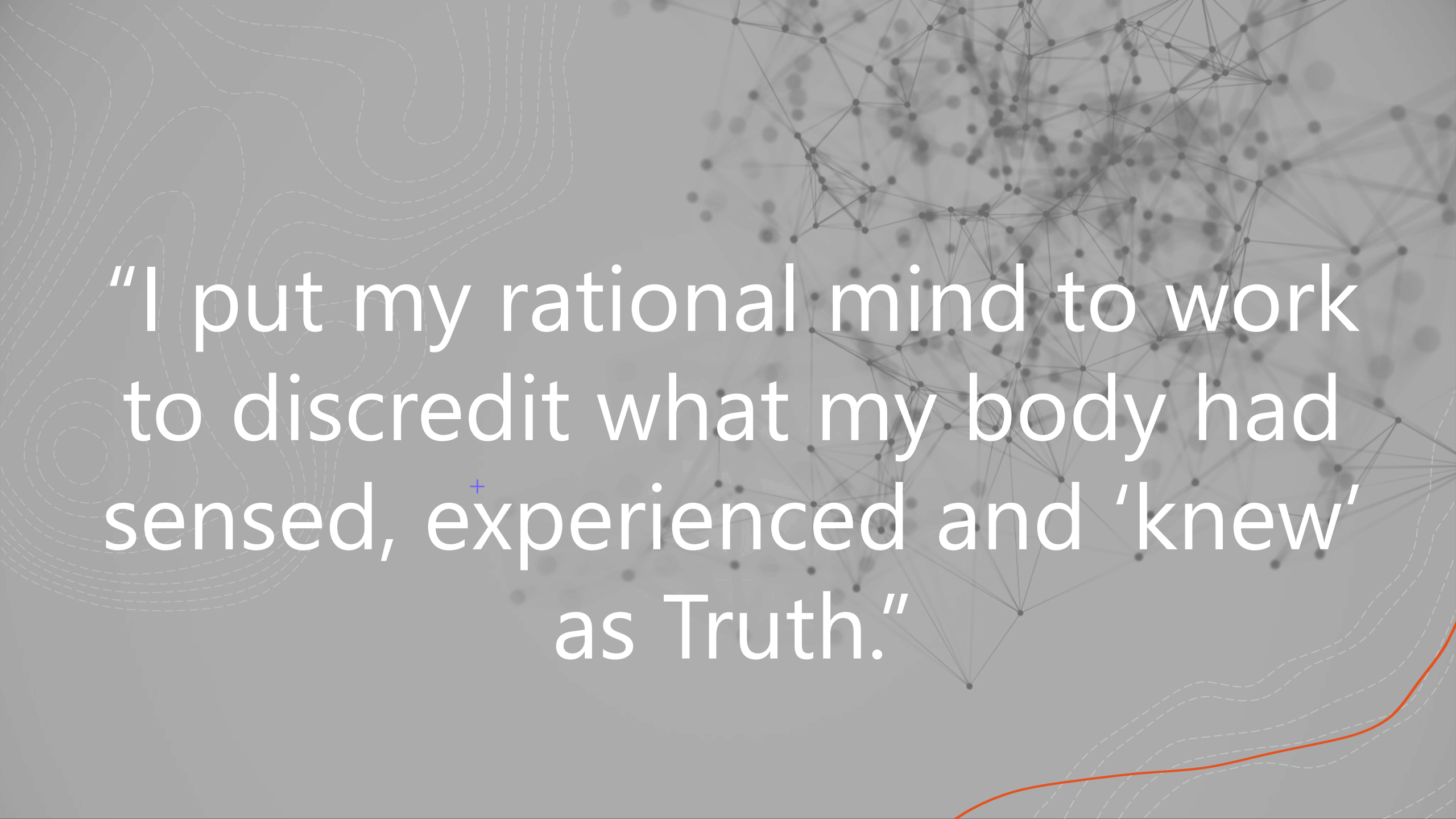


EMBODIMENT

Knowing God Through the Body:

justice, liberation and fullness of life

*"It was an indescribable experience of absolute and perfect completeness, an experience of such inherent unity, of union, and of belonging that **I knew, with all that I am**, of the reality of the presence of God. In that moment, my life was utterly altered and immeasurably transformed. It was an experience which seemed to originate **in my body** whilst it included my mind absolutely, it was a perfect wholeness, a direct encounter with eternal, perfect Presence. I felt myself dissolve completely into the All and yet remain intact and entirely still me."*

