

Nature Pod Newsletter

Finding your Whale Song



Somewhere beneath the surface, a humpback whale is composing. What sounds to us like a haunting, ancient moan is one of the most sophisticated acts of collective creativity in the natural world: a living song, built line by line, and rewritten every single year.

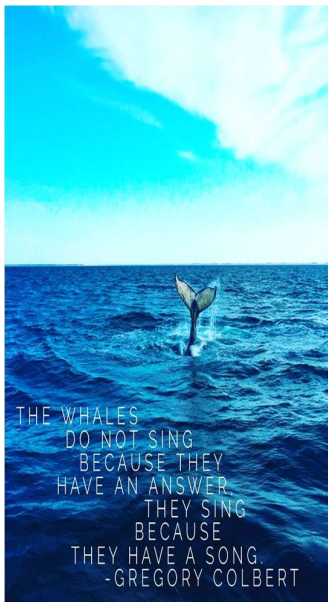
Whale song has structure, the way poetry does, with small repeating units called phrases linking together into themes, which are strung together in sequence to make a full song, sometimes stretching on for over 20 minutes before looping back to the beginning.

What's amazing is that every male humpback in each population sings the *same* song. And yet, from one year to the next, that shared song is never quite the same twice. The evolution starts small. One whale alters a single note. Others hear it and adopt it. The change spreads, whale to whale, until an entire population sings a slightly different song than the one they knew last season.

No single whale invents the song. No single whale controls where it goes. It simply moves – one small, accepted change at a time – until something meaningfully new has emerged across an entire ocean of listeners.

There's something worth sitting with here for anyone who works with people and change. Whale song isn't handed down by an authority or perfected in isolation – it evolves because individuals stay in relationship with one another, willing to notice a small shift, and willing to let it in. Growth, in the ocean as much as anywhere else, tends to move through a population one accepted note at a time. The song is never finished. It's just being sung, together, differently, again.

What is your unique song, your gift or passion that is contributing to the collective Earth song?



Feedback on Past Events

MOTH Festival of Ideas, London, 14-16 May - Attending NYU's More-Than-Human Life ([MOTH](#)) Program was a highlight of the Spring for nature lovers. It was a celebration of the work to protect nature by granting legal personhood to forests, rivers and whales, and so on. A rich and varied agenda over three afternoons brought together activists, lawyers, scientists, artists, indigenous peoples (as well as a handful of nature coaches!), sharing the will and desire to champion equal rights for our more-than-human cousins.

Learning Session by The Repatterning Collective: The [What Whales are Saying](#) session explored Project CETI (Cetacean Translation Initiative), a groundbreaking effort using artificial intelligence, advanced robotics and machine learning to decode and translate sperm whale communication. Through this work, scientists are uncovering a communication system of stunning complexity, which reveals that these ocean giants may have one of the most sophisticated languages in the animal kingdom. The research is also opening new possibilities for Rights of Nature and legal personhood to explore how understanding what whales are saying could strengthen enforcement of existing protections and even inspire new legal frameworks that recognise whales as persons with their own rights.



"It was a treat to share the trails with both new and old friends, and we're already looking forward to seeing the estate in its autumn glory this October."

Knepp walk with Clara and Sarah, 17 July - Clara Kalla and Sarah Hardman were joined by like-minded developers at the Knepp Estate, keeping a lovely seasonal tradition alive. These gatherings are all about slowing down to connect with ourselves, each other, and the incredible landscapes around us. While the famous Purple Emperor butterflies proved elusive, the walkers were treated to beautiful Emerald Damselflies and Banded Demoiselles. Evidently Knepp's river and pond restorations have caused dragonfly and damselfly numbers to soar by nearly 900%! Look out for the next one on 23 October.



Online Past Events

Nature Pod Community Inquiry Space, 24 June - We hosted this gathering for Nature Pod members to bring a question or dilemma and share their experiences of inviting nature into their practice. This was an opportunity to explore with others in the global Pod the beautiful range of approaches that can be brought to nature coaching. Further inquiry spaces will be hosted on 26 August and 28 October, at 16:00 BST/GMT.

July Nature Pod Members Meeting, 8 July - In this nature-inspired deep dive into the Inner Development Goals (IDGs), we discovered how nature offers countless inspiring examples of wayfinding, which can help us stay aligned with our values, purpose and deepest knowing, especially when the path ahead is unclear.

Waterways: The Beaver, 9 July - Part of the 'Wild at Heart' series, this event celebrated beavers' role as natural climate engineers, delivering "nature-based solutions" like flood reduction, water storage, carbon capture, microclimate regulation and water filtration. We explored how beaver helps us source from organised chaos and expand into our senses, facilitating our capacities to see and feel our way in the darkness by developing other senses.

Global Nature Days

28 July - World Nature Conservation Day

30 July - Earth Overshoot Day

26 Sept - World Environmental Health Day

CCA Nature Pod Events

26 Aug and 28 Oct, 16:00-17:00 GMT – Community Inquiry Spaces

Anna Brown will host a collaborative environment where the collective wisdom of the Pod takes centre stage in this co-inquiry.

1 Sept, 16:00-17:15 BST – Way of the Whale

Join Dr Simon Divecha and Hazel Farrer as we explore the myth of Sedna the sea Goddess, how to practice with water consciousness and dive deep with whales to find our unique song that we can share in our work.

