Abstract: Our culture is governed by a racist, ableist, cisgender patriarchy. Yet, we are, and have always been, rich in bodymind diversity and non-binary identities. With each generation, society continues the work to dismantle inequitable systems. We get closer to more equal distributions of power and more honest about the problematic foundations from which our sociocultural systems were created. The binary system in which we live is what governs how we educate, manage, and even view our bodyminds. It is the way in which we assign value to communities and social positions and how we apply meaning to the complex intersections of our culture. These systems produce inaccurate and incomplete histories within standardized curriculums, to which we are exposed for most of our education. These narratives are told from structural positions of power that reify and claim ownership of marginalized bodyminds' stories. In doing so, histories are silenced and often erased. The study, Embodied Narratives: Bodymind Resistance Through Storytelling, gives voice to the suppressed truths that come from the communities of Women, People of Color, and/or Persons with disabilities. It challenges the inaccurate narratives, implicit racism, and other conditioned beliefs that are deeply embedded into our society. These beliefs are at the core of this study's work of dismantling and redistributing power and access. By collecting ethnographic histories from primary sources, this research centers the stories of forgotten or silenced communities by reclaiming ownership and contributing to this generation's civil rights movement.