

# Cultivating Presence and Integration through Rhythm and Movement

## An immersion into the TaKeTiNa process

**TaKeTiNa** is a unique and powerful process of connecting with our innate rhythmic foundations to help us stay open and present in both challenge and joy.

Using the voice, hands and feet to reawaken universal rhythmic patterns we:

- Find our ability to play in complexity to allow flow, flexibility and humor in daily life
- Engage the entire body for whole brain integration and creativity
- Allow mistakes to be opportunities for learning at our own pace through joy and curiosity
- Embrace your inner teacher, and honor our unique self in connection with community

All experience levels welcomed.

*Reflections from Participants:*

*"I came away with a deeper grounding to self"*

*"I feel a sense of freedom and joy that I've never experienced before"*

*"After the workshop, friends commented that I looked more centered than I've seen you in a long time"*

*"I found a new level of awareness"*

**Further description of TaKeTiNa at [commonpulse.org](http://commonpulse.org)**

**Dates:** March 24<sup>th</sup>-26<sup>th</sup>

**Deposit:** non-refundable \$50 to reserve your space. Limited to 14 participants. Vashon resident pre-registration ends February 1<sup>st</sup>, then we will open the event to a larger geographic area.

**Times:** Friday: begin at 7pm. Saturday: 10:30am – 9:30 pm Sunday: 10:30am - 1pm followed by lunch

**Cost:** \$200. Sliding scale will only be possible after covering basic costs. Please contact us if you need help with your fees.

**Lodging:** To be arranged on your own, but please let us know if you need help finding a place.

**Meals:** Shared cost community lunches and dinners. We will arrange meal teams as we get closer to the event.

**Location:** Yet to be determined workshop space on Vashon Island.

**Contact, Registration, and Information:** Andrew Middlebrooks, 206.552.6461, [qingsu69@gmail.com](mailto:qingsu69@gmail.com)

### TaKeTiNa Workshop Leaders:

Naomi Khan is a community catalyst, with over 30 years experience guiding collectives and individuals into creativity and wholeness. [seedsofthecrone.com](http://seedsofthecrone.com)

Dave Chiller is a facilitator, teacher and percussionist, helping others tap into the joy and healing power of rhythm and music since 2001. [commonpulse.org](http://commonpulse.org)



## Words on TaKaTiNa

There is no technique to develop, as since childhood you have known how to use your voice, take steps, and clap your hands. There are no instruments to play, so you get in contact with your deepest essence of rhythm within. There is very little to engage your rational mind, so there is almost nothing between you and the deep sense of natural rhythm from the earth, the cosmos, and your being. You get to confront, over and over, your own ego, your need to get it right, your insecurity of showing up in a group, and your neuromuscular system and how you're organized. Once those elements soften, or become exhausted, or are transcended, you can fall into the deepest groove that is always there underneath us, supporting us, carrying us and feeding us.

I think it evokes the primary cellular memory we all have of living in villages and celebrating in a circle with song, rhythm and dance around a big fire, as well as how we were carried by the rhythm of our mothers' bodies and circulatory system. I have had experiences in the long journeys of the rhythm taking me over and moving me without any effort on my part, and my being shifts to a profound relaxation and deep meditative stillness while retaining connection to the group.

Chuck Cogliandro  
Decatur, GA U.S.

When preparing to bring this retreat to my beloved Vashon community, I was asked how the play of TaKaTiNa was relevant to our times, and the longing for both building community, and the collective longing to respond to the challenges of our times. I started writing what became as much a commentary on these times from a mythic or meta level as well as personal, and what I feel these times are inviting, but also what TaKaTiNa has to offer to support these invitations.

As we collectively are reeling in the aftermath of the election, many of us are feeling the pull to respond, to bring our gifts to bear in service to what we love. Many of us are asking ourselves, what does this look like, and what is my part in the great unfolding? It is clear that on cultural and national levels, we are being invited to do some profound integration work. It is now clear that the last 125 years of progressive movement or achievement was perhaps only band aids over the deep chasm of our untended, festering cultural wound. This election has made visible or brought to the surface what has been denied or has been sitting in the shadows. It has shown us the multifaceted or multivalent way that we as a culture or nation have become polarized or split to a dangerous extent, whether by race, gender (in the broadest sense and all its relational manifestations), ethnic, ideological, socioeconomic, and more. This lifting of the veil is perhaps a necessary part of the healing crisis, and we are sitting in fertile grounds where deep collective healing can occur.

Through the wisdom and healing traditions of old, and the newest understanding of systems theory and quantum physics, it is well known that integration is the heart of healing, or the health of a complex system. As within, as without. We are also being invited to integrate the marginalized or unintegrated parts of ourselves, to face the petty tyrants, the marginalizers (that might show its face through the fascist dictator that mercilessly requires perfection in everything we do), any other parts that have been too dangerous to face, or old ways of being that no longer serve. We are being invited to face the parts of ourselves as individuals that have been and will be obstacles to our great becoming, to become collective, in order to engage the great challenges that we are facing.

In any system that is not integrated, you will find two major outcomes, rigidity, and chaos. Integration requires one thing to occur, the linkage of differentiated parts. Where parts aren't linked, you get chaos. Where things are linked without differentiation, you get rigidity. We can see in our own political/cultural realm where the "progressive" side of our culture shows a predominance of chaotic action with very little linkage, lots of action no common voice or harmony. In the conservative realm, we get plenty of linkage with very little differentiation, a mantra of narrow beliefs that leads to rigidity and is pathologically averse to change. All of us have aspects that are chaotic and rigid within us. In order to integrate we first need to identify what is rigid, how chaos expresses itself within us, and allow ourselves to engage with the process of differentiation, so that true linkage can occur. And, how

can we heal the external landscape, when the inner landscape mirrors the outer?  
These two can only be done in tandem.

TaKaTiNa is a process that helps us do this integrative work by encountering the parts of ourselves that are rigid and chaotic. Most of us will use conscious or unconscious mental strategies to face the challenges invited through the TaKaTiNa process that will bring us face to face with the limitations or rigidity of these strategies. Encountering this wall, catharsis is invited through surrender, collapse, and transcendence, where the rigidity crumbles or softens and allows the fluid or playful part of ourselves take over. The structure of the process invites the chaos to become grounded and merge with the parts that are now fluid. It is nothing short of revelatory, and we can feel the shift from isolation to belonging/integration by way of turning into the skid.

All of this is done through the body, through a safe container of play and curiosity, and we encounter what has been within us and available as birthrights to being human. It invites a felt sense of collectivity, that both challenges the ego structure, and opens the heart. A profound building of trust is possible in ways the mind can't easily access, or defends against.

Naomi and Dave, our facilitators of TaKaTiNa, know this territory well. More than technicians of polyrhythmic structures, they are beautiful facilitators of catharsis. While you will not come out of the experience with a deep understanding and embodiment of TaKaTiNa for immediate personal practice or future facilitation (as this takes years), you will come out of this with a deeper understanding of who you are and what stands in your way when embodying your gifts, and how you might take what you learned over the weekend into the bigger questions of your life, of these times.

In my own personal journey to soul, and as a guide to soul, rhythm has been a profound guide and portal. TaKaTiNa has allowed me to encounter states of revelation, integration, humility, wonder, and play. It has fueled and informed my own relationship and explorations with rhythm, and how I facilitate the groups with which I work. I am very excited and honored to bring this experience to a community that I love and respect.

Andrew Middlebrooks,  
Van Zandt, WA