



Dr. Paul Linden & Stephen Kotev: Embodied Peace-Making Panel



Stephen Kotev, Conflict Resolution Consultant, Certified Instructor of Being in Movement Embodied Peacemaking, and Blackbelt in Aikido and Brazilian Jiu Jitsu discusses embodied peacemaking strategies with his valued teacher of 20+ years, Dr. Paul Linden: PhD Ohio State University; 6th Degree Black Belt in Aikido, and Master Somatic Educator.

TOP EMBODIMENT TIPS: **Paul:** Keep Breathing! **Stephen:** Center yourself, and do it as much you can.

Embodied Self Regulation:

- **If you can self regulate, it increases your ability to solve problems!**
- So much of our training is thinking about problem solving from ‘the neck up’ as opposed to what’s going on in our body; Peace & peace making is usually thought of as political, historical, cultural, famailar, personal etc. but if you leave the body out of conflict resolution, you can’t really get great results.

The Opposite of the Stress Response is Openness: When dealing with high stress situations, we are told to “keep calm and carry on” without any instructions on how to accomplish this; You have to have the tools to change your body presence from antagonistic and vengeful to kind.

- **Stephen:** *“The piece that I want to leave you with regarding the body and peace is that to be peaceful is to have this sense of open expansiveness. If you look at anger, if you look at what turns into how we would define violence, the physical state that prepares you to harm someone, that ties into this sense of contraction; The more you tighten yourself up and the more you go in contract, that leads to your fight or flight response, that allows you to stop listening to higher functioning parts of your brain and you start to shut down... So as opposed to understanding what someone is saying, you're angry and the physical sense of how you organize your body prevents you from engaging”*
- **Paul:** *“I’d like people to know that this is possible. If they know it’s possible, they may try to use it. If they try to use it, it can affect things. We’re going down the tubes I think, because some people don’t have the strength and will to confront what we are doing to the planet; its easier to watch TV. This is a progression from normal to functional; Normal is not very functional, but I think this will make us functional.”*

Emotional States are Contagious:

- How you carry yourself is something people pay attention to all of the time; even unconsciously; 7% of what we pay attention to is the words; 93% is your body language and how you organize yourself.
- Stop Blaming Others: We blame others for our somatic function if the way we analyze things in our thoughts/speech is ‘you control my body’, but if you remember an emotion is something we do in our body, **we have a choice!**