



Tesfaye Tekelu: The Importance of Rituals Viewed from an American and African lens



Tesfaye Tekelu is a Founder of Aikido and Action for Youth non profit organisation in Ethiopia. He serves as Somatic and Leadership coach while working with adults as well as young people. This is an invitation to explore body, movement, ritual and how they cultivate embodied leadership.

TOP EMBODIMENT TIP: Connect with the life energy, be present and don't sacrifice your wholeness, your life energy, for the outside material world.

We are what we practise

Embodied Leadership is about how to feel the presence of the leader, how to move and how to interact with people as a leader. We are learning how to be able to move from the body based center and how to respond under the pressure. We are coming from the body based practice, connection to our presence, and how to cultivate this presence.

Stages of embodied leadership:

- **Centering** before acting or responding
- **Facing** the challenge
- **Extending** towards the challenge
- **Blending** into hard conversation without losing ourselves. We always have a choice of either blending into the conversation (joining) or declining the conversation.

**In the community or village of people where we practice ritualistic movement, there is a principle behind it.
Ritualistic movement is being done for the sake of what you want to cultivate.**

Working with young people:

- Help them to be able to recognize and grow with choice, and learn to embody the quality of their own potential.
- Try to understand what is happening within their home, school system or community.
- Let them take a new step, to see how they can grow and persevere.
- We are creating a space where the kids can come and claim a place to be able to practise resilience, to be able to claim and fully feel themselves and be whole so that they achieve their fullest potential. Teachers are there to cultivate that space, to make that space.

We are being and moving as a whole organism, not separately.

Resources

- ❖ **Website:** <http://aikidoethiopia.org/>



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