

Murmurations:
Journal of
Transformative
Systemic
Practice

M WALKS - FILM NOTES

Nature connection through film

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Volume 4

TWO FILMS by ANDREAS BREDEEN

Issue 1

Winter 2021

Keywords:

*EcoSystemic Return,
nature films,
indigenous
knowledges,
everything is
connected*



What can we co-learn from lighting a campfire?

<https://youtu.be/NyBPVkhQJOY>

Citation Link

Following a stream towards the sea

<https://youtu.be/r7W7vF2dqzI>

Nature connection through film

These notes accompany two films that I have made. They are an attempt to punctuate why my connection to nature is so important to me and try to find a way to share this. I write attempt because I believe that we as human beings are ever-evolving, ever-revealing and ever-growing, and so is our relationship and connection to nature. It's not a circular movement, but more like a spiraling one which adds one more dimension. We come back to places that are familiar but slightly different.

To try and give a context to the videos you soon might watch and why they matter to me, I think it's important to write something about nature. What is nature? According to the Norwegian philosopher Sigurd Hverven (2018, p. 16) one way to try to understand what nature is, could be the view of Bill McKibben in his book, *The End of Nature*, where McKibben differs between nature and culture where the latter is all that is created by humans. I don't think this is a good definition since there will always be human influence on nature and vice versa. McKibben's almost black and white and binary way of understanding nature feels artificial to me. It reminds me of Rene Descartes' way of separating body and mind, where my body is nature, and my mind is culture. I believe it is far more complex than this. I am having a hard time trying to understand some of the experiences I've had when I have been interacting with wild animals in their natural habitat when I'm differing nature and culture. I know for sure that I have influenced these animals to act in a way that they would not have done if they hadn't met me but that didn't mean that they acted human or that the act was an act of culture. These meetings I have had with the animals have most definitely had an impact on me. They have created a curiosity on nature and on my connection to it. The same goes for growing vegetables and chopping wood. And it has also created a need to re-connect. In one of my notebooks, I've written it in this way, and the Gregory Bateson reference is from *Mind and Nature* (1979):

I don't know when "it" started. What I know, however, is that I have an almost unbearable need to connect with nature. [...] It has always been so. From time to time, nature is calling me with its silence and igniting my urge to (re-)connect. I write "re-", because I haven't thought about whether or not it is the same connection each time. Bateson wrote about patterns that connect. But is there a pattern to my connection with nature? I will leave that question open to reflect upon later.

In his book *Friluftsliv*, the nature friend Nils Faarlund (2015, p. 11) writes that repeated surveys in Norway the past 20 years show that 9 of 10 appreciates the silence in the free nature and that 1 of 2 seek "nature's own mystique". I love nature with its own mystique and silence. When I connect with nature, I instantly speed down. I become slow and I take it easy. This is in opposition to the modern world where things are going so fast but not in a binary way since I can relax on my sofa, in the park and while jogging the streets as well. Faarlund (2015, p. 19) writes, "Silence is a way the free nature speaks to us by being silent."

The Norwegian eco-philosopher, founder of The Deep Ecology and activist Arne Naess wrote it this way:

The ecological field-worker acquires a deep-seated respect, or even veneration, for ways and forms of life. He reaches an understanding from within, a kind of understanding that others reserve for fellow men and for a narrow section of ways and forms of life. To the ecologist-fieldworker, the equal right to live and

blossom is an intuitively clear and obvious value axiom. Its restriction to humans as an anthropocentrism with detrimental effects upon the life quality of humans themselves. This value depends in part upon the deep pleasure and satisfaction we receive from close partnership with other forms of life. The attempt to ignore our dependence and to establish a master-slave role has contributed to the alienation of man from himself.

(1973, p. 95 – 96)

In the same notebook as I have mentioned, I wrote this at the end of a chapter where I contemplate upon huge questions:

I don't know. And right now, at this very beautiful moment, it doesn't matter. The peace by the lake in this warm summer morning, watching the bumblebees harvest nectar from the yellow, white, and blue flowers at my feet while I smell and taste the gentle wind that caresses my naked arms and neck while some unknown, to me, bird is whistling the same changing tone again and again, matters more right now.

These videos might be an attempt to give you an opportunity to connect with nature. And maybe also give you the possibility to reflect upon your relationship with nature. I don't know if or what it will give you and I can only hope it gives you something. It's hard to hear nature's silence through a video but maybe you can remember it and feel connected anyways. Happy watching!

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Citation

Breden, Andreas (2021). Nature connection through film. *Murmurations: Journal of Transformative Systemic Practice*, 4(1), 119-121. <https://doi.org/10.28963/4.1.9>