



Molly Sacco Hale: Aikido, Embodiment through Partnership



Sensei Molly has been practicing Aikido since 1981, and is now a 4th degree black belt. She has an amazing story of recovery against great odds and brings her fierce determination to inspire us all to succeed. Due to a devastating car accident, she was told she would never be able to move her shoulders, or walk. She recovered. Today, she shares her idea of partnership with oneself and the love of the Aikido Community that has been integral to her healing.

TOP EMBODIMENT TIP: The Vitality of dwelling in the body instead of being out of it Rocks!

Partnering: The primary partner is ourselves

- Much of the attacks we face in life come from our disconnected selves screaming for attention and love; they are the constrictions we make to hold ourselves until we have a loving community that can give us support in facing our fears. We are harsh on ourselves and it takes releasing our fears to face our prior life experiences that we couldn't process at that time.
- The attacker in Aikido offers a clear attack. In the techniques, one learns to respond energetically without harming oneself or the other. The Aikido community is an embodied one of Love, Unity and the practice of Joy.

Breathe: Becoming one with the universe requires one to breathe with it

- To breathe with the universe, we have to shed our constrictions and open up.
- Aikido supports this by way of a practice involving breath with movements of life. The cycle of breathing in, accepting what is given (whatever it is); exhaling, grounding the energies that need to be released back into the ground. The hands and arms go up to receive, and bring back down into the ground.
- Doing so with the intent to be loving, as the universe is loving, is being in alignment. Harming others comes from our fears and constrictions. These Aikido directly strips away with practice, and with loving partners who are joyfully challenging. The more we embrace this Love in our daily lives, the more we are able to breathe deeply and heal. In the body, alignment with gravity is crucial.

Basic Technique: Strike and Response

- When an attack is coming, you breathe in, raise your arms in love to meet it, and receive all the energy of it coming towards you. You then joyfully meet the energy, blend with it, and redirect it to the ground where it needs to be to eliminate harm. When attack comes, the attacker is already out of balance. One merely assists them to ground themselves and come to their body too.
- When one is open and in the body, this task becomes easy and full of joy.

Resources

- ❖ **Courses:** Continuum founded by Emily Conrad for source of Breath
- ❖ **Website:** <https://www.abilityproduction.org>
- ❖ **Social:** [Facebook group: TECmartialandhealingarts](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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