The background is a light gray with a complex network of dark gray nodes and lines, resembling a molecular or neural network, primarily in the upper right. On the left, there are faint, white, concentric wavy lines. In the bottom right corner, there is a solid orange wavy line.

“I put my rational mind to work
to discredit what my body had
sensed, experienced and ‘knew’
as Truth.”

The background is a light gray. On the left side, there are several concentric, wavy white lines resembling topographic map contours. On the right side, there is a complex network diagram consisting of numerous small black dots connected by thin black lines, forming a dense, interconnected web. The text is overlaid on these elements.

MIND

over body

+

THINKING

over feeling

Deuteronomy 30

¹⁹ I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, ²⁰ loving the LORD your God, obeying God's voice, and clinging to the Most High; for that means life to you and length of days, so that you may live in the land which God swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

Deuteronomy 30

¹⁹ I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. **Choose life** so that you and your descendants may live, ²⁰ loving the LORD your God, obeying God's voice, and clinging to the Most High; for that means life to you and length of days, so that you may live in the land which God swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

The background features a light gray surface with white dashed topographic lines on the left and a complex network of black dots connected by thin lines on the right. A solid orange line curves along the bottom right corner.

Mind and body

+

Cognition and feeling



Antonio Damasio

Professor of Neuroscience, Psychology, and Philosophy
and Director of the Brain and Creativity Institute

University of Southern California

// HOMEOSTASIS //

+

The background is a light gray with abstract patterns. On the left, there are white dashed topographic contour lines. On the right, there is a dark gray, dense network pattern resembling a microscopic view or a complex web. In the bottom right corner, there are solid orange lines following a wavy path.

HOMEOSTASIS = BALANCE

+

homeostasis can be:

+

DEFICIENCY → survival

homeostasis could be:

