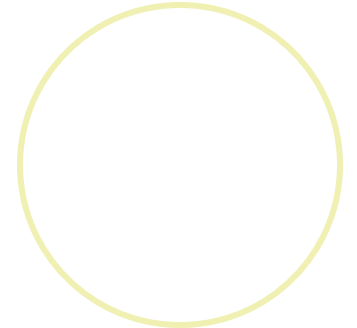
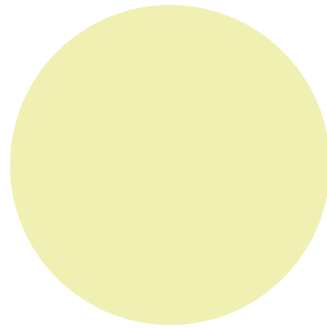
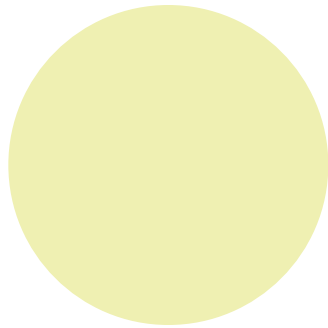


generative somatics/
Strozzi Institute
living lineage



Living Lineage



- We hold this lineage as alive, growing and evolving. Our commitment is to practice and use it for deep personal, community and systemic transformation; for it to be an accountable path for liberation.
- We also acknowledge that it has developed in a context of colonization, slavery, gender oppression, class oppression, and systemic inequity. These histories and forces are a part of the lineage, and of our lives and current historical moment.
- We also acknowledge that there have been contributions and innovations from many people along the way. These are also a part of the lineage.
- Our commitment is to discover and hold the lineage's contradictions, complexly and honestly. And to continue to learn and be accountable. We see this as a work in progress.

Cultural Appropriation

- Cultural appropriation is the adoption of some specific elements of one culture by a different cultural group. It can include the introduction of forms of dress or personal adornment, music and art, religion, language, healing, ritual or social practices. These elements, once removed from their indigenous cultural contexts, may take on meanings that are significantly divergent from, or merely less nuanced than, those they originally held.
- Most often the dominant culture uses these practices for their own ends, not acknowledging, crediting, compensating, or serving the indigenous culture from where they come. Cultural appropriation commodifies a culture, practice or people without serving those same peoples. The dominant culture gains (monetarily and culturally) from the use and promotion of the art, practice, etc. while the history, context and meaning of the practice is most often lost.
- Cultural appropriation has been and continues to be a practice that destroys cultures as is used as a tool of colonization, gentrification, and global capitalism.

Cultural Mixing and Cross Cultural Exchange



- Throughout history diverse human cultures have come into contact with each other sharing practices, world views, exchanging goods and ideas. Often cultural practices from one group get integrated into another
- The key difference between cultural mixing and cultural appropriation is systemic power, domination and means of exchange (racial capitalism). Some of the questions to ask in sorting out these often overlapping distinctions are:
 - Who “owns” the cultural materials? Is ownership even a concept that came with the cultural orientation?
 - Who is benefiting from it? Who is making money, status off of it?
 - Is the originating culture respected, compensated, supported?
 - Toward what mission/ vision are the practices being used?
 - Is it removed from its original context and the context and history lost?

Spheres of Influence: Colonialism and Capitalism

- *The influences of colonization and capitalism are unavoidable and therefore through lines in the lineage. Their effect and impact were different in each historical moment.*
- Colonialism (15th cent. to present) is the conquest of one people/land (usually indigenous or forcibly imported) by a minority foreign invader through subjugation, exploitation, slavery, and occupation. A Marxist view is that “colonialism is an instrument of wholesale destruction, dependency, and systematic exploitation producing distorted economies, socio-psychological disorientation, massive poverty and neocolonial dependency.” The most profound recent example of colonialism is the European domination and political control over the Americas, Australia, Africa, and Asia.
- Racial Capitalism is an economic system that popularly emerged after the industrial age and is the prevailing global economic system today. People are separated into classes in which private resources are preferred, wealth is accumulated by the minority owning class, and poor and working class labor and resources (human beings, water, air, earth, relationship, etc.) are reduced to commodity. Because capitalism disengages us from the means of production, we are alienated from ourselves, our labor, our dignity, and our practice with life. It depends on a racialized exploitation (white supremacy/ racism) and people and on gendered unpaid reproductive labor (hetero patriarchy/ sexism/ gender oppression).

