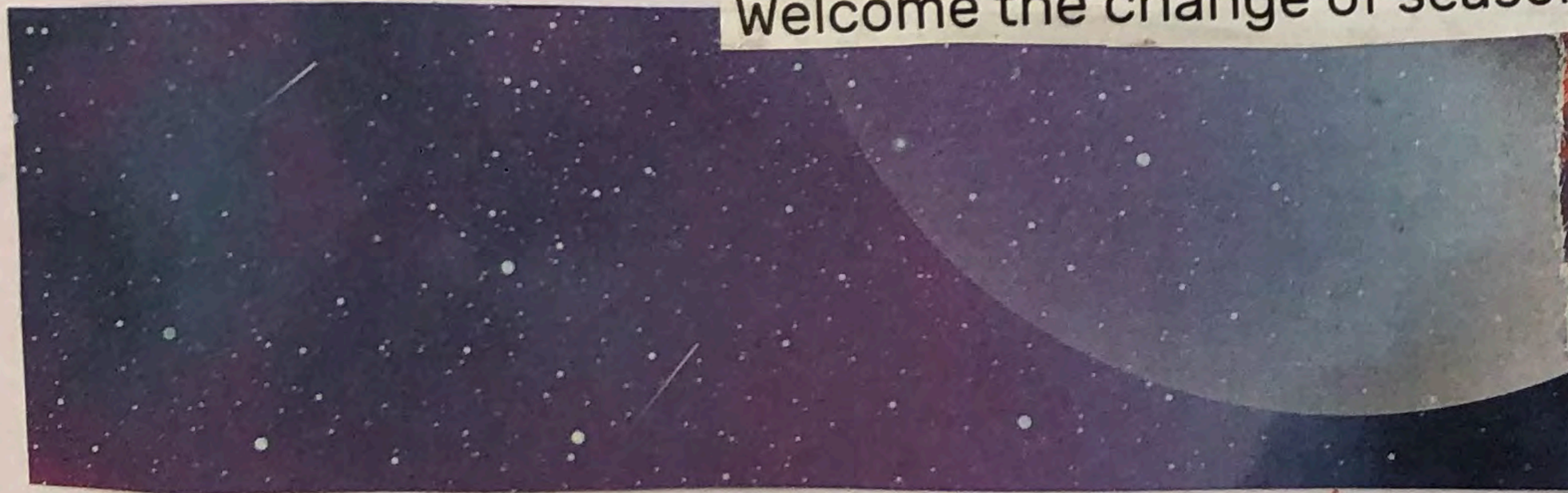
Welcome the change of season.

Spring

Summer

autumn

winter!



I am trying to imagine how
to lose this distinction between self
and our environments

EMBRACE



and birds and flies,

EVERYWHERE



Plants and animals don't fight the winter;
they don't pretend it's not happening
and attempt to carry on living the same
lives that they lived in the summer.

They prepare.

They adapt.

They perform extraordinary acts of
metamorphosis to get them through.