+

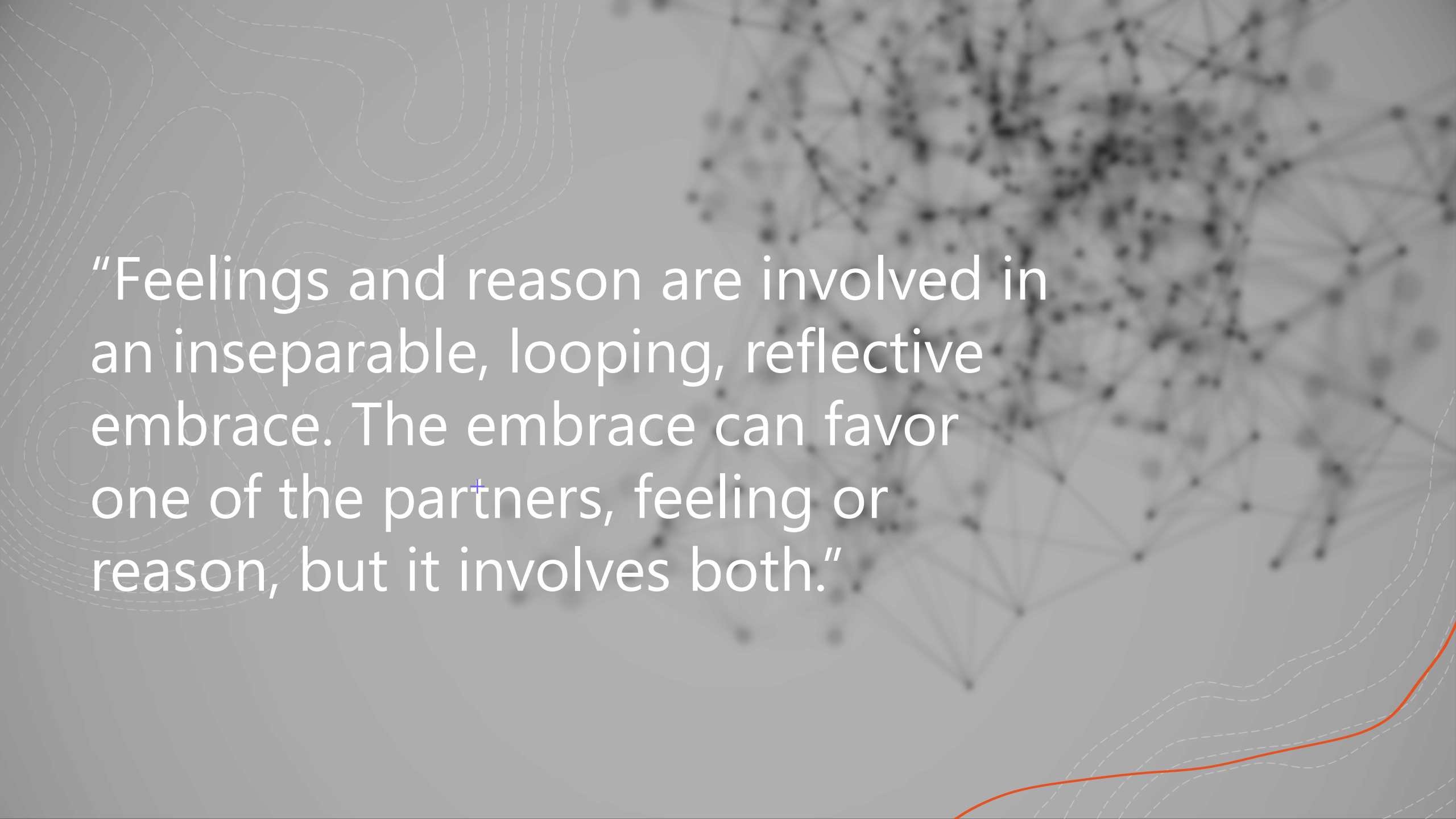
sufficiency → FLOURISHING

// HOMEOSTASIS //

homeostasis ensures⁺ that life is regulated within a range that is **not just compatible with survival but also conducive to flourishing**, to a projection of life into the future of an organism or species

The background is a light gray gradient. On the left, there are white dashed topographic contour lines. On the right, there is a complex network graph with black nodes and thin gray connecting lines. In the bottom right corner, there is a solid red line that curves upwards and to the right, accompanied by several white dashed lines that follow its path.

Feelings are the subjective experiences
of the state of life.



“Feelings and reason are involved in an inseparable, looping, reflective embrace. The embrace can favor one of the partners, feeling or reason, but it involves both.”



HOW DO I+KNOW
WHAT I KNOW?



