



# Brian Kimmel



**Keynote Title:** A Living Ikat: Bridging the Stories You Carry to the Wholeness You Seek.

**Description:** Our stories are our living, breathing legacies. They are the threads that weave together the fabric of our worlds. Based on the "Ikat" tradition, this talk explores how elevating the unique, dyed-in threads of our own narratives—both the healed and unhealed parts—is the key to bridging our differences. Brian Kimmel shares his profound insight that "what we are not aware of, we cannot transform," offering a powerful framework for how we can stop transmitting our wounds and start manifesting the peace our ancestors sought.

**About Brian:** As a second-generation Indonesian American and the grandson of a storyteller, Brian Kimmel's work is rooted in the power of shared legacy. After co-authoring his grandmother's WWII memoir, he developed his signature approach, "Embodying Narratives," to guide others in weaving their own life stories into a bridge for collective healing. A therapist, artist, and Buddhist teacher ordained by Thích Nhất Hạnh, Brian's insights are grounded in both ancient wisdom and real-world clinical practice.

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## What People Are Saying:

- Audience members were rivoted by Brian's dynamic speaking style with images that stunned us into thoughtful silence. **-SoCal Indo, Los Angeles**
- His talk energized our audience through images from the past in the context of current events. **-Gapura Community Center, Philadelphia**
- "Brian engaged participants with questions, encouraging those present to share their own knowledge and experience with the topic. His presentation blended personal stories with historical details, with photos and video clips providing the participants with a sense of being more connected with Brian and the stories he shared." **-Harbor Books, Hoquiam, Washington**

## Your Audience Will Leave With:

- A deeper understanding of how their personal and cultural stories shape their lives.
- Practical tools for transforming difficult narratives into sources of strength and connection.
- A renewed sense of compassion for themselves and the "living legacies" they carry.

**To book Brian Kimmel** for your next event, please email [brian@briankimmel.com](mailto:brian@briankimmel.com).