



**Carl Rabke: Embodiment and Animism: A Living Body, A Living World**



Carl Rabke is a writer, Feldenkrais and Structural Integration practitioner, Tai Chi instructor and an Embodied Life teacher living in Salt Lake City, Utah. For the last 20 years, he has been joyfully dedicated to the study of meditation, embodiment and human freedom. He lyrically entices you to shift your mind to one of relationship and away from the locked-in solidity of the world we live in, that objectifies our bodies and world.

**TOP EMBODIMENT TIP:** Don't underestimate how much can shift when we learn to move ourselves with more gentleness, care and compassion, and how that ripples out into the entire field of relations.

**New Wilderness: Our bodies as an unknown territory**

- The interior experience of our bodies is a space that cannot be colonized or domesticated by human ambition and greed.
- However, we can create relationships with that space. The forest is another such space/place that exists.
- The forest, like our bodies, is not the same thing as a tree farm; our health cannot exist if we overtook it to grow only one species of cell within that realm. We all have deep animistic roots.

**Three Nouns: Person, Body and Problem**

- People come to us in order to get 'worked' on, with their body and their problem(s).
- Our job is to gradually encourage these nouns into verbs; into relationships again by softening them into living experiences and flow.
- Our tendency to objectify ourselves and our bodies in these separate ways comes from being told, as we were growing up, that the trees are not alive, and our communications with our world are fantasy. It comes from our need to connect, rather than strictly wanting approval.
- We need to desolidify.

**Language Shapes Us: Nouns/Verbs**

- In Indigenous languages, there are very few nouns and lots of verbs. In English, there are 70% nouns.
- This points to a tendency to see things as frozen, unyielding and unchanging.
- We could just start adding -ing to all these nouns and change our perception on how life is.
- Are we in process and having a living experience, or stuck forever?

**Resources**

- ❖ **Website:** <https://embodimentmatters.com/about/>
- ❖ **References:** Russell Delmon; *Embodied Life School*; Eugene Gendlin, "Focusing"; Sheri Hooper, Zen Den
- ❖ **Inspiration:** Mary Oliver, Terry Tempest Williams, Phillip Shepard, David Abram, Robin Wall Kimmerer



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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](http://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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