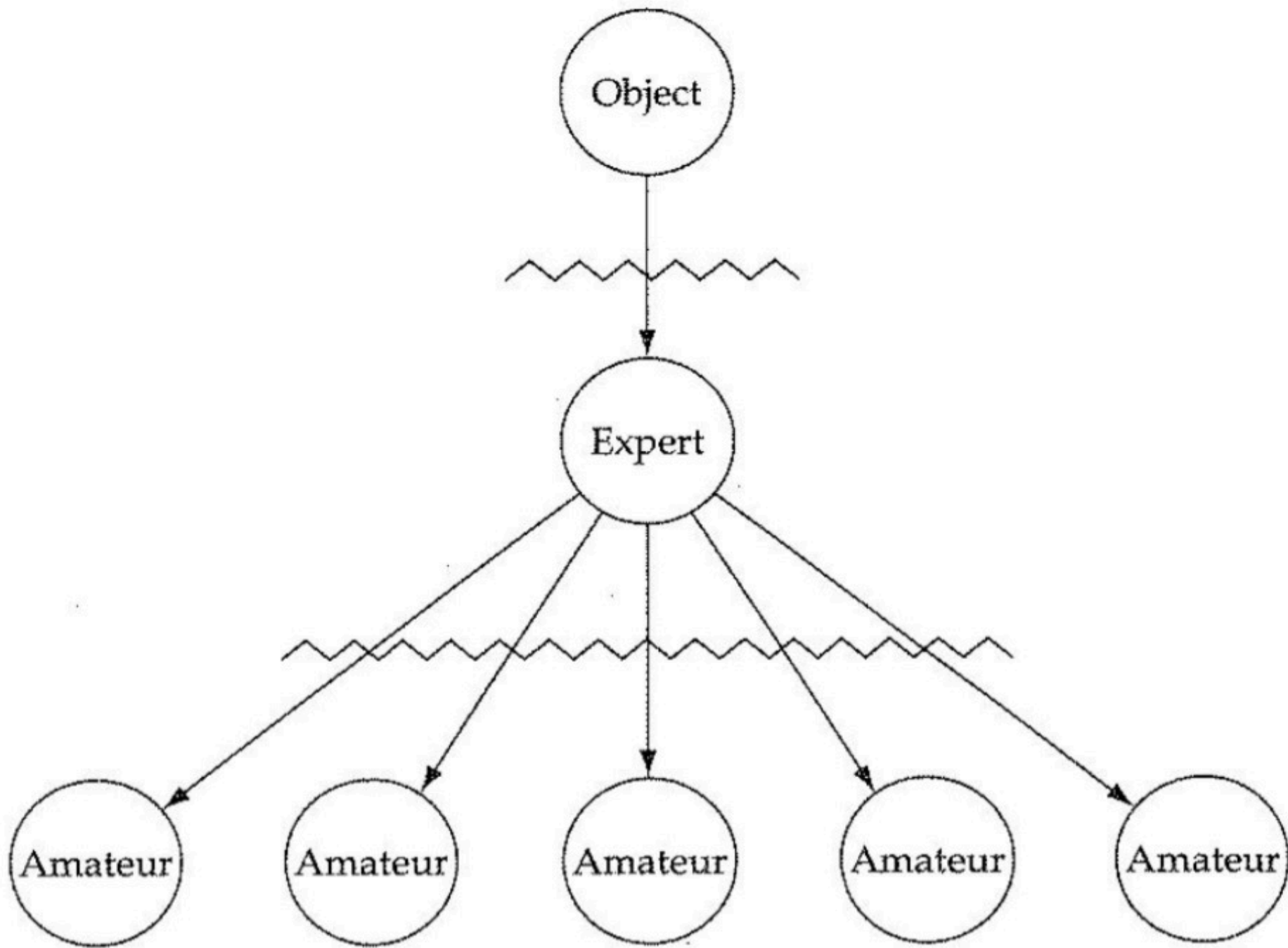
A Conversation on Intersectionality // December 8, 2021
by Canon Eliacín Rosario-Cruz

