

**Awed: Toward an Embodied Ecology...by Russell Delman  
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Our living body is so much more and so much grander than this flesh and these bones. Within this structure is the field of experiencing in which everything happens - in which all our situations, relationships and interactions are carried and processed. Within this living bodily experience, there is profound Wisdom awaiting our appreciation and listening. Our bodily felt-sense is the body/mind/spirit before they were divided up!

**We are nature, nature is us! When people say they want to get in touch with nature and proceed to camp in the woods or climb a mountain we know what they mean. Yet, what about this breath, the sense of weight in the bottom of the feet or the smell of the newly mowed grass. Do we forget that we are nature and nature is us? We are never separate from the natural world, how could we be?**

When we deeply understand the profundity of this, we begin to turn toward the precious gift of our bodily experience with such care, kindness, listening, even awe, that we are literally reborn into a new relationship with life. We have direct access to the natural world and inner ecology. A new basis for environmentalism arises.

I really do not know how to communicate all that this implies for our personal lives and equally for our life on this planet. Our body is the locale of all our interacting and relationships. Similarly, the earth is the locale for all the experiencing on this planet. Just as our bodily process is so much more than flesh and bones so the earth process includes all the interacting that the planetary body experiences including: human beings, animals, plants, the atmosphere, the planets, the stars and this particular breath! Taking care of our body and all our relationships is absolutely congruous, even synonymous with, taking care of our home, this precious planet earth.