

ECOLOGICAL

A recognition of relationship and entanglement as an **innate state of being**.

And, **an attunement to** the relationship between living things and their environment, and how living things act within and co-create relationship. As in, a **possible way of being**.

ENQUIRY

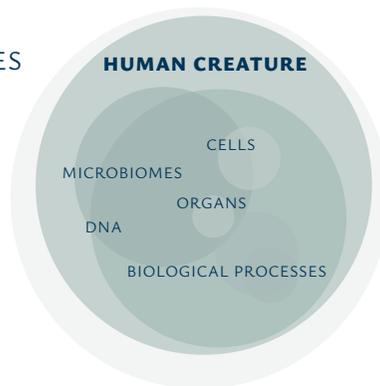
The **living, depthful study** of meaningful questions, experiences, or ideas.

HOW ARE WE BEING
IN RELATIONSHIP WITH,
AND LIVING WITHIN,
AN INNATELY ECOLOGICAL UNIVERSE?



ECOLOGICALNESS AN INNATE STATE OF BEING

- CULTURAL STORIES
- BIOREGIONS
- SOCIAL SYSTEMS
- CHEMISTRY



THE FUTURE

- POSSIBLE FUTURES

- FUTURE GENERATIONS

- PLACE
- ECOSYSTEMS
- ORGANISATIONS & COMMUNITIES
- TECHNOLOGIES
- LANGUAGES
- STORIES, IDEAS, & MYTHS
- PHYSICS
- WORLDVIEWS & COSMOLOGIES
- BIOLOGY
- THE EARTH
- HUMAN CREATURES
- INDUSTRIES
- CURRENT EVENTS
- THE MORE-THAN-HUMAN

THE PRESENT

- ANCESTRAL LINES & HISTORIES

- COLLECTIVE HISTORIES

THE PAST

PRACTISING ECOLOGICAL ENQUIRY

From ecosystems to social systems, technology to language, chemical reactions to biological happenings, ideas to language, histories to possible futures, this planet to human creatures, the non-human to the more-than-human, the smallest matter to the universe, **all things seems to be entangled in relationship with something else (often, many things). As in, ecological.**

Ecological enquiry is **one way we can access an embodied knowing of ourselves, each other, the more-than-human, the Earth, and the universe, as ecological.**

Entangled, relational, complex, and mysterious.



EXPLORING THE NATURE OF REALITY: WE DRAW ON BIOLOGY, PHYSICS, CHEMISTRY, ECOLOGY, SYSTEM THINKING, AND MORE, TO BE TAUGHT BY THE PATTERNS AND STRUCTURES OF THE UNIVERSE, MATTER, TIME, BEING, CHANGE, AND OTHER METAPHYSICAL EXPLORATIONS.

ATTUNING TO LIVED EXPERIENCE: WE ATTUNE TO WHAT WE FEEL AND EXPERIENCE AS SENSORY, EMBODIED CREATURES THAT CONNECT WITH COLOURS, SOUND, BEAUTY, SENSATION, ENVIRONMENT, SENSES, AND MORE.

CONNECTING WITH THE IMAGINAL AND THE MYSTERY: WE OPEN OURSELVES TO THE KNOWLEDGE AVAILABLE FROM DREAMING, IMAGINING, REMEMBERING, VISUALISING, PRESENCING, AND SENSING.

APPLYING CRITICAL THINKING: WE ACTIVELY AND SKILFULLY PROCESS AND RESPOND TO INFORMATION, EVIDENCE, IDEAS, AND BELIEFS IN A WAY THAT AIMS TO LEAD TO SOUND CONCLUSIONS AND BEHAVIOUR.

APPLYING CRITICAL THINKING

What does biology, chemistry, physics, system thinking, ecology, social sciences, history, and more, show us about the nature of material reality?

How does time and change unfold in my life and in this universe, and how does that affect human creatures, the more-than-human, ecosystems, and this Earth?

What occurs between life happening and my experience and/or interpretation of life happening?

How do complex, living systems unfold and what can we learn from how they interact and change?

A MOLECULE, A CHEMICAL SUBSTANCE SO SMALL THAT **AN AVERAGE SIZED GRAIN OF SAND HOLDS MORE MOLECULES THAN THE TOTAL NUMBER OF STARS IN THE OBSERVABLE UNIVERSE**, IS FORMED OF TWO OR MORE ATOMS IN CONSTANT VIBRATION, ROTATION, AND TRANSITION.

THEY SHIFT APART. THEN RETURN TOWARDS EACH OTHER. THE ATOMS' VIBRATIONAL DANCE INCREASES WHEN TEMPERATURE IS INCREASED AND SETTLES DOWN WHEN DECREASED.

