



**Rachel Blackman: Guides, Genies and Muses**

Working with Big Body Intelligence to Take the Pressure off Self and Access Flow States



Rachel Blackman is Artistic Director of [Stillpoint Theatre](#), where her work focuses on the body as a resource of non-verbal language and on live performance as a site of ritual, collective dreaming, and transformation. In this session, learn how to get out of your own way and access flow states, through the reclaimed concepts of Muses, Guides, and Genies.

**TOP EMBODIMENT TIP:** What is this moment that wants to happen now?

A Higher Power: **We're part of a collective experience of consciousness**

- We know from polyvagal theory that healing happens in the relational field. Perhaps ventral vagal repair also happens when we're in connection with big body interconnectedness.
- We can resource ourselves by being part of the biggest sense of community: being part of the planet.

Muses: **Where are you casting your limerence?**

- The godlike qualities we attribute to someone we're in love with. Jung's golden shadow.
- If we can notice these places where we're offering our limerence, then they become creative opportunities.
- Wherever you feel that somatic charge, life is pointing in that direction.
- Can you be a vessel that can hold that creative invitation?

Guides: **Either a guardian or principle that has your back, or a way of channeling and gathering attention**

- A guide might be anything in the natural world or in the world of memory and imagination
- Become playful and curious about the idea of what a guide might be.
- It doesn't matter whether it is real, or imagined, or a metaphor. What matters is what you can harvest from it.
- Rather than the libidinous charge of the muse, the somatic marker of the guide feels anchored and supported.

Genies: **What if an idea is an intelligent entity?**

- What if a creative idea has its own life, and all you need to do is give it the right conditions, nutrients, support?
- We kill the thing we love if we care so much that it doesn't nurture us.
- Instead of creative work feeling like war, what if it's a conversation, a playful flirtation?
- The importance of being able to sit in the void; the place of 'I don't have a fucking clue'.

Resources

- ❖ **Courses:** [All Vibrant Being Courses](#) -- [Creativity & Navigating Uncertainty](#) -- [Somatic Meditations](#)
- ❖ **Website:** [Vibrant Body](#)
- ❖ **FB Groups:** [The Museum of Tiny Failures](#) -- [The Cathedral of Fragile Hope](#) -- [Nostalgia For Non Existent Futures](#)
- ❖ **References:** [Sarah Ryan - Wild Walk Home](#) -- [Elizabeth Gilbert - TED Talk](#)



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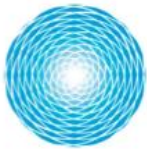
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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