



Blossoming into Conscious Being Accompanying into Aliveness

Nature Walking and Somatic Psychotherapy, Relational
Presence & Self-Understanding, Conscious Dancing Ceremony

Dr. Farah Forest 
The Walking MD
thewalkingmd.ca

Ecstatic Dancing & Self-Understanding Ceremony

Join us in accompanying ourselves and each other into Sacred Aliveness.
Feel alive in the body. Easefully unite the force of life that you are with the body.



Conscious Dancing: Intentional, non-judgemental awareness of the human experience of mind, heart, body and spirit in the present moment through dance often with an attitude of playful love and wonder

- Focus – presence through dance (not about performance or any specific dance steps), unchoreographed, non-evaluative mindful movement. Meditation in motion.

Ecstatic Dancing: Specific form of conscious dancing that invites completely free-form movement allowing music and inner impulses of the body's muscles and nervous system to guide movement

- Focus – heightened awareness through the ecstasy and joy of movement guided by *stepping outside oneself (ekstasis)*, losing one's self-consciousness to the music without concern for how one looks, freedom of embodied emotional expression and natural experiencing of release of emotions held in the body through uninhibited movement. Intentional self-guided embodied surrender to sound.

Together we play and experiment with both elements of dance at our own pace and in our own way.

WHY

Conscious Ecstatic Dancing is a ceremony of accompanying, self-guided embodying and owning of the wholeness of our sacred aliveness, from our rigidity to our fluidity. People dance to:

- Just be and breathe, nourish the body's aliveness, soften towards our collective armour of survival
- Honour the truth and wholeness of your present moment embodied human experience
- Embody the fully expansive expression of the felt human experience – the light and the darkness of shadow
- Grieve and release embodied sorrow, anger, fear, shame and play with joy and creativity
- Experience the love, wisdom and fluidity of the body's sacred aliveness and open the heart and mind through the spirit – both the masculine and feminine
- Honour a life transition, reflect and integrate where you've been, where you are and where you're going
- Deeply listen to understand the body, receive insights through its wisdom and create meaning
- Be witnessed and accompanied by each other into fully expansive embodiment of the human experience

Benefits of Ecstatic Dancing and Self-Understanding Ceremony may include:

- An increase in embodied presence, self-connection, self-understanding, self-esteem and self-confidence
- Greater freedom of self-expression, compassion for yourself and others, joy, upliftment, meaning, purpose
- Belonging, unity, oneness, embodied connection to others and the world, sense of togetherness and a shared human experience of accompaniment into aliveness and expansion beyond the edges
- Neurochemical effects on the brain that reduce stress, decrease ruminative or "stuck" thinking processes, support embodiment and a felt sense of the edges of the whole human sensory and emotional experience
- Insights into your inner experiences in relationship with yourself and others
- Increased calm within yourself, with others and daily matters of life
- Enhancements in well-being, attention, awareness, concentration, creativity and playfulness

DISCLAIMER

Every moment of the ceremony is voluntary.

As this is a virtual ceremony, it is by attending that you agree to the [Disclaimer, Dancing Guidelines and General Ceremony Guidelines](#) as listed on www.thewalkingmd.ca.

This is a space for us to align with who we truly are in a fully embodied way and to meet our bodies in this truth in the ways we have needed at every stage of life represented by the sacred musical trip. To support your exploration of this alignment, the facilitator will demonstrate different ways of being in and with the body both formally through shared practices of embodying relational presence and informally through how she relates to her body during the freeform practice. We accompany ourselves and each other in exploring the present moment felt experiencing of our bodies through sound or silence, movement or stillness, touch, breath and space, bearing witness to each others' unique process of human experiencing, of human *being*. We self-guide or self-titrate to the edges of our presence, at our own pace and in our own way, seeing where we begin to experience overwhelm or escape into our heads.

WHO

Farah Forest is a Family Physician Practising in Psychotherapy and lifelong dancer who connects with creatives in any field, deep thinkers and sensitive or neurodiverse souls. For credentials collected along the way, see www.thewalkingmd.ca. Farah curates sacred musical trips drawing from the wisdom of the beautiful diversity of genres and cultures around the world. Her life purpose is creating sacred containers



and conscious experiences of playful, shared, embodied relational presence, naturally bringing forth the diverse capacity, strength, love, tenderness, truth, wisdom, peace, joy and wonder of sacred and vibrant aliveness to easefully and fluidly meet the human experience as it is.

Farah's purpose is inspired by the embodied treasures she has received through loving and brave containers like Conscious Ecstatic Dancing Ceremonies including embodied relational presence, softening towards embodied rigidity, freedom of authentic embodied emotional expression and expansion through self-guided accompanying to the edges of the wholeness of the human experience. It is through the lens of these sacred treasures that Farah sees the human experience as an infinite process of expansion through embodied experiencing of what is, grieving of what was and creating into what's next.