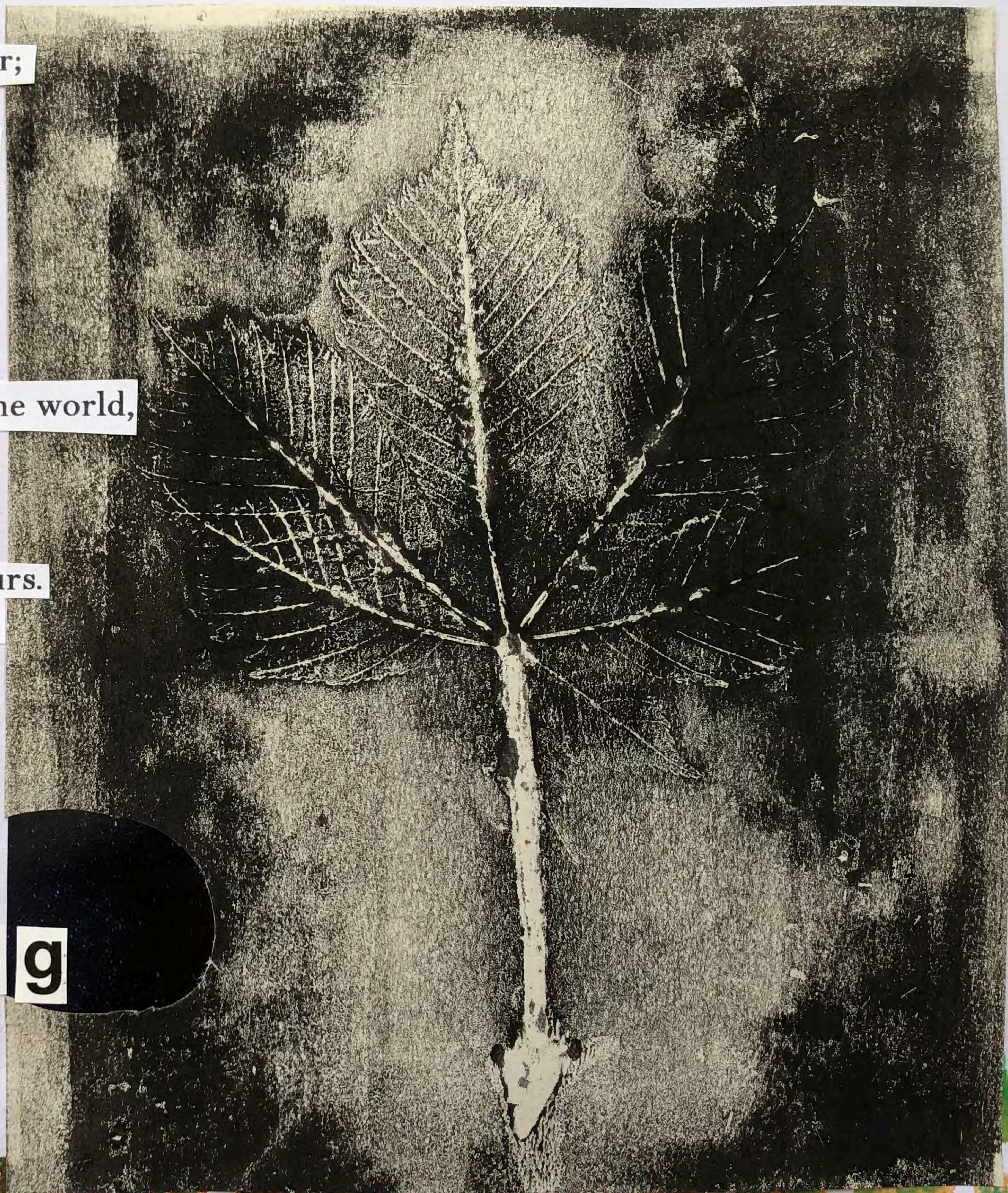
Winter is a time of withdrawing from the world,
maximising scant resources,

carrying out acts of brutal efficiency
and vanishing from sight;

but that's where the transformation occurs.

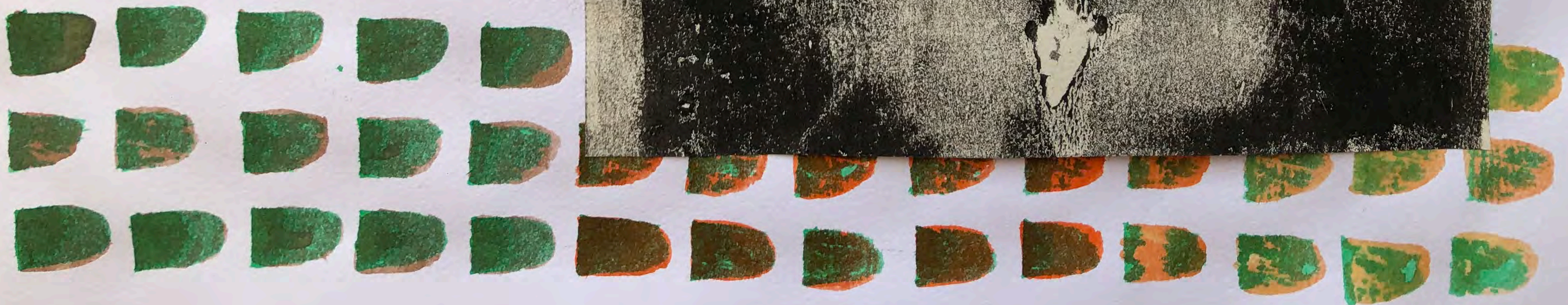
Winter is not the death of the life cycle,
but it's crucible.

