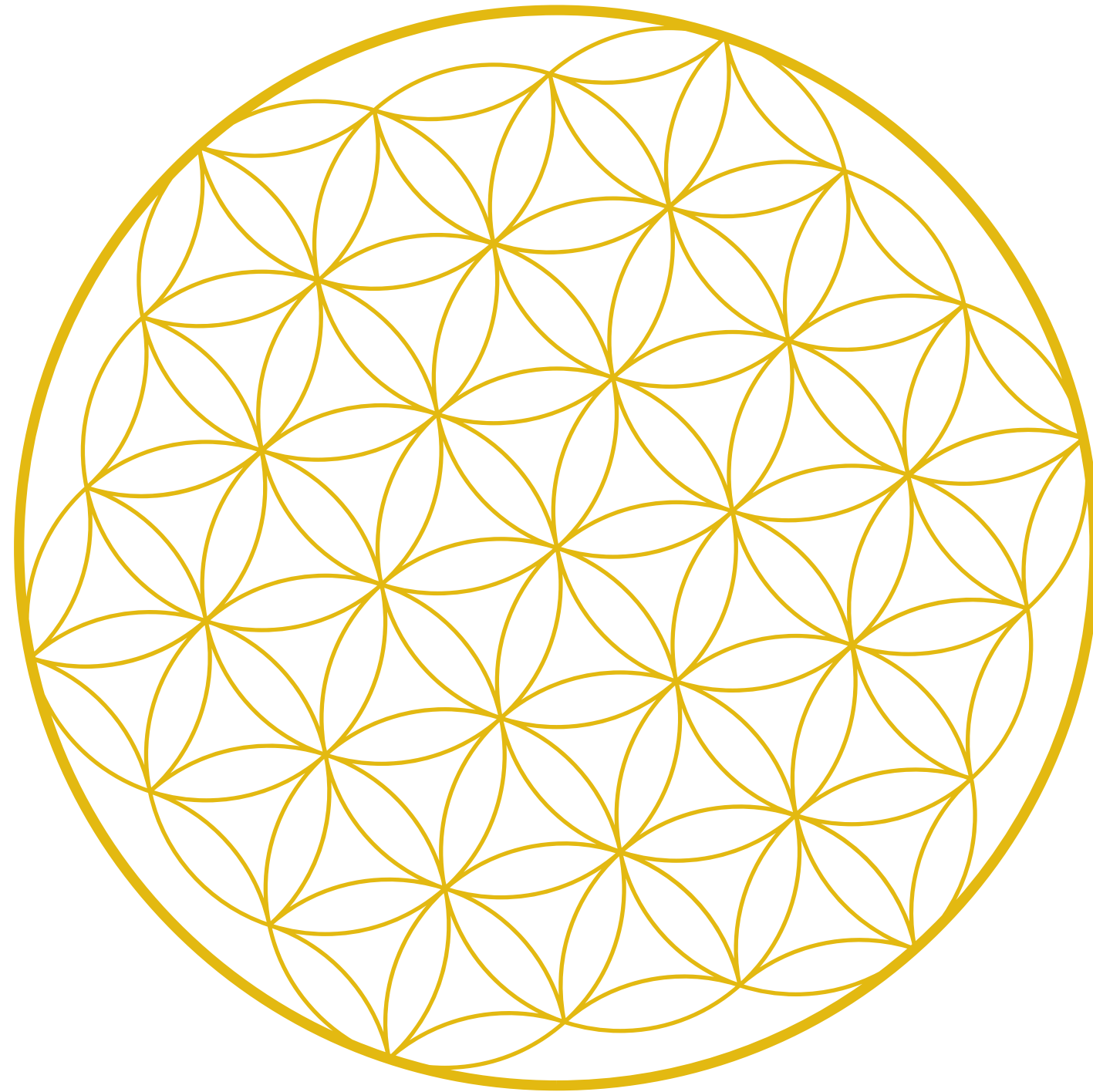


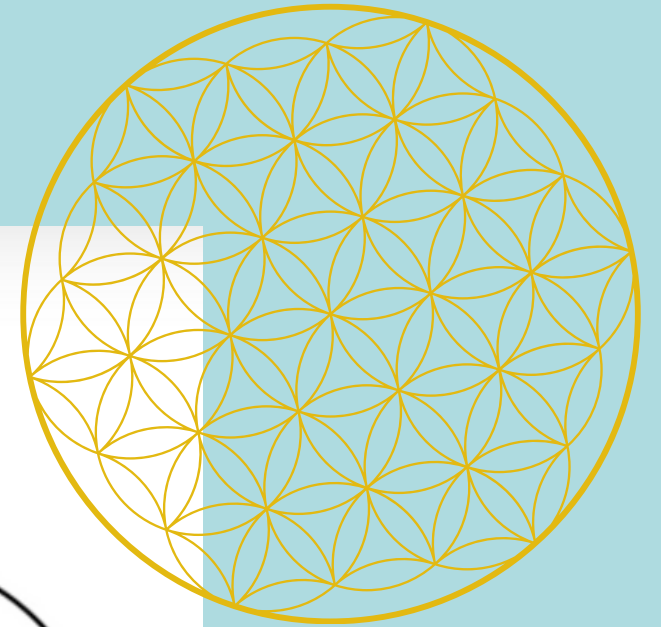


Understanding Your Somatic Intelligence

