



Pedro de Alcantara: Healing is an Act of the Creative Mind



Pedro de Alcantara is a musician, writer, teacher and healer. He's the founder of INTEGRATED PRACTICE, a deep practical exploration of the relationship between creativity and health. Discover practical ways to redefine healing and to practice it creatively, for your benefit and for the benefit of other people in your life.

TOP EMBODIMENT TIP: Have less fear and more love, to the extent that you can.

Paradox:

- **A paradox is two things in contradiction that complete each other.**
- Healing is a paradox.
- The idea of paradox allows us to relax with life.

Concept of Definitions:

- **We define things for ourselves, these definitions lead to behaviors.**
- To change a behavior, change your definition.
- Broaden your definitions, (career, health, good manners, creativity etc...) for more happiness.
- Define **Hurt**, as anything that hurt(s).

Imagination:

- **Imagination is the most powerful force in the world.**
- You can use imagination to heal all hurts.
- Explore the connection of communication, words and symbols.
- "Hello" is a form of unconditional love.
- Take any one word and use it for vocal or linguistic improvisation.

Resources

- ❖ **Books:** *Integrated Practice: Coordination, Rhythm & Sound; Indirect Procedures: A Musician's Guide to the Alexander Technique; The Alexander Technique: A Skill for Life*
- ❖ **Website:** Pedrodealcantara.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.



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