

# Earth-Heart Living: A Deep Dive Journey

## Journal of Wild Body Wisdom

### Keys of Perceiving

#### Key #20

**Expand your sense of place.**

Extend yourself in all directions  
beyond your own physical  
and energetic bodies.



Leaving the familiar confines of your body, mind and felt sensations can be scary and unsettling. Were you met by resistance and confusion, or delight and curiosity? What happened?

How did the world change? Were there new aspects of your wild-scape that appeared for you?

What new sensations did you experience? Were there specific aspects of the place that were easier for you to relate with as you extended yourself beyond your own physical and energetic bodies?

You will find that your way of relating to your wild-scape has been forever changed. What has changed for you?

Ideas, elements, aspects of the place to deepen with:



# Listening to the Land

"We do not see nature with our eyes,  
but with our understandings and our hearts."

~ William Hazlitt