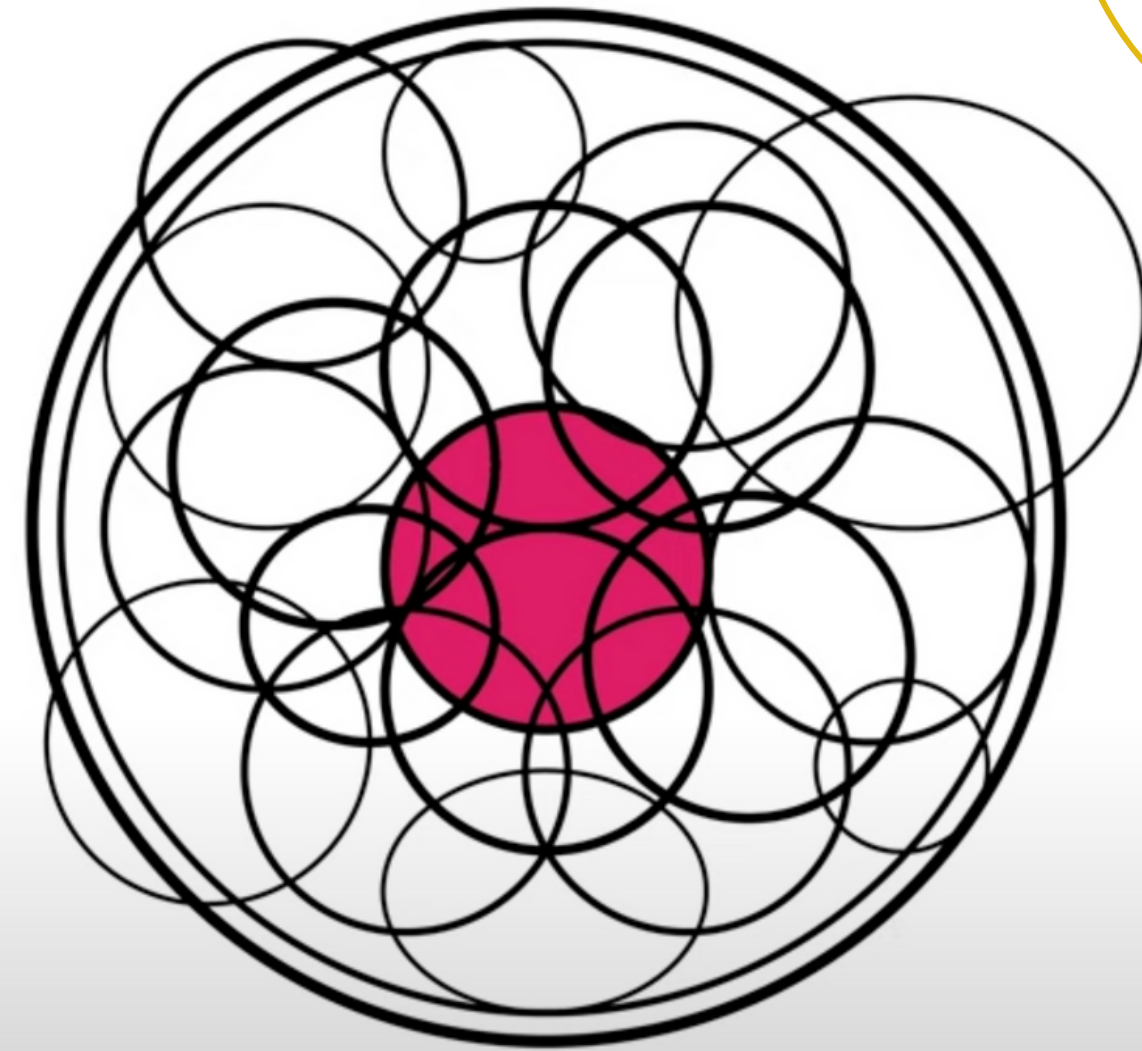
Recap & Review



Recap & Review



CREATION



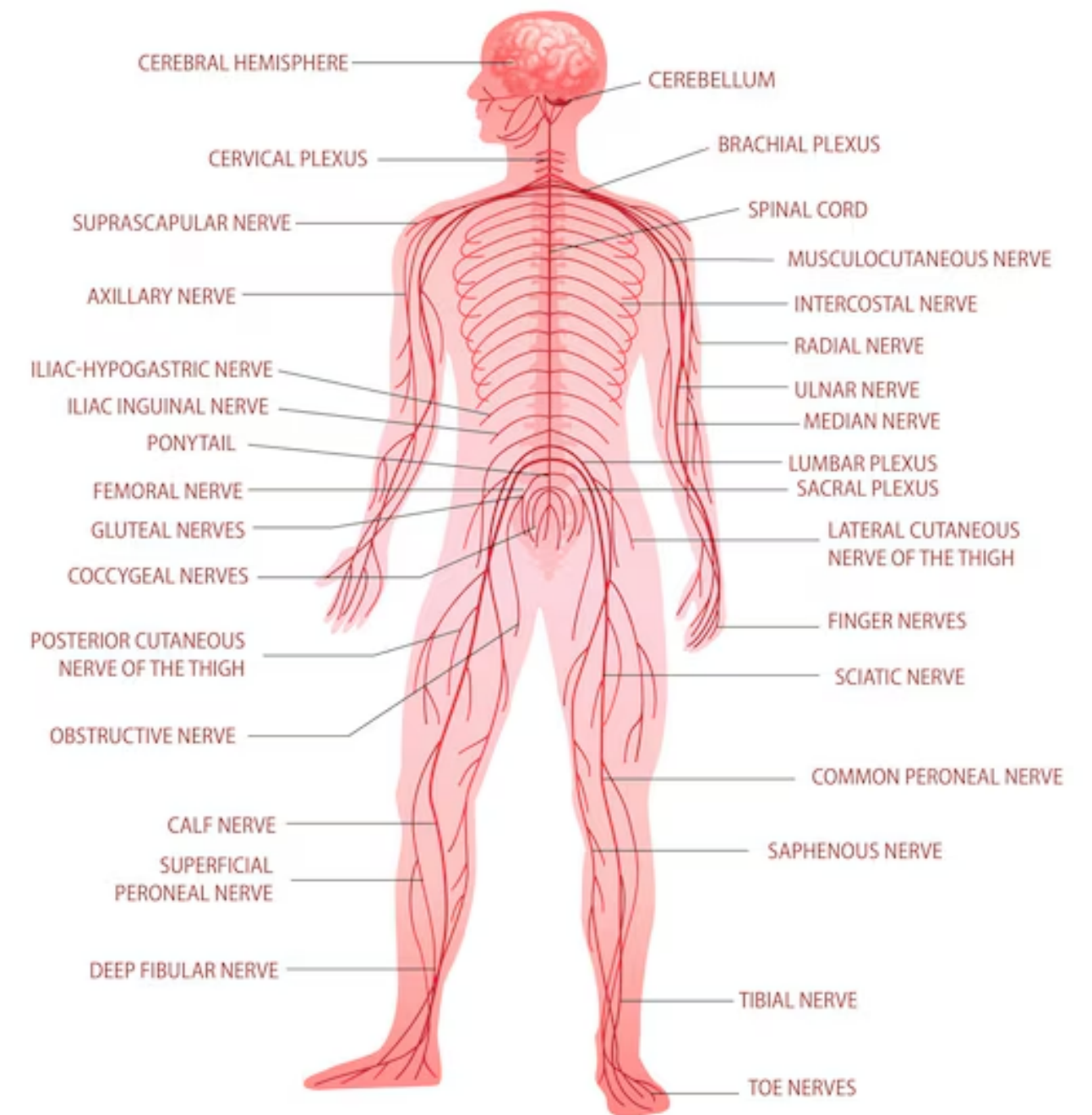
HUMANS

Recap & Review

Elevate: To enhance, lift/lighten

- Flower of Life Consciousness:
Balance, Beauty, Harmony
- Nervous System Regulation:
Good vagal tone Grounded,
Connected

