



Panel: Embodied Inquiry



Tune in to hear about out-of-the-box research in embodiment. Ranging from how music allows us to embody memories to understanding the effect of the research itself upon the researcher, this panel will allow you to think outside of the embodiment box!

TOP EMBODIMENT TIP: Listen to the body. Integrate the Self. Know that there is something beyond normal knowing.

Liora Bresler: Everything is Embodiment for a Researcher.

- **“Recognition is perception arrested.” -Dewey 1934**
- We are always embodied. Our experience transforms us. We are positioned in relation to what we study.
- Interviews are central to quality research: perceptions and communication (body language) construct reality.

Jan K Erkert: It's Crucial for Leaders to Listen to Their Embodied Knowing.

- Embodiment as a critical component of leadership. Ask: how might intuition be utilized as a vital component of decision making?
- **“The body is a guide and a library, volumes separating right from wrong.”**
- Cultivating intuition, trusting the heart, and listening to the gut is fundamental to sorting through the facts.

Dr. Koji Matsunobu: **Music is the Embodiment of Nature, Place, and Memory.**

- The jinashi shakuhachi (a Japanese bamboo flute) facilitates a process of musical engagement: harvesting bamboo, manufacturing the instrument and making sounds.
- This becomes an embodied experience of nature and place.
- A flute can also be a living companion full of significant memories of our life.

Dr. Merel Visse: **We can Include Non-Verbal Approaches to Ways of Knowing. In the Body and Beyond.**

- Be more open to vagueness. As a researcher, it allows for receptivity and openness to connect.
- Shared resources, space, or property allow for community.
- The apophatic approach refers to describing something by what cannot be said or understood.
- Instead of working with bodies by wanting to know them, an apophatic approach “meanders” around them, seeks a relationship.

Bonnie Weiss: Unblocking the Creative Self: Brings Spiritual Knowledge, Seth, and Capacity into the Therapeutic Setting.

- The Internal Family Systems Model defines the inner system as consisting of Protector Parts that interact with the outer world, Exiled Parts that hold childhood pain.
- **The Self is our spiritual center. In this model, the people use their Self as the healer.**
- When we define, explore, and attend to the protective system; and pay loving attention to the exiled parts, we free the creative potential of the larger Self.
- Allow each part to fall back into its role and allow the Self to be the leader.



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.