

How does it feel like to be...?

A slug - somewhere to hide, feeling safe under a stone, sliding along the underside of a leaf to feed, sense of exposure, sliminess, living, just being.

I became a tree and felt a strong sense of calmness, warmth and compassion.

Exciting and stressfull : I was something like a fox, and I heard Human far in the forest.

Peacefulness, summer, calm.

Cold, because it's -7 here. A bird, so searching for food in the snow, and remembered people put feeding stations in the trees in the park...

I became a bear. Why did I attack a village? Cause I was so hungry. No food in the forest.

Warm in mon's hands.

I felt a Kite (a bird of prey). I had an amazing helicopter view of this area. I was also able to focus in on a small detail and target that focus.

I was a river. I could be fierce as a storm or tranquile as a summer breeze. But sometimes I was losing my self out. I am getting dry and I need to scream it.

Afraid of what we're doing to non-human actors.

Stillness, immobility, strength, strong feeling of the elements around me (rain, wind....), ancorage.

Mourning loss and looking forward.

Cold, stillness, roots confined by the brick wall, emptiness in the soil, memories of the other trees that were here hundreds of years ago, the pavement presses on my roots, bird singing.

Fern on a hillside. Just being... calmness. Body felt the need to move in the breeze.

I was was a fish (following Judith's comment). I wanted to say how difficult it can be to breath at times.

Overall it was not easy. anyway I found myself looking at my offices from the perspective of the elm tree outside. I though I never considered before.

Surrounded by stars in winter.

Fear.

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I became my hen, who is the only survivor of a fox attach. She feels lonely and cold.

A horse - I felt a sense of freedom, power and calm.

I felt how my senses became more sensitive and how I was vulnerable out there in nature. I was very aware that needed protection from the larger family of horses.

The weight of wet leaves in the spring.

I felt like a dolphin enjoying freedom - until I hit a huge piece of plastic - a sign of humans - that captured me and destroyed the freedom.