HUMAN NERVOUS SYSTEM



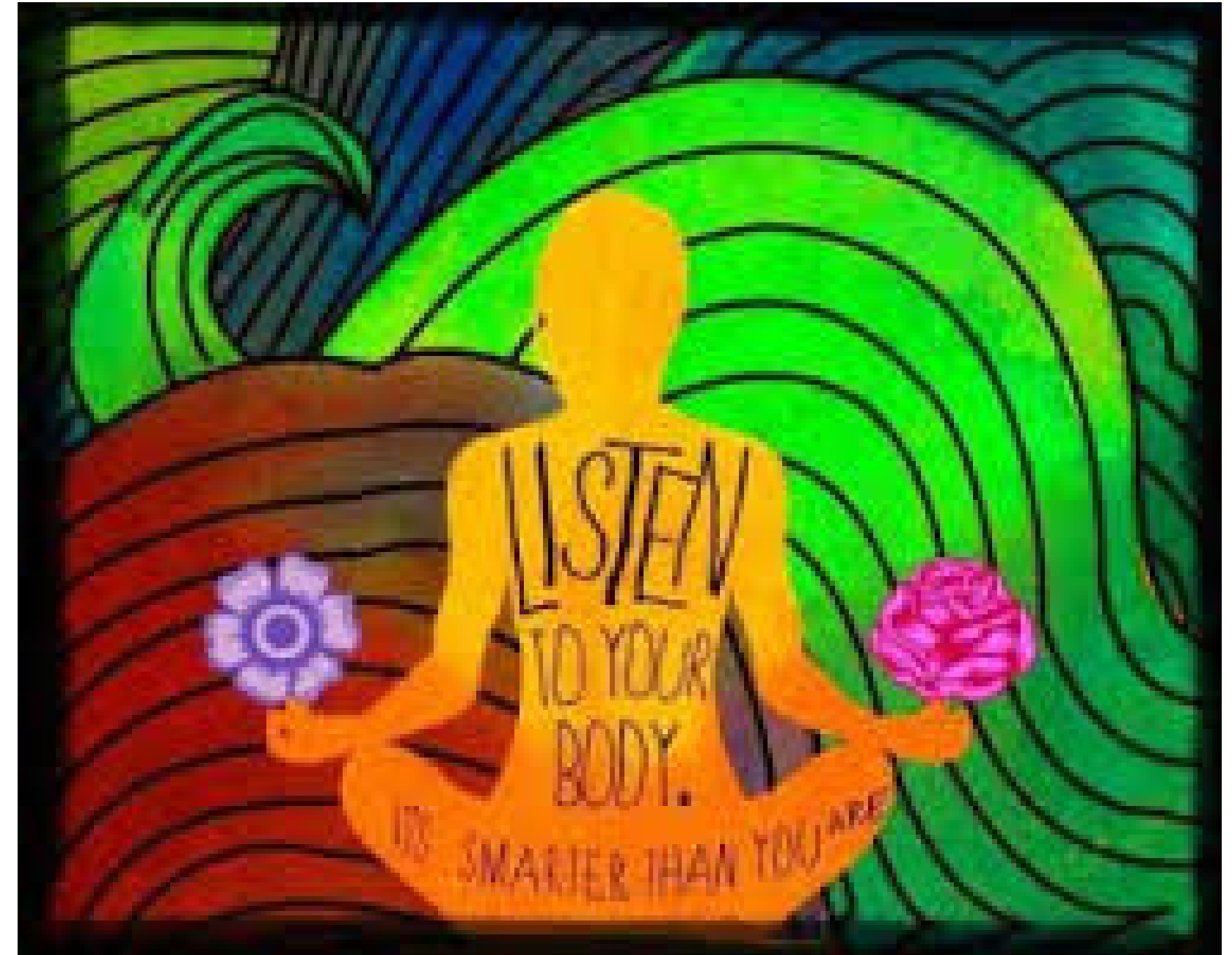
Recap & Review



Understanding Your Somatic Intelligence

Your innate Somatic Intelligence

- Somatic intelligence refers to the ability to connect your body and mind so they work together
- Embodied knowing



