



A New Way of Seeing

BODY & MOVEMENT

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Nothing happens until something moves

It was Albert Einstein who reminded us "Nothing happens until something moves." Indeed, what we achieve in life is shaped by how we move or what we do. Without action nothing can change and without change life cannot exist.

The very existence of the Cosmos and the Quantum world relies on vibrating matter for dynamic energy.

The way we move through life is a reflection of how we move through space. Our bodies have their own rhythm and language.

Our posture and the way we

move is connected to the language we use to describe how we feel. It gets our bodies to move in ways that serve our intentions. Movement gives life and direction to our intentions, which is why, to quote Deepak Chopra, *"we should pay attention to our intention"*.

Stuart Heller argues that change, like leadership, is not just a cognitive activity. To find out more go to: <http://cultivatingexcellence.com/CX%20Papers/LeadershipNotJustHead.pdf>

It takes right action and the right attitude to get the change you want. The

American Philosopher John Dewey observed that . .

"The hardest thing to attend to is that which is closest to ourselves, that which is most constant and familiar, which are our own habits and ways of doing things."

To change, we must see our body from many different perspectives. This helps us see how we can move differently to change our 'way of being'. We discover which words and emotions induce the actions we want to take. Likewise, our physiology and movements can impact on our emotional state and the words we choose to use to help us take the right action.

We are what we do

In the words of Aristotle, *"We are what we repeatedly do. Excellence, then, is not an act, but a habit."*

Happiness it seems results from actions and feelings that serve our needs. If those habits are no longer working for us, and we find the will to change them, then our actions will serve what we really desire.

We should therefore seek to replace old habits with new ones, not simply try and eliminate them. We are then driven by what we want to move towards as opposed to

what we want to get away from. The movement for change then has positive energy.

British author Aldous Huxley wrote,

"If you teach an individual first to be aware of (their) physical organism and then to use it as it was meant to be used, you can often change (their) entire attitude to life."

People who communicate from their whole body rather than the head have a bigger impact on the listener. Have you noticed

that decisive, bottom-line oriented people are often perceived as "not listening" as they seem to look down. Their voice is solid and assertive and they seldom 'move back' to give other people the space to express themselves.

Knowing the power of posture and subtle body movements can help people become better communicators, appearing more emotionally stable and confident. When combined with an ability to use declarations and requests they seem to get more of what they want.



"All doing is knowing and all knowing is doing"

Humbert Maturana
The Tree of Knowledge
1998

Whole Body Knowing



Jon Kabat-Zinn

Researched Mindfulness Based Stress Reduction for over 30 years, focusing on breathing, body scan sensations shifting sensory modalities and reacting with compassion and kindness.

'Coming to Our Senses' by Jon Kabat-Zinn published by Hyperion Books 2005

You can listen to Jon at:

http://www.youtube.com/watch?v=3nwwKbM_vJc

An important dimension of body awareness used in meditation is the awareness of sensations in various parts of the body as they arise, change and disappear. The most obvious happen when you are new to meditation, like discomfort on the knees, pressure in the lower back and neck. Both gradually give way to feelings of ease, comfort and pleasure as the body relaxes. You may notice tingling, itching, aching, throbbing, air currents on the skin, coolness, the possibilities are endless.

What's important is to sit as long as you reasonably can with an awareness of these many sensations, noting them as pleasant, unpleasant or neutral, noting their level of intensity and not reacting emotionally to them, accepting that, what is happening is what needs to happen at that time for you to develop your powers of inner

observation. This skill will serve you well later when you need to observe the impact of different emotions and words on your body. The response should be the same—embrace them as they are, wherever they are, in the moment, as your body making itself known to you at a deep and fundamental level.

By following such practices we open ourselves up to proprioceptive and interoceptive knowing. (See the item below).

The focus is on the entire body, from skin sensitivity to posture, knowing where those sensations are located in the body and what they feel like. Use metaphors to describe them.

In some yoga traditions they bring healing energy to these sensations by focusing the mind to bring energy from one location in the body to another. It is this capacity for self-awareness or internal observa-

tion, and the ability to push the endless flow of sensations into the background that enables us to acknowledge and make sense of the many thought patterns that come to our attention. In our need to make sense of these sensations we resort to symbols and metaphors.

