



## Adam Barely: ZeroOne: Move, Be, Evolve



Adam has 40 years of experience in meditation and embodiment practices. He focused deeply upon the 5Rhythms® from 1991-2019, training with Gabrielle Roth to teach her work and building a world-wide reputation for powerfully transformative workshops. His work is now coming of age with ZeroOne, which involves embodying a creative process in which YOU are the evolving creation and finding ways to bridge the worlds of science and spirituality with personal and collective evolution.

**TOP EMBODIMENT TIP:** Movement and stillness, body and breath, other humans

### Moving as a way to navigate these times

- To not add to the current load of global intensities: **slow down, feel**
- Invitation to move in cycles: **activate, settle, integrate, relax and then again**
- When stuck: **change, get curious**

### Feel the life force, the shimmer of aliveness

- Life force is sexual energy that constantly regenerates, recreates
- Move with emotional natures, love, grief, rage, fear
- Become aware of being aware. Be aware of being emotional

### We are sexual, loving, aware beings

- Look out into the world, we are a part of this. How does it feel?
- Don't try to fix, just feel, let that in, and let that move through the cycles

### Become a movement artist

- A lover of life, of movement, of the senses
- Welcome the whole self, all feelings, move with them, follow what comes
- Remember and move as your 3 year old self, instinctually
- Be aware of the silence, the still life force even when moving
- Feel/move with the longing for life/growth/healing/beauty

### Resources

- ❖ **Website:** [ZeroOne](#)
- ❖ **References:** Watch Adam's film [Maths, Movement & Mysticism](#)



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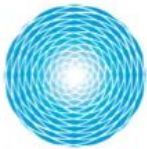
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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