



Saniel Bonder: Whole Body-Being Healing and the One Great HEART We All Share



Saniel Bonder is a life-long spiritual teacher and the founder of Waking Down in Mutuality – teachings and transmissions for embodied awakening and connecting students to their unique potential. Learn about Saniel’s transformative approach of Whole Body-Being Healing through activation of the one Great Heart we all share.

**TOP EMBODIMENT TIP:** The sun in your heart is rising, the one great heart that we all share is coming alive and awake in and through all of us.

Democratising Transcendental Enlightenment: **Profound Awakening is Teachable**

- We are in a hyper-evolutionary time, moving beyond the traditional guru/student models for seeking awakening.
- Spirituality is not just evolutionary, it is itself evolving and being refined.
- You don’t have to be an advanced spiritual student to experience profound shifts.
- Living and speaking your truth is not a popularity contest.
- Own what we have realised rather than withhold out of fear of offending or appearing grandiose.

The Body Is Where The Work Takes Place:

- Embodied enlightenment is both “**out there**” as the nature of all spirit and at the same time “**right here**” rooted in matter and wanting to show itself in each and everyone of us.
- **Awakening is the body’s process of feeling and knowing we are infinite while at the same time being a local mortal individual.**

Waking Down - Whole Body Being Healing and Activating the Great HEART:

- **Waking Down** is a teaching and transmission of the awakened condition and deep psychological healing with the Great Heart at its foundation.
- Enhances our capacity to be in relationship with each other and related to all.

Resources:

- ❖ **Books:** Waking Down: Beyond Hypermasculine Dharmas, Healing the Spirit/Matter Split, Great Relief: Nine Sacred Secrets Your Body Wants You to Know, The White-Hot Yoga of the Heart
- ❖ **Website:** [sanielandlinda.com](http://sanielandlinda.com)
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- ❖ **References:** Rama Maharishi, Adi Da, James W. Fowler



THE EMBODIMENT  
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## Saniel Bonder





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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.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).