



Vibhu Sharma: An Embodied Exploration of Law, Environment and Love



Vibhu is a dispute lawyer and Kathak dance student based in Toronto, Canada, having previously lived in India and Singapore. Explore Vibhu's curiosity around re-imagining law and the governance system rooted in embodied love and Nature. In this talk, Vibhu asks: how do I access the idea of Law and Love and Environment in a deeper way?

TOP EMBODIMENT TIP: Stay with your breath and take your breath where you need support inside you.

How Can Love Accessed Through Embodiment Be the Basis for our Legal Institutions?

- In Buddhism, one way of **gaining wisdom is through arriving at a deeply embodied understanding of knowledge**. This occurred for Vibhu with Vipassana Meditation: Vibhu asked herself, How do I access what's in my body as a way of accessing knowledge in the world?
- Vibhu experienced **Law as a wonderful analytical world of discourse and mental pursuit** but also realizing it can disconnect one from a deeper understanding of reality and society.
- Vibhu realised personally the need to embody an understanding of the other in order to bring the best to them in the legal world.

Definition of Law:

- The most popular definition of law is that **law is the command of the sovereign backed by a threat of sanction such as a fine or imprisonment**.
- This definition now lands heavily in Vibhu's body: The assumption that people are bad and need to be regulated.
- The idea that people are not bad, but that *"Hurt people hurt people"* - uses Donald Trump as an example.
- The exploration of Love as an action or a practice that encompasses compassion.
- *"Am I able to feel love for someone who is very different from me, just for a few mins, by understanding that they are human too?"*

Looking ahead:

- What is it in your life that challenges you? Can you engage in it by being aware of what it feels like in your body? Can you slowly build resilience with it? How can you accept it as it is? How might it become better and what would you like that to be? **To stay with the question without having to solve it.**
- In a completely healed world, laws of society would be aligned with the Laws of Nature.
- **I want to respond to confrontation in the legal system in a peaceful and loving manner.**

Resources

- ❖ **Social:** Facebook: <https://www.facebook.com/vibhushar> **Email:** sharmavibhu@outlook.com
- ❖ **References:** "Humankind" by Rutger Bregman, https://www.ted.com/talks/varalje_kaur_3_lessons_of_revolutionary_love_in_a_time_of_rage?



Vibhu Sharma





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