



## Richmond Heath: TRE, Embodiment & the Flow State Machine



Richmond Heath is a physiotherapist and national coordinator of TRE in Australia. Explore TRE from the perspective of using spontaneous movement in embodiment and flow states.

**TOP EMBODIMENT TIP:** Find yourself a spontaneous movement practice so you can let go of your mind.

Spontaneous Shaking: **Happens naturally in many situations and usually we try to shut it down.**

- Many people start shaking for example when they are giving a public speech or after shock or trauma.
- **This is how the body releases stress responses.**

How did we become embodied?

- **'Myoclonic twitches' already happen in 9 week old babies in utero leading to spontaneous movement.** This movement is created in the muscle tissue, and it helps the body to create connections.
- **Embodiment continues also outside the uterus through spontaneous movement** and we become conscious of our movement.

How did we become disembodied?

- **The key aspect of becoming disembodied is that it happens through stress and trauma. This is an unconscious process.**
- Body's defence response to stress:
  - **Mobilising state:** Blood goes to big muscles, awareness of peripheral areas diminishes.
  - **Immobilisation state:** suppressing the urge to move creates tension and awareness of the body decreases even more.

Body's Recovery Response: Spontaneous Movements

- Removes adrenaline, releases muscular bracing, restores movement, regulates the nervous system and reconnects our mind and our body.
- **Truly subconscious bottom-up process led by the body.** Notice the difference to top-down embodiment practices.

Flow state: **Not a state that we create, but something we relax into.**

- Time distorts, sense of self as a doer disappears, action and awareness merge.
- TRE can be seen as surrendering and letting go of our Ego as our body moves us.

### Resources

- ❖ **Books:** *The Revolutionary Trauma Release Process* by David Berceci; *Body Sense* by Alan Fogel; *The Rise of Superman* by Steven Kotler; *Stealing Fire* by Steven Kotler & Jamie Wheal.
- ❖ **Courses:** [Free TRE course](#)
- ❖ **More sources:** [Source page including TEC talks](#)



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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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