

Embodiment

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Embodiment

- The interconnectedness between:
 - body & mind
 - self & the world around us
- The experience of being fully present and connected to one's physical body and being grounded in the physical world.



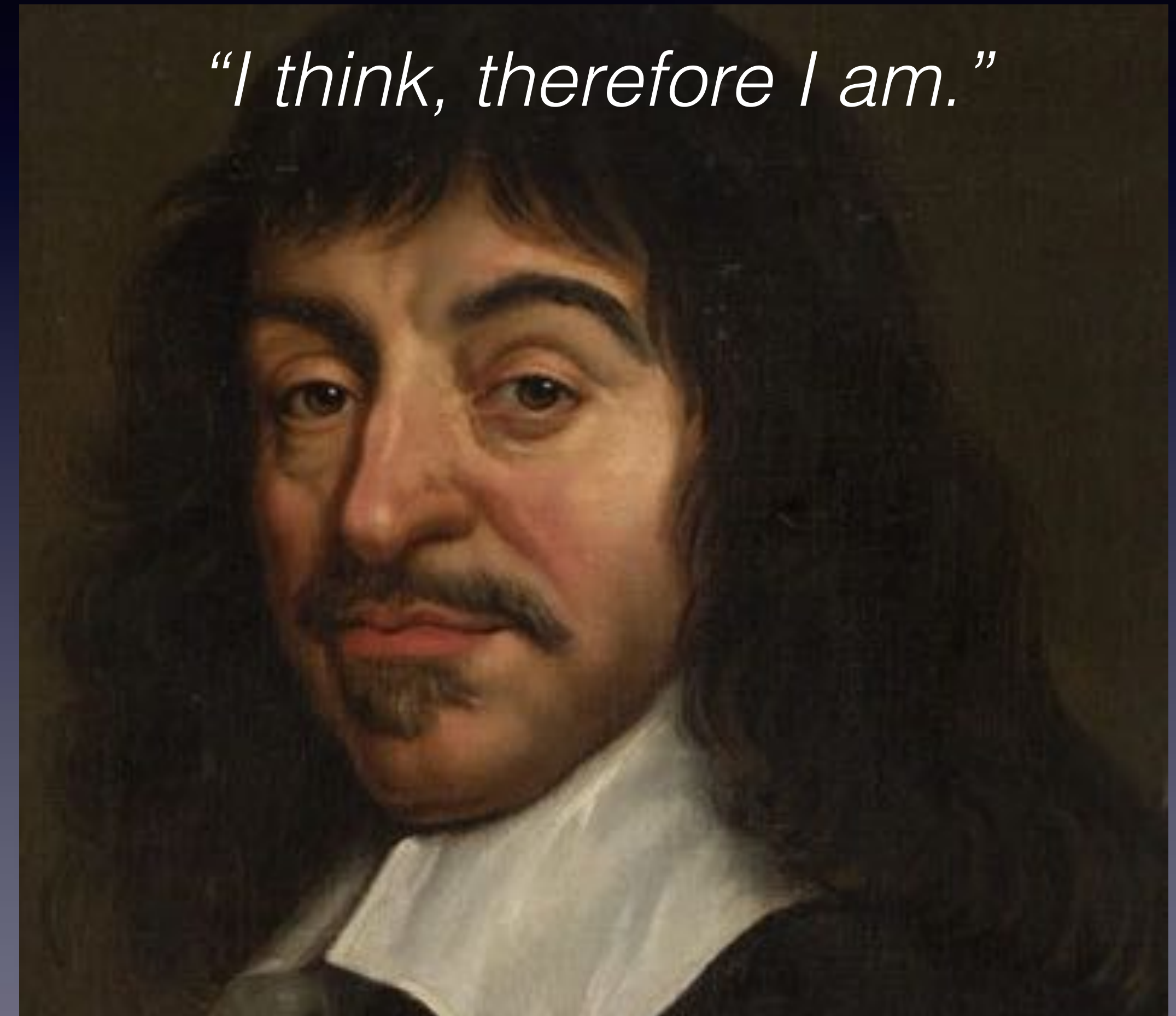
Some Spiritual Views

- The body is inherently flawed or inferior compared to the spiritual realm
- The body is an obstacle to spiritual realisation
- Emphasis on transcending the physical world



Mind Body Dualism

- René Descartes (1596-1650)
French philosopher, mathematician, and scientist.
- Mind is a non-physical entity, separate from the body, which can reason and think independently.
- Body is a purely mechanical and material entity, lacking consciousness or agency.
- Profound influence on western psychology and neuroscience.



Spiritual Bypassing

- Coined in 1980's by John Welwood
- Using spiritual practices to avoid or bypass unresolved emotional issues or psychological wounds
- Escaping the discomfort and challenges of facing and engaging in the messy complexities of human relationships



Benefits of Embodiment

- Awakening & Presence
- for the benefit of all sentient beings
- Self Awareness & Discovery
- Healing, Well Being & Resilience



Embodiment for Awakening

- Direct experience of the present moment
- Understanding and experience of the interdependence and interconnectedness of all things
- Understanding and experience of impermanence incl. the illusion of an independent and enduring self
- Becoming more attuned to the needs of our bodies and minds cultivates compassion for others



Embodiment for Self Awareness & Self Discovery

- **Phenomenology:** Our perceptions are shaped by bodily experiences, movements, and sensations.
- **Embodied Cognition:** Our cognitive processes are influenced by our bodily experiences.
- **5 skandhas in Buddhism:** Recognises the significance of the body (1st skandha: form) in shaping our experiences and understanding of ourselves.
- **Somatic Psychotherapy:** Recognises the body's role in emotional experience, self-perception, trauma processing, nonverbal communication, and mind-body integration.



Embodiment for Healing, Well Being & Resilience

- Mind-Body Connection & Integration
- Enhanced self-awareness
- Resilience and adaptability
- Body as a source of wisdom
- Emotional Release and Processing
- Emotional regulation
- Stress reduction and relaxation
- Self Care and nurturing
- Self-Acceptance and Self Compassion



Cultivating Embodiment

- Mindful movement
- Body scan meditations
- Breath awareness & practices
- Sensory awareness
- Somatic psychotherapy



Somatic Psychology Lineage

