



Reverend Angel Kyodo Williams: Interview with Cheryl Whitelaw



Reverend Angel Kyodo Williams is an activist, author, Master Trainer and Founder of The Center for Transformative Change. She is the second black woman to become a Zen Sensei, known for breaking out of the ‘Buddhist box’ and encouraging people in Buddhist and Conscious Communities to get out of their heads and get into their bodies.

TOP EMBODIMENT TIP: We need you! We are in the time of co-arising and awakening together.

Trust yourself to engage in your practices and begin to share them.

Our Culture of Disembodiment: **The premise of *I think therefore I am* is moving towards *I feel therefore I am***

- Stems from disempowerment that we allowed to occur to First Nations and Indigenous Peoples. The body has intelligence through time including ancestral memory and generational memory. Re-engaging in wisdom traditions cut off from the body creates false ideologies that cannot be anchored in truth.
- **We need more self regulated people rather than a handful of awakened people.** We need people who are offering mindfulness to access it in their own traditions alongside faiths and religion styles. This will empower us to navigate social inequities coming from imbalances and misalignment in how we use practices that we are collectively calling mindfulness practices

Reconnecting with Innate Wisdom Beyond Meditation and Mindfulness

- **Mindfulness** is about accessing our innate awareness. **Embodied practices** give us direct confrontation with nature, land and the elements, the living and animated world; **Our innate intelligence puts us in a state of radical responsibility for All that arises in life**

Finding the Ground of “Enough” when Responding to Trauma and Suffering

- **In presencing ourselves we come to understand the word “enough” and what is enough for US;** Perceiving from the state where one is on the edge of overwhelm, worry or fearful concern adds to the problem
- **Body wisdom** can easily integrate things when we are in relationship to it. In being willing to feel the wholeness of our despair and helplessness that we feel, the joy and light sparks too. Intentionally allowing ourselves to be aware and able to feel into the sensations of our grief causes us to develop trust/faith in our goodness and the wisdom of our bodies. **There is great intelligence that we can allow to work for us.**



Daily Rituals Routines and Practices

- Awareness, sensitivity and breath practices. Noticing contraction in the body: emotional/physical/mental
- Breathing spaciousness into our body; Practising spaciousness leads to the rise of compassion
- ***Liberation wants nothing but liberation for anyone else.*** Promoting acceptance, a possibility of allowing that I would call love -- in all of its expressions.

Message for our Young People and Adults Walking Beside Them

- **Trust young people are adaptable and resilient.** Understand they're truly navigating a sense of belonging around groups in this world. They need...
 - Guidance, mentorship and witnessing from us, alongside an Elder, to feel wholly heard and supported.
 - Encouragement in listening and being sensitive to their impulses around harming self or others.
 - Spaciousness and stability of the adults in their world for the truth of what they are experiencing to be expressed.
 - To intentionally spend time expressing themselves creatively . This is a pathway for returning to self and integration.

Wisdom from Islam “Trust in God and tie your camel”

- Have a sense of enthusiasm however be grounded -- Life may unfold in ways that don't meet our expectations or plans; Breathe and ride with it all. Return to simplicity. Spend time alone without devices and distractions in nature rather than nourishing the overstimulation in our lives that leads to emptiness and loss.

Reclaiming Self into Wholeness

- Reclaim yourself. Be willing to meet the parts of yourself with courage that feel undernourished, unseen, unheard... Turn to yourself to meet your own needs rather than expecting others to. **The more whole you are, the more you have to contribute to the world.**

Around Justice and Love

- **Our increased sensitivity to contraction is where we can create more spaciousness and inhabit love**
- *Love of ourselves evokes justice. Devotion extends itself onto all of life. As all of the things that obstruct love, wellness and wellbeing are removed from our hearts, our bodies, our beings, our emotional minds... We come to understand it's intolerable for us or for anyone else to have these obstructions in existence; Thereby Justice unfolds as an expression of Love.*

Resources:

- ❖ **Books:** [Radical Dharma](#)
- ❖ **Courses:** [MNDFLcertification.com/about](https://mndflcertification.com/about) **Website:** [Rev Angel Kyodo Williams](#)
- ❖ **Instagram:** [@zenchangeangel](#) **Facebook:** [Radical Dharma](#) / [Rev. Angel Kyodo Williams](#)



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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!

ILAN STEPHANI

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