



Deane Juhan: Meditation through Movement in the Moment



Deane Juhan is the author of *Job's Body: A Handbook for Bodywork* and *Touched by the Goddess: The Physical, Psychological and Spiritual Powers of Bodywork*. He is a longtime Trager Approach practitioner, and an inductee to the Massage Therapist Hall of Fame. Join Deane to get into the 'now' with this sparkling full-body jiggle session, and return to the embodied ecstasy that is your birthright.

TOP EMBODIMENT TIP:

The body never rests and the movement is always 'now.'

Movement:

- **The Trager method employs free, pleasurable movement created from novelty and surprise.**
- Sparkling, jiggling, surprising movement--if you find yourself getting repetitive, break it up, and focus on random happenstance and excitement.

Exploration:

- **You have to explore to create effortlessness.**
- Discovery and effort--exploring what muscles to twitch-- is required to arrive at an 'effortless' jiggle.

Rethinking defiance:

- **Gravity can be your friend.**
- If you cultivate optimal ways to hang your limbs, gravity can be a source of elongation.

Beliefs Inform the Possibilities of the Body:

- Deane states his belief that, "*the body's birthright is ecstasy, not just freedom from chronic pain.*"

Bodywork and Jiggling:

- **The body is like a water balloon:**
- When you soften the firing patterns of muscles, underneath- the playful jiggling nature of the cells comes alive. Deane invites us to remember that water balloons are fun.

Resources:

- ❖ **Books:** [Job's Body: A handbook for bodywork \(2015\)](#); [Touched by the Goddess \(2001\)](#)
- ❖ **Website:** www.jobscopy.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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