



Jo Miller: Somatic Listening: Healing for the Creative Soul



Jo Miller is a Somatic Therapist, Sound and Visual Artist, Writer and Recovering 'over-doer'. She brings together a feast of exquisite listening medicine.

TOP EMBODIMENT TIP: Take time to listen deeply to your environment and that will draw you to your True Nature.

Creative: Creativity is Our Birthright

- The Creative Soul is something we each have. It is our birthright. We are born into creativity, as all that is around us is created every second. It's not special to any one group of people. It is in our very cells. It is our true nature.

Deep Listening: Dropping Down, Slowing Down

- When we can take the time to slow down and listen deeply, we can then sense more open space where sound becomes more nuanced. Our creative soul can then wake up and emerge from our quiet spaces. This brings us naturally into the flow of life and we naturally express ourselves more easily.

Three Pillars: Listening, Attunement and Creative Flow

- To listen is to be receiving, and this is the heart of being with life itself. Attunement happens when you are listening and your body has a response to the sounds you are hearing. One good example is birdsong. Studies have shown that we naturally relax when we are listening to birdsong. Creative flow is what happens when one is listening and attuning to the sounds all around with an inquiry to the melody of the sounds. This is happening when we slow down and deepen our listening.

Four Kinds of Listening: Thinking, Intuition, Feeling and Sensing

- **Thinking** kind of listening where you are analyzing and structuring what you are hearing. Then there is an **intuitive** kind of listening, where you hear something and it gets you and takes you places in a whole way and you become excited. Thirdly, there is a **feeling** way of listening, where you resonate with what you're hearing and it takes you back to somewhere or into the future with a feeling of encouragement. The fourth type of listening is **sensing**. This is where your body is feeling the sound and reacting with a somatic response that brings us closer to our Self.

Resources

- ❖ **Website:** <https://www.solastasounds.com>
- ❖ **Social:** [@solastasounds](https://www.instagram.com/solastasounds)
- ❖ **Reference:** Pauline Olivaros
<https://www.youtube.com/watch?v=oSI-RS8IOJA&list=PLUrLyou76ldrJG9U8887QkQvONmsjBsJF&index=3510>



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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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