



“We are Nature” - Water Video Project

for co-working spaces,
learning centers such as universities,
schools and other educational environments,
libraries, exhibitions, companies and other institutions, public spaces.

The “We are Nature” Project is a multi-location video installation sourced from nature and transformed into an easily accessible instrument to ground and re-center oneself. It is intended to support people between their work, studies and everyday life challenges. Also when displayed in exhibition spaces and public places it creates a special experience. Due to its lively expression this project lends to various installation settings.

We have many challenges that require us to adapt quickly throughout the day. The project expands this capacity and reconnects us with our original nature: inner silence and natural dynamic. The powerful use of selected living images transports and refers us back to this state of being.

The project is tailored to serve as an instrument that offers a doorway to calmness and creativity through a carefully arranged sequence of videos. The five steps in the progression relate to the regulation of the nervous and energy system in the human body. Together they have a clearing, stabilizing and recharging effect. The nerves receive nourishment.

The simplicity of the instrument works easily into a busy day; during any pause, you can seek out this sequence in a safe space within your institution. Through easy and regular practice, you can gradually learn how to initiate your muscle relaxation and naturally calm your breathing rhythm. As soon as you notice your breathing, you will quickly reconnect to yourself. Our head empties more and more.

This arising space creates a healthy distance from the impacts of long periods of work and the constant stream of information. Over time, you can explore the natural pendulation

of your nervous system. Through this embodiment, you become aware of your individual expression and presence. You experience life through a larger perspective.

The We-are-Nature-Video-Project is made to remind us of our original inner nature:

Peace, Liveliness, Joy, Lightness and pure Presence.

*“for the Children in the world - the young
and the adult“*

Nicole R.-W.

*Creation and Copyright video sequence and text 2022: Nicole Ricke Wüstenberg
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