Naked in the Woods

A Guide to Spiritual Nudity

Storm Moon

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We stand as mighty oaks kissed by the Lady Spirit of Nature, just as leaves are kissed by the breeze. Father Sun sending loving shards of light deep within our souls, nourishing our roots. Slowly, patiently we take time to experience the flow of life, like sap in the trunk spreading to every branch and each and every twig. We stand as a bridge to the elements, rooted in the earth, flowing like water, the air our breath and the sunlight our soul. As does the oak, we stand as guardians to nature's great paradise. We bow in reverence to her great spirit. We shed our clothes, our worldly lives, our hectic existence, just as the oak sheds its leaves, standing tall. In this deep connection we find our true strength, our deep roots and the joy of simply being. We drink of her spirit in a divine union as she welcomes us into her magical embrace.

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About Storm Moon

Introduction

This book will be of interest to anyone who wants to experience a deep and life-changing communion with mother earth, and the freedom and joy of knowing and accepting our true selves. It promotes our right to be free as we truly are, and encourages respect and love for our beautiful bodies. This book is a journey that begins with the symbolism of clothes and the joy of being naked in nature, and progresses through honouring our bodies to awakening our subtle energy awareness, bringing us in to communion with the spirit of nature. Part one deals with sacred nudity from a personal perspective. Part two looks at the body as a temple and why we should treasure the human form. In part three we learn how to connect deeply with Gaia, mother earth herself. Elemental magic is the subject of part four, including a look at how we are controlled. Part five looks at sensual journeying, a form of guided meditation, and part six introduces at group rites and rituals. The final part looks at the tribal revival and the new era of peace.

Sacred Nudity

Being naked in nature is a highly symbolic and deeply spiritual activity that has been used throughout the ages by countless earth traditions in their sacred rites and rituals. It is the giving up of oneself completely to a higher spiritual ideal. It is an ecstatic activity that brings us into intimate communion with nature and her spirits. Quite simply, it is to know and accept our true selves in mind, body and spirit. If we want an honest answer to the question: Who am I? We must first be prepared to accept ourselves without reservation.

Spiritual nudity holds the key to liberation through the senses. It is only due to our conditioning and false perceptions that we see the senses, and our bodies, as unclean. When we pay attention to and care for our senses and our bodies, they can take us beyond the coarser bodily senses to the subtle senses of the spirit. I call these senses of the spirit the chakra senses. They allow us to experience a union with nature, with each other and with the divine source itself.

The Sacred Well

It was a beautiful June evening and I was lucky enough to have the sacred well to myself. The stars shone down upon me with their ethereal light and the air was filled with magic. The moon too, was magical in her presence. A wonderful opportunity to connect, to dance, to be at one with nature. After removing my clothing I immediately felt free and danced on a grassy bank, twirling and turning like a dervish, like an elemental spirit set free. I danced with the fairies.

The well itself was equally magical, as we stood and peered into her mystical depths. The energy rising up our spines causing them to tingle in the slight breeze. As I walked to the source I could smell some of the beautiful flowers and trees that surrounded this most sacred of areas. The source itself provided an endless flow of pure water. I gulped it and splashed it all over, feeling instantly invigorated and shivering with the shock! Sacred well water is healing water and I could feel it heal me from within as I drank directly from the source. The water evaporating off my skin cleansed and healed me from the outside and the two forces me, totally embracing me, setting me free. Such an amazing feeling of ecstasy and being totally embraced by mother nature herself. I no longer felt cold in the breeze, but felt part of it.

As I walked further I empathised with the flowers and trees, I could feel their presence in a way that is impossible fully clothed in the daylight. I was one of these beings. I was a dancing sprite, overcome with the joy of simply being alive. This is what life is, the sky, the water and the earth. A sanctuary in nature that liberated me from the ties of society. For these few eternal moments I ran free as a stag