

# **Systemic Yoga from a Male Perspective**

## **Reflections from Bart Fievez**

I've participated and completed in a Systemic Yoga training and it has brought me a lot deeper into my own body.

Like so many I lived in my head. One could say I was estranged from my own body. A few years ago my journey towards embodiment began. With the Systemic Yoga training I have been able to make huge leaps and bounds in this journey.

This embodiment comes forward through the freedom that Systemic Yoga gives to explore your body. It doesn't matter much whether that body is male or female.

During our movement practice or in daily life, we sometimes find knots in our body. Places that just feel stuck. This is often related to emotions and problems. The 'stereotypical' male reaction to resolve this would be to pull, twist and turn to get the knots out. But like with knots in a rope, this has the opposite effect. The knots become even tighter.

Only by non-judging compassionate acceptance of ourselves we can untie the knots. This also means laying down some of the armors we have set up. It means becoming vulnerable. This is all seen as 'stereotypical' feminine.

The question is if that is true. We all struggle with being harsh and hateful towards ourselves.

To be accepting of ourselves, to live life from the strength of our own vulnerability is difficult for the best of us. Regardless of the fact, that we are male or female.

My body has male genitals, growth of a facial beard and not that much curves. It is a male body. By becoming more embodied, one

might say that I have become more man.

This has also come forward in the movements. In my systemic yoga practice I have felt like a tiger, a gorilla alpha male and a rearing cobra.

I was fully moving within the Systemic Yoga parameters, but there was nothing feminine about it. However the combination of the mindful moving, with acceptance and allowing myself to be vulnerable allowed me to sink deeper into it. Becoming male from a perspective of vulnerability has given me deeper insights and more acceptance of myself as a man.

This is all a road of discovery for me. I have walked only a part of this road; there are many miles still ahead. However with the help of Systemic Yoga I look upon this road as a new exploration and adventure.

The Buddha said: "It is better to travel well than to arrive."

**Bart Fievez, August 2011.**

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