



Aaron Cantor: Which Way Is Down?



Aaron Cantor is the founder of Primal Practice, bodyworker, personal trainer, yogi and movement generalist. Explore in your body what is **down** to you. And be inspired by his take on the lack of clear WiFi signal during the experience!

TOP EMBODIMENT TIP: Be comfortable with not knowing!

Primal Movements

Standing and vibrating, shaking and shivering is an easy way to warm up and feel your body. We're starting from the feet, trying to involve the whole body. The exhales can be with hisses, laughter, sounds. The vibrations are running through our whole system and if anything is slightly out of alignment, we will notice. The parts of your body that aren't quite settled or not quite in relationship with other parts of the body, are going to speak up. And as you continue the shaking, you can use that diagnostic and help those parts align with the rest of the body.

What's down changes:

- **If you want to feel grounded, you just have to get on the ground.** Feel down through the front of you, through the side, the back, the side. Orient yourself to the ground, letting yourself drop.
- Ask yourself which way is down? Run that question through your being as you move down to the floor. There's a lot of power just in **being in the question**, not necessarily finding answers.
- Give yourself time to rest when you're down on the floor. If we turn into our experience in the body, what's down changes with our position.
- Let's **play with directions**, paying attention to left, right, forward, backward, up, down, out and away from center and in towards center.

In And Down

- In terms of the perspective of the Earth, it seems like **down is in**. No matter where we are on the surface of the Earth, if we think of going down, down is towards the center of the earth. When I'm on a tree, **down** is the direction I could fall, but I can also find safety by pulling myself **in** towards the tree. There's a sense of bone being my core or my center **so a direction towards my bones can also give me a sense of inward and downward**. So **in** and **down** seem to be very related concepts in my physical experience but also metaphorically.
- For a large part of my life, I've pictured myself as going up, onward and upward. Success is climbing that corporate ladder. Down is considered failure. It's about not fulfilling expectations. It's about falling, it's about the fact that I am going to die, which is a downward direction towards the Earth.

Resources

- ❖ **Email:** aaronjusticecantor@gmail.com
- ❖ **Website:** [Aaron Cantor](#) (not his website, but a presentation of him)



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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.

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