



**Jeanne Denney: Claiming Vitality through Death Awareness: Why Embodiment is about more than the Body**



Delve into a fascinating conversation with somatic and transpersonal psychologist, educator, hospice worker, and healer, Jeanne Denney. Her work, and talk, explores how we are more vital when we embrace a fuller awareness of life, which includes death, dying, aging and illness.

**TOP EMBODIMENT TIP:** “Practice Dying” - Plato

Need for a bridge between death work and somatic education:

- Death is not a foreign process, it is part of our embodiment, presence, love and life force
- Consider how much death phobia and death ignorance runs our psyches
- Death/dying/grieving have hardly any theoretical constructs within somatic psychotherapy
- Longing to know more and be fed by death awareness from young students

Death Education:

- ‘Art of Dying’ workshops she’d lead would foster tremendous relief and gratitude
- In workshops, has led to visceral greater ease, connection to others: more vitality
- Our death response are largely culturally conditioned by terror, fragmentation, fear; that can be changed

History of Culture’s view of Death:

- Historically: Connection to Nature, home deaths, home funerals, etc.
- Now: Dramatized media death, video games (to die, is to lose), out of context global war/death, ICU,
  - Tends to lead to the conclusion that Death = trauma
- We live now in a false dichotomy of life vs death
- With flower videos, we see videographer always cutting after the bloom, we never see what comes after

Somatics of Death

- Like a plant, life moves up and out when growing, and then inwards and down when dying
- Pulsation defines life: allowing the pulse allows life to move through
- Breath is key to connecting to that pulse

Resources

- ❖ **Courses:** [The School of Unusual Life Learning \(SoULL\)](#)
- ❖ **Website:** [jeannedenney.com](http://jeannedenney.com)
- ❖ **References:** Terror-management Theory (Sheldon Solomon, Jeff Greenberg)



## Jeanne Denney





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