



Peter Merry: Embodying the Future: Why the Body is Key to our Future



Peter Merry is an author, speaker, activist, social innovator, and founder of Ubiquity University. Explore our relationship with our bodies, the earth, and the feminine, how it has developed over time, and how it holds the key to a promising future.

TOP EMBODIMENT TIP: Slow down and rest, start to feel into who you are, and remember the relationship with the earth

Transcendance and Separation:

- As we have evolved as a species, we have shifted between distinct phases, from interconnectedness and interrelatedness to pre-rational intuitive sensing to the best of our rational knowing. This has created a separation of **mind and body** and of **history and nature**.
- When we separate mind from body, we tend to focus on the past and the future. We disassociate from the pain and **collective trauma** from the past instead of rooting in the present, and **integrating** the experience in the here and now.

Transcendance and Integration:

- We are challenged to deal with ecological, social, and psycho-spiritual problems, as a result of the separation from our bodies and the earth. At the core of this is reintegrating a felt sense of our **interconnectedness**.
- We can become more present, integrated, connected and differentiated by disidentifying with and separating from the rational mind. This creates space for and increases the bandwidth of our **intuitive knowing** and the subtle energies that come from **the body, mother nature** and the **feminine**.
- We need to integrate our **trans-rational knowing** and our **lived experience** to give us access to working co-creatively with a much bigger spectrum of life and a more **promising future** than is currently accessible.

Resources

- ❖ **Courses:** Introduction to Energetics course (starts Nov 6), Leading from the Field (launch event December 1)
- ❖ **Website:** <https://leadingfromthefield.com>, <https://petermerry.org>, <https://volutiontheory.net>, <https://whyworkbook.com>, <https://ubiquityuniversity.org>, <https://ubiverse.org>



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CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

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