MOLECULES ARE MADE POSSIBLE BY RELATIONSHIP. MADE OF MEETINGS.

CONNECTING WITH THE IMAGINAL

What am I sensing in this relationship that is beyond words and what information is that bringing me?

When I sit in intentional presence or dreaming with others, what information becomes available to me?

What information is being revealed over time when I become present to connections and patterns?

What arises when I close my eyes and sit in silence in different places and in different relationships?

A GALAXY IS AN UNFATHOMABLY LARGE GATHERING OF STARS, PLANETS, DUST, AND GASES, **CONSTANTLY DRAWN TO EACH OTHER BY GRAVITY AND ROTATING AROUND A CENTRAL CORE.**

THE MILKY WAY IS ESTIMATED TO INCLUDE AROUND ONE HUNDRED TO FOUR HUNDRED BILLION STARS AND AT LEAST THAT NUMBER OF PLANETS.

GALAXIES ARE POLYAMOROUS LOVE STORIES UNFOLDING THROUGH, AND MADE POSSIBLE BECAUSE OF, BILLIONS OF YEARS.

METAPHYSICAL EXPLORATIONS

What does biology, chemistry, physics, system thinking, ecology, social sciences, history, and more, show us about the nature of material reality?

How does time and change unfold in my life and in this universe, and how does that affect human creatures, the more-than-human, ecosystems, and this Earth?

What occurs between life happening and my experience and/or interpretation of life happening?

How do complex, living systems unfold and what can we learn from how they interact and change?

ATTUNING TO LIVED EXPERIENCE

What do I notice if I sit still in nature and listen and watch?

What body intelligence, heart intelligence, gut intelligence is available to me along with mind intelligence?

What of my biology and ecology is mirrored in others, the more-than-human, in ecosystems, this Earth, the universe?

What do I find beautiful and what does beauty teach me?

What is alive in this relationship?

MEETING KIN

AN ECOLOGICAL ENQUIRY PRACTISE

Meaningful enquiry practises are **rooted in the relationships, meetings, and experiences** of our life.

They are therefore not just an intellectual endeavour but **an applicable, embodied experience**.

And while they are rooted in our lives, meaningful enquiry practises also invite us to **travel beyond the limitations of our personal experiences and perspectives** and into the different ways that matter and life forms exist.

To be in meaningful enquiry is to meet kin and be curious about the similarities and differences. Within ourselves, within each other, within all that we share this universe with.

'When I think of what I believe in, it is closest to a form of animism-the belief that all plants, creatures, and parts of the earth are animate and alive. But it is an animism of chaotic difference. Of woven contamination. It is an understanding that my being alive does not mean I should assume that the aliveness of the hill or the river or the wild roses is the same flavour as my aliveness. Knowing that a stone is alive keeps me alive. And knowing that a stone is alive differently than me keeps me asking questions, keeps me humble and curious and open to surprise. This is the Animate Everything.'

Sophie Strand, from The Flowing Wand

FIND A SIT SPOT THAT YOU ARE DRAWN TO. A TREE TRUNK THAT BECKONS YOU, A STRETCH OF BEACH SAND, A ROCK, A RIVER SIDE, AN AREA OF GRASS, OR ANY OTHER AREA OF LAND THAT CALLS, AND BE THERE FOR AT LEAST 30 MINUTES.

IF AVAILABLE, BARE YOUR FEET AND REST THEM ON DIRECTLY ON THE LAND AND REST YOUR HANDS IN THE GRASS, OR IN THE SAND, OR IN THE STREAM.

FOLLOW YOUR IMPULSES. CLOSE YOUR EYES AND REST. WATCH WHAT'S AROUND YOU. LISTEN TO THE SOUNDS YOU HEAR. MOVE YOUR BODY, OR STAY STILL. HUM OR SPEAK OR SING, OR STAY QUIET.

COMMIT TO BEING ATTUNED. NOTICE THE MORE-THAN-HUMAN. DRINK IN SOUNDS AND SMELLS. FEEL TEXTURES AND SENSATIONS. NOTICE IF YOU ARE TENSE OR HOLDING BACK, AND SEE IF YOU CAN SINK FURTHER, BE MORE HELD, BE MORE AVAILABLE.

REPEAT. AND REPEAT AGAIN.

ANNA-MARIE SWAN

Facilitating guide, activator, writer



Living in Exeter, Devon (UK), the viscerally-ancient lands of Dartmoor and the generous ecology of the Jurassic Coast shape my enquiries into ecologicalness as material reality and mystery.

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