



Jamie Zimron: Bringing Somatics to Mainstream Society



Jamie Zimron brings in the Aikiway to the everyday life of people. The way to harmonize with the universal life energy is what this practice is all about. She translates her experience and knowledge into language anyone can understand and greatly benefit from and improve their life endeavors. *Ai=Love/Harmony... Ki= power/life force... Do=path/way.*

TOP EMBODIMENT TIP: Be centered in your Hara and Heart. Enjoy presence, realness, connection to our commonality and your own clarity and confidence.

Aikido means: Love, Harmony, Unity and Oneness

- Beginning to translate Aikido into action as a means began in 1987 between Russian and American citizens. Jamie brought Aikido to conflicted zones between people, began to practice and all this distrust just went away and people had fun. Central to Aikido is accessibility to a loving path that is powerful.

Translation into Everyday Life: Understandable, Interesting, Relevant and Appealing

- Coming from the margins into the mainstream requires taking the principles of your practice and turning them into a presentation that is relevant and appealing to people. It needs to be '*translated*' in order to be understood. So one must meet people where they are at. In golf, for instance, one must understand golf in order to get a message across to the players. In the business world, one must understand the goals of business in order to gain credibility. Remember that **body language is 93% of communication.**

Goals: What Makes You Go?

- Success and reaching goals is a primary interest in any community - start with that in mind. Starting with alignment with the target, as well as introducing alignment with gravity. With goals in sight, then ask, what makes it go.
- When we are born, we take our first breath, and when we die, life is ending with a final exhale. **The body doesn't work without breath.** Everything happens in the body.

Grounding: Power of Gravity

- Getting centered and vertical creates power in the body through relaxation. **Being aware of your Center/Hara,** share the feeling of being in the body. Bodies have to follow gravity, and they work much better when they are relaxed and in harmony. Being in the lower body really brings in power to whatever one does.

Resources

- ❖ **Website:** thecenteredway.com
- ❖ **Social:** [Facebook](#)
- ❖ **Email:** jamie@thecenteredway.com
- ❖ **References:** Sensei Frank Doran, Albert Einstein, Shakespeare, Henry Ford.



Jamie Zimron





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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