



Chandler Stevens: Not Your Momma's Boundaries: Showing Your Teeth And Finding Your Voice



Founder of Movement As Metaphor™ helping clients take a stand and take their best next steps. Learn what speaking boundaries brings forth, the embodied practice and the strategies to create those boundaries.

TOP EMBODIMENT TIP: Stop thinking!

#1 Tool in Civilization: Repression

- Repression is neither good nor bad.
- We repress ourselves all the time in order to exist.
- We diminish our mortality and disassociate from ourselves when we forget that we repress and are repressed.

Areas of Tension: Distancing Yourself from the “It”

- “IT’S [my shoulder] is tense” or “IT [my leg] hurts” changes to “I’m tense” and “I’m hurt”.
- Changing the “it” to the “I” allows us to claim the discomfort as our own.
- This creates room for an investigation as to why that discomfort is happening so that we own it.

Claiming Discomfort: Not the Cause but the perpetuation

- By leaning into the discomfort, pain, or hurt that we are experiencing, we are able to change our future outcome/potential
- This releases the perpetuated stuckness of that particular discomfort.

Claim What You Want: To set boundaries, you have to know what it is that you want!

- This may cause embarrassment or uneasiness, but knowing what you want and staying true to that will lead to a better practice of establishing boundaries.

Resources

- ❖ **Website:** <https://chandlerstevens.com/>
- ❖ **References:** Sigmund Freud



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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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