



Tom Mountjoy: Phenomenology of Movement



Dr. Tom Mountjoy is a researcher and teacher from New Zealand focusing on philosophical and experiential aspects of physical practice. His current interests include ways in which alternative tools of awareness are being applied to physical experience. This includes internal practices, plant medicines, breath and sound therapy and natural movement. Discover a phenomenological framework to embodied experience based on long-term ethnographic fieldwork in the remote Pacific archipelago of the Solomon Islands.

TOP EMBODIMENT TIP: Go outside, find the sun and feel the ground barefoot. Feel the connection between the Earth coming up through your feet, into your eyes, and then towards the sun as a line.

Physicality: Understanding physicality from a cultural perspective.

- Long-term ethnographic fieldwork with male athletes in a remote Pacific archipelago revealed the way culture shaped physical experience and how it might apply to people around the world.
- Anthropology provided an opportunity to study culture and awareness of human potential through a lens of philosophy of science.
- The use of Interdisciplinary tools from biology, linguistics, culture, and archaeology provide insights into adaptation and development.

What is Phenomenology? The study of “lived experience”.

- The essential meaning of movement is the subjective experience of what appears in contrast to “social” dynamics. Based on Merleau-Ponty’s work, phenomena are not abstract “things” separated from conscious experience.
- Experience leads to intentionality from which meaning is expressed. Our direct experience is perceived through perceptual contact with the world.
- The consciousness of phenomena is a knowing, a “how” as distinct from knowing “that”.

Generating Meaning: The body generates meaning through movement.

- Through physical practices we can comprehend the experience of being human as part of nature.
- Future research and personal investigation include how we express our “feelings” of embodiment to understand self and commune with others, as well as how psychedelics illuminate bodily experiences.

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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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