



## 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

## <u>Resources</u>

**❖ Books:** Free eBook

Courses: Your Virtual SenseiWebsite: 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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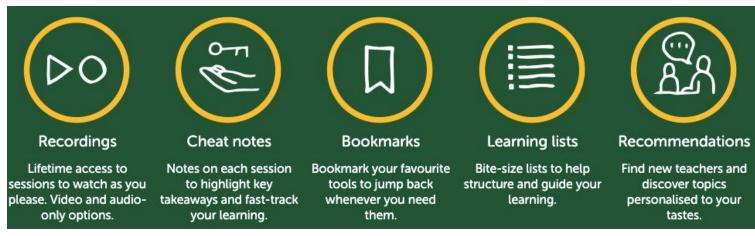


**Philip Shepherd** is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

**The Embodied Present Process** is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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