● For more see the end of the slides.

Somatics



- The term “Somatics” was coined in 1972 by Thomas Hannah
- Soma has a Greek root and means “The living organism or body in it’s wholeness.”
- This is an attempt to name and understand the human being as an integrated biological, psychological, social and energetic whole. A shift in paradigm from a Cartesian view

Somatic Lineage Foundations

- **Theoretical and Practice Basis of Somatics**

Elsa Gindler, Wilhelm Reich M.D., Doris Breyer, Randolph Stone M.D., Dr. Ida Rolfe, Magda Prower and Moshé Feldenkrais Ph.D.

- **Aikido**

Morihei Ueshiba

- **Meditation/ Paths of enlightenment**

Charan Singh (India), Chogyam Trungpa Rinpoche (Tibet)

- **Western Psychological Distinctions**

Fritz Perls/ Gestalt Therapy, Lomi School, Jungian Psychology

Other Influences



- **Theoretical Basis of Language and Action**

J.L. Austin, Ph.D., John Searle, Ph.D., Fernando Flores, Ph.D.

Fernando Flores, a Chilean linguist and philosopher, partnered with Richard Strozzi-Heckler in the 1980-90s bringing a deepened articulation of language as action that was integrated into the lineage (i.e. requests, offers, assessments, declines, etc.).

- **New Neuroscience Research**

Bessel van der Kolk, M.D., Daniel Siegel, M.D., Candice Pert Ph. D., and more.

The last 20 years have shown radical growth in our understanding of neurobiology. Much of this research gives Western scientific grounding for why somatics works. It is also having a strong influence on the field of somatic psychology, bringing its own biases and questions of access.

Foundations



- **Elsa Gindler** (1885-1961) Germany
 - Personal experience of recovering from an attack of tuberculosis (by concentrating breathing with her healthy lung and resting the diseased lung)
 - Created whole school of bodywork in collaboration with Heinrich Jacoby based on “Arbeit am Menschen” which became Sensory Awareness
 - Awarded “Righteous Among Nations” for using her approach to help those persecuted by the Nazi Regime
 - Taught through Esalen Institute (1962) in the United States
 - Her work and the work of her key students influenced: Wilhelm Reich, Fritz Perls, Eric Fromm and others.

Foundations

- **Wilhelm Reich M.D.** (1897-1957) Austria
 - Contemporary of Freud's and pupil of Elsa Gindler
 - Known for Freudo-Marxism, “orgone” and theories on sexuality, and body psycho-therapy
 - Freud's talking cure wasn't effective on many. Claimed pathology is in the body. Body armor. Theories of sexual repression and “orgone” energy. Interested in social causes of neurosis
 - Founded Socialist Association for Sexual Counseling and Research, wrote *The Sexual Revolution* and *The Mass Psychology of Fascism*. Very controversial in his field
 - Member of the communist party until expelled in 1933. Fled Germany to Austria (1933) Scandinavia (1934) then U.S. (1939)
 - Died in prison serving 2 yr. term for FDA violations with the orgone devices and literature. Considered subversive activities by FBI

Foundations



- **Ida Rolfe, Ph.D.** (1896-1979) New York, U.S.
 - Biochemist and founder of Structural Integration (Rolfing)
 - Holistic system of soft tissue manipulation and movement education that organized the whole body in gravity
 - Left academic position for health and family problems (1927) continued studies in mathematics and atomic science
 - Developed approach (1930) out of a number of sources including osteopathy and Feldenkrais techniques

Foundations

● **Moshe Feldenkrais** (1904-1984) Ukraine to Palestine (Israel)

- Founder of Feldenkrais Method. Improve human functioning by increasing self awareness through movement
- Doctor of science in engineering
- Strongly influenced by Jigoro Kano the founder of Judo and his life long martial arts practice
- Severe knee injury, refused surgery rehabilitated through somatic awareness and movement. Became base of the methodology.
- Studied with Elsa Gindler, G.I. Gurdjieff and Mattias Alexander
- Taught throughout Europe, North America and Israel

