



Christine Cole: Complexity is simpler than simplicity - Embryo



Christine Cole is the founder and director of the Somatic Body Training Program and an expert in the embodiment of human development. She is a teacher of Body-Mind Centering® and practitioner of Integrative Acupressure and Infinity Healing and has taught these on the international stage. Learn about embodiment research using early embryonic development and cellular movement.

TOP EMBODIMENT TIP: Our body and our cells do not only exist when we think about them. They exist always. They are more complex and sensational than any of us can wrap our minds around. Enjoy the billions of years of evolution inside you.

Simultaneity and Complexity is an Essential Aspect of Thriving

- The body thrives in multidimensional fluid and the transposition of genetic choice-making.
- In early embryonic development all systems are dynamically connected and developing in overlapping ways and are a template for the true embodied experience.
- **One way to support complexity is with an awareness of one or more of these rhythms.**

Our Nervous System is the Last to Know

- We do research **meditations through embodiment to experience what is already there.**
- Each cell is autonomous. Each cell makes decisions on what to let in and what to put out and every cell can transform.
- **Meditation allows us to be an evolutionary Body.**

“I Have Heaped Complexity. Accept It!”

- A cell is much more than a ball.
- Cells are slippery - there is fluid moving on the inside of the cells and there's fluid floating around the outside of the cells.
- **Every cell has movement and can move with a swish (cilia) or a whip (flagella).**

Resources

- ❖ **Slides:** <http://www.embodiyourlife.com/?fbclid=IwAR0mjyr9GdAigbW6JLbBnipALL1D78nlasV5PjqFuSCbY1tmakTWHcDuPgc>
- ❖ **Website:** Somaticbody.com
- ❖ **Facebook:** [embodiyourlife](https://www.facebook.com/embodiyourlife); [oddsomatic](https://www.facebook.com/oddsomatic)



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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