9 Sept and 11 Nov, 16:00-17:00 BST – Monthly Community Gatherings

These gatherings are for shared learning and insightful discussions that deepen and broaden the connections between our members and open up new pathways for transformative work to take place.

16 Sept, 16:00-17:30 BST – What can waves and blue spaces teach us about ourselves, each other and the nature of change?

Lizzi LARBalestier, Blue Health Coach, speaker and author, invites us to a session to explore the nature of waves, attuning our senses to the analogue world and finding a confluence between quantum physics and poetry.

Waterways comments

*Such a beautiful experience...
adventuring through the
water. I could feel myself like a
beaver, moving stealthily*

*It is about slowing down
enough to notice the texture of
the water, the sound of
bubbles, the sense of forging
new paths, I don't know where
I am so I enter this sort of
wisdom place.*

*There is always a solution, I do
not reach a dead end. I just go
on into another kind of
tributary.*





22 Oct, 16:00-17:30 BST – Composting Coaching

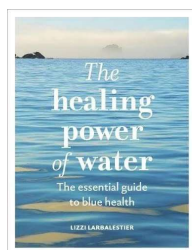
What does nature-aware coaching still assume, that might need to rot? Zarine Jacobs, Sid Hamid and Naomi Ward will be sharing their provocative challenge to coaches. An (un)paper co-created with the living field - the frequencies help compost the room.

4 Nov, 16:00-17:00 GMT – Nature-based Coaching with ADHD Clients

James Farrell leads this session to discover how Nature can inspire coaching with neurodivergent clients - especially adults with ADHD. We'll explore how Nature Based Coaching can help transform challenges like attention, motivation and emotional regulation into concentration, calm, creativity and compassion.

Visit the [CCA Coming Events Page](#) for more details and to reserve your place.

Resources



"The Healing Power of Water: The Essential Guide to Blue Health" - Lizzi Larbalestier's new [book](#) is an evidence-based, beautifully illustrated guide that blends scientific research with practical mindfulness exercises to show how deepening our connection to blue spaces can reduce stress, enhance physical and mental wellbeing, and inspire ecological stewardship. Do join us for Lizzi's session on 16 September.

"Resurgence & Ecologist: Reconnecting with The Living Planet" - This beautifully crafted bi-monthly [magazine](#) from Satish Kumar's The Resurgence Trust (an educational charity) weaves together deep ecology, nature philosophy and eco-spirituality, offering fresh, restorative perspectives and metaphors for nature coaches to help their clients deepen their connection to the natural world.

This [BBC site](#) features many resources that aid in becoming a voice for nature. This is also useful if you work with children in nature coaching.

There are many whale songs set to music for meditation but [this](#) is a pure soundscape with a spectrogram from the Monterey Bay Aquarium Research Institute.



Nature practice

Find a body of wild water (a blue space) local to you - or imagine it in your mind. It could be ocean, river, canal or lake. Take a moment to soften your gaze, quietening any background chatter and allowing your breath to be expansive. Bring your awareness to the way light plays within this space, notice what the water is reflecting, and where the water is refracting and absorbing - creating a colour palette beyond 'blue' and perhaps some optical illusions. Observe how changes in surface tension distort shapes and blend colours, capturing your attention for a moment before you soften your gaze once more. Expand your depth of field further to take in the wider scene and ease into a sense of connection with and as a part of this place.

(Practice kindly gifted by Lizzi Larbestelier, Blue Health Coach)

AUGUST NATURE CONNECTION MOMENTS 2026

SUN	MON	TUE	WED	THU	FRI	SAT
August is the UN's National Water Quality Month, a time to raise awareness of the importance of water and to appreciate and protect our water resources...						 1 Notice water's many forms today.
2 Trace your tap water's source. 	 3 Watch clouds. They carry water.	4 Drink water mindfully. Taste it.	 5 Find dew or condensation.	6 Where can you hear water moving?	7 Try mulching: it saves water.	8 Share a poem about lakes or rivers.
9 Honour water's Indigenous guardians. 	10 Take a shorter shower every Monday.	11 Imagine a raindrop's journey. 	12 What inhabits a puddle or pond?	13 Fix a dripping tap. 	14 Water a plant gently. 	15 Notice water in your body.
16 Skip plastic bottles this week. 	17 What sea creature would you choose to be?	18 Wash your hands mindfully. 	19 Recall a favourite water memory.	20 Give your feet a reviving soak.	21 Read about whales or beavers. 	22 Photograph water's reflection.
23 Close the tap when brushing! 	24 Feel humidity or dryness today. 	25 Put water out for local wildlife.	26 How does water leave its mark?	27 Plant a succulent or water-wise plant. 	28 Give thanks for clean water.	29 Where does your wastewater go?
30 Sketch a wave or ripple. 	31 Reflect: what does water teach you?	 9 Aug: International Day of World's Indigenous Peoples 22 Aug: World Photography Day				 CLIMATE COACHING ALLIANCE NATURE POD

And finally...

Blue whales sing a different register to other whales entirely. Their calls pulse between 10 and 40Hz – below the floor of human hearing – low, booming and rhythmic enough to travel for thousands of miles through open water. That reach makes them extraordinarily sensitive instruments of ocean health. During marine heatwaves, when food grows scarce, blue whales sing up to 40% less - conserving energy rather than broadcasting it. A quieter ocean, in this case, isn't peaceful. It's a warning.