

# Understanding Somatic Abolitionism

Somatic Abolitionism is a living, embodied philosophy that requires endurance, stamina, and discernment. These can be built, day by day, through reps. These reps will temper and condition your body, your mind, and your soul.



## What Somatic Abolitionism Is

- Somatic Abolitionism is a living, embodied philosophy—a way of being in the world.
- It is a return to the age-old wisdom of human bodies respecting, honoring, and resonating with other human bodies.
- It is not an attitude, a belief, a strategy, a movement, or a political position.
- Somatic Abolitionism is the resourcing of energies that are always present in your body, in the collective body, and in the world.
- Somatic Abolitionism is an emergent process.
- Somatic Abolitionism is a form of growing up.



## Why We Need Somatic Abolitionism

- Nearly all of our bodies—bodies of all colors—are infected by the virus of white-body supremacy.
- This virus was created by human beings in a laboratory—the Virginia Assembly, in 1691—then let loose upon our continent. It quickly infected people of all colors, backgrounds, and economic circumstances.
- Today, the WBS virus remains with us—in the air we breathe, the water we drink, the foods we eat, the institutions that govern us, and the social contracts under which we live. Most of all, though, it lives in our bodies.



## What Somatic Abolitionism Does

- Somatic Abolitionism begins in your body, then ripples out to other bodies, and then to our collective body.
- Somatic Abolitionism requires activity—and repeated practice. Through repetition, you build resilience, discernment, and the ability to tolerate discomfort.
- Somatic Abolitionism heals our bodies of the WBS virus—and then inoculates our bodies against new WBS infections.

