



Gil Hedley: What's the Fuzz?!



Gil Hedley Ph.D has been teaching integral anatomy via dissection labs, keynote events and lecture tours since 1995. He is the originator of The Integral Anatomy Series and his mission is to 'rebrand' the human body as a gift. Discover his passion in this talk and perhaps experience more appreciation for the incredible substance that is your fascia.

TOP EMBODIMENT TIP: Stomp your feet, blow out the air, let it come in.....and be thankful.

One Body: Many Textures

- Separation is a function of the mind. The body reveals itself as one: differential movement without separation.
- However, the inquiry into the different textures and properties within the whole allows us to appreciate more deeply, rather than alienate ourselves from, the human form.
- The capacity to perceive difference does not separate me or my body from myself or my neighbour.

Fascia: Exquisite Fleece or Tremendous Life Blessing

- **The superficial fascia:** just under the skin is a beautiful yellow (no matter what your skin colour), buoyant, fatty, semi-fluid matrix of connective tissue. A giant endocrine organ that is in communication with your pancreas about your **intrinsic resources**. Relates with nourishment, sensuality, connection, protection, expression, movement, durability.
- **Peri-fascia:** fascia that goes around other fascia! When it is dry and pulled apart, it looks like cotton candy but it is actually a wet, translucent membrane and the anatomy of differential movement potential at the deepest levels of your form. Muscles can't move, or move us, if everything isn't sliding above, below and between them!
- **Deep fascia:** like an exo-skeleton for our bones- dense, regular, fibrous connective tissue that has a stabilising and containing effect, and is embedded in peri-fascia. It is not really movable but stuff moves in relation to it.

The Embodiment of Stuckness: When Slipperiness Goes 'Gummy'

- When certain cultural, religious or social influences have us locked into habitual and constricted ways of using our bodies, this wonderful fluid fascial system can lose some of its' dynamism and become 'gummy' and stuck.
- The good news is, **all tissues have an unbelievably high capacity for healing and we can rehabilitate**. Gil is an optimist when it comes to healing injuries in the body, but only in a gentle and loving way.
- When working with injured or painful tissues and inviting movement and slipperiness back into them where it's been resisted or stilled by a person's choices (or the frame of their entire social matrix), profound shifts or releases can occur but they might not be ready for it. Integration time is needed, not only in their body, but in their world.
- **A shift in our embodiment has the power to shift our whole life**. We can either live with it or reject it.

Resources

- ❖ **Website:** [Gil Hedley](#)
- ❖ **References:** 'The Holographic Universe' book by Michael Talbot, [Berlin Fascia Congress 2018](#)



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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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