



Ya'acov and Susannah Darling Khan: Embodying Power, Responsibility and Creativity



Ya'acov and Susannah Darling Khan are dancers, writers, and activists; They are the Founders of the Movement Medicine Dance System: A combination of 5 rhythms, Shamanistic and deep psychological work. Discover the relationship between power, responsibility, and creativity and how deep, shamaic healing work can help us connect deeper to both our body and the Earth.

**TOP EMBODIMENT TIPS:** **Susannah:** Interoception Practice in order to really show up, and give space for your soul to land (this can be done anywhere!) **Ya'acov:** When you wake up, ask yourself, “Am letting myself be held and supported by the great Mama underneath me?” Breathe in and sink in to this 24/7 support; While it's here, let's enjoy what we're given!

The Relationship Between Power, Responsibility and Creativity

- **Ya'acov:** Starting from seeing power as the cause of all problems in our world, he came to acknowledge that if we want to effect any change in the world we need to use our personal power. When we are ready to take and claim our full responsibility around the use of our personal power, only then we can bring a real change to the world. In order to use power in a good way, we need to be in touch with our own creativity. Learning to see which areas of our lives we have been creative in conscious ways and in which we have not is the responsible way of using personal power.

On the Relationship Between the Inner World of our Bodies and outer world of our Earth

- **Susannah:** We carry intergenerational trauma in our bodies (salvearism, wars) and that leads to desensitization of our own sensed being. This further leads to a lack of sensibility and empathy towards other living beings. In this numbness we miss something without knowing what. We miss the sense of aliveness, sensuality, richness of life. Working with body in Movement Medicine Susannah and Ya'acov work on re-sensitization and cleaning of our emotional body.

Shamanic Healing Work

- **Ya'acov:** Part of shamanic healing work is to recognise the importance of our ancestors and building connection with all that was before us in our lineage, good and heavy. To do that work and deal with the challenges of being human being in the body on Earth, we need resources that we can **connect to in a direct, felt way, not through belief or dogma but through experience of our body-heart-mind.**

The State of 'Unbroken' and Idea of 'Interoception'

- **Susannah:** Interoception is the perception of our physical interior, defined so in neuroscience. In everyday life it gives us more emotional intelligence about our own life and more empathic resonance with others. It is very much in resonance with the sense of 'unbroken' as Ya'acov received the meaning from indigenous people.