



Elizabeth Andes-Bell & Bruce Bell: Our Evolving Body



Elizabeth and Bruce were brought together by their mutual love for movement and consciousness, and for where the two interact. They have explored this for over 40 years, creating a somatic training method called Evolutionary Somatics. In this class you can explore your inner sense of being alive through breath and sound.

TOP EMBODIMENT TIP:

It only takes a second. It's really just pausing and feeling your breath and your connection to your body. It's always alive and moving and fresh, and no matter how panicked and in need of gripping onto something you might feel, it's actually more safe to let down the hauling and let the river move. It's always there.

What Do We Mean By Embodiment?: What feels right? When do you feel alive?

- A part of us is always conscious of our experience and not burdened with content (thoughts, emotions, past experiences of things). Content narrows us, closing off our capacity to experience things. In Evolutionary Somatics we want to bring the senses alive again in a titrated way.
- We start with going into the inner sense of aliveness, remembering the living intelligence, the river of life, that is always there. This is not defined by our culture or our family, but just by the living force, by nature itself. When do you feel alive and connected? **Start diving into your aliveness, anchor yourself into it!**

Fascial Anatomy: If you dive deep into fascial anatomy, you will discover a whole other you

- Investigating what fascial anatomy really is, we discover a whole other anatomy, one that is quantum. It is a continuum of microfibrils, constantly reshaping and creating themselves in patterns and along principles followed by all biological organisms.
- **When we don't move, our fascia gets sticky.** This occurs in many situations, by age, injury, stress and repetitive motion. The fascia holds the old patterns energetically and physically. When we actually begin to move, we change the gelatinous part of us into fluid. We're not solid, we're not liquid, we're not gas. We're actually the fourth state of matter that can shift.
- Can I explore without a preconceived emotion or concept about this, simply putting myself into an experience where I am witnessing and experiencing, with compassion and curiosity, what's possible for us as humans?

Principles of Biological Organization:

- These are principles that all life takes, and we can be mindful of how we participate or violate them. One of the most important is the idea that what might look like chaos, actually is not. There is a geodesic divine template of the way that organisms organize themselves. It lives in cells, which become organs, which become bodies, which become whole civilizations. The way organisms abide by these laws ensure the health and vitality of the whole.

Resources

- ❖ **Website:** <https://evolutionarysomatics.org/>



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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.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

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