

Transformative Self-Care: Exploring The “3 Anatomies” of The Heart: Personal, Biological, Cosmic Through Continuum, Osteopathy, & Mindfulness

*A Continuum workshop with
Bonnie Gintis, DO
May 5 - 10, 2019
Kripalu Center for Yoga & Health, Stockbridge, MA*

The 3 Anatomies of The Heart: Personal, Biological, Cosmic are integral to our existence, essential to the expression of our health, and fundamental to our connection to the world in which we live, but many of us struggle with fully engaging with these vital forces. This workshop will present a wide scope of views of the heart, ranging from the personal, cultural, structural, biological, primordial, functional, to the cosmic, energetic, and spiritual, and provide ways to integrate this knowledge through experience. Utilizing breath, sound, movement, meditative open attention, lectures, discussions, visual presentations and perceptual inquiry, this workshop provides an opportunity to experience an embodied understanding of the wisdom of the embodied heart of the living human body. This workshop experience can be valuable both as a form of self-exploration and care, and as a way to develop and deepen the perceptual skills used with patients or clients.

Bonnie Gintis offers a unique blend of Osteopathic principles and philosophy, scientific and medical information, poetry, and perceptual inquiry, combined with an opportunity to experience it all through Continuum practice.

In this workshop we will explore innovative views of:

- the anatomy, physiology, and embryology of the heart
- the heart as an expressive and receptive organ of communication
- the relationship of the heart, the brain, and the face
- the dynamics of blood, lymph, and other fluid movements
- psycho-neuro-immunological relationships mediated by the heart
- the interpersonal neurobiology of the heart
- the sound of the heart and the sound of the movement of blood
- perceiving “the field of the heart” in ourselves and in others
- the heart as a form in space, and a movement in time
- the cosmic resonance of the spiraling vortex of the heart

For information contact Kripalu at 866-200-5203
or check for schedule updates at <https://kripalu.org/presenters-programs/presenters/bonnie-gintis>
or at www.BonnieGintis.com/teaching



Bonnie Gintis, DO, is an Osteopathic Physician, Continuum teacher, and Mindfulness instructor. She has synthesized her approach through 20 years of study and teaching Continuum with Emilie Conrad, 30 years of osteopathic practice, and 45 years of meditation. She retired from private practice in 2009 and now devotes herself to teaching, writing, and exploring new ways to foster health and well-being. Author of *Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum*, Bonnie is a graduate of New York College of Osteopathic Medicine and has taught Continuum, mindfulness, and osteopathic principles and practice and manipulative medicine worldwide. For more info, go to www.bonniegintis.com

The 3 Anatomies Of Embodied Experience

by Bonnie Gintis

Emilie Conrad, the inspirational founder of Continuum described in her work three distinctions of embodied experience: the **biologic/primordial**, the **personal/cultural**, and the **cosmic**. These distinctions were not intended to separate experience but to highlight our ability to seamlessly move and shift attention between domains with awareness.

She invited us to inquire about how much of our lives are trapped in our attachment to a view through a **cultural or personal** lens. We each have a unique life experience based on our particular circumstances dictated by our families of origin, our culture, and our physical and emotional individuality.

While it may occasionally be effective to view and experience the world through the lens of each of us as individuals, it is crucial to remember that we are much more than our biography. She enhanced our embodied experience of our “self” to include what she called the **primordial or biologic anatomy**. This domain is the natural world of the living human body and this basic fundamental field is common to all humans and is shared to some extent by all living beings. This is the instinctual and inborn world of biologic function, and the primordial basis of growth, development, healing, adaptability, and change.

The **cosmic** is by definition the “something greater” that holds all other fields. The cosmic is not a belief system. The cosmic is not an opinion. The cosmic is not a religion or a specific spiritual path. We exist in a universe where the parts are in relationship with the whole, and the whole is unimaginably vast. The cosmic spans the known, the unknown, and the unknowable.

Cultivating an awareness of these distinctions of embodied experience is a profound and powerful aspect of Continuum practice. This broad awareness allows us to “fly under the radar” of our usual limitations and defenses or to “sneak in the back door,” as Emilie used to say, and have an unexpected experience of the vast potential of expression of creative living. If movement is what we are, not what we do, then we must continue to be curious and ask, “where and how can the expression of movement in my life be enriched – in the personal, in the biologic, in the cosmic?”

She called it “Three Anatomies” because people tend to overly use their sense of their physical anatomical body as a reference point for their identity. Perhaps there are more than three anatomies. It’s the question that is more important than the number of anatomical domains we can count. These three are just models of our experience, not the actual territory. If all people could broaden their awareness to consciously include all three anatomies, and choose which one, if any, needed to be tended, then we would exist in a state of infinite possibility that she called being “a broadband virtuoso.”