



Rafe Kelley: Movement and Meaning Crisis

How Mindful Movement Practices Provide the Foundations for a More Meaningful Life



Rafe Kelley is a founder of Evolve Move Play, a natural parkour method that integrates movement with mindfulness, nature, and community. Explore how movement practices can help build the foundations for a more meaningful life, discover motivation to expand your personal capacities, and learn more about the socio-political framing of parkour as an embodied social movement.

TOP EMBODIMENT TIP: Create a mindful practice for yourself, get yourself into nature, and build community.

Persistent Movement Practices

- Movement practices are important because they cultivate the types of cells that we need to be able to take on the systemic problems we face at this point in history while helping us avoid atrophy
- Through physical practices we get the opportunity to confront aspects of regulating ourselves in our emotive states
- When we expand the relationships we have in life, we expand meaning
- In all sets of wisdom traditions there are physical practices

Pursuit of the Heroic Self

- Cognition can function only when it is: Embodied, embedded, enactive and extended
- Clarifying **why** you spend your time on any given task or pursuit is important because it leads you to better understand where your personal values lie. This is critical to uncover your deepest motivations and therefore what is meaningful to us; Meaning sustains us when we don't feel happy.
- **Access to states of Being in lieu of Having are critical for your inner hero:** Focus on meaning

Learnings and Perspectives from Parkour

- Parkour was developed in the slums of Paris; The sociological concepts from its development demonstrate the emergence of personal and very pro social ethics. A beautiful example of how embodied movement is a tool to help us confront crisis
- Parkour is an example of a reciprocal opening process (in contrast to a reciprocal narrowing process) whereby you are growing your personal capacity by exposing yourself to novelty (Cognitive Behavioural Therapy is in essence the same framework, celebrated and deployed consistently in psychology)
- Through physical challenge and confronting mortality within community we can find something deeply meaningful in life (the film Fight Club used as an example to explore concepts)

Resources

- ❖ **Website:** evolvemoveplay.com/opt-revolution-tecc
- ❖ **Instagram:** [@RafeKelley](https://www.instagram.com/RafeKelley) **Facebook:** [Rafe Kelley](#) | [Evolve Move Play Facebook Community](#) **YouTube:** [Rafe Kelley](#)
- ❖ **References:** [John Vervaeke](#): *Awakening from the Meaning Crisis Series & 4E Cognitive Science*
- ❖ **Books:** *Maps of Meaning: The Architecture of Belief* by Jordan Peterson



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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