Katherine May



W

intering



To get better at wintering, we need to address our very notion of time. We tend to imagine that our lives are linear, but they are in fact cyclical.



healing

That is wintering.

It is the active acceptance of sadness.
It is the practice of allowing ourselves to
feel it as a need.

It is the courage to stare down the
worst parts of our experience,
and to commit to healing them
the best we can.



there

is

an

empty

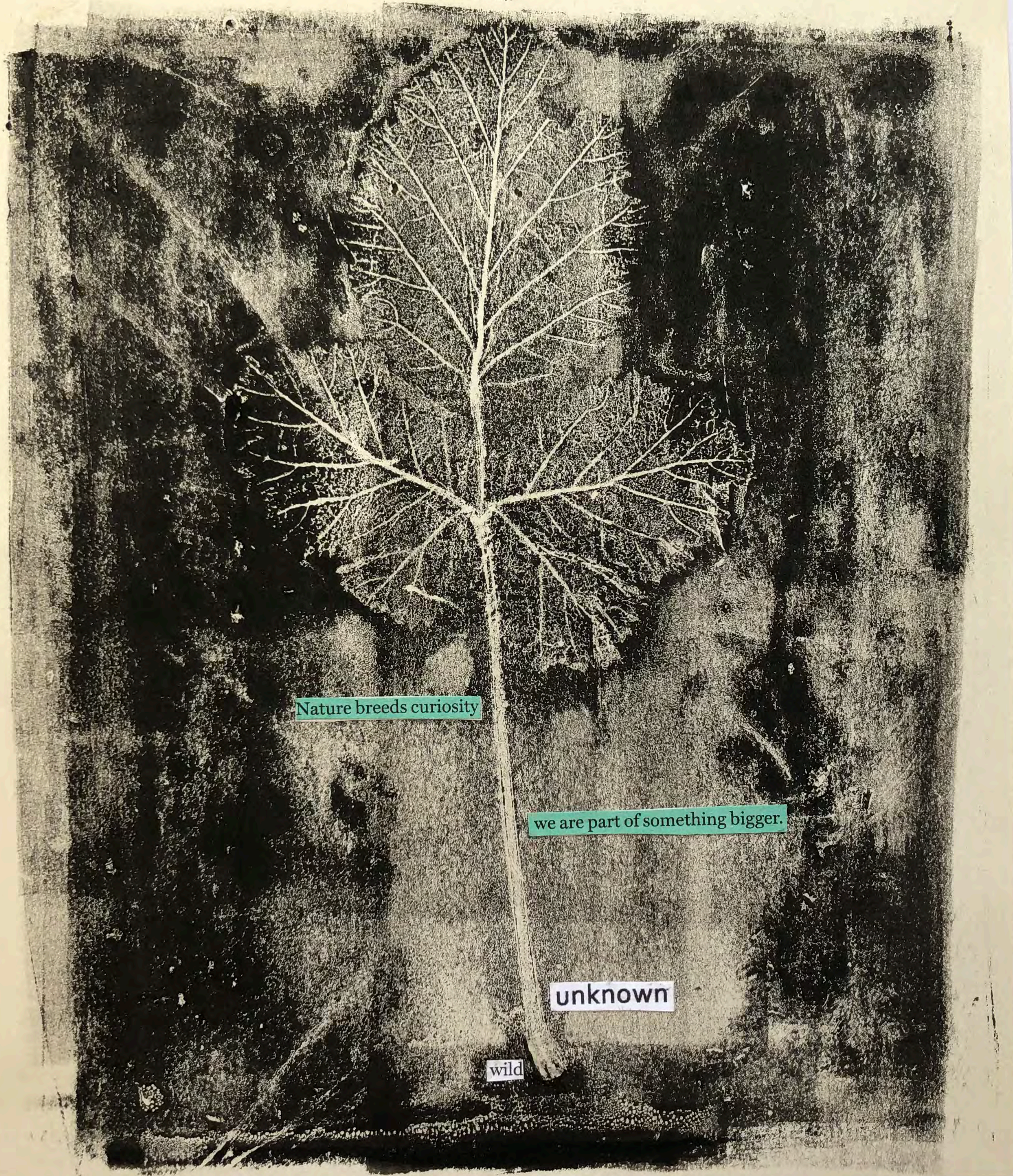
void

WITH IN US

AND

BETWEEN

US



Nature breeds curiosity

we are part of something bigger.

unknown

wild

if each of your days merely resembles

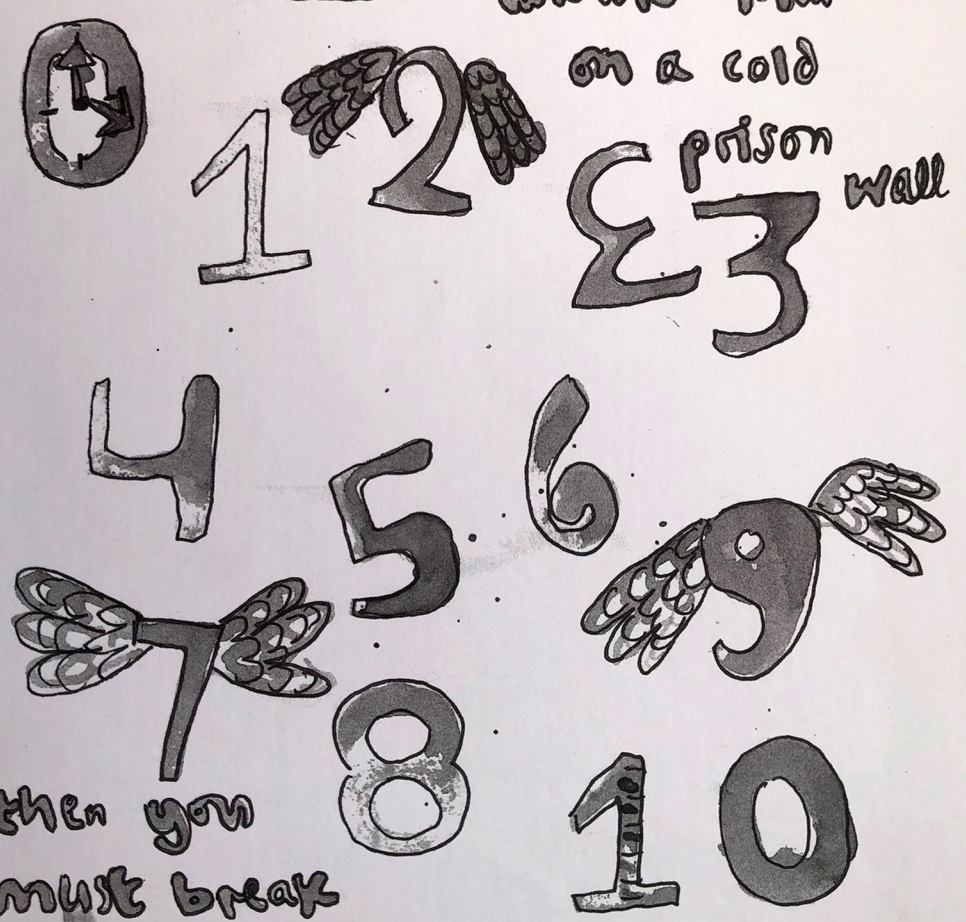


another mark

on a cold

prison

wall



then you must break free of time

9mit

What is this thing called time
Is it something that I am waiting for
As I sit here and let it pass.

