

Eco-therapy Assignment

* Find a companionable place outside.

Once a month (or more if you wish!) wearing your outdoor movement clothes take yourself to your place with your notebook and mark making materials.

If you have your phone with you, put an hour in the timer and then turn it off.

Take some time to land and orient.

When you are ready...find a way to enter your practice.

You do not need to know what your doing. Simply stay open and curious.

Something will happen!

If you get lost in inner space (thinking/overwhelming feelings) or outer space (feeling spacey, disconnected, loosing touch with your body) breathe out, bring your attention back (gently) to your breath, firm contact of the ground, soft contact of the air (returning to physical sensations) and continue. Follow, Follow, Follow.

Upon completion, close your practice in whatever way feels right for you, perhaps including writing, mark making, tea drinking, snoozing.

While your experience is fresh in your body, send a reflection of between 50-100 words (no more) to Homa. (This may also include a photograph from your notebook or making) Include 3 sessions with a partner practicing the 10 minute swap score we did together.

* Read 'Towards an Ecopsychotherapy' by Mary Jayne-Rust
(I suggest you read this before deciding on your project)

* Create a project centred upon an aspect of Eco-therapy that speaks to you. Something that will sustain your curiosity, that you feel called to explore more deeply. Some ideas might be; the therapeutic application of Gardening, Ceremony, Rites of Passage, Animal Assisted therapy, Walk and Talk, Environmental Movement. This is by no means an exhaustive list. As always please follow your senses and intuition.

