

## **Embodied Peacemaking Notes**

*Fluidity Forum September 7th, 2024*

There are many tools that can help you resolve conflicts (Non-violent communication, active listening, etc.).

The problem is that when conflict arises, we are frequently too stressed to access the tools we've learned.

Embodied Peacemaking is the practice of being able to bring your body into a state of peace during stressful times so that you can use your tools to resolve conflict.

Embodied Peacemaking is developing the ability to find your toolbelt when you need it.

Embodied Peacemaking cannot be learned in an hour. The goal is to introduce four key concepts and one practice that is the core of Embodied Peacemaking. This practice is called Centering and it is the one thing that I want you to learn if you only learn one thing.

Embodied Peacemaking is taught through a series of interactive exercises / movement experiments..

Peace is not the absence of conflict.

❖ **Peace: the condition in which conflicts are resolved in respectful, life-affirming ways.**

❖ **#1 Challenge and Response**

- Developed by Paul Linden based on the martial art of Aikido
- Attacker and defender
- Aikido is a martial art that has no offensive moves
- Defend against attack without harming the attacker and without being harmed

[ *Throwing Tissues* ] exercise

Developing a Soft Core

- Tongue
- Throat
- Chest
- Belly

Was the intervention Mental, Physical, Emotional or Spiritual?

Mind, Body, Spirit are not connected, but are one (Soma).

Describing the same thing with different types of language.

❖ **#2 Body Based Operational Language**

- Able to follow more effectively
- Common language since we all have bodies

❖ **#3 State Dependant Learning / Calibration**

- People remember skills and information better if they are experiencing the same state as when they were learned
- Calibration is adjusting the level of stress to the capability of the person's ability to experience that stress while maintaining a state of peace in their body
- Calibrate to greater levels of stress as skill increases until the stress under which you're practicing matches the level of stress you want to perform at

[ Standing Too Close ] *exercise*

Soft Core

Balance

Breath

Expand Focus

❖ **#4 Somatic Awareness**

- Muscle contraction
- Postural alignment
- Breath
- Focus

❖ **Centering Practice (ABC)**

**A - Awareness (Expand Focus)**

**B - Balance**

**C - soft Core (+ Smiling Heart)**

- Practice while not under stress
- Practice while thinking about stressful situations
- Practice during stressful situations

### [ Pushing ] *exercise*

- Contraction is a stress response
- Contraction is weakening
- Fear and anger weaken

### [ Wanting ] *exercise*

- Intention is physical
- Awareness dependent voluntary action (like breathing, focus)
- Intention has a direction
- Weakness occurs when the direction of Intention is not aligned with the direction of the action

### [ Resisting exercise ]

- Power arises from aligning with the movement of the attacker
- Aikido is counter-intuitive because we naturally resist in the opposite direction of the attack
- Power comes being expansive and aligned, but we naturally respond to attack by being contracted and resisting

#### ❖ **Somatic Awareness (revisited)**

<b><u>Align</u></b>	<b><u>Expand</u></b>
Posture	Muscle
Intention	Breath
Movement	Focus

What words describe how this feels / state of being?

### [ Give with Love ] *exercise*

The goal of Embodied Peacemaking is achieving an:

#### ❖ **Integrated State of Love and Power**