Is it something I should hold on to
As each day it travels through me
Is it a construct or a reality

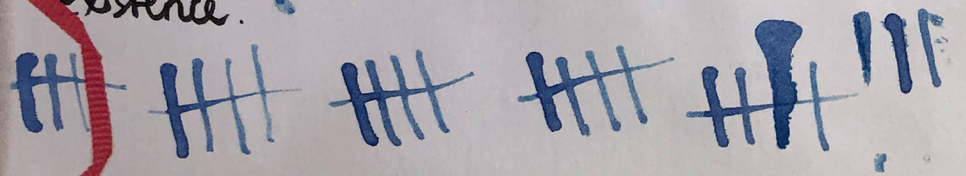
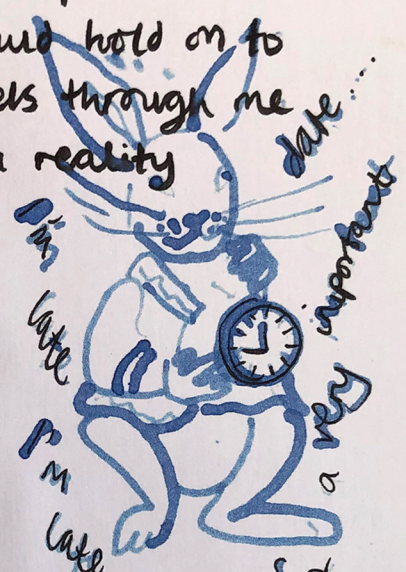
- 60 seconds
- 60 minutes
- 24 hours
- 7 days
- 52 weeks
- 12 months

And infinite years
Finite only in our measure of death

Are we ruled by external pressures
Or internal feelings

Do we leave a faint footprint overlapping
countless others

Or a definitive mark of our unique
existence.





In a metaphoric sense, probably the single most common intage for time is a river running to the sea.
 In Micmac society, with no word for time, the river is an image for the flow of happenings.

n a t u r e [t] [i] m e

Latin yields the wisdom of slowness - festina lente (make haste slowly); Italian dignifies it with largo or offers the radiant serenity of dolce far niente (literally, sweet doing nothing); while French provides the subversive flirtation of the flaneur, the dusky-eyed pauser, stroller and observer.