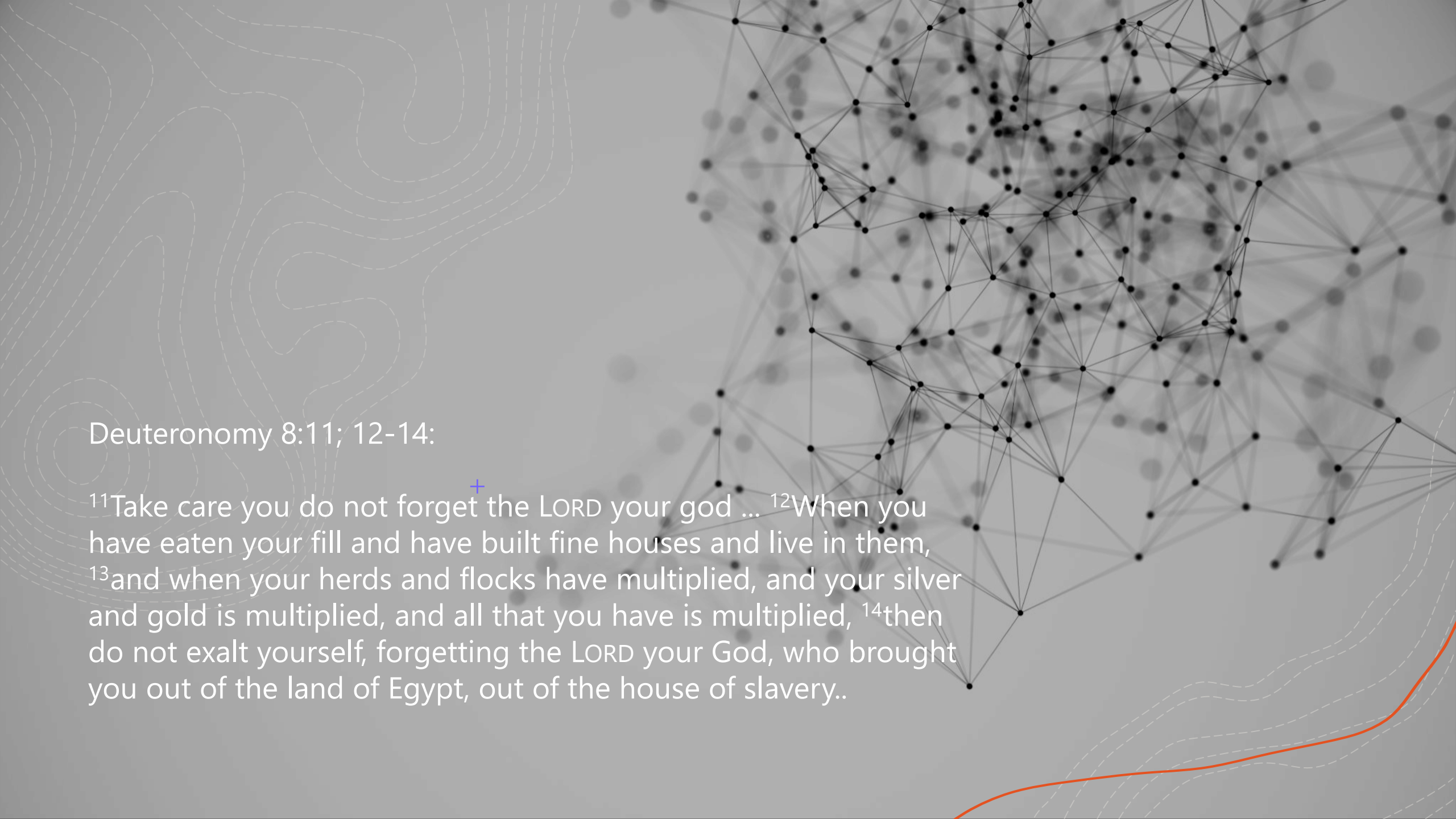
via Saint Mark's website



Linzi's social location:

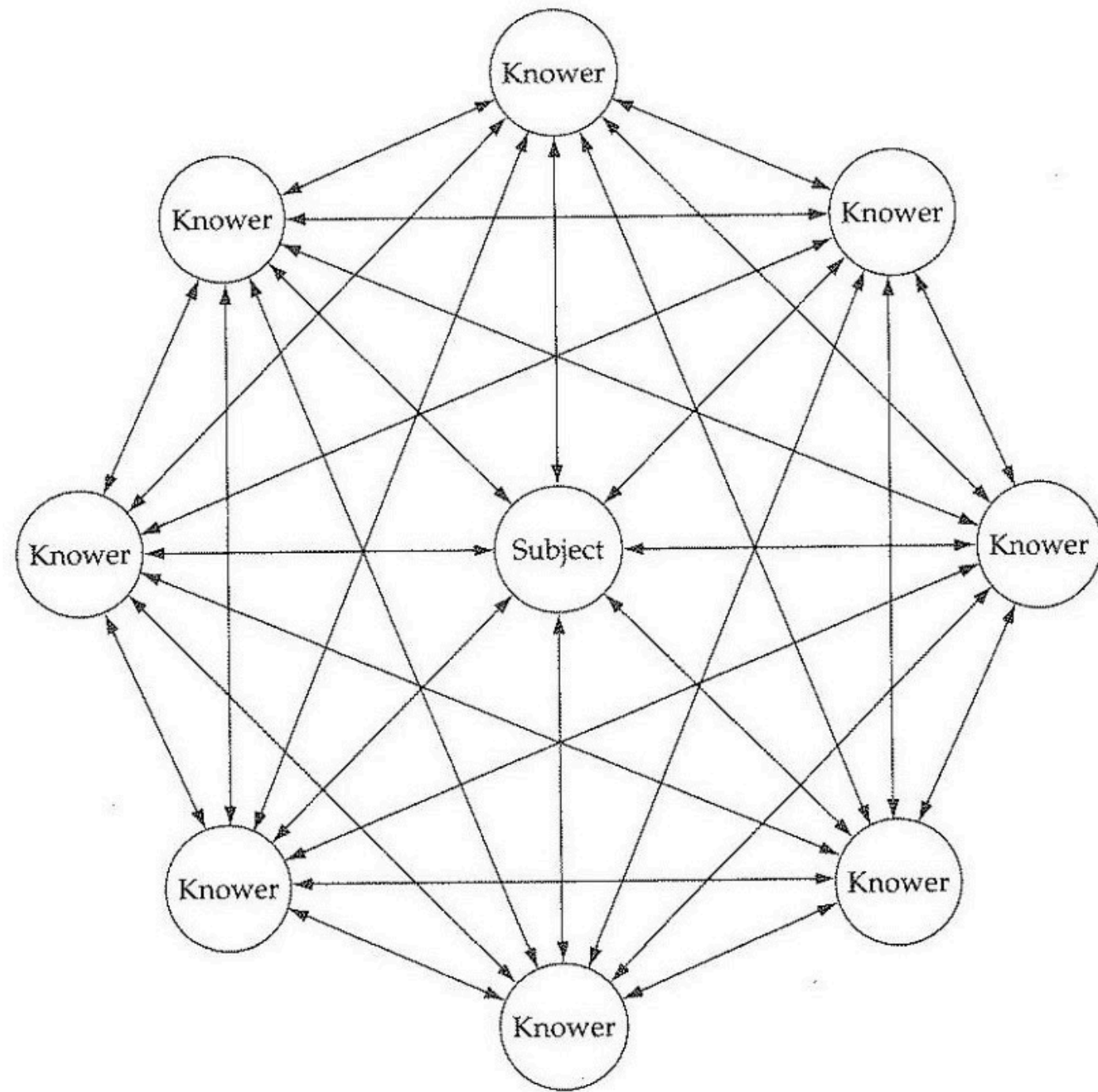
I am a parent and a spouse. I am an English-only speaking 49 yr-old, white, cis-gendered, heterosexual woman not living with a disability. I was born and raised as lower-middle class in London, England, and became a naturalized citizen of the USA in 2011. I was educated in a private elementary school and a public high school. I graduated with a BSc in Psychology from University College London, I was the first in my family to graduate from university. I am a middle-class, third career professional, with a graduate degree.