In a similar way to whole body awareness, we can then observe the relative power of our thoughts as they arise, linger and dissolve, noting the level of emotional charge that they carry whilst not being drawn into their content. It is never easy, as one more thought just leads to a mass of others, to not get confused.

We then discover the way to go beyond thinking, our mind becomes boundless and infinitely available in every moment, if we stand in that place of non-attachment.

Proprioception—our sixth sense ?

Proprioception is a non-conceptual, holistic and usually unconscious sense that gives us information regarding the location, movement and posture of our bodies in physical space. This information is gained by sensory receptors found all over our bodies and helps us to keep and maintain what is known as our body schema or map. It's like a plan inside our heads that tells us where our different body parts are. But only personal observation tells us how that posture is perceived and how it reflects our emotional state

There are two main ways in which the body provides feedback to help the mind interpret what the body is doing (position and movement) and what the body is experiencing (sensations and feelings). The former draws data from inside the body, from nerves, muscle tension, joints, etc. The latter draws data from outside the body through sight, sound, smell, touch and taste.

We need to distinguish proprioception (knowing where a body part is **positioned** in space) and kinaesthesia (knowing if the body part has **moved**). There is also a **feed-forward** component where the brain identifies a position where it expects the body part to be after a movement and how it needs to move to get there. We may think we are standing up straight, but we can observe that we are not. These distinctions are used in a number of bodywork and meditation techniques. I have used feed-forward when coaching teams to set and support the achievement of each others targets by knowing where each team member is supposed to be and the actions they need to take to get there. Because they know what is expected individually they know what they need to observe to achieve the collective goal.

The Police use proprioception to test for drunkenness, when asking someone to touch their nose with the index finger of their left hand or to walk a straight line. This is because alcohol and other drugs can interfere with the proprioceptors that link body and brain through the nervous system. Cognitive-Affective Neuroscience Research using MRI Scanners is now showing how body movements can stimulate emotions and mood states depending on the way we move when interpreting our experiences and how we then see ourselves in social situations.

High performers know how to shift the focus of their attention to adopt body positions that allow their muscles to relax and gain greater freedom of movement with less tension. Even the way our brains process information is influenced by proprioception, drawing from data inside and outside the body.



Charles Scott Sherrington

He found that posture is a reflex activity—that the muscles' proprioceptors and their nerve trunks play an important role in reflex action. That whilst they maintained an upright stance physically against the force of gravity, their positioning was influenced by a person's emotional state as it affected their nervous system..

Psychophysical Integration

In the future I see bodywork being at the forefront of a new discipline of Psychophysical Integration, helping us to reintroduce the body's wisdom back into our cultural and social lives.

This new discipline is having far reaching implications in the fields of health, fitness and performance. It is changing our concept of ageing and what to expect from our bodies and our lives as we grow older or place more stress upon it.

Movement is part of the 'Hellerwork' program. People learn about optimal

postural alignment and how to position themselves in an easy and relaxed manner, through our joints, both in a static and a dynamic state.

When this happens our soft tissue arranges in a balanced and more flattering way which often looks as though there has been weight loss.

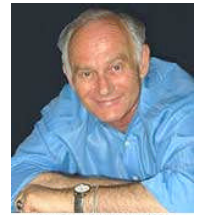
What is more, the belief systems that run in our lives are usually laid down in the first 6 years of life. When they result in toxin build up, as in stressful family situations people often have a hard time being present in their own body. People un-

der stress can do the most unpredictable things.

Self image, self esteem and our ability to be in charge of our emotional world can become difficult if our bodies are not flexible and free to move in ways that match our intentions.

When we become aware of how and where in our body's that we store our emotional past we have the opportunity to update, re-energise and integrate our experiences and to feel good about who we are. NLP Practitioners use this process.

Joseph Heller



In 1972 Joseph began developing his own system of bodywork. He left the Rolf Institute in 1978 and moved to Northern California, where he founded 'Hellerwork'. It is now practiced internationally.