Foundations: Polarity Therapy

- **Dr. Randolph Stone** (1890-1981) Austria, emigrated to U.S. in 1903
 - Initiated into Surat Shabd yoga mediation tradition (Charan Singh) and member of Theosophy Society
 - Osteopath (in the cranial field)
 - Avid learner earning degrees in midwifery, massage, chiropractic and as a naturopath
 - Studied acupuncture in the U.S. and China
 - Studied Ayurvedic traditions in India, which is a central influence in his work
 - Polarity Therapy: Central focus is moving energy for physical and emotional healing through touch, sound, nutrition. Polarity therapy terms taken from Chinese philosophy describing polarity and balancing forces of “yin and yang;” Indian and Chinese concepts of “prana” & ch’i
 - Western doctor for Charan Singh for many years
 - Richard Strozzi-Heckler and Robert Hall, M.D. met him when he was 80, and studied with him until his death (in India)

Foundations: Aikido

- **Aikido, founded by Morihei Ueshiba** (1880- 1969)
 - He is considered a national living treasure in Japan
 - Goal was not to fight and defeat but to bring people together, individually and socially. “If you study for 6 months, you will have no enemies under heaven.” Philosophy and practice of harmony in the face of aggression
 - Roots of Aikido in Aiki-jujutsu. First dojo 1927, Aikido named in 1942. WWII brought strong focus to resolving conflict in harmonious ways
 - Follower of Oomoto, considered a new religion in Japan, founded by a woman (Deguchi Nao). This thought to have influenced his thought that Aikido be an “art of peace”
 - Had many “awakening” experiences that deeply shaped his form
 - Aikido exists on six continents, with hundreds of thousands of practitioners
 - Many aikido practitioners now bring the principles of “Aiki” into other forms of work without teaching Aikido in its full marshal arts form

Foundations: Shabd Yoga Meditation

● **Charan Singh** (1910-1989)

- Sant Satguru (spiritual master) from India. He became the fifth Satguru of the philosophical organization, Radha Soami Satsang Beas (RSSB)
- The RSSB philosophy, based on the teachings of mystics from all religions, has been headquartered at Dera Baba Jaimal Singh in northern India since 1891. Has other centers world wide
- Shabd meditation (sound current yoga meditation)
 - Concentration, visualization, and being (listening to the sound of the universal current)
- Enlightenment philosophy and practice
 - “Union of the Soul with the Essence of the Absolute Supreme Being”
 - Individual enlightenment focus
- Taught primarily in India and traveled to the US and Europe

Foundations: Tibetan Buddhism

● Chogyam Trungpa Rinpoche (1939-1987)

- Internationally renowned, and controversial, teacher of Tibetan Buddhism. Adherent of the *ri-me* ("nonsectarian") ecumenical movement within Tibetan Buddhism. Buddhist meditation master and holder of both the Kagyu and Nyingma lineages
- Followed the Dalai Lama who fled Tibet during the unsuccessful 1959 Tibetan uprising against the Chinese communists
- 1963 invited to study at Oxford (comparative religion), 1967 to Scotland to head meditation school which become the first Tibetan Buddhist monastery in the west, 1970 to United States, 1984 to Nova Scotia
- Originator of a radical re-presentation of Shambhala vision. Founder of Shambhala Meditation Centers (over 100 world wide) and Naropa University (Boulder, CO, first accredited Buddhist University-1974)
- Hired Allen Ginsberg to teach poetry and William Burroughs to teach literature at Naropa. Invited Robert Hall and Richard Strozzi-Heckler to start the Somatics program at Naropa University
- Vision of an actualized enlightened society

Foundations: LOMI School

- **Robert Hall, M.D.** (born 1934)
 - Initially a surgeon, then a psychiatrist. Major in the Army as a psychiatrist
 - Studied with Fritz Perls, Randolph Stone, and Ida Rolfe through the 1960s and 70s
 - Student of Charan Singh in India and during U.S. visits
 - Founded LOMI School with Richard Strozzi-Heckler, Alyssa Hall and Catherine Flaxman. Focus of holistic transformation and psychological healing through the body
 - Currently primarily a meditation and Gestalt teacher
 - Came out as gay in late 70' s, in his 40' s