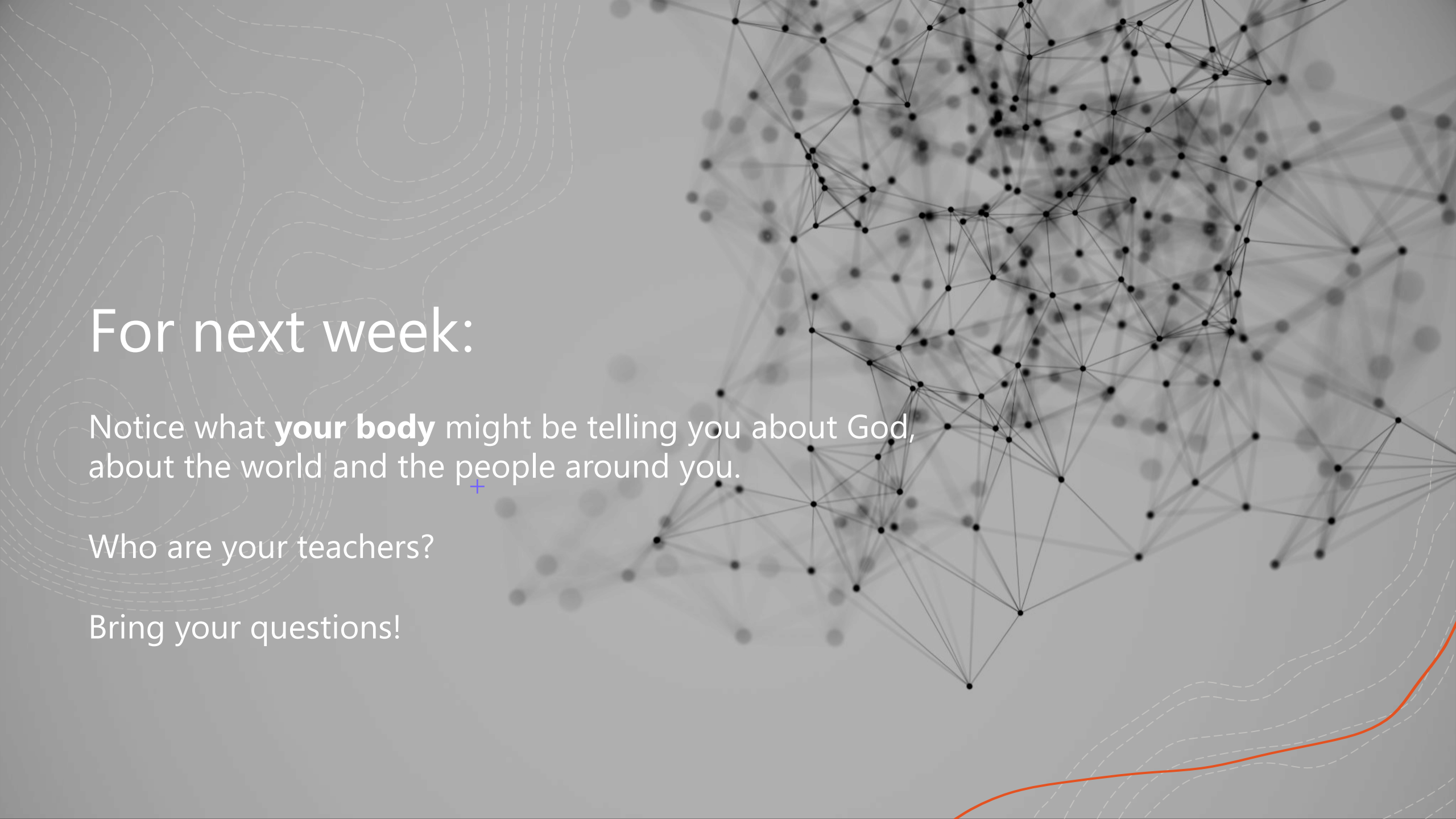




Deuteronomy 8:11; 12-14:

¹¹Take care you do not forget⁺ the LORD your god ... ¹²When you have eaten your fill and have built fine houses and live in them, ¹³and when your herds and flocks have multiplied, and your silver and gold is multiplied, and all that you have is multiplied, ¹⁴then do not exalt yourself, forgetting the LORD your God, who brought you out of the land of Egypt, out of the house of slavery..





For next week:

Notice what **your body** might be telling you about God,
about the world and the people around you.

Who are your teachers?

Bring your questions!