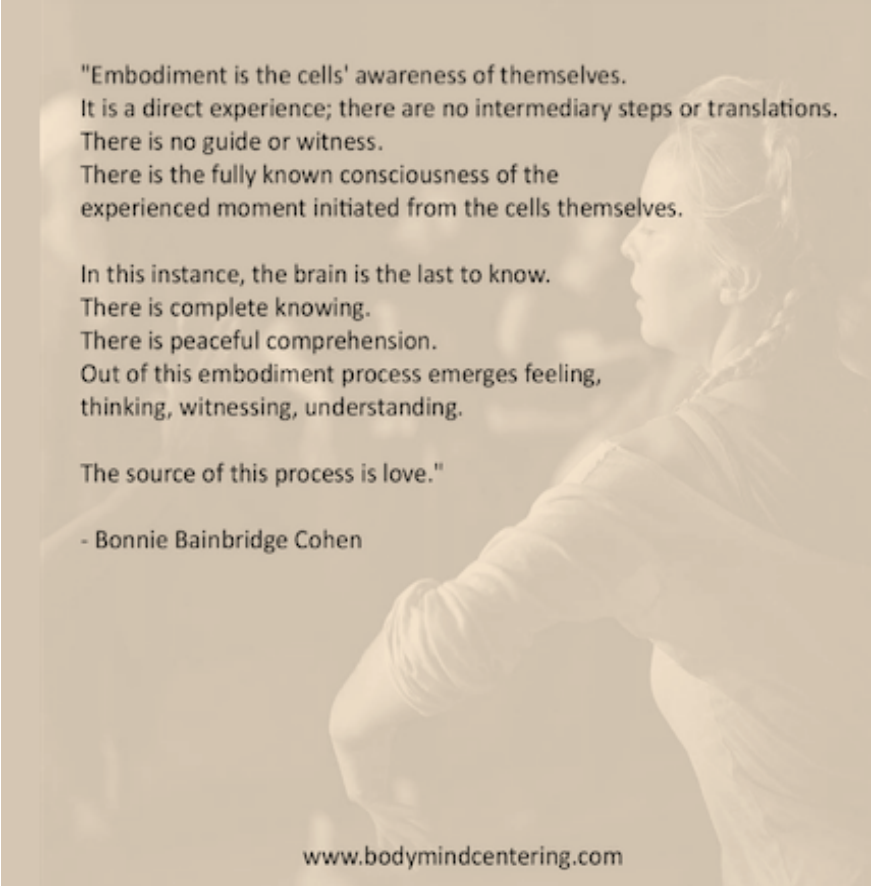


Notes on Embodiment... to be continued...

...my experience and practice is that once you connect to inner space - this becomes the gateway to allow the outer /inner space division to dissolve... not yr borders dissolve, but you can be in both as self and as spatially 'held'. Embodied to me is the experience of both. More than just the self... Centered in no centered-ness!

My contribution at the Embodiment Conference, 2019



"Embodiment is the cells' awareness of themselves.
It is a direct experience; there are no intermediary steps or translations.
There is no guide or witness.
There is the fully known consciousness of the
experienced moment initiated from the cells themselves.

In this instance, the brain is the last to know.
There is complete knowing.
There is peaceful comprehension.
Out of this embodiment process emerges feeling,
thinking, witnessing, understanding.

The source of this process is love."

- Bonnie Bainbridge Cohen

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