



Susan Harper: Eyes Of Wonder



SUSAN HARPER is a Continuum teacher, a heart-soul-counselor, creative instigator, and inspired teacher of perceptual and movement inquiry. Susan opens portals of exploratory consciousness; She has the ability to transmit experiences of primal and spiritual fluidity. Watch this session to be inspired to embody innovative discoveries.

TOP EMBODIMENT TIP: Get fluid. Learn how to listen. See through which eyes you're looking.

Liquid Presence: There is a mode of embodiment that is not mechanical.

- **“There's a kind of broadcast from liquid presence - from liquid qualities - from one organism to another, and it has that quality of inspiring.”** -Susan Harper
- The body is filled with so many intelligent movements, interconnected with all of the elements in the planet on the planet and in the cosmos.
- Fascia starts to free up, there is a buoyancy, happiness is the outcome

Dreaming Into Existence: **All dance forms came from someone's improvisation**

- There is a shift in consciousness; a non-verbal portal of dimensionality opens
- Creation is not a finished project; it is unfolding, participatory and deeply collaborative
- Being in the stream of creative flux: You are being danced
- Reciprocity is inherent to creativity

Eyes Of Wonder: **Alter habits, focal point and filters through awareness**

- Understanding our own conditioning and filters that we've been taught to see through
- We can create new ways of playing to change our habits, and new ways of seeing emerge.
- See the context: What's around, behind, below, etc.

Our Awareness is the Content: **The art is to become self-reflexively aware of the “how” of our perception**

- The focal part of the eye goes to the cognitive part of us. It goes: “What is that?” and we tend to go into classification and objectification. There is mostly only subjectification.
- If we become more aware of our awareness ourselves, we receive insight into objectivity.

Haptic Touch: **“Willing to be touched by what I touch”**

- All animals have a hapticity; This capacity to both touch and be touched is life-changing
- We have agency (doing) AND the movement registers - then embodied wisdom allows only the muscles the need to be used to be recruited.

Resources

- ❖ **Website:** continuummontage.com
- ❖ **References:** Hubert Goddard



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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