

## **BIOGRAPHY Russell Delman**

Russell Delman began to study Zen meditation and somatic psychology in 1970 as an undergraduate student in psychology. His training and personal relationship with Moshe Feldenkrais began in 1975, and he has since helped train more than 2500 Feldenkrais teachers all over the world. In recent years, Russell's close friendship with Eugene Gendlin («Focusing») has strongly influenced his work. Other powerful influences include Non-Violent Communication and his work with Mother Theresa in India. Russell offers Seminars, Retreats and a 3 year Mentorship program through the «The Embodied Life»-school.

[www.russelldelman.com](http://www.russelldelman.com)

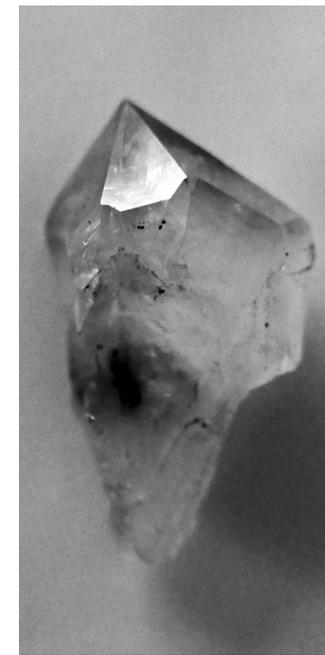


Wochenendseminar mit Russell Delman 21./22. Oktober 2017 in Bern  
The Embodied Life™/ Meditation, Guided Inquiry and the Teachings of Moshe Feldenkrais

## **Polishing the Diamond**

### **The Embodied Life™ as a Path toward Love and Freedom**

Russell Delman



Dear Friends,

I am looking forward to my annual seminar in Bern. These yearly meetings are rich and fulfilling, I hope you will join us.

**«Polishing the Diamond: The Embodied Life™ as a Path Toward Love and Freedom».** «Polishing the Diamond» is an expression based in the realization that within each of us is a clear jewel that is deeper than our learned habits. This is our diamond-like nature. It also suggests that we need practices that can help us remember and reconnect with this clarity. This is the activity of polishing.

As I travel this wonderful path of awareness and awakening, I realize that, for me, the most essential and important human qualities can be summarized as Love and Freedom. These are the center of my life. These are the diamond-like qualities of our True nature, always present when we are not confused by faulty learning from the past. Love in this context is a basic positivity toward life. When we are not lost in our own suffering, we want life to blossom for all. This kind of love includes turning our warm heart toward our own troubling thoughts and feelings, an essential step in growing this quality.

Freedom means the ability to grow new responses to our life situations. This includes our ability to relate to ourselves and others in more satisfying, non-habitual ways. Awareness is the key for growing these new possibilities. Without awareness we must repeat the past because our brains will simply recreate the known neural networks.

In this seminar we will have experiences that remind us of our true, diamond-like nature as we also learn practices for polishing the diamond. I hope you can join us for a joy filled week-end of learning! Sending blessings      Russell

The Embodied Life™ is an approach to human transformation based on the integration of meditation, Feldenkrais® movement and self-inquiry. All practices are focused on being fully present in authentic, warm-hearted and curious ways. The Embodied Life™ School is dedicated to the realization of love, wisdom and freedom as the evolutionary direction for humanity.

- **Embodied Meditation At home with "what is", embracing all that arises.**
- **Embodied Movement Moving from center, grounded on the earth.**
- **Embodied Inquiry Cultivating intimacy with the Wisdom Body.**

Having a sense of friendliness with one's mind and being at home in one's body is the ground for love and freedom. From this ground we can bring our most creative gifts into the world.

«Human transformation requires the movement from fear to love as our basic operating principle. Presence is the door, Embodiment is the key».

## Wochenendseminar mit Russell Delman (public workshop)

Datum	21./22. Oktober 2017
Zeit	Samstag 9.30 - 16.30 Uhr und Sonntag 9.30 - 16.00 Uhr
Ort <b>neu!</b>	Kirchgemeindehaus Frieden, Friedensstr. 9, 3007 Bern
Kosten	CHF 360.–/CHF 320.– reduziert (Studierende/AHV, Paare) Embodied Life -Teilnehmer/innen CHF 180.-
Anmeldeschluss	22. September 2017
Kurssprache	Englisch (teilweise Übersetzung möglich)
Information	Katrin Arn, Feldenkrais Methode, Mottastrasse 8, CH–3005 Bern Tel. 0041 (0)31 311 79 70
Anmeldung	<b>Anmeldung per mail</b> an <a href="mailto:studio@ka-feldenkraismethode.ch">studio@ka-feldenkraismethode.ch</a> oder mit untenstehendem Talon

Die Anmeldungen werden in der Reihenfolge ihres Eintreffens berücksichtigt. Es folgt eine Anmeldebestätigung mit Einzahlungsschein. Abmeldungen nach dem 22. September sind nur möglich, wenn ein/e Ersatzteilnehmer/in zur Verfügung steht. Für Feldenkraislehrer/innen: der Workshop gilt als methodenspezifische Weiterbildung A2 (davon werden maximal 10 Stunden pro Jahr angerechnet).

### Anmeldetalon

Ich melde mich an zum Wochenendseminar **«Polishing the Diamond»**  
mit Russell Delman vom 21./22. Oktober 2017

Name/Vorname: \_\_\_\_\_

Strasse: \_\_\_\_\_

PLZ/Ort: \_\_\_\_\_

Tel: \_\_\_\_\_ e-mail: \_\_\_\_\_

Datum: \_\_\_\_\_ Unterschrift: \_\_\_\_\_