



**Susannah Darling Khan:** Embodied Listening: a survival skill for now



Susannah Darling Khan is the Co-Founder and Director of Movement Medicine. Her teaching marries ancient wisdom with neuro-science and intellect to profound effect. Having taught movement as medicine internationally since 1989, Susannah is celebrated for her visionary weaving of scientific, psychotherapeutic and systemic/ecological paradigms together with the creative, life affirming power of the dance itself.

**TOP EMBODIMENT TIP:** Deep body listening is really important medicine for our times and the stress of separation

**Embodied Listening Is Important**

- Embodied listening is so important right now with Covid. Deep listening is really important medicine for our times and the stress of separation that is going on in our world. The most potent part of the process is to feel heard, accepted and recognized and to dare to bring out into the social and interpersonal sphere one's deep experience, knowing that you're not going to be judged, advised, told it should be different or how to cure yourself.

**The Power Of Our Attention**

- Your attention is the big healer: your attention for yourself, your attention for others, your attention for the meta process that we are in. We are social animals, and each other's acknowledgement is incredibly powerful.

**Embodied Listening Is The New Hug**

- One of the things that gets in the way of active embodied generous listening is the wrong idea that if I acknowledge what you've said then I am agreeing with you. Those things we need to separate in our understanding, I can say thank you for speaking so passionately, I heard your passion and your clarity. And how you articulate that. That doesn't mean that I agree with you. Those two things are distinct.
- When I acknowledge what you're saying, the energy of you or something else, that gives you validity as a human being, then the ground between us shifts and we open towards collaborative working or co-creation.
- The protocol of speaking that makes the big difference is: when we speak in a group or in a circle, the first job of the person following another is to acknowledge something about what the person before said, like: thank you for sharing so warmly your experience, I really was touched to hear particularly what you said.....Finding something that we can offer in terms of warmth to each other, changes the day, it changes our neurology, it changes our physiology. It changes the world. And people start to share more, because there is safety and respect.

Resources:

- ❖ **Books:** [Shaman/Movement Medicine](#)
- ❖ **Courses:** [Embodied Listening](#),
- ❖ **Website:** [schoolofmovementmedicine.com](#), [Movement Medicine Study Hub](#)
- ❖ **Music:** [Homecoming from the album Still Waves](#)



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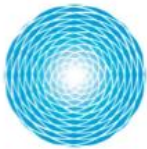
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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