

Earth-Heart Living: A Deep Dive Journey

Journal of Wild Body Wisdom

Keys of Perceiving

Key #19

See through your body.
Experience your surroundings
through your felt sensations,
emotions, heart center,
and feelings.



How would you describe the experiences you had with your wild-scape this week? Did you learn anything new?

What were the sensations, feelings, and emotions that were the most prominent or noteworthy?

What was your heart's experience of your wild-scape this week?

Were you able to make the shift from being in your head to being more fully embodied? What was this shift like for you?

Have you discovered anything new about who you are and your unique way of sensing, responding and being present to your environment? If so, what's new, what's changed?

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



Listening to the Land

"The world is full of magical things,
patiently waiting for our senses to get sharper."

~ W. B. Yeats