<http://www.hellerwork.com/overview.html>

Human Systems Coaching

Stuart Heller's approach contains the research and experience that demonstrates unequivocally that how we think, how we handle feelings, how we react to stress and pressure, and even how we sit, stand, reach, grasp, and push determines whether we hit the mark. In other words, the first person we must control is ourselves.

To accomplish this, he developed a scientific systems-based language of movement. With this alternative paradigm, he constructed what he calls "a pristinely simple, elegant, and powerfully effective human technology."

There is a physiological theory that says that across the very top of our brains is a map of our whole body. Using this idea, we can evoke our proprioceptive system to

induce a natural centring response, one that only requires a small amount of will power. It is based on remembering that we have legs and feet. We have arms and hands. We have a spine and head. We breathe.

As we get in touch with these four simple things, our attention expands to include our entire body. When we fill out our skin with our attention it evokes a sense of natural self-esteem. Try it.

You will find that any tension and charge vanishes completely. Or, its intensity diminishes. Or, we find more positive thoughts and possibilities emerging. This practice is the fruit of decades of research. It demonstrates that the sophisticated can also be simple and effective.

To find out more go to:
<http://cultivatingexcellence.com/index.html>

ENCYCLOPEDIA OF BECOMING

Your results are shaped by how you move through life.

The way you move through life can be seen in the way you move through space.

By working with how you move through space, you can change how you move through life.

The more of yourself you bring to each moment the deeper and more far-reaching are the results.

Cultivating excellence for yourself translates into cultivating excellence with others.



<http://cultivatingexcellence.com/CX%20webpages/EncyclopediaOfBecoming.html>

Stuart Heller



Dr. Stuart Heller has studied the mysteries of non-verbal expression, presence, influence, and suggestion for over thirty years. His grasp of the material is both broad and deep.

He has developed a simple, easy-to-use language of strategy and movement that will give you a whole new world of skills and strengths.

The essence of his approach is Human Systems Coaching—see diagram—involving: Mind-Set, Intention, Response, Authenticity, Strategy, Consequences, Process & Habit.

<http://cultivatingexcellence.com/HumanSystemsCoaching.html#FiveRingsCoaching>

Sandra Anne Taylor

A counsellor in private psychological practice for more than 25 years. Her practice encompasses hypnosis, guided imagery, and cognitive and cellular restructuring for the treatment of addictions, anxiety, depression, and relationship issues. She shows how we “act to attract”. Go to:

<http://www.sandrataylor.net/>

Power of Doing

“Experience isn’t what happens to us, but what we do with what happens to us.” **Aldous Huxley**

“In the experience of love, the body softens, the face smoothes out, the breathing slows, the stomach relaxes and the whole body becomes peaceful and disinclined to move” **Robert Mc Neilly**

“Greater confidence emerges when we stand with feet firmly on the ground and shoulder width apart, shoulders back and head erect,” **Warren Redman**

“Thinking is easy, acting is difficult, and to put one’s thoughts into action is the most difficult thing in the world.” **Goethe**

Why is it so difficult to do what we say we will do? It is the broken promises, to ourselves and others, that shakes confidence and destroys trust.

Observing the body - from the inside-out

It was Heinz von Foerster who reminded me that “If you desire to see, learn how to act.” Just doing something different can change how we feel about doing it.. Waiting to be motivated can take a long time, but strangely motivation often emerges when we lose ourselves in the activity.

When we are able to observe how we move, and how this shapes our experience, more options for change are generated. We are more highly moti-

vated by solutions we have experienced already than in actions we have no experience of at all. Doing is knowing?

This is why Coaches are more interested in what the client observes happening than why it is happening. When the client has a map of what they do and the result it generates they can see what actions need to change in order to get a different outcome.

Ontological Coaching focuses on the power of the human

observer (our ability to see our language, moods and body’s in action) and how one dimension impacts on the other—either positively or negatively — depending on what we want to have happen as Coach or Coachee—coactively.

Change is achieved through self-managed learning. This makes change powerful and sustainable. Language, mood state and body are all active in the change process and can either serve or undermine the other.

