



Panel Discussion: Leadership, Rituals, & Cultural Heritage



Shaun Nannup: [a leader of reconciliation](#) whose purpose in life is to connect people through his stories;

Tesfaye Tekelu: founder of [Aikido Ethiopia](#) and chairperson of the [Institute for Social Advancement](#)

Laura Inserra: sound alchemist and developer of [Resonant Healing](#).

Dan Joy: author, trainer and coach in complimentary therapies for almost 20 years.

TOP EMBODIMENT TIPS:

Laura: It's time to stop *doing* our practices and become them.

Tesfaye: Inhaling and exhaling, connect with your life energy.

Dan: Exhale: think *now*; Inhale: think *here*

Shaun: Study wood; it leads to a deep understanding of life in all its glory.

Panelist Introductions

- **Laura:** Plays instruments that create sounds that resonate on a very deep level with our being and help create an environment supportive in fostering connection within and between communities.
- **Dan:** Rituals associated with Lomi Lomi massage to revitalise connection with culture through the power of touch.
- **Tesfaye:** The importance of being grounded, exercising compassion for effective leadership and respecting cultural practices in order to support community cohesion.
- **Shaun:** Our teachings centre around pure understandings that we're all in the same river flowing together, and slowing down the mind to enable us to be in flow with nature.

Why Is Your Modality Important?

- **Laura:** I have explored music from a wide range of cultures. What they all have in common is sound: *the source of existence*. Sound is the most powerful medium that allows me to connect most closely to the vibrational element of existence.
- **Dan:** We have proven so much in recent years about how touch is so fundamental to our survival. For example, when any tribal leader has to make a decision for their people, it's crucial they are aligned with their inner truth - and the process of sharing unconditional love through a few hours of bodywork can reconnect a person with the real essence of what they are. This brings them to that state of awareness to be able to make good, healthy choices.
- **Shaun:** Our rituals involve exploration of our being on the mind, body and spirit planes, which takes us to the wider spiritual field. Following this, we include our sense experience in the moment through smell, taste, touch and hearing. This allows us to understand that through these senses, normally, we can only grasp 10% of the reality around us. It is so humbling and helps us see where we stand as individuals and how we are connected within the big picture of existence.
- **Tesfaye:** Movement is the key to our learning through the body. As an example. Tesfaye talks about an application of movement to prevent the detrimental effects of trauma.

Commonality/Universality Or Difference/Division Between Cultures

- **Laura:** We're all common to the culture of nature.
- **Dan:** In presence, there is no time; the common factor I see in all these cultures is *slowing down*.
- **Shaun:** All our customs teach us how to relate to time and to recognize that everything is impermanent.
- **Tesfaye:** We are all seeking to learn collectively and individually what we need to keep and what we need to let go of.



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



Michelle Boulé
COACHING & HEALING

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram**
[@michelle.boule](#) **LinkedIn:** [Michelle Boulé](#)