



Prof. Glen Mazis: The Worlds of Non-Objectified Bodies



Prof. Glen Mazis is a Professor of Philosophy and Humanities, Merleau-Ponty scholar, and poet. He has published several books and 75 poems in 39 literary journals. He was awarded the Penn State Harrisburg Faculty Research Award in 2009.

Explore the world that can open when we connect sensitively to the body. Freedom from objectification allows feelings and senses to take us into the depths of our shared world - to connect with history, nature, culture, other people, creatures. A transformed sense of self emerges and its creativity always affords paths back to healing.

**TOP EMBODIMENT TIP:** Caring sensitively about the world around us enables all life forms to become whole.

Embodied Philosophy: **Wholeness, Feeling with the Body Rather Than Only Thinking with the Mind**

- Phenomenology: looking, describing, expressing / involvement; felt experience taken into account.
- European and American philosophy - tendency to think, categorize, explain, and analyze.
- 'I think, therefore I am,' instead of, 'We feel, we perceive, and we are together with the world.'

Ecological Stakes: **Interconnection, Embodiment as the Road to Environmental Concern and Action**

- We can't do ecology justice until we see the world through the body - the ethics of felt solidarity.
- Experiencing the world through the body enables us to experience our interconnection with everything.
- Acknowledge that our very being depends on everything around us means compassion for the world around us.

Becoming Embodied: **Zen and the Art of Mirror-Cleaning, Perception, Awareness, Earth-Bodying**

- Zen Buddhism - cleaning the mirror of your perceptions, starting to feel and connect with things in a different way.
- Gestalt therapy - awareness is curative; becoming more aware resolves so many of our problems.
- Earth bodies - belonging to the world - sensual, perceptual; feeling conductors through which richer meaning flows.

Separation and Unity: **Continual Transformation, Moving Through Time, Flow, Reciprocity**

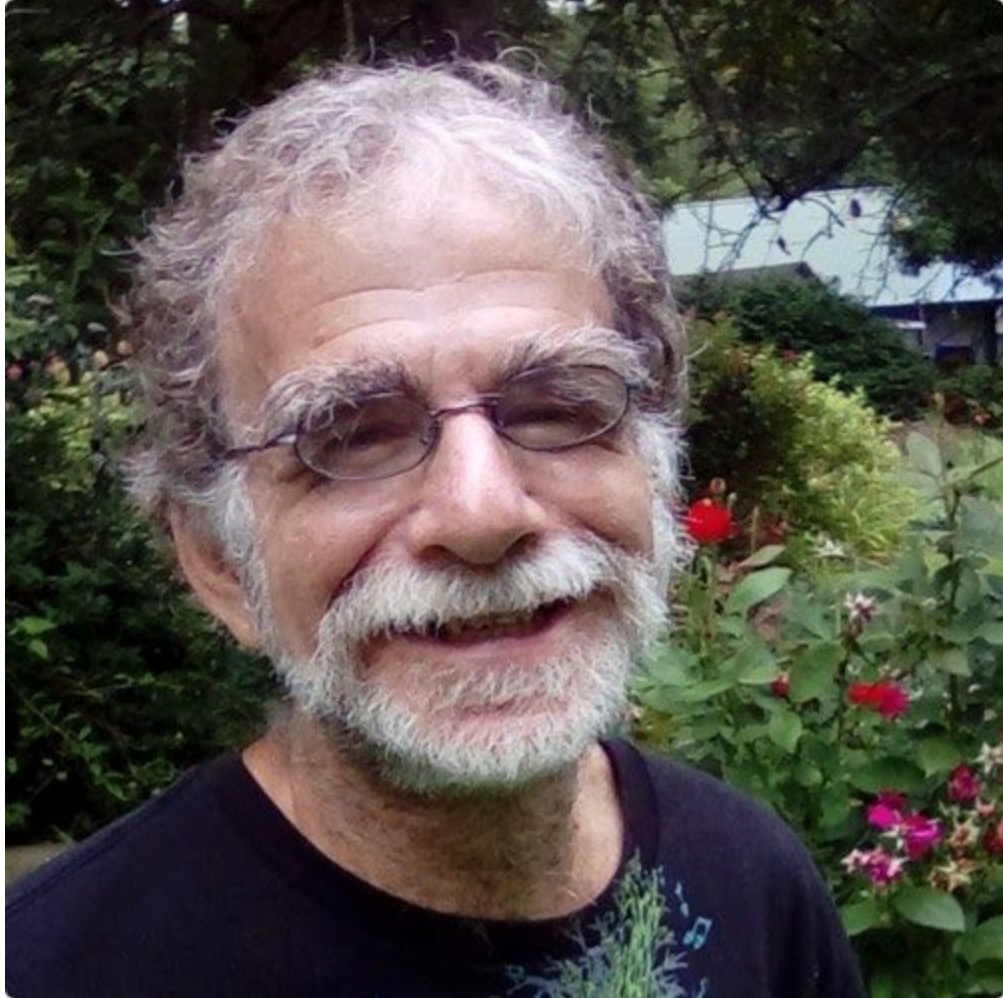
- Religious and metaphysical dream of getting to a realm beyond time, escaping the body, back to pure spirit.
- Native American philosophies, works of literature, cultures - sense that the world is *alive*, not inert, dark, or dead.
- Merleau-Ponty: reversibility, not just about us making sense of the world, but the world speaking back to us.

**Resources**

- ❖ **Books:** *The Body is a Dancing Star*
- ❖ **Website:** [glenmazis.com](http://glenmazis.com)
- ❖ **References:** *The world of perception* [Radio lectures] (Merleau-Ponty), *Phaedo* (Plato), *Ceremony* (Leslie Marmon Silko), *Chimera* (John Barth), *Zorba the Greek* (Nikos Kazantzakis), [unspecified text] (Paula Gunn Allen), *Beloved* (Toni Morrison), *Man's Search For Meaning* (Viktor Frankl)



## Professor Glen Mazis





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**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.