


CLIMATE HEALING



A MEDITATIVE VESSEL FOR ENGAGING WITH
CLIMATE CHANGE, ECOLOGICAL GRIEF, & LOVE.

WHAT IS IT?

A new offering from Nocturnal Medicine, Climate Healing is a soul-centered collective experience for processing climate change & its emotional impacts.

The multi-sensory journey brings together facilitated ritual, guided meditation, an original sound bath & elemental play with materials such as soil & flowers. Together, we will make contact with the difficult truths of our time, sink into embodied connection with nature, & awaken into action & accountability.

Climate Healing can be facilitated as a stand-alone experience or it can be integrated into other programming (conferences, retreats, etc).

The program lasts 1.5 hours, & can be fine-tuned to match specifics of a group or setting.

THIS EXPERIENCE:

- Provides heart-centered care for ecological grief & anxiety
- Offers practices for moving past paralysis & doom into hope
- Creates space for embodied connection & play with natural materials
- Ignites personal accountability & responsibility
- Strengthens bonds across participants
- Awakens the emotional channel between the self and the natural world

“I LEFT FEELING MORE OPEN & RECEPTIVE THAN I HAVE FELT IN DECADES.”

– Lea Colon, participant

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TESTIMONIALS

“This experience re-injected every ounce of life & creativity I yearned for. Thank you for creating this incredible space & using sound in such an intentional & uplifting way.”

– Bianca Lee, program participant

“This gathering made space for intense feelings & play, a combination that moves us into a more hopeful sphere of speculation about the future. I felt like a kid in a sandbox, very happy to be curious & playful.”

– Sea Taylor, program participant

PAST PARTNERS

Lincoln Center

Performance Space New York

MIT

University of Virginia

Canal Projects

The Bentway

MORE INFO

For pricing, bookings, or other info, contact us at: info@nocturnalmedicine.com

VISIT US

www.nocturnalmedicine.com
[@nocturnalmedicine](https://www.instagram.com/nocturnalmedicine)

ABOUT US



Nocturnal Medicine is a nonprofit studio building spiritual resiliency in the face of ecological crisis. Founded by Larissa Belcic & Michelle Farang Shofet in 2016, the studio creates collective experiences, installations, & media centering environmental justice, climate grief, & healing.

Working with guided meditation as a form of storytelling, Nocturnal Medicine creates & facilitates powerful guided journeys that center the emotional, spiritual aspects of the ongoing planetary health crisis. Their work is intimate, honest, & rooted in powerful sensory experience.

IN THE PRESS

Click to read more about Nocturnal Medicine's soul-centered approach to climate healing in the following publications:

[The New York Times](#)

[Global News](#)

[Climate Psychology Alliance](#)

[The Weather Network](#)