Your Body's Somatic Intelligence

1. Cultural Conditioning
2. Trauma





Cultural Conditioning

- Toxic patriarchy vs Sacred Feminine
- Separation & Divisive hierarchy of body & mind
- Objectification of the female body



Cultural Conditioning

- Brutal & violent confinement of the body vs
- Spontaneous impulses for movement & activity

Trauma



Trauma

- Trauma = “a disconnection from ourselves... anything that overwhelmed our system” (Dr Gabor Maté)
- Trauma = Overwhelm, Disconnection
- Trauma = Experience, not Event

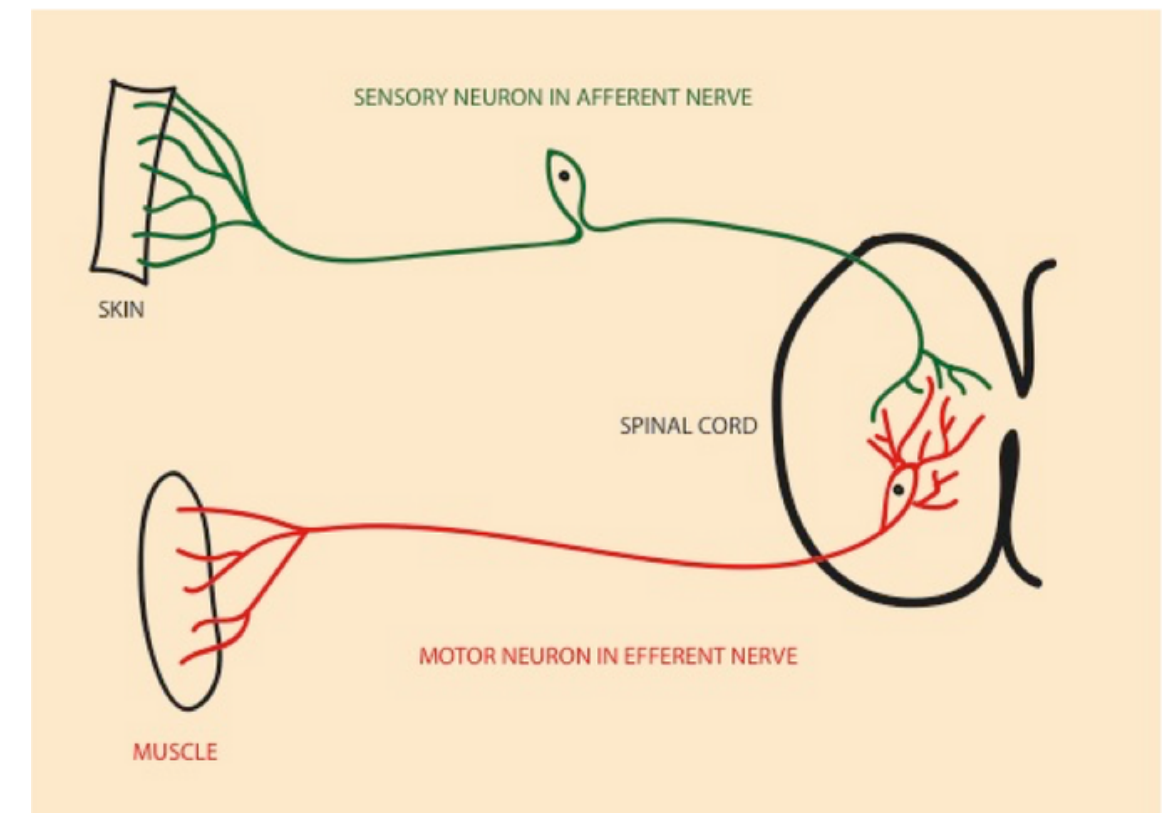
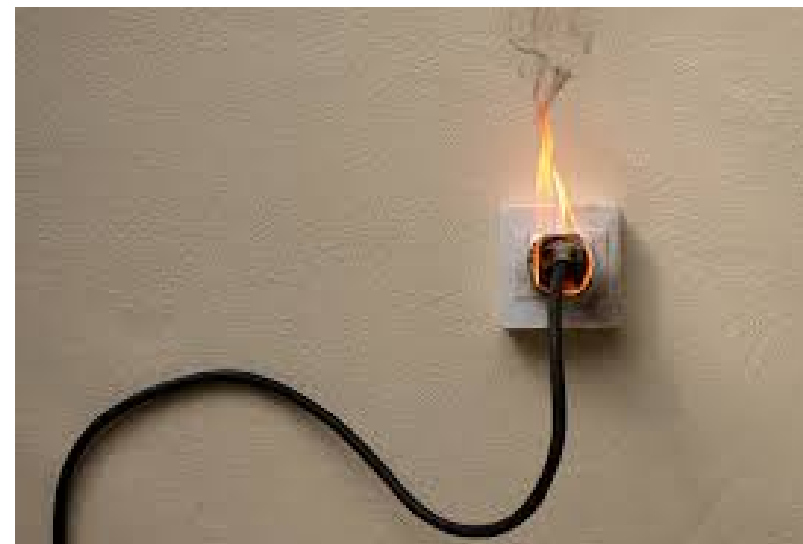
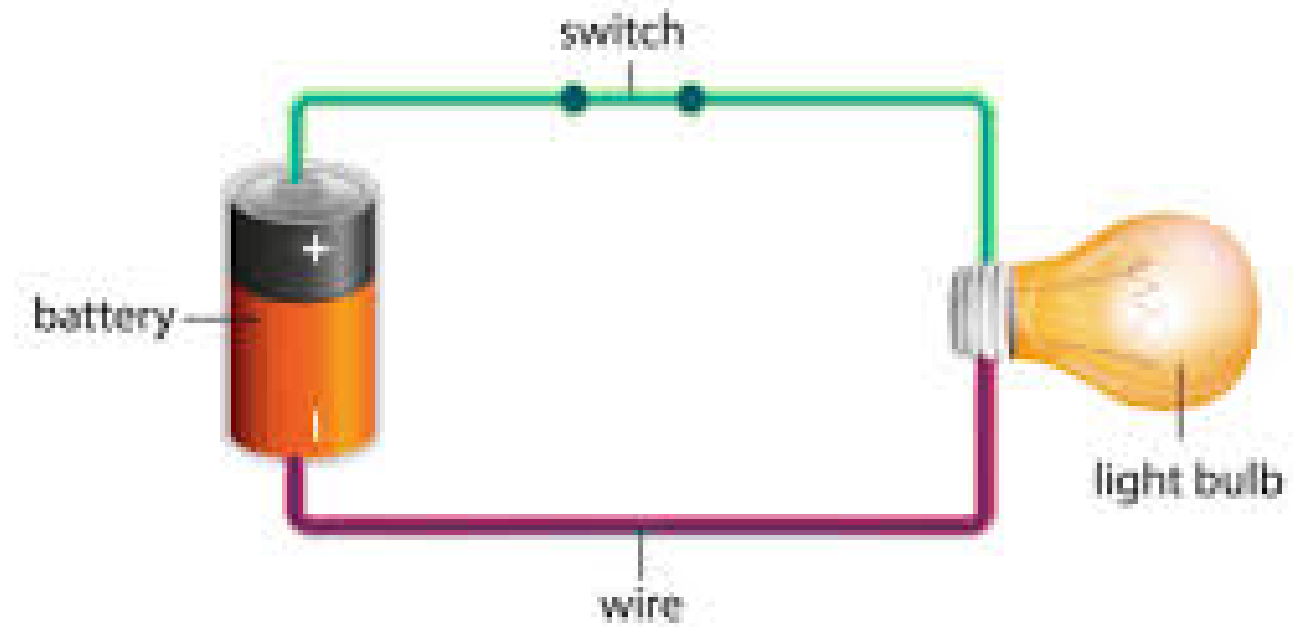


Trauma is the key to everything and the essence of trauma is disconnection from the self on the emotional level. That's why people don't know how they feel. They disconnect from their bodies. That's the first point about the disconnect from the self.

Dr. Gabor Maté

