

## FEC Reading and Resources

Embodiment is primarily about experience. However, theory and practice are ‘two wings of a bird’, to use a Buddhist phrase, so some reading is useful.

Reading is not the most vital part of FEC, so never sacrifice practice for it, but it will give you a wider perspective and may aid your development. It may also just be a pleasure!

We suggest arranging discussion dates to discuss essential reading with your small peer group, and you can also reflect on the FB group to inspire others and process your reading further.

We divide books into three groups – see below.

### 1. Essential reading

These books are part of the coursework requirements to complete FEC. Please pick at least one book from each category (Trauma, Meditation, Background) beside the core book

***Embodiment - Moving Beyond Mindfulness*** - Mark Walsh

This is the core book of the course, and will take you through all the basics. It is part of your course bonuses.

Those going onto CEC may also want to buy Mark’s second book on Embodied Facilitation (The Body in Coaching and Training) early as this is the overall textbook for CEC.

### Trauma Options - pick one

***Trauma is really strange*** - Steve Haines - an accessible introduction

***Healing Trauma*** - Peter Levine - an accessible introduction

***In an Unspoken Voice*** - Peter Levine - an intermediate book

***The Body Keeps the Score*** - Bessel van der Kolk - an intermediate classic

***Trauma and the body*** - Ogden et al - advanced

***Healing Developmental Trauma*** - Laurence Heller - advanced

Stephen Porges, Irene Lyon, and Gabor Mate are also highly recommended.

## **Meditation Options - pick one**

We highly recommend readings one of these, pick to suit your experience and preference

***The Body (Art of Meditation)*** - Paramananda

A short practical guide for beginners

***The Awakening Body*** - Reginald Ray

A more “esoteric” embodied meditation book. He has other longer ones too. Judith Blackstone is another with an in-depth approach to embodied meditation as an alternative.

***The Science of Enlightenment*** - Shinzen Young

A very logical meditation book

***Mindfulness in Motion: Healthier Life Through Body-Centred Meditation*** - Tamara Russel

an accessible book that extends mindfulness to movement

## **Background and range of field - pick one**

***Discovering the Body's Wisdom*** - Mirka Knaster

Surveys a huge range of embodied disciplines in an accessible way. Very useful for newer people to embodiment and good on the topic of practice.

***Mindful Movement: The Evolution of the Somatic Arts and Conscious Action*** - Martha Eddy

(History and theory of the field. Great for all but complete beginners. An excellent book.)

***The Art and Science of Somatics: Theory, History and Scientific Foundations*** - Kelly Mullan

(essay, An academic and fairly in-depth and not “light” reading)

## **2. Core Reading**

These books are highly recommended and may also be referred to with the assumption you’ve at least bought them. However, if you’re a non-native English speaker or have other challenges with reading, you may skip them, or the longer ones.

***Own It - Liz Peters***

embodiment and improv inspired confidence book. The content is very accessible and with strong links to the course

## **Science/ neuroscience options - suggested to pick one**

***Sensation: The new science of physical intelligence*** - Thalma Lobel

***Your Body is your brain*** - Amanda Blake

## Other Core reading - suggested to pick one

***Leadership Embodiment*** - Wendy Palmer

Another accessible classic from an elder

NB: very useful for CEC

***Somatic Coaching*** - Richard Strozzi Heckler

Another giant in the field

NB: very useful for CEC

***Embodied Peacemaking*** - Paul Linden

A very practical book from Mark's main mentor that is useful beyond what the title suggests. He has another of others in eluding on trauma

NB: required for CEC

## 3. Extras

Read for pleasure and geekery, if you like reading.

**By area:**

### **Body therapy:**

***Somatic Psychotherapy Toolbox*** – Manuela Mischka-Reeds - practical and accessible

***Body Therapy an introduction*** - Nick Totten - intermediate

NB: See also trauma books

### **Theatre**

***Through the body: A practical guide through physical theatre*** - Dymphna Callery - accessible

You could also look up books own Meisner or Stanislavski

### **Yoga**

***Yoga and Psyche*** - Mariana Caplan -accessible and modern

Tantra Illuminated - Wallis - in-depth and "traditional"

### **Martial arts**

All of Richard Strozzi Heckler's, Wendy Palmer's and Paul Linden's books are aikido influenced.

***It's a lot like dancing: An Aikido journey*** - Terry Dobson - a beautiful book of reflections and photography

### Western Somatics

***Awakening Somatic Intelligence*** - Graeme Lynn - Accessible intro to Feldenkrais and The Alexander Technique

### Conscious Dance

***Movement Medicine*** - Susannah and Ya'Acov Darling Khan - An accessible book on conscious dance

***Dancing Deeper Still*** - Martin Keogh - From a leading Contact Improv dancer

### Improv

***Listen! Say Yes! Commit!: Improvisation for Communication, Creativity, Teamworking and Leadership At Work*** - Harry Puckering

### Bodywork

***Job's Body*** - Deane Juhan - intermediate to advanced

### OTHER EXTRAS

***Move to Greatness*** - Ginny Whitelaw - contains a preference model similar to 4 elements

***Retooling on the Run*** - Stuart Heller - another funkier father of the modern field

***Bodyfulness: Somatic Practices for Presence, Empowerment, and Waking Up in This Life*** - Christine Caldwell - A general intro to embodiment

***Emotional Anatomy*** - Stanley Keleman  
(Beautifully illustrated, if slightly inaccessible classic.)

***Mastery*** - George Leonard  
(A short book on the road to excellence from a well-known embodiment teacher and inventor of The Samurai Game.)

***The Silent Pulse*** - George Leonard  
(Poetic book on our rhythms and fundamental nature.)

***Integral Life Practice*** - Wilber et al  
(Provides a wider context and has an excellent chapter on practice.)

***Sensing Feeling and Action*** - Bonnie Bainbridge Cohen (founder of BMC), or others by her

Do also ask your peer group for recommendations, according to their areas of experience.

## Online Resources

- The Embodiment YouTube Channel (huge collection of videos from Mark Walsh):  
[www.youtube.com/user/IntegrationTraining](http://www.youtube.com/user/IntegrationTraining)
- The Embodiment Podcast (lots of episodes with interesting guests):  
<https://embodiedfacilitator.com/the-embodiment-podcast/>
- Facebook group for Embodiment Unlimited:  
[www.facebook.com/groups/525120074227289](http://www.facebook.com/groups/525120074227289)  
<https://www.facebook.com/groups/embodimentconference/>
- Instagram @warkmalsh