



Jack Kornfield and Trudy Goodman: Awareness and Love in Uncertain Times



Jack Kornfield is a bestselling American author and teacher in the vipassana movement in American Theravada Buddhism. Trudy Goodman Kornfield, Ph.D., is a vipassana teacher in the Theravada lineage and the Founding Teacher of Insight LA. Discover how to return to our bodies and quiet our mind.

TOP EMBODIMENT TIP: Mindfulness meditation is not passive; it's two parts are mindful presence and mindful response.

We are in a Time of Great Mystery: What does it mean to navigate and be present in this?

- During this time, we have a collective anxiety, and we tend to leave our bodies in a trauma response.
- How do we stay embodied? Remember that survival is in our DNA; This is the true nature that we have to rely on.

We have to Find our Inner Strengths and Capacities: What are the ways to quiet the mind?

- Trust the reality of the present, and trust your capacity to be present for the 10,000 joys and the 10,000 sorrows. There's a way for us as humans to live in which we quiet the mind and begin to trust that we can hold all that we are with embodied and loving awareness. Practice being rooted by doing embodied meditation.

Belonging: Embodiment has a different meanings depending on the kinds of bodies we are living in

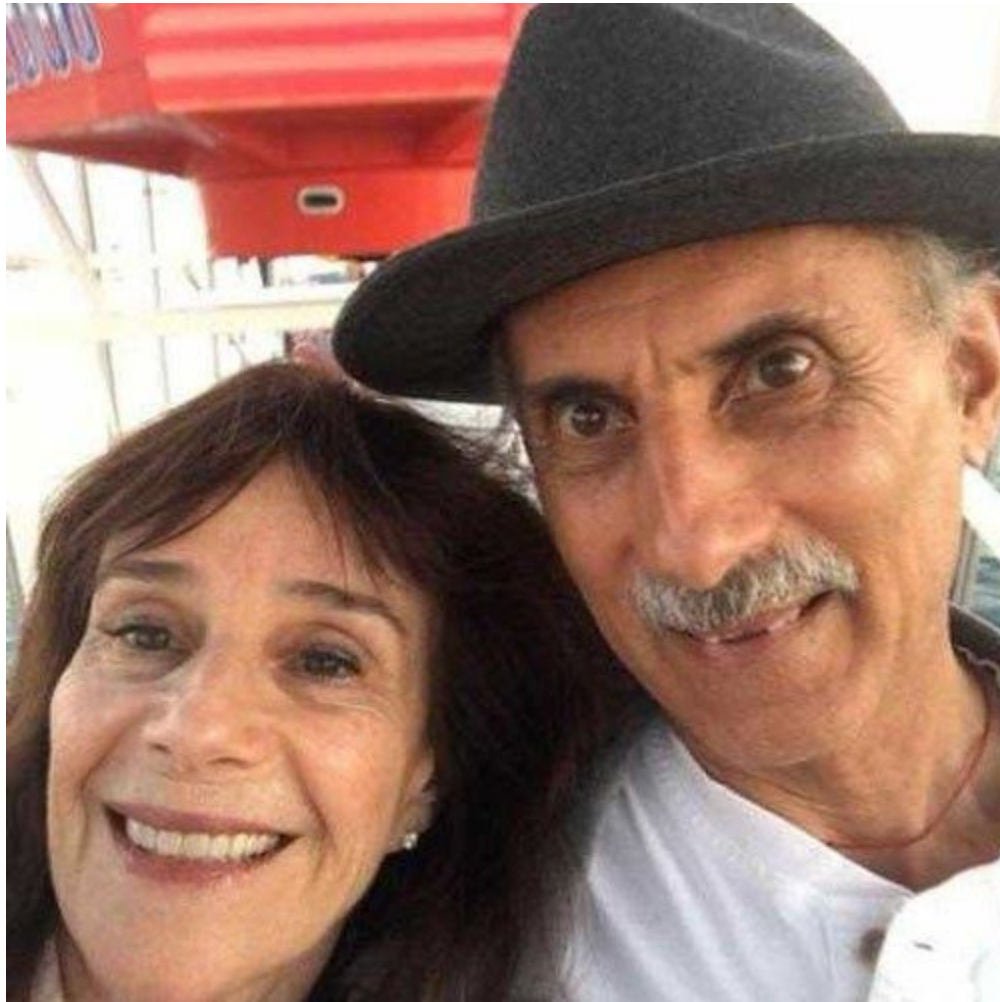
- Old, young, marginalized, privileged: We have a history of colonialism, and we are different in our privilege.
- It is difficult for many of us to feel a sense of belonging in our bodies, yet we share a longing to return to our bodies, to embodiment.
- The foundation of mindfulness is attention to the body. To feel the body with participatory observation.
- We are both the subject and the object of loving awareness; and we both witness and experience all the physical sensations and emotions and thoughts that we're having simultaneously.
- **All the truths of life can be known through the experience of this body;** We simply need to shift the focus of our attention. We do this by developing and training our capacity to be embodied through practice.

Resources

- ❖ **Website:** jackkornfield.com / insightla.org / trudygoodman.com
- ❖ **Instagram:** [@jkornfield](https://www.instagram.com/jkornfield) [@therealtrudygoodman](https://www.instagram.com/therealtrudygoodman)



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Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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