



Richard Strozzi-Heckler: Embodying The Mystery - Exploring the Depth of Somatics



Richard Strozzi-Heckler, PhD is founder of Strozzi Institute. He has spent over four decades researching, developing and teaching somatics to business leaders, executive managers, teams from Fortune 500 companies, NGOs, technology start-ups, non-profits, the U.S. government and military. Explore how to use somatics to connect to self and to the world.

TOP EMBODIMENT TIP: Cultivate your feeling and energetic self.

Our Emotional Life: The Central Aspect of Who We Are

- The emotional self is central to what makes us human.
- The feeling center is composed of our life energy that flows within us as well as in the natural world.

Centering: The Practice to Bring Us into Being

- Centering helps us to be present with ourselves, to others, and to the environment.
- The practice teaches us to embrace a full relationship with the world; it allows us to live to our full potential in all areas of life.

Three Ways in which Our Society Is out of Touch:

1. **Humans are out of touch with the protection of the natural environment.** This is directly due to the disconnection from our bodies and feelings. When we lose the connection to our feelings, we also lose the connection to nature.
2. **Conflict gives way to violence instead of connection.** When we are not able to feel ourselves, we are also unable to feel others. We lose sight of how we are hurting ourselves, and in turn, we lose sight of how we hurt others and nature.
3. **There are social divides between marginalized people and the dominant members of society.** This divide is created and maintained when we lose sight of ourselves.

Physically Centering: Four Dimensions to All Living Things

1. Length
2. Width
3. Depth
4. Organizing Principle

Resources

- ❖ **Website:** [Strozzi Institute](https://www.strozziinstitute.com/)
- ❖ **References:** A Spiritual Journey by Wendell Berry



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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