



**Charles Eisenstein: Human Body, Earth Body, and the Body Politic**



Charles Eisenstein is a cultural philosopher, speaker, and author of several books including *Climate - A New Story* and *The More Beautiful World our Hearts Know is Possible* who covers many aspects of human civilization, often making associations of connection and disconnection. Discover how he sees the Human Body, the Earth Body and the Body Politic as being interconnected and some of the underlying reasons for differing viewpoints as to how everything going on in the world today could be seen as a terrible thing, or an opportunity for something better in the future.

**TOP EMBODIMENT TIP:** Source the knowledge of whether or not it is time to act on something from your body, and listen.

The Story of Separation: **It comes down to self. Who you are is a separate self in a world of other.**

- Idea that who we are is a separate species, separate from nature.
- Idea that more for you is less for me and all life forms are in competition with each other.
- **An ideology of control and separation plays out in alienation of the body.**
- Infiltrates spirituality, implying that the sacred, important part is the non-body part.

Paradigm of Control and Health

- **Program of control** - progress comes from more and more control on finer level of matter to improve life
- Chronic disease, allergies, auto-immune disorders, addiction, Autism...none of them fit the paradigm of control.
- **None of them admit to a pathogen that we can dominate and achieve health.**
- COVID was seen as something which could be controlled so all of society's attention was drawn toward it as something to combat and conquer.
- **Alternative healing can heal almost anything, if participation is cooperative rather than dominating.**

Connection to Nature:

- As we do to the body, so we do to nature, and other the way around too. As we do to nature, so we do to the body.

Many Diseases Could be Seen as an Initiation: **Ultimately, this is to see the body as an ally.**

- Either it is a moment of pause, causing a process of coming inward, withdrawing and really looking at your life.
- Or, it could be something such as Adrenal Fatigue that keeps you honest because you don't have the energy to do things not in alignment any more.

Resources

- ❖ **Books:** *Climate - A New Story*, *The More Beautiful World Our Hearts Know is Possible*, *Sacred Economics*
- ❖ **Courses:** [charleseisenstein.org/programs](http://charleseisenstein.org/programs)
- ❖ **Website:** [charleseisenstein.org](http://charleseisenstein.org)



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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!

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