



Steve James: Intimacy with the Body



Steve James is a traveller, teacher of somatic practices, meditator and a leader of explorations in contemplative, mystic and relational realms. He currently studies with meditation teacher Shinzen Young. Discover the 'what, when and how' of embodiment through the exploration of several surprising perspectives.

TOP EMBODIMENT TIP: Feel.. Feel.

What Is Embodiment?: Feeling the Sensations That Reveal the Presence of the Body

- It is intimacy with the sensations of the body.
- Intimacy is defined as *"feeling what's there to be felt"*. **There's no informed consent in intimacy**; you're going to feel what's there to be felt.
- Embodiment isn't about aiming for a particular set of sensations or generating loud enough sensations in order to overcome the inability to feel what's going on inside.
- **Find ways to lower the ambient noise level** to tune in to the sensations of the body instead of ramping them up.

When Are We Embodied?:

- **Embodiment increases temporarily if you deliberately pay attention** to the sensations your body is generating via any sort of embodiment practice.
- **Once you stop doing the practice, the level of embodiment falls** and returns to your baseline of embodiment.
- Regular practice will result in a general improvement, or increase, in your baseline of embodiment.
- Sensory Clarity (a concept by Shinzen Young) consists of magnification and resolution.
- As we become more embodied, we begin to detect things that were always there but we were not able to detect. Now we are able to make finer distinctions.

How Do We Become More Embodied?

- By feeling the sensations that reveal the presence of the body.
- **The primary aim in embodiment is to become more aware of the sensations that the body is generating** as opposed to embodying practices where the primary aim is something else and the secondary benefit is improving embodiment e.g. strength training.

Resources

- ❖ **Courses:** Get A Daily Practice Course (starts Nov 1st, guruviking.com/get-a-daily-practice-course)
- ❖ **Website:** guruviking.com
- ❖ **Instagram:** [@guruviking](https://www.instagram.com/guruviking)
- ❖ **Facebook:** facebook.com/guruviking



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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