Foundations: LOMI School and Strozzi Institute

- **Richard Strozzi-Heckler, Ph.D.** (born 1944)
 - Aikido sensei, 6th Dan
 - Began meditation with Charan Singh (1969-70) in India. Met Dr. Randolph Stone there
 - Studied with Moshe Feldenkrais, Magda Prower, and Doris Breyer (Yugoslavia to France) in Reichian-based somatic work
 - Ph.D. in mind-body integration and transformation
 - Part of counter-culture movement in the U.S. in late 60-70' s
 - Integrated principles and practices of Aikido with somatic awareness, and somatic bodywork
 - Took Somatic work from primarily focused on healing and to transformational leadership and taking action in the world. What is it to be an embodied, moral (empathic and accountable) citizen? Somatics to groups and organizations

Lomi School and Strozzi Institute

- **Lomi School** (1970 - present)

- Gestalt, bodywork, movement and meditation
- Physical and psychological healing and spiritual growth
- Lomi Clinic offers somatics to Santa Rosa communities without access

- **Strozzi Institute** (1994 - present)

- Somatics and action. Using somatics to further commitments and engage in both personal development and taking action in your life, leadership, etc.
- Build strong inner core to make a difference in the world
- Pragmatic wisdom, grounded compassion and skillful action

generative somatics



- gs was co-founded in 2009 by Staci Haines and Spenta Kandawalla. See more at www.generativesomatics.org.
- Since its inception gs has committed to bringing embodied transformation/ somatics to social and climate justice movements and leaders - organizers, members, movement builders, politicized healers, and organizations and alliances.
- Our partnerships with movements continue to help build the relevance of the practice and methodology for individual, collective and systemic transformation, and to shape and evolve the work.

generative somatics



- generative somatics integrates a social analysis of power and historical context to the work of somatics and purposefully politicizes the lineage.
- Uses somatics to serve the politics and vision of social and climate justice, transformative justice and liberation.
- Purposefully brings somatics more diverse communities with a commitment to access, relevance and justice.
- Develops politicized somatic healers and coaches to serve the broader social and climate justice movements.
- Uses somatics to serve leadership and organizational development for social and climate justice organizations.
- Currently exploring a politicized somatics that informs community and systemic change models. Particularly forwarding the integration of personal, community and social transformation.

Somatics



- **Somatics: *The living organism in its wholeness***

“When we use the term “body” we use it in the somatic sense of the word, which from the ancient Greek means *the living body in its wholeness*. This is not the sleek, airbrushed body on magazine covers or the Cartesian notion of body as beast of burden that ferries a disembodied mind to its intellectual appointments. Nor is it the mechanical, physiological body of modern medicine or the religious formula of flesh as sin. The body, in the somatic sense, expresses our history, commitments, dignity, authenticity, identity, roles, moral strength, moods, and aspirations as a unique quality of aliveness we call the ‘self’. We cannot act or live in the world without the body, or the self in this sense.”

- Richard Strozzi-Heckler

Somatics toward Liberation

- **Personal, collective and systemic transformation**

“Somatics is a holistic change theory that understands both personal and collective transformation from a radically different paradigm. Somatics understands both the individual and collective as a combination of biological, evolutionary, emotional and psychological aspects, shaped by social and historical norms and adaptive to a wide array of both resilient and oppressive forces. All of this gets embodied through both resilience and survival strategies, and social and cultural practices become “shapes” or embodied worldviews, habits, ways of relating, automatic actions and non-action. What we embody becomes familiar, “normal,” and habitual, even “feels” right...even when what we embody may not match up with our values or vision. Then, what we embody connects to our identity and how we see ourselves. (cont.)



