



**Charlene Spretnak: Dynamic Interrelatedness: How Embodiment Works**



Charlene Spretnak is an ecophilosopher, co-founder of the United States Green Party, and co-founder of the ecofeminist movement. Learn about how everything truly is connected to everything.

**TOP EMBODIMENT TIP:** Our embodiment functions exquisitely through dynamic interrelatedness.

**Farewell to Mechanism: Western thinking is undergoing a transformation in the way the human body is understood.**

-A mechanistic view understands the body functions as a self-contained bio-mechanism with self-contained organ systems, each doing their part. The fixation on genes, particularly in the 1990s and through the Human Genome Project, intensified this view. In the last 15 years, this view has started to shift radically.

**Dynamic Interrelatedness: Our bodies and psyches are affected by changes in our environments.**

-In the early 2000s, scientific focus turned toward the *epigenome project* which focuses on all the factors that affect our genes. This research has confirmed that our bodies are part of a vast field of dynamic interrelatedness, which indicates that everything is connected to everything in myriad complex, subtle, and changing ways, all the time.

**Social Relations: Socializing is important for our health.**

-Loving primary and close social relationships are critical for children and adults in both building and bolstering immunity, and in developing and retaining cognitive and motor function. Numerous studies indicate dynamic interrelatedness from infancy to elderhood.

**Internal Environment: Within our bodies, a multitude of relations are occurring that keep us alive and well.**

-Pathogen and food interactions in our bodies demonstrate processes of dynamic interrelatedness.

**Natural World: We need nature to survive and thrive.**

-Studies show how the natural world improves our physical and mental health while contributing to community consciousness.

- ❖ **Books:** [Relational Reality: New Discoveries of Interrelatedness That Are Transforming the Modern World \(2011\)](#)
- ❖ **Website:** <http://www.charlenespretnak.com/>
- ❖ **References:** [Harvard Mastery of Stress Study](#); [Jefferson Physician Scale of Empathy](#); [Stanford Medical School: Compassionate Care Program](#); [Massachusetts General Hospital Empathy and Relational Science Program](#); Medari Helpfulness Institute; [Noema Magazine](#)



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