Taking the State out of the Body
A Guide to Embodied Resistance to Zionism

Eliana Rubin

Taking the State Out of the Body is a guidebook in deconstructing nationalism through trauma-informed praxis.

Embedded in the political theory and practice of Jewish anti-Zionism, readers from all backgrounds are invited to build an embodied sense of safety that has the power to make militarized borders, policing, and nation-states obsolete. We need the resources offered in this book: from understanding geopolitical impacts of intergenerational trauma, to self-regulation in conflict, to transformative approaches to harm, to cultivating long-haul relationships, to building solidarity across our movements.

The framework for Taking the State Out of the Body is situated in the lineages of healing justice and politicized healers including many anti-fascist Ashkenazi Jewish practitioners in 1930s Europe. Today, as the terms “somatics” and “trauma” have been mainstreamed, this book is a timely offer to move from individual awareness to collective action. Weaving anti-imperialist orientations to historical events with embodiment theory, each chapter opens with a connection to a plant or body part and closes with a guide to practices that fuel resistance and resilience. At a time where colonial imperialism in the US and Palestine are rearing their heads and right-wing authoritarianism is on the rise globally, this book will equip you with the tools you need to move from rugged individualist models of self-help/preservation to liberatory frameworks of collective care and joint struggle.

ABOUT THE AUTHOR

Eliana Rubin builds transgressive relationships with bodies, land, and lineage through their work as a somatic practitioner, anti-Zionist organizer, full spectrum doula, land steward, and facilitator of Theater of the Oppressed. Their practice is focused around queer embodiment, Jewish intergenerational trauma, and developing embodied leadership in movements for justice. They love their people, their gardens, and the dance floor.

ACCOLADES

“What an incredible resource Eliana has given us with Taking the State out of the Body. While it takes us intimately through the experience of a Jewish embodied experience of moving beyond Zionism, it is also so clear how this text can help everyone with a body think beyond the boundaries of the state and into deep relationship with the earth”

—adrienne maree brown, Emergent Strategy: Shaping Change, Changing Worlds