



Dan Siegel & Alanis Morissette: An Embodied Life, Mind and Our Waiting World



Join Dan Siegel and Alanis Morissette in an enlivened conversation of interpersonal biology, oneness, connection, disconnection, kindness, and how we move through the world today. Dan Siegel is an interpersonal neurobiologist, professor of psychiatry at the UCLA School of Medicine and executive director of the Mindsight Institute. Alanis Morissette is an influential singer-songwriter and avid supporter of mental health, female empowerment and spiritual and physical wellness.

TOP EMBODIMENT TIP: Be kind to yourself and kindness will arise for others.

What is Embodiment?: How has your body played a role in the songs finding their way through you to us?

- The songwriting process is masculine and feminine and fuelled by fire of the passion. It starts with humility and feminine receptivity, true receptivity to hear the music and allow it to move through the body like a current and being responsible for that 'current'. Whatever the song / narrative is asking is what is embodied and physicalized in performance.
- Consider the process of connecting with an audience an energetic dialogic experience where the audience is given permission/an invitation to join in the movement that emotions and narrative offer.
- The role of anger in the creative process is not about destruction, it's about construction and reparation.
- Anger itself is a life force of energy that can create worlds, write, vote and be an activist.
- The anger in the song *Jagged Little Pill* is more integrative (differentiation of parts and linkages, R. Schwartz); impaired integration is unresolved trauma and the process of integration is healing trauma.
- When there is no integration, no differentiation or linkages, and complex systems are not optimizing self-organization, the result is chaos (screaming, shouting, crying) or rigidity (withdrawal, shutting down).
- When systems are optimizing through differentiating and linkages, there is harmony (FACES Flow - flexibility, adaptability, coherence, energy, stability).

How Can we Achieve the Direct Experience of Self and Integration in the Body?: What precedes integration?

- Integrative communication leads to the growth of integration in the brain and neuroplasticity. .
- In Three Pillar Mind Training focus your attention, open your awareness, and cultivate kindness. This reduces stress and inflammation, improves immune function, and communication between the heart and brain improves.
- Wheel of Awareness indicates all areas of one's life and where the person is directing their focus.

Resources

- ❖ **Film:** The Social Dilemma
- ❖ **Books:** *Caste: The Origin of Our Discontents*, Isabele Wilkerson, 2020; *The Developing Mind*, Dan Siegel (2020)
- ❖ **Website:** drdansenigel.com; wheelofawareness.com
- ❖ **References:** Jaak Panksepp, Richard Schwartz, Peter Levine, Pat Ogden, Gabor Maté, Elizabeth Blackburn, Howard Gardner, Elijah Cummings



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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

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