Somatics - connecting body and mind

Somatics, from *soma*, a Greek word for living body, is a movement therapy that employs mind-body training to manage muscular tension and elasticity to improve balance and posture, and increase ease of motion.

Gradual movement and awareness of the body are emphasised throughout **Hanna Somatic Education**. The advice is to always move slowly, gently, and without forcing the movement. Always focus attention on the internal sensations of body movement, not trying to describe it—just experiencing it

In anatomy, *somatic* can refer to the part of the nervous system that controls voluntary movement and sensation and judges relative effort and weight. It is called proprioception. Additionally, *somatic muscles* are basically those of the musculo-skeletal system.

In the philosophy of education, certain ideas that have to do with the body and the mind have been called *somatics*. According to Thomas Hanna the originator of this usage of the term, “somatic awareness” says it allows a person to glean wisdom from within. The usage

of *somatic* implies a truly integrated mind/body/spirit nature in humans. We will explore this spiritual dimension in a future edition of the newsletter.

We talk about physical symptoms being psychosomatic when they can be influenced by what we believe. The ability of prayer or meditation to have a positive impact on physical ailments and body tension is well documented.

I use whole body meditation with all my coachees to reduce anxiety and tap into their inner resources. It helps them face facts, explore possibilities and embrace uncertainty.

Wherever you go - there you are !

You are the only person you can never get away from. You wake up each morning and there you are! If you are not happy with yourself, your language, mood and body state will reflect it.. The evidence is there for everyone to see— when they know what to look for.

Living with pain, depression, anxiety, grief, obesity, alcoholism or cancer can so easily define you. What you feel able to do is often determined by how

you talk to yourself and the mood state you decide to adopt.

It should therefore be possible to change any negative language and mood state by getting active. Walking in the countryside or by the sea, swimming, singing in a choir, growing plants, looking after a dog— all these require movement. Research evidence suggest that all these things have a therapeutic effect.

The opposite can also work . Research also shows how medi-

tation or prayer can help to quieten the mind and allow alternative feelings and thoughts to enter and promote alternative action.

What they have in common is the way they both stimulate those parts of the brain that create a sense of wellbeing with both the environment (outside-in) and our genetic material (inside-out) playing a part. They influence our perceptions, cognitions, behaviours and emotions.

Energy Centres and Meridians

The body's energy circulates from *centres* (known as *chakras* or *endocrine glands*) through various *pathways* called *meridians*, that bring *energy* to all parts of the body

Body's require fresh open air, clean oxygenated water, fresh green and organic food and sun to obtain the energy needed to be viable.

The energy of the body is said to travel through the endocrine (hormone producing) system from the sex organs (1.Base) up through the adrenal glands (2.Sacral), to the stomach (3.Solar Plexus), thymus (4.Heart), thyroid (5.Throat) and up to the pituitary gland (6.Brow) and pineal (7.Crown) in the brain. These energy centres known as "chakras" regulate the daily patterns of existence for our body and help it to stay in "centred" or "balanced".

Any imbalances at these energy points can affect us emotionally and physiologically. Stress for example has a damaging effect on the endocrine system and regular periods of relaxation or meditation can bring body and psyche back into balance.

Opening the Chakras



Copyright Ewald Bergers

The chakras can have various levels of activity. When they're "open," they're considered operative in a normal fashion.

There exist lots of techniques to balance the chakras. Mostly ones to open chakras are used.

Take a free chakra test to find out how open you seven chakras are. Go to: <http://www.eclecticenergies.com/chakras/chakratest.php>

Tai Chi

Arms and body move together. Many people can understand their hand movements, but do not see the whole body movement.

Tai Chi is a circle of movement. Many people can make the arm circles but are not relaxed enough to make the body circles at the same time.

The body needs to relax first, then make the movement. After three years students are able to understand this level. When the body is turned the weight changes sides. If the body turns to the right, the left leg takes the weight. Whole body balance puts you in touch with your proprioceptive system.

