

# Gary Wohlman - Body centered authenticity

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## **“I don’t put bandaids on open wounds.”**

As we began our conversation, Gary and I were both pleasantly surprised by the parallels in our lives. We have both taken the road less traveled in our own ways. Although Gary’s path has been considerably more adventurous than mine.

His life has taken him slowly west from New York City, to San Francisco, to Hawaii, then New Zealand, and ultimately to living off-grid in a cozy caravan in a Permaculture community, deep within 800 acres of a national park in Australia – surrounded by waterfalls, creeks, gorges and gorgeous wildlife.

We both have an intense connection to movement and our body as a form of expression, and both found a burning desire to blaze our own trail - rather than follow more traditional paths in our work. We even both had competed as springboard divers. It certainly made for a fun opening to our conversation.

One of the things that stands out right away with Gary is his incredible vitality. It spills out of him as he both talks and listens. I found it so inspiring. I certainly plan to have that level of energy and sharpness of mind when I am in my seventies, and Gary serves as a living example of what that can look like.

His work is centered around speaking and communication breakthroughs through physical expression, so it makes sense. It’s one of the things I love about the Ripple Makers I have met: they live what they teach. Gary definitely does that. He is a living model of his work, and it makes it so much fun to interact with him.

If you choose to work with Gary, be prepared to go deep. He fuses a love of the body with the study of the mind in an engaging, hands-on approach. He told me that, as an archeologist of the soul, he “creates pathways to navigate your physical, emotional and creative layers of stored energy, buried within the landscape of our body”, so that you journey towards your greatest fulfillment in this evolution.”

In his own life, after a near death experience and having a second chance at life, he chose to upgrade that experience and take his work, and his personal expression of that work, to a whole new level of being in service to humanity.

It is clear that he is the type of person who takes his own experiences and leverages them to create value for others. With Gary, you get a true partnership, and he is hugely devoted to those he works with.

Gary is a good person for you to know if you love the idea of letting go of some of the limiting structures you've built around your life, so that you can embrace the unknown.

I loved Gary's idea of how, rather than calling our habitual holding-back patterns as comfort zones, we often find ourselves living in, and operating out of, a "familiar container". He'll challenge you to stretch that container through what he calls "body-centered authenticity". If you feel like you don't quite fit in, Gary will enthusiastically utilize movement, fused with mindset, to help reinvent what "fitting in" for you in your true essence means.

if you like the idea of a dynamic and interactive approach to stretching your unique potential, you'll love working with Gary.

When I asked him what he would love to see for his clients, Gary told me "My dream for these Souls is to liberate the physical stored energy, the emotional holding patterns, and awaken one's fullest self-expression and creativity to embody their most fulfilling lives"

From my own experience, I recognize that there is a lot of value in so intentionally and actively nurturing, empowering and inspiring the mind-body connection. Our ability to express ourselves through movement can align, unlock, and unleash our unique selves out in to the world.

People like Gary are so important for us all right now. The world can really use each of us operating as the best possible version of ourselves. We all have valuable stories to tell, and Gary is helping us tell them.