



Gil Hedley: The Heart of the Matter



Gil Hedley is the originator of "integral anatomy," a whole person, whole body re-visioning of the human form. He currently resides in Colorado Springs, Colorado, USA, where he is producing an enormous archive of on-camera dissection documenting the human form from an integral perspective. In this session, explore the continuity of the heart throughout the body and into the world.

TOP EMBODIMENT TIP: We can yield to the life within us.

State Shift: **Love and Appreciation**

- Starting any experience with appreciation is a way of inviting the heart to lead the moment.
- Love and appreciation shift our vibration and allow the heart to step forward as the preeminent oscillator of our embodied being. Breathing and heart rate shift when we feel love and appreciation.

The Whole Heart: **Textures, Continuities, Relationships**

- The heart has a texture that reaches throughout the entire body.
- Following the continuity of the heart will lead you from the heart center down continuously traveling pathways through a whole body organ.
- When we look at one another, we are witnessing a heart in motion.
- We hold the whole heart when we embrace.

Living Movement: **The Heart is not a Pump**

- The standard model casts the body as a machine, the heart as a pump, and the blood vessels as pipes.
- The blood's flow is not pushed, it is turned, accelerated, and mixed within the heart center.
- Spin is placed upon the blood; it is pulled from higher pressure zones on the periphery back to the low pressure zone of the heart center.

Resistance: **The Movement of Life does not like being Bound**

- The Universe's gift to you is the life moving within you.
- If you are hypertensive in your state of mind, mood, or belief system, you generate friction between the life moving within you and the blood vessel walls, canalizing your vessels.
- The heart is a feeling and relational leader. When we offer the heart the leadership role to which it is destined, the intelligence of the heart can speak in our world in a way that has the potential to make this a different planet.

Resources

- ❖ **Books:** [Coming Into Form by Gil Hedley](#)
- ❖ **Website:** gilhedley.com
- ❖ **YouTube:** [somanaut](#)



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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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