SELF COORIE

By Audicia Lynne Morley/ RSMT/E

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indoors | nature

individual

self care

1 hour

PURPOSE

SELF MANAGEMENT

- creative connection with yourself, nature and the environment
- enliven listening, sensing and body awareness
- following what feels like affirming and GOOD

MATERIALS

- optional: notebook - pen

PREPARATION

- Choose a safe place - indoors or outdoors in nature - where you can let go of outside worries.

INTRO

Coorie - pronounced Kuri or Koo-ree - is the Scottish art of deriving comfort, wellbeing and energy from the landscape or surroundings.
Find your "safe place" and take time to engage creatively with your surroundings including the natural elements, architecture and other objects. Deepen your connection and relationship with your environment by following your intuition and what inspires you.

STEPS

1. The invitation is to practice small, quiet, slow activities that support you to engage with your surroundings in a way that makes you feel happy, relaxed and well in yourself.

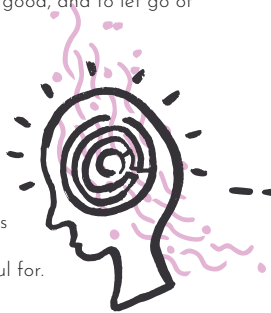
2. Use your senses to help you become more connected with and present in your environment. Play with how you interact through sight, sound, smell, touch, taste and movement.

3. Find pleasure and enjoyment in whatever you do. Notice how you feel in relation to what you chose to do.

4. The intention is to let the activities happen with a feeling of you having time and space to follow what feels good, and to let go of what does not serve you.
Take time to let go of the mental control and discover what unique rhythm, flow, connection or rest is nourishing for you.

5. Always stay respectful of yourself and the environment, moving and connecting in ways that are safe and mindful.

6. (optional) Take a final 15 minutes to journal and write a response to your process with at least one resource you got from this experience, noting anything you feel grateful for.



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REFLECTION

Observe how you feel before or after the exercise:

- What was nourishing for you?
- What resources did you discover from this activity that can support you in daily life?
- Were you able to meet your needs with the activity?

COMMENTS

This exercise can be practiced at any time. Develop a regular morning or evening practice to let your body connect with its own rhythm. Follow your intuition and heart. As a regular practice this activity allows the rebalancing of the Nervous System by coming back to your own rhythm, letting go of the planning/doing mind and allowing the deeper natural rhythms and play of the body to unfold.