

Workshop Toolkit
Reconnecting with Mother Nature: Tools to Regain Sense of Humanity
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In the pseudo/artificial/synthetic/trans-genic world in which we live and our children are born into, we find it hard to connect with what is real and natural, thereby we have created institutions and policies that directly go against *human nature*. This fact is recognized by many, especially those that are indigenous or have never lost their connection to Mother Nature.

This workshop has been designed to be hands-on, diverse, and to offer different activities that can help regain a sense of humanity through reconnecting with Mother Nature. Since there is not enough time in the workshop to cover everything in depth, there are resources that you can use, share with family and friends, co-workers, neighbors, community leaders, etc. as our collective focus shifts back to Mother Earth.

For those that attended the workshop, hopefully you will find the resources below useful as you embark on a *spiritual search*. I believe that in reconnecting with nature (either internally or externally) that essentially one is going on a spiritual search to resurrect their connection to themselves and Mother Nature.

Everyone's journey is different. Some may be able to reconnect by being outside more often, others may spend a lot of time outside in Nature but still cannot become *whole again* and they may have to go internally to see what lies within: essentially we are walking *rocks* made from the Earth. Nonetheless, the outcome of your journey is the same: to regain your sense of humanity.

What is the Problem?

“Human beings have been compelled to manifest their humanity in their technological capacity, to grow food, to make fires, to build dams, to invent lathes and computers. Simply to survive, we have concentrated our powers on producing things, evading critical questions of our relationships with one another and to Nature. As a result, we have become technologically overdeveloped and politically and socially underdeveloped. We will not regain our membership in the human race, until we recognize that our greatest need is not to develop the productive forces (which was a dominant concern of Karl Marx because he was creating his ideas in a period of material scarcity) but to struggle with one another and with ourselves to get rid of outmoded ideas and fears which keep us from grappling with the complex issues of our relationships with one another and with our natural environment.”

– James (Jimmy) Boggs

“Oh, what a catastrophe, what a maiming of love when it was made personal, merely personal feeling. This is what is the matter with us: we are bleeding at the roots because we are cut off from the earth and sun and stars. Love has become a grinning mockery because, poor blossom, we plucked it from its stem on the Tree of Life and expected it to keep on blooming in our civilized vase on the table.”

– D. H. Lawrence

- 99.9% of life devoid of conscious sensory contact with nature; 95% of our time is spent indoors

What can we do differently?

- Self evidence is the missing link to validate what we sense and feel

“A human being is part of a whole, called by us the Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.”

– Albert Einstein

Qigong and T'ai Chi

<http://www.taichiwellnesssociety.org/qigong/>

“Qigong - The Tai Chi Wellness Society”

<http://ezinearticles.com/?Qigong---A-Pathway-to-Heaven-and-Health&id=2098753>

“Qigong - A Pathway to Heaven and Health”

http://www.medicinenet.com/tai_chi/article.htm

“Tai Chi Health Benefits, Styles, Videos, Classes, History and Origin on MedicineNet.com”

http://www.growingpower.org/growing_food_and_justice_for_all.htm

“Welcome to TAMA Martial Arts – Tai Chi”

<http://nccam.nih.gov/health/taichi/>

“Tai Chi [NCCAM Health Information]”

<http://www.gilmanstudio.com/display.php?sect=2>

“Gilman Studio - Courses - Overview of Courses”

http://yumamentalhealth.com/services/tai_chi/

“Tai Chi—Meditation | Yuma Mental Health Tai Chi—Meditation”

<http://www.tai-chi-fitness-for-health.com/>

“Tai Chi For Health, Healing and Wellbeing Berwick Rowville Murrumbena”

<http://www.camptaichi.com/2672/how-martial-arts-improve-your-mental-and-physical-health/>

“How Martial Arts Improve Your Mental and Physical Health | Camp Tai Chi”

<http://www.americantaichi.net/TaiChiQigongHealth.asp?subject=Mental+Health>

“Tai Chi for Health”

<http://www.emaxhealth.com/1357/martial-arts-tia-chi-can-may-improve-mental-health>

“Martial Arts Like Tai Chi Can May Improve Mental Health”

Tai Chi for Health: Yang Long Form by Terrence Dunn. 2004. ASIN: B0002ZDR80.