Somatics toward Liberation

“To transform, to create sustainable change, we need to feel and perceive our individual and collective “old shapes.” We need to increase our awareness of the default shapes we have embodied. Then, we get to open or deconstruct these shapes, often healing and developing a much more substantial capacity through the opening. This somatic opening allows for new ways of acting, feeling, relating and knowing. It is the pragmatic process of deep transformation, shedding to change. Somatics then moves us toward embodying new ways of being and action that align our values, longings and actions. Often our social conditions and our family and community experiences do not teach us the embodied skills we need. This focus on developing embodied skills, whether it’s centered accountability and liberatory use of power, building deeper trust through conflict, or the capacity to be with the unknown or love more deeply, is essential to sustainable change.” from *What is a Politicized Somatics, generative somatics*

Spheres of Influence: Colonialism and Capitalism

- *Some events of historic oppression are:*
 - *Indigenous and Native American genocide and occupation, 100% of all Treaties broken by US Govt (15th cent-present)*
 - *Colonial Atlantic Slave Trade, African Holocaust and displacement (16th-19th cent)*
 - *Scramble for Africa (1885): Land grab and partition of Africa by European powers*
 - *The Holocaust (1938-1945): genocide of Jews & anyone nonconforming to Hitler's definition of "Aryan"*
 - *Japan while occupying territories in Asia, Russia, and Pacific Islands, enacts the Nanjing Massacre in China (1937)*
 - *US drops nuclear bombs on Hiroshima & Nagasaki, Japan. (1945)*
 - *During WWII, Allied Nations convene and sign Bretton Woods Agreement, tying world nations to systems of economic rules and creating the IMF and World Bank. (1944)*
 - *UN orders partition of Palestine into Jewish, Arab and International zones (1947)*
 - *China invades and occupies Tibet, Tibetan refugees, incl. Dalai Lama, flee (1951)*
 - *Ghetto-ization, denial and loss of land and farms to poor people and people of color (Agri-business) (approx. 1920-present)*
 - *Israel takes over Arab Palestinian lands. US supports Israeli hegemony. (1967-present)*
 - *COINTELPRO: covert illegal FBI project aimed at destroying progressive organizations (such as Black Panther Party, American Indian Movement (AIM), Southern Christian Leadership Conference (SCLC), etc.)*

Spheres of Influence: Indigenous Practice, Social Equity, and Resistance Movements

- *Equally present with acts of social, economic, and spiritual oppression were generative forces of resilience, social change, resistance and revolution. Some events are:*
 - *Boxer Rebellion in China (1898-1901)*
 - *Asian Indians unite across religious & class lines to organize 200+ strikes/1.5 mil workers against British rule (1920-1947)*
 - *Palestinian first Intifada against British rule (1936)*
 - *Harlem Renaissance, Negritude Movement, including Langston Hughes, Richard Wright, Zora Neale Hurston, and Frantz Fanon (1920-1960)*
 - *Egyptian president Gamal Abdel Nasser of Egypt nationalizes the Suez Canal, becoming the father of Arab nationalism and forwarding Arab Socialism (1956)*
 - *Cuban Revolution (1959)*
 - *Pan African & African-American Unity movements including Sekou Toure, Kwame Nkrumah, Fela Kuti, Malcolm X, WEB du Bois, Marcus Garvey, Bob Marley (1960s)*
 - *Civil Rights Movement including, Freedom Riders, SNCC & CORE, MLK, Diane Nash, Ella Baker, Fannie Lou Hamer, Rosa Parks, Medgar Evers, Highlander Center for Social Justice & Leadership (1960s)*
 - *Women 's Movement influencing Second Wave Feminism (1963)*

Spheres of Influence: Indigenous Practice, Social Equity, and Resistance Movements cont.

- *Black Panther Party founded (1966)*
- *American Indian Movement and National Domestic Worker's Union (1968)*
- *Compton's Cafeteria Riot (1966) and Stonewall Riot (1969) - first recorded Transgender riots in US History - gay liberation movement into action*
- *Anti-War movement, uniting labor, students, drafted youth, members of the military, poor people and people of color against the war (1960s-1970s)*
- *Counterculture movement (1960s), including founding of Esalen Institute: nexus for CC and human potential movements; blend of east-west philosophies*
- *Independent Living movement emerges from the Disability rights movement (1960s)*
- *Global Ecology Movement initiates awareness of co-modification and destruction of the planet (late 1960s)*
- *Domestic Violence and Violence Against Women movements (including rape, child sexual abuse, and trafficking) begin (1970s)*
- *Prisoner movement including Attica Prison Riot of 1971 (1960s-1970s)*
- *Great Peace March for Global Nuclear Disarmament (1986)*
- *Palestinian first intifada against Israel (1987)*



Thank you

- Many people contributed to the interviews and research that went into this power point. While they do not wish to be named publicly here, we thank you.