



**Rory Miller: Situational Awareness**



Rory Miller is a writer, teacher and former maximum security corrections Sergeant. He teaches subjects ranging from defensive tactics and use of force to first aid and crisis communications with the mentally ill. Discover practical tools of how to consciously engage your senses, vastly expand your awareness and gather information and resources from any situation or person.

**TOP EMBODIMENT TIP:** Get off your arse. There is a whole world out there. Lifting weights sucks.  
Throwing people down stairs is awesome.

Situational Awareness is the Bedrock to Everything Else: **Anything That You are Aware of; You Can Deal With.**

- You are already amazingly good at situational awareness, you just don't do it consciously yet.
- We automatically know when our kids are lying to us; or when something smells off in the house.
- The ability to do this is on a scale.
- We can consciously practice it and improve as guided in this talk, or stop paying attention and get worse.

Engaging the Senses with Honesty and Clarity: **To Truly be in Your Senses is to Act Intuitively.**

- Every sense is gathering information, however we often attempt to judge or interpret it too soon.
- Sit with your senses without thought. Notice your awareness of the environment through your senses alone.
- When you practice paying attention it eventually becomes impossible not to.

Train With Love, Not Fear: **What You Choose to Attend to Influences Whether you are Invigorated or Exhausted by It.**

- Anger and Fear have different smells. Every sound means something.
- When you acutely understand your own senses you can gather an enormous amount of information from the environment.
- Learn how to set your baseline rate, tone, pitch and volume to help notice differences.

The Exchange Principle: **Everything That Touches Leaves an Imprint That can be Read.**

- In the same way that a fingerprint can be read by a forensic team, people's histories leave an imprint on them that can be read later.
- Discover tools to help you people watch, storytell and cold read.

Active Information Gathering:

- **Using the People and the Environment to Gather Information and Provide you with Resources**
- Discover how to solicit information from others, gain a deeper awareness of your environment and transform everyday objects into useful resources.

Resources:

- ❖ **Website:** [Chiron Training](#)



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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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