



Jon Kabat-Zinn: The Practice of Embodied Presence in the Only Moment We Ever Have



Jon is a biologist, author, developer of Mindfulness-Based Stress Reduction (MBSR), and a pioneer in research on the science of meditation. Join us in a guided practice of embodied wakefulness, designed to stay with you far beyond your formal practice.

TOP EMBODIMENT TIP: The meditation practice is basically saying “*you’re the world expert on your own embodied wakefulness*”. Cop to that, trust it, because you know what it is infinitely trustworthy.

Embodiment: Can we be embodied? Can we show up fully in our body, in our hearts, in our minds?

- Embodiment is closely related to **phenomenology**, the field of philosophy that has to do with presence, the more-than-human world, and the different dimensions of experience that are possible to inhabit in a way that makes us feel at home.
- **Striving for embodiment** may oppose embodiment: We may get lost in thought, missing the magnitude of this moment.
- We aim to embrace the full experience of being present in the body: Remember and reaffirm that we are already in our bodies.

Presence and Awareness: This moment is still here, it’s always here, but... are we?

- **Awareness:** An intimacy beyond thinking, like a love affair.
- The mind has a life of its own... it’s in the mind’s nature to be intoxicated with anything and everything: We are being unwitting slaves to our own desires, interests, or attachments. When the mind doesn’t know itself, we’re capable of insane levels of harm.
- The real meditation practice is life itself; out of this “falling awake”, we make our way of being.

Meditation: A practice of getting out of our own way, and recognizing that we can’t be embodied when we are distracted.

- An invitation to embody the full range of our humanity in the only moment we have, in order to tilt things in a direction of kindness, compassion, and deep appreciation for interconnectedness. Its reverberation may go on forever.
- It is not a band-aid for toxic circumstances. It implies the recognition of your own sovereignty (of body, mind, and heart).

Going Back to Yourself: That which you are looking for, if you are looking for something, is who is looking - St. Francis

- We sometimes look forward to completing ourselves. That’s impossible because we are already complete.
- Everything is right with you, including what you think is wrong: You don’t have to fix or cure... just embrace!

Some Thoughts about Trauma: Our awareness can heal trauma because it nurtures a sense of being whole as we are.

- Trauma degrades connectivity across all sorts of systems in the brain and the body. But meditative practices drive neuroplastic changes in the direction of recovering one’s original wholeness.
- Can you connect with the goodness and beauty that was before trauma, that is underneath, that has not been touched by it?

Our Work with Others: Don’t abuse the privilege of the other person’s vulnerability. Be delicate.

- If you are embodied, you stand as an example of possibility for freedom, for reclaiming full dimensionality of one’s humanity.
- When people feel they’ve been seen and heard, there’s an element of them that begins to scar.

Resources:

- ❖ **Website:** mindfulnesscds.com
- ❖ **References:** [The Social Dilemma](#); [The Body Keeps the Score](#) by Bessel van der Kolk; [Love After Love](#) - poem by D. Walcott



Jon Kabat-Zinn





All Keynote Presentations are Proudly Sponsored by [Ilan Stephani](#)



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

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani