



Danny Way: Waiting for Lightning



Danny Way is a pioneer and world famous skateboarder and extreme sports athlete, and advocate for holistic health. Explore how embodiment and holistic health has allowed him to continue to grow and develop as an extreme sports athlete deep into his 40's.

TOP EMBODIMENT TIP: 1. Keep limber, keep the blood flowing and joints moving. 2. Make sure it's about the passion.

Insights from the Experience of Being in the Body of Danny Way:

- **A dark and a light side.** Has been scared and had anxiety of potential injuries before undertaking some of the larger endeavors.
- Doesn't like to leave "what ifs" on the table. Didn't want to ever look back and know he missed opportunities.
- It's about not allowing the mind to take him out of the confidence zone. Ultimately the **amount of thought is almost zero.**

The Flow State:

- It's like a tunnel vision state, **no longer having to think** about it. Literally like a video replay in head of what he's about to do. Then it's just a follow through of what he's replayed in head. Often like time stands still. **It's not something to intellectualize.**

Relationship Between Assertive and Surrender Energy in Approaching Extreme Feats:

- Pushing yourself too hard can get pretty dangerous. **The moment has to invite you in.** If it feels pushing, then it's because he hasn't done enough work which can be dangerous. **Warming up also key** for nervous system and for body to feel subtleties.

Dark Experiences As a Driving Force Into Flow State:

- Taking risks as a kid was driven by the angst around him. Kept him on some healthy tract in terms of putting energy into his sport. **Darkness in his life has given him motivation** to take up challenges, give confidence and self esteem. Accomplishing challenges gave him a different perspective on appreciating his potential. **When find passion, it becomes the therapy.**
- **Leading with passion is what keeps you on your way.** It is the thread that holds everything together. Takes you into flow state.

Coming into the Holistic Realm - Bringing Mind, Body, and Spirit to the Skateboarding Community:

- In the early days, didn't feel able to bring the healthy and holistic aspect into skateboarding because would have been ostracized as a jock. Has seen major changes in that last 25 years. He **let it organically happen and lived by example.**
- The universe sent him a wake up call when he broke his neck and **realized he wanted to take care of himself and changed whole approach** to everything. **Needed to become awake and conscious** of what he was doing to himself and **be grateful to have this body**, take care of self through nutrition and training.
- Over time, uncover a **spiritual perspective beyond physical purpose** to the bigger picture.

Resources

- ❖ **Social:** [@dannyway](#), Facebook: [DannyWay](#)
- ❖ **Movie:** [Waiting for Lightning](#) (Documentary movie on Danny Way)
- ❖ **References:** [Paul Chek](#) (High-performance kinesiology coach)



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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