

L. Siegel: Excerpt from my PhD

Our-story: In the end, it could have been anybody's story...

*How those stories intra-act
with each other to create new entanglements.
And then how these entanglements
in turn
loop back to intra-act with the individual's own
re/storying
to create new phenomena*

*And that's what I find hard at the moment...
is to allow the love at the same time as the pain*

*Freedom, just complete freedom
yeah, just at one
just peaceful.
I'm just this little bubble
but it's actually connecting with nature that's going to
make it
bigger.*

*(It felt like something terrible had happened
while we had been sleeping)
It was like meditation
you know it was just moment after moment,
no past, no future,
just completely in the now.
It's so hard to be strong when you're on your own,
isn't it?*

*My relationship with the environment has been
building
it feels very personal to me
but...hearing these stories, it seems very personal to
everyone.*

*I guess I had to do one of two things:
I either had to fight for these beliefs,
or crumble
I don't know, where do you get that?
(you're just born with it!)
this other-worldly thing...
when it's just inside of you, spiritually?*

Every story... I felt like I connected to

*It's probably one of the most authentic things
I've ever
written
it was like revelations
it was a bit of a therapeutic process
and I liked that, it was good.
I found it was very kind of revealing to myself
it felt like distilling
like putting the stories in a big kind of thing
and then maybe distilling them back
so in the end, it could have been
anybody's story*

*A lot is based on intuition...
there are these ways of knowing that we need
to honour.
We need to create stories.*

no – we need to retell our stories in a new way

*A doorway has opened up to me and I feel that
I am just on the threshold.*

*To be connected to Mother Earth,
in ways which I feel I am,
completes me.*

*Values on behalf of the more-than-human!
It's like you're representing a collective
already.*

*Together
we are stronger*

*Only by letting go of society's labels and constructs
I can truly embrace love,
compassion,
kindness,
acceptance and
interconnection in everything around me
(everyone claps)*

*A glorious sense of freedom in the natural
environment
The freedom I find in nature
and the need for freedom, freedom of expression
I guess
It was a remembering of something
I once knew
...a feminine aspect of this nurturing,
knowing,
nature connection being-ness*

How do we actually live the Gynocene?

How do we

*(I'm tired of struggling against the
conventional model)*

*You need to find love for what
you're doing and it frees you!*

*Frees you up
totally!*

*It's so important to acknowledge how we heal
with each other.*

*When one person gets an aha moment,
we all share it*

*We are open hearted
and connected*

*and where that allows you to go
is unlimited*

*uncovering bits of your unconscious that was
always already there.*