



**Dr. James Feil: Formative Embodiment**



Dr. Jim Feil, MA, DC, has over 45 years in the study, practice and teaching of energetic and somatic therapeutic practices. His career in therapy started by studying with the founder of Polarity Therapy, Dr. Randolph Stone in 1970, and went on to earn his Doctor of Chiropractic degree in California in 1986. He began studying Formative Psychology with Stanley Keleman in 1981, continuing until his passing in 2018. He has studied and taught Craniosacral Biodynamics (with Franklyn Sills), and Pre and Perinatal Therapy among other methodologies. He works with adults using verbal and body-oriented techniques, specializing in formative and somatic methodologies.

**TOP EMBODIMENT TIP:** Start to pay attention to how you know when you are talking about something important.

**Together in our Varied Ways Build a Field or a Web of Interconnection.**

- This conference is a manifestation of how we are building a web of interconnection.
- My presence today is a building that included a number of important teachers.
- Each of us is situated to help build a bridge in this web with different temperaments, energy and practices.

**Embodiment is a Life-long Commitment**

- The process of embodiment is an adaptation to a growing and changing body: as a child, adolescent, youth, 'alpha' and mature adult.
- Our changing anatomy, energy levels, experiences, and desires lead to continuing challenges in embodiment.
- Our constitutional type, our personal history of transitions, crises and traumas, teach us about embodiment as an adaptive survival strategy and a "problem solving methodology" drawing on deep organismic wisdom.
- All of these formative challenges benefit from having a clear, specific methodology for managing arousal, emotion, deep feeling and provides constructive direction.

**With Formative Embodiment the Only Way We Know Life is Through our Body.**

- Bring attention to the layers of information available in response to image, metaphor, and gesture.
- Pay attention to the gestures that accompany that story with mindfulness.
- Then slow down a bit more to find layers of information through feeling, sensation, or emotion.
- In really important times access our nervous system to how we participate and through our actions and gestures.

Resources

❖ **Courses:**

- <http://www.cranio.co.uk/craniosacral-advanced-courses/formative-embodiment-course.shtml>
- <https://www.polarity.ch/en/veranstaltung?cmscid=1023#cmspid1023>
- <https://first-expression.co.uk/formativeembodiment.html>

❖ **Email:** [info@cranio.co.uk](mailto:info@cranio.co.uk)

❖ **Conference Presentations:** <https://www.psychotherapycongressonline.com/>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

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