

Wild Soul to Sacred Ground

Open Your Heart the Natural Way

A Center Spring Wednesday Class, April 30-May 28, 7:00-8:30

Nature offers us a deep well of rejuvenation and renewal. Our own breath and pulse give us a sense of our embodied nature, being outdoors enlivens our heart and spirit. Sense your body in communion with the Earth during this series as you become more conscious of the living dialogue between us and the natural world.



Sensing Pulsing Nature ~ Our senses evolved in relation to our living planet and continue to establish new communication pathways each time we connect with the Earth. We feel alive as soles (souls) ground, ears attune, eyes gaze, hands touch, tongues taste and noses smell.

Hearing Resonant Nature ~ Hearing serves to direct our attention so that we can attune through listening. Play with sound and silence. Hear the percussion of your own body and other natural sounds. Pause and breathe.

Seeing Beautiful Nature ~ We see both with our physical eyes and beyond, through our mind's eye (imagination) and heart's eye (intuition). Observe color and light, create earth art and allow intuition to guide.

Touching Vibrant Nature ~ Our whole body vibrates with touch – hand and heart, soles and soul. Experience gravity, sense air temperature, move through space and feel the land.

Tasting and Smelling Edible Nature ~ We depend on the Earth for our sustenance: soil, seed, rain, wind, pollinators, and, of course, farmers. Pause to savor aromas and flavors, nourishing body and soul.



About the Presenter ~ Carolyn Rodenberg, MA, LMFT, CCH, specializes in guiding people to vibrancy in their senses through psychotherapy and retreats. She helps people listen to their somatic and sensory experiences, cultivating awareness as a resource for change and growth. With 26 years in practice, including 20 years in healthcare settings, Carolyn enjoys offering gatherings which deepen and enliven the connection between a person's nature and the natural environment. Carolyn's website is: www.caringpresence.net.

Please register through The Center at St. Andrew's, 111 NE 80th, Seattle,
either at the church or online at www.saintandrewsseattle.org.