

**Statement of Purpose for Embodiment Sessions  
Environmental Leadership Training,  
Naropa University 2011-12**

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**To provide opportunities for people to be present in their own bodies and to come to an understanding of “being” as a form of performance (to perform oneself). This assumes a definition of performance as being based on fuller and fuller awareness of not only oneself but also environment—awareness is the essence of performance, it is what is being performed. This has a connection to “mahamudra” states of presence and recognition that all corporeal entities have the capability of being symbols of themselves—self existing in a space of equanimity, purity and equality. This recognition is a definition of “authentic presence”.**

**To act from or within this state of authentic presence is the definition of “authentic action”.**