10 Tips for Success

1. Make time for relaxation - creative ideas often come when we are doing something relaxing away from our desks.
2. Develop all your senses - seeing, hearing, feeling, smell and taste (this is one of Leonardo da Vinci's strategies).
3. Review: Keep a daily diary/learning log to explore which ideas do and don't work for you.
4. Write down your goals, draw them as pictures, make collages and review them regularly.
5. Do regular exercise, drink plenty of water and get enough sleep.
6. Notice patterns and connections in people and projects - be flexible.
7. Take control of your own brain - you can change your internal pictures and voices.
8. Find ways to quiet or change your internal dialogue (meditation, deep breathing, NLP change work).
9. Maintain a balanced posture - be aware that how you sit or stand affects your thinking processes.

Courtesy of Lindagail Campbell
<http://newconnexion.net/article/03->

Eckhart Tolle



"You didn't create your body, nor are you in control of others body's functions. An intelligence greater than the human mind is at work. It is the same intelligence that sustains all of nature. You cannot get any closer to that intelligence than being aware of your own energy field—the aliveness and movement within your body."

Extract from 'Stillness Speaks'

More info at:

<http://www.eckhartolle.com/eckhartolle>

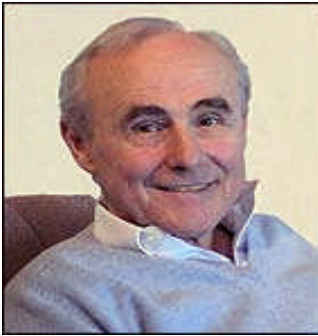
One leg is relaxed and one is not relaxed. When the body turns, the hands follow. If the hands alone move (without the body) the movement is not balanced.

Arm movements come from the body. Body movements come from qi energy Balance comes from practice and muscle tone. When the Tai Chi movements are correct, the body is relaxed and the qi can open up and flow through the body.

You can download a full demonstration at: <http://www.youtube.com/watch?v=OAe95N3T8q8&feature=related>



Gary Craig



Gary is the founder of EFT . He is neither a psychologist nor a licensed therapist.. As a Stanford engineering graduate and an ordained minister (he doesn't pound the table for God) he come sat this procedure from a decidedly pragmatic and spiritual perspective. It's strange, but there is no doubting that it works .

Find out more at:

<http://www.emofree.com/>

Watch a video explanation at:

http://www.emofree.com/splash/video_popup.asp

ENERGY MEDICINE

You can heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance. Energy medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

The Emotional Freedom Technique

EFT is based on a new discovery regarding the body's subtle energies. Simply stated, it is an emotional version of acupuncture, except needles aren't necessary.

Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere.

EFT strengthens and moves the body's energy, which helps restore the body to its naturally balanced state. It often provides relief for a very wide range of physical symptoms and is usually quite gentle.

EFT discovered that...

"The cause of all negative emotions is a disruption in the body's energy system."

And because our physical pains and diseases often appear to be connected with our emotions the following statement has also shown merit...

"Our unresolved negative emotions are major contributors to most physical pains and diseases."

This common sense approach draws its power from time-honoured Eastern discoveries that have been around for over 5,000 years and Albert Einstein, who told us back in the 1920's that everything

(including our bodies) is composed of vibrating energy. These ideas have been largely ignored by Western Healing Practices and that is why EFT works where nothing else does.`

EFT is especially effective with

- Helping you conquer your fears and phobias
- Neutralising past guilt and unexpressed emotions
- Eliminating the fear and anxiety of public speaking
- Improving sports or musical performances
- Replacing past anger with gentleness and piece of mind.

Reiki

Reiki is a healing system for the body. It goes back thousands of years, but the modern version was developed by Dr Mikao Usui in the 1920's. It redirects the Chi or Qi energy that flows through the energy centres (chakras) within the body to treat physical ailments.

It is also a spiritual discipline that includes meditation to heal the whole person emotionally and spiritually. This involves

promoting high intensity energy vibrations by stimulating the flow of Chi pathways (Meridians) around the body to relax it and induce a sense of wellbeing.

Like EFT it stimulates the body's natural healing processes. The healing energy flows through the hands—used extensively by osteopaths, reflexologists, aromatherapists, etc.