Art (Being Creative)

<http://www.dundee.ac.uk/pressreleases/prmay05/mentalhealth.html>

“FILM LAUNCH - *Recovering Lives: Mental health, gardening and the arts*”

The Confident Creative, Cat Bennett. ISBN-13: 978-1-84409-185-0.

http://www.mercatornet.com/articles/view/hunger_for_beauty/

“Enough of 'art for art's sake'. Let's have some art for the sake of humanity, truth and goodness”

<http://quote.robertgenn.com/getquotes.php?catid=137>

“Humanity Art Quotes”

http://greatergood.berkeley.edu/article/item/why_we_make_art/

“Why We Make Art | Greater Good”

<http://blog.absolutearts.com/blogs/archives/00000141.html>

“Contemporary Art Blogs - absolutearts.com - "Who Needs Art?" by Michael Corbin”

<http://www.ascentofhumanity.com/introduction.php>

“The Ascent of Humanity: Introduction”

Being In Nature (Including Gardening)

http://www.mindingourbodies.ca/toolkit/resources/gardening_for_food_and_mental_health

“Gardening for Food and Mental Health | Minding Our Bodies”

<http://mindbodysmile.com/2011/02/08/co-creating-with-nature-conscious-gardening/>

“Co-Creating with Nature: Conscious Gardening”

<http://www.healthyalberta.com/HealthyPlaces/554.htm>

“Community Gardens: Being Active With Your Neighbours”

<http://www.myoptumhealth.com/portal/Information/item/Gardening,+Your+Health+and+Horticultura?archiveChannel=Home%252FHealth+Hubs%252FType2HealthHub%252FHeart%252FSubTopics%252FHeart+Disease+Basics%252FTreatment+for+CAD&remBrdCrumb=true>

“Smell the Roses: How Gardening Can Improve Your Health”

<http://lifestyleminders.com/index.php/2009/06/07/connect-with-nature-to-reconnect-with-each-other/>

“Connect with nature to reconnect with each other”

<http://www.fitnessmagazine.com/health/stress-relief/get-happy/are-you-nature-deprived/?page=2>

“Are You Nature Deprived?: Why Getting Outside Can Make You Happy”

<http://www.suite101.com/content/five-ways-human-beings-can-reconnect-with-nature-a249613>

“Five Ways Human Beings Can Reconnect With Nature”

<http://www.bhg.com/health-family/mind-body-spirit/natural-remedies/a-therapeutic-garden/>
“A Therapeutic Garden”

The Great Work, Thomas Berry. ISBN-10: 0609804995. ISBN-13: 978-0609804995.

Race and the Cosmos: An Invitation to View the World Differently, Barbara A. Holmes. ISBN-13: 978-1563383779.

Changing Your Food Intake

<http://www.thedietchannel.com/Diet-and-Mental-Health-Improve-Your-Outlook-with-a-Healthy-Diet.htm>

“Mental Health: Improve Your Outlook With A Healthy Diet | The Diet Channel”

<http://www.improve-mental-health.com/gut-brain.html>

“The Gut Brain Connection | Digestive Problems and Mental Health”

http://www.mind.org.uk/foodandmood/food_and_mood-the_mind_guide

“Food and mood - the mind guide | Mind”

<http://www.mybodylanguage.co.uk/mental%20diet.htm>

“New reports link mental ill-health to changing diets”

<http://www.mentalhealthsupport.co.uk/goodmoodfood.html>

“Mental Health Support - Good Mood Food”

<http://www.sustainweb.org/foodandmentalhealth/about/>

“How are food and mental health related?”

http://www.healthstatus.com/articles/How_Food_Affects_Mood.html

“How Food Affects Mood”

http://www.thehealthbank.co.uk/nutrition_articles/how_food_affects_mood_and_mind.html

“How the food in our fridge affects our minds”

Love

“...There is a revolution brewing here and abroad that will be one of the greatest in the history of humankind as long as we continue to *have a small group of thoughtful, committed citizens*. With this group, we can change our country and hopefully bring peace to the world by fostering love, a love for self, a love for family, and a zest for peace and seeing a *world that works for all*.”

– Obiora Embry

“At the risk of seeming ridiculous, let me say that a true revolutionary is guided by great feelings of love.”

– Che Guevara