



Ecopsychology and Mental Health

Instructor: Dan Huber

Class #24: Friday, January 9, 16 9am-4pm

Good Morning All!

I would like to send a warm and heartfelt thank you and welcome to our workshop, Ecopsychology and Mental Health scheduled to be held Fridays, January 9 and 16 from 9am- 4pm at the Clearing in Ellison Bay, WI.

I have attached some materials for you to review prior to our workshop.

I suspect you realize that humanity and the world we live in are experiencing rapid changes. There are many ways we can respond to these changes. My preference is to remain mindful of what is occurring in our contemporary world and cultivate positive ways to support positive changes for all.

The Ecopsychology workshop is one such effort. I have been a lifelong student of human consciousness and nature, cultivating ways through my explorations to help heal the human condition and the earth as well as foster positive growth. In our workshop we will create a community of like-minded people to support these goals.

As you review the materials, kindly reflect on your current view of climate change and how you feel affected by it. The Climate Change Wheel is a helpful tool to do so.

Also, I believe our present is embedded in our past that will affect our future and that of all the myriad life forms that call earth home. I have attached two tools to help you with this process: The Ancestral Survey which will help you take a look at what beliefs your ancestors had that continue to help you and or interfere with your present life. It will also direct you to develop a plan to make significant changes in your life.

The second tool is the website from the Climate Change Network that has some wonderful videos and literature to help you cultivate ways to work Intergenerationally to help your family and the earth. During our workshop we will have several nature-based activities to support this process.

Our daily schedule will incorporate discussions, reflections and nature-based activities. Hopefully by the end of our time together you will be equipped with a deeper appreciation of yourself, your world and the importance of being part of a supportive community to affect positive mental health and well-being with and from nature.

For our opening ceremony, kindly reflect on these topics:

What attracted you to take this workshop?

Describe 2 or 3 nature experiences that have profoundly affected your life to this day?

What would you like to heal within yourself and nature during our time together?

What gifts do you feel you personally have to help the world we live in?

Also, please bring along a journal/sketchbook to record your experiences

See you all soon and very much looking forward to sharing our time together!

Kindly,

Dan

Plan:

introductions

Setting intentions

Sacred medicine Wheel:group/individual;

Medicine Card Selection

Rattle/drum distribution

Nature walk/finding your space

Rock meditation

Shared walking journeys

Community's healing circle

Cusco exercise

Summary of the day

Day 2

Rudolf Steiner/ biodynamic video/discussion

Sacred garden creations/meditations

Silicon horn ceremony/fire ceremony

Tree planting ceremony

Labyrinth ceremony. What will change?
Closing/summary ceremony

Tools
Medicine Bags
Blue corn
Tobacco
Horns
Silicon
Drums/rattles
Journals

Writing career
Going from being a waterbug to a deep root (use in tree planting meditation)
My three
Spotty
Lightning Strike
Shamanic High Wind experiences