For more free information about Reiki and becoming a master practitioner go to: <http://www.reikisecrets.com/>



Yoga



Yoga can rejuvenate and re-balance all the bodily systems: endocrine, nervous, muscular, skeletal, immune, circulatory, and digestive. Yoga postures, when applied consciously, encourage concentration, inner stillness, perseverance, patience, self-acceptance, objective self-observation, all of

which benefit the mind. deep relaxation, and help us develop the ability to witness ourselves. We gain a much deeper understanding. Consistent practice can bring calmness and clarity to the emotions, and/or feelings on a base of standing of our bodies and the role they play in our overall sense of wellbeing and

The Body as Teacher

There is profound wisdom in the body. It does so many things without you having to pay attention—like breathing. But when you do pay attention, and become aware of its subtle power it becomes a sensitive antenna for tuning into your ‘way of seeing’ and that of other people.

Human ontology integrates language, mood and body, but where deep down change is concerned, there is no more effective teacher than the body.

Posture remains the strongest communicator of what we think about ourselves. By increasing body awareness we can find ways of saving energy and remaining balanced to deal with life’s everyday issues and developing extraordinary capacities.

George Leonard, in his book “The life we are given” explains how the martial art of aikido teaches you balance and harmony that enable you to practice new ways of being in the world. This happens when the weight of the body is distributed evenly—right and left, forward and back., head to toe. The body awareness is focused on the abdomen from where all movement is initiated.

Where you put your attention matters. Try this. Stand normally and have someone push you from behind at the shoulder blades and take a step forward—just hard enough to make you lose your balance. Now stand the same way but this time focus on your attention on your abdomen, tapping yourself there a few times. Then have your partner push you with the same force as before. Most people find they are more stable with their attention focused on their body’s centre. The same happens when hit with emotional and verbal ‘pushes’.

The mind plays its part by interpreting the ‘pushes’ as gifts. This way you gain energy from negative happenings because you interpret them as helpful lessons. You do not counterattack or ‘push back’ as a reflex action, you accept the fact of its happening, you acknowledge the emotion and let it go as you accept that life is uncertain and you can therefore allow the energy of unexpected events to pass by you and go with the energy, do not oppose it..

You have no doubt observed from your own experience what the Tao says, that “punishing

people is punishing work.”.

Learning not to respond to high energy verbal attacks or emotional and aggressive encounters.

In verbal encounters people need to know that they have been listened to. To say “I hear what you are saying, I can see why it would upset you,” get’s a different response than “Hold on a minute, losing your temper was stupid, only an idiot would behave that way.”

Which do you think is likely to move the conversation forward? As Stephen Covey reminds us in one of his seven principles, we should listen first and “seek first to understand” before offering our own opinion.

But it requires a calm and centred body state AND an alert mind, where there is no expectation and no judgement. Without this precondition you will not be really listening to the other person and paying attention to how you can help them find an appropriate solution.

In every situation it is important to consider body issues, as well as the words you will use and the mood state you should

Tips and Techniques

Dealing with Denial or Refusal.

The power of physiology over our emotions can often be quite dramatic.

If someone gets stuck in a “mind-lock” position, get them to change their body posture or position.

Research studies have shown that you can snap someone out of their mode of thinking by getting them to move their body.

Courtesy of David Lieberman in ‘Getting Anyone to Do Anything’

Relaxing Body and Mind.

It is difficult to feel angry or anxious if you are sitting in a chair with your eyes closed, breathing slowly and deeply, your feet square on the floor, your back straight and relaxed, with your hands open and resting on your calves .

This is the most popular position for getting into a meditative or hypnotic state.

Courtesy of George Leonard in ‘Mastery’ by Penguin 1992

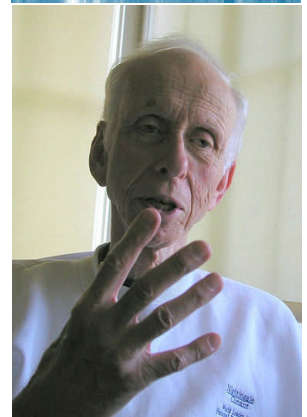
The Body—Mind Connection

There is nothing very new in body movements revealing thoughts and feelings. Charles Darwin talked about “expressive action” and St Augustine wrote in the 5th century . . .

