



Abigail Rose Clarke: : Dismantle, Anchor and Emerge



Abigail Rose Clarke is a somatic educator focusing on strategic, tangible, embodied methods to create lasting change in our personal and communal lives, rippling out from individual to systemic change. Join this session to learn how we can anchor into the body and use somatics as a key change agent in how we navigate the world.

TOP EMBODIMENT TIP: Remember to Widen Time.

The True Magic; Time and Attention;

- The world has so much pulling at our time and attention; A white supremacy culture.
- **Dismantling the ideas and lived reality of white supremacy and the way somatics can relate to that.**

Embodiment allows us to Widen Time; Widen Time in Each Breath.

- Widening our experience allows for more layered conversations
- Inhabit the space at the bottom of the exhale, and the top of the inhale; Widen our experience of time.
- Feel the ground beneath you, feel the width and length of your breath, and the space which exists in the breath.

The Embodied Life Method;

- How somatics and social change relate. Bodies are formed by culture, even with socio-economic status adjusted for.
- **The body is formed and informed by culture. The body also forms and informs culture.**
- Culture; a collection of ways we relate to each other and the world around us; The combined effect of our human relationships and our relationship with time and space.

Current Privileged White Culture:

- Whiteness; a cultural norm where all other aspects of people or culture are compared to this, and seen as abnormal or even inferior; Whiteness affects every part of culture.
- White supremacist culture includes 14 characteristics; perfectionism, a sense of urgency, defensiveness, quantity over quality, worship of the written word, only one right way, paternalism, either/or thinking, power hoarding, fear of open conflict, rugged individualism, progress equals bigger and more, objectivity, the right to entitlement to comfort.
- Whiteness is binary, and hierarchical; Right/wrong, good/bad. Right is good, wrong is bad; The need to be right, to be good, to be deserving of care and attention; This produces a domination based culture..
- To change, we need to switch that paradigm into a relational based culture, without the hierarchical thinking.
- **From hardness in the body, as somatic practitioners we can find softness and yielding.**
- This is one way to unhook and dismantle ourselves from the structures of systemic oppression.
- The antidote to white supremacy culture is relational culture.

Resources:

- ❖ **Website:** [Abigail Rose Clarke;](#)
- ❖ **Courses/Coaching:** [The Embodied Life Method](#)
- ❖ **References:** Dismantle Racism, a workbook for social change; Kenneth Johnson, Tina O’Kune, Body-Mind Centering; Bonnie Bainbridge-Collins, BodyMind Yoga; Patti Townsend, Grace Lee Boggs, The Next American Revolution: Sustainable Activism for the Twenty-First Century, George Orwell; Animal Farm, Andrea Glick: Instagram @somatic witch



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