

Embody Deep Democracy - Tools for Change

What is the tool?

Social Somatics, the science and practices of mind body integration paired with social movement building.

How does it work?

Somatic Methods:

- Biocentrism: we are at our best as leaders/decision makers/earth stewards when we regard the earth herself as a sentient
- Body Intelligence: we believe that socio-political disturbance/conflict shows up in our body as physical ailment or symptoms

How does it build shared leadership?

Diversity breeds sustainable life. So we constantly strive to bring out the "marginalized" content to improve the vitality of our communities and the earth. Through somatic practice, feeling and the creating of relationships is a connecting factor.

How does it build a cooperative movement?

Embodiment is knowing at the deepest level. As applied to an attitude of "cooperation" or value of "the commons"; we're about authentic practice versus abstraction. Tapping into connection and recentering while slowing down our busy minds gives us the healing and innovative thinking needed before we heal the world together and create holistic change.