“their intention became apparent through their bodily movement, as if it were the natural language of all peoples’.”

Courtesy of Wilfred Barlow in ‘The Alexander Principle’

George Leonard



Dr George Leonard sensei is the author of 12 books. He founded Leonard Energy Training (LET), a practice inspired by aikido which offers alternative ways of dealing with everyday life situation which he has introduced to 50,000 people, and, with Michael Murphy, co-founded Integral Transformative Practice (ITP). He is currently the president of Esalen Institute.

More information about George and aikido can be found at: <http://www.aikiweb.com/interviews/leonard0400.html>

Lama Surya Das



“ Having strong internal boundaries as well as external behavioural vows, helped focus and refine my energy. It developed my sense of equanimity and feelings of inner detachment. The less you carry, the easier you climb.”

‘Letting Go’ by Bantam 2003
<http://www.dzogchen.org/surya/index.htm>



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Ontological Coaching A NEW WAY OF SEEING

I'm on the web at:

<http://ww.changezone.co.uk>

<http://www.ontological-coaching.co.uk>

The body is a wonderful sensory organ. Instead of desensitizing our body's messages we should find a way of listening to them and working through the feelings, through the sensations, through the old limits of movement, going further into the body to find deeper sensations.



Christine Caldwell in her book

'*Getting our Bodies Back*' refers to what she calls "The Movement Cycle" which takes us on a journey that starts with body awareness, moving to a point of owning the pain and discomfort that we are denying, seeing everything that is occurring within our body. We then have to face facts and move to a position of unconditional acceptance of what we are experiencing and breath into the emotions to fully acknowledge but not hold onto. Only then are we ready to expose the body to new opportunities for action and become agents of the changes we then make to our whole ontology.

When we become more powerful observers of our "way of being" we know the truth of our experience. It is no longer allowed to 'leave our bodies' and become an issue for our minds and emotions to bear. It takes practice to relate to our experience directly without trying to explain, understand or rationalise it. There is no escape from anxiety, but we can take time to listen and learn from sensing our body and use its innate capacity to calm itself and find peace.



Steve Trivett
The Change Zone

"I believe that addictions and other uncontrollable habits happen when we move away from body awareness. It is as if we have 'walked away' from our bodies.

I did not listen to my overstressed body. I dissociated myself so that I could not see, feel or hear my body objecting to long working hours, irregular meals or focusing narrowly on one activity.

My body consciousness returned with a vengeance when the back pain started.

Conclusion - a sense of dynamic balance

It is impossible to think of the body not connected to its emotional, mental and spiritual states. Each requiring the other to achieve a sense of wholeness and dynamic balance.

If their were not unpredictable forces producing anxiety and chaos, there would be no need for the body to seek order, balance or peace.

There is no doubt that the health and wellbeing of the body has a big impact on our viability as human systems in a challenging environment.

Problems emerge when we fail to listen to our body, to observe its posture and sense of aliveness. If we fail to see how the body's performance depends on the levels and flows of energy around it, we will not exercise it, feed it or

relax it in ways that will regenerate and conserve that energy.

The body is one of the three elements that create our 'way of being', together with language (through which we express thought) and emotions (through which we express feelings). It's the level of awareness we have of them and how one impacts on the other that enables us to see how we can change ourselves to get more of what we want from life.

The body is important because it enables us to activate our intentions. Without activation there will no improvements in performance, no goals will be achieved or dreams realised.

People who are driven by their head will believe that language and reason will get them what they want. Those driven by their heart will believe that

emotions and guile will get them what they want.

Those driven by their guts will believe that exercising the body will get them what they want from life.

Do you prefer to use head, heart or guts to get what you want?

When I apply my own Dynamic Change Model I see people adjusting to environmental factors (*outside-in*), but to change they have to express themselves (*inside-out*). They will often refer to a higher authority (*top-down*) or to their peers (*bottom-up*).

Some will rely solely on their on their felt sense or body experience, especially when they do not fear peers, authority or society's reactions.