



Miles Kessler: Full Spectrum Embodiment - Practicing with Polarities



Miles Kessler is a teacher of Aikido, meditation and Integral Practice. He is founder and director of Integral Dojo in Tel Aviv and Aikido without Borders in Israel/Palestine. Explore embodiment along a spectrum of feminine and masculine qualities of discipline, freedom, and union of discipline and freedom; and the possibilities of an emerging dialect of truth.

TOP EMBODIMENT TIP: Embodiment is an inside job; turn in, continuously discover who you are and then allow yourself to be an expression.

Higher Path: Walking a Higher Path of Practice This Takes us Beyond Ego, Beyond Fear

- Evolution doesn't happen without stress; stress creates an evolutionary tension; integration of polarities = self

Polarities: Using the Polarity of Masculine and Feminine Today

- Duality qualities of feminine and masculine are present in all people, and on a spectrum
- Whatever perspective we can take we can embody; allowing an emerging dialectical truth to unfold; allowing movement from identification to differentiation to integration

Mistakes of polarisation: Polarising is a Mistake

- If we polarise without fluidity within ourselves we can become fixated; if we make our way to the middle, where we are comfortable, we lose energy and dynamism of the poles, we stagnate

Discipline and freedom: Spectrum of Freedom and Discipline

- Discipline without freedom is *fixation*; freedom without discipline is *death*
- Immature discipline; seen in how we push ourselves in for example in exercise, dieting harshly, and judging others who are living more in freedom
- Immature freedom; seen in how we may never get anything done, projects unfinished, distractions, fun, pleasure & enjoyment, indulging & justifying, and judging others living with too much discipline

Union of Discipline & Freedom: Creating Balance - Participants Perspectives

- Allowing creativity, fun, exploration & achieve goals; Dynamic, moving, like the cycles & seasons

Resources

- ❖ **Books:** [Free eBook](#)
- ❖ **Courses:** [Your Virtual Sensei](#)
- ❖ **Website:** [The Integral Dojo](#)
- ❖ **Social:** [Twitter: The Integral Dojo](#); [Facebook: The Integral Dojo](#); [YouTube: Integral Dojo TV](#)
- ❖ **References:** Greek myths '*Icarus*'; Hagel - '*the truth is nothing more than the emerging dialectic*'



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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