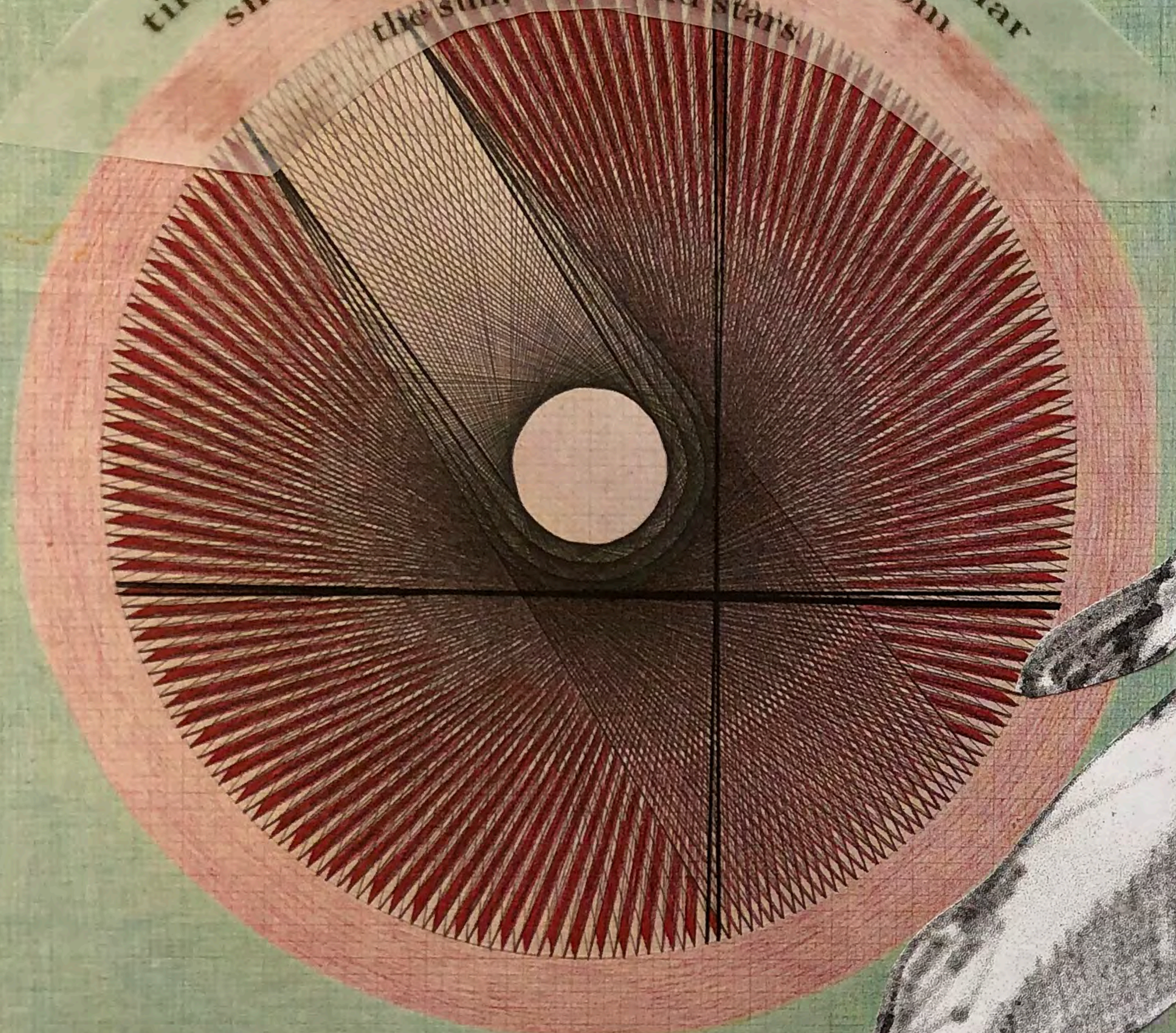


I AM

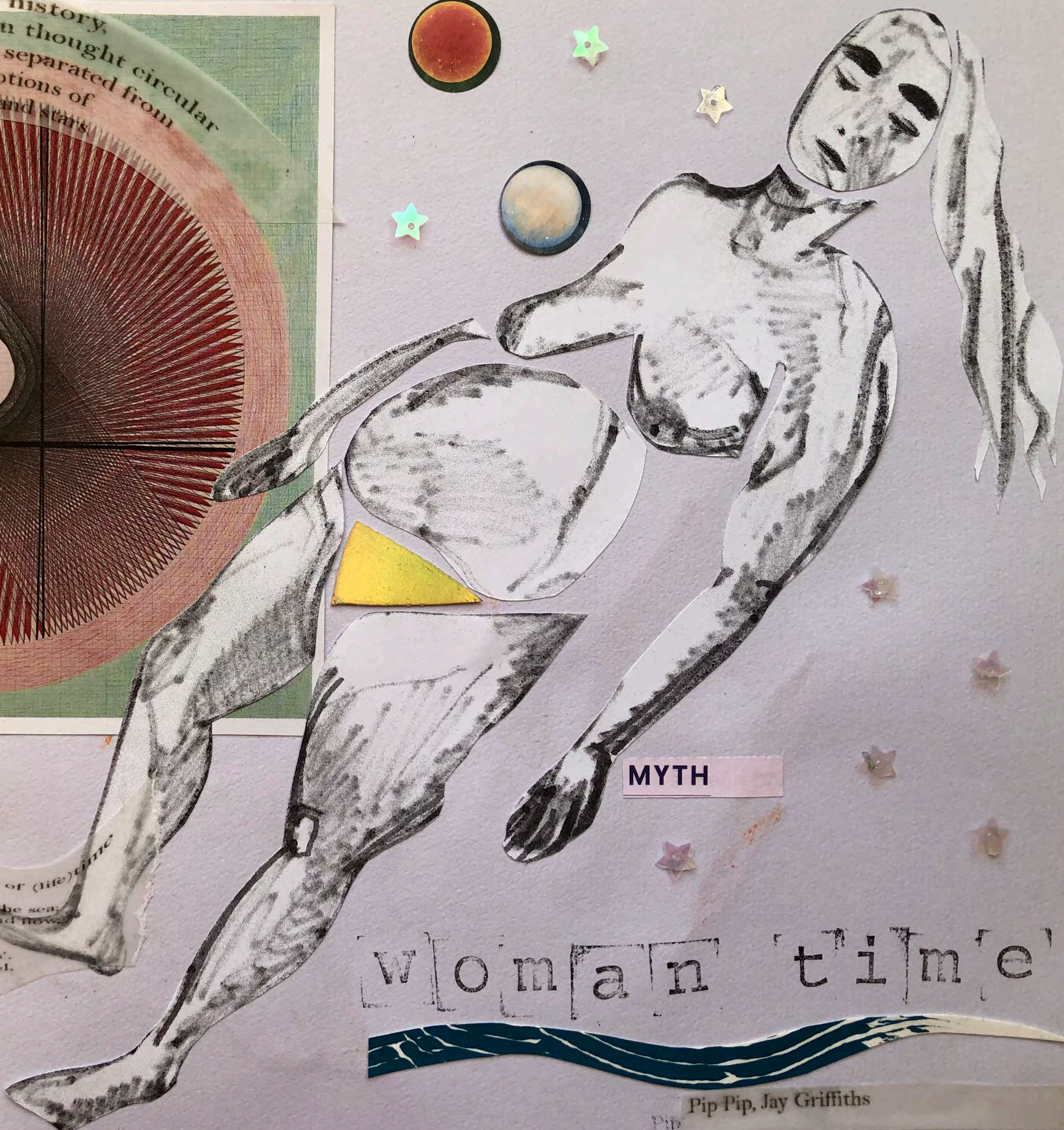
S L O W



Throughout history,
time seems to have been thought circular
since it could not be separated from
the cycling motions of
the sun, moon and stars.



In a bodily sense, the human source of (life) time
is the oyster vulva,
which can taste so remarkably like the sea,
while the womb is tidal in its ebb and flow,
and as responsive to the moon
as the sea's tide itself.
A woman with child has her 'waters',
and pregnancy can make women feel,
they say, oceanic.



MYTH

woman time



Pip Pip, Jay Griffiths

ImBOLO

new

beginnings



Love is in the Air...

community

CEREMONY

BRIGIT

Don't Back Down



"Stand up for what you believe is right."



BRIGIT Don't Back Down

"Stand up for what you believe is right."



Message from Brigit: "First, be quite clear about your intentions. If you're unclear, then confusion will lessen your power and force. Like a candle in the dark, be very clear and bright in what is acceptable to you in this situation. Make no mistake: I will guide and protect you. And yet, think of the unparalleled rise in your own viewpoint if you are to stand up for yourself, and speak up about your needs and your deepest truth! Now is the time to touch your power, for its heat and flame will ignite your passion, which will propel you forward in countless ways. Even in the face of fear, you can still stand up for your ideals and your truth. Be unwavering, and make your stand today!"

Various Meanings of This Card: Be assertive • Don't worry about what others think • Trust

that your actions will work out fine • Speak your truth • Stick to your opinions • Put your foot down.

About Brigit (pronounced BRIH-jet): Brigit is a Celtic triple-goddess, which means that she represents three aspects of woman: the young virgin, the nurturing and loving mother, and the crone/sage/wise woman. Brigit is a fiery goddess who tirelessly protects those who call upon her, and she's a feminine counterpart to Archangel Michael's warrior energy. Brigit's temple is in Kildare, Ireland. She's celebrated worldwide on February 1, the ancient sacred day called "Imbolc," which marks the beginning of springtime and increasing daylight.



The earth in their hands

Somatics doesn't say 'what's wrong with you'... it asks what/who is it that you care about? What is it that you are longing for? What is it that you want for the future of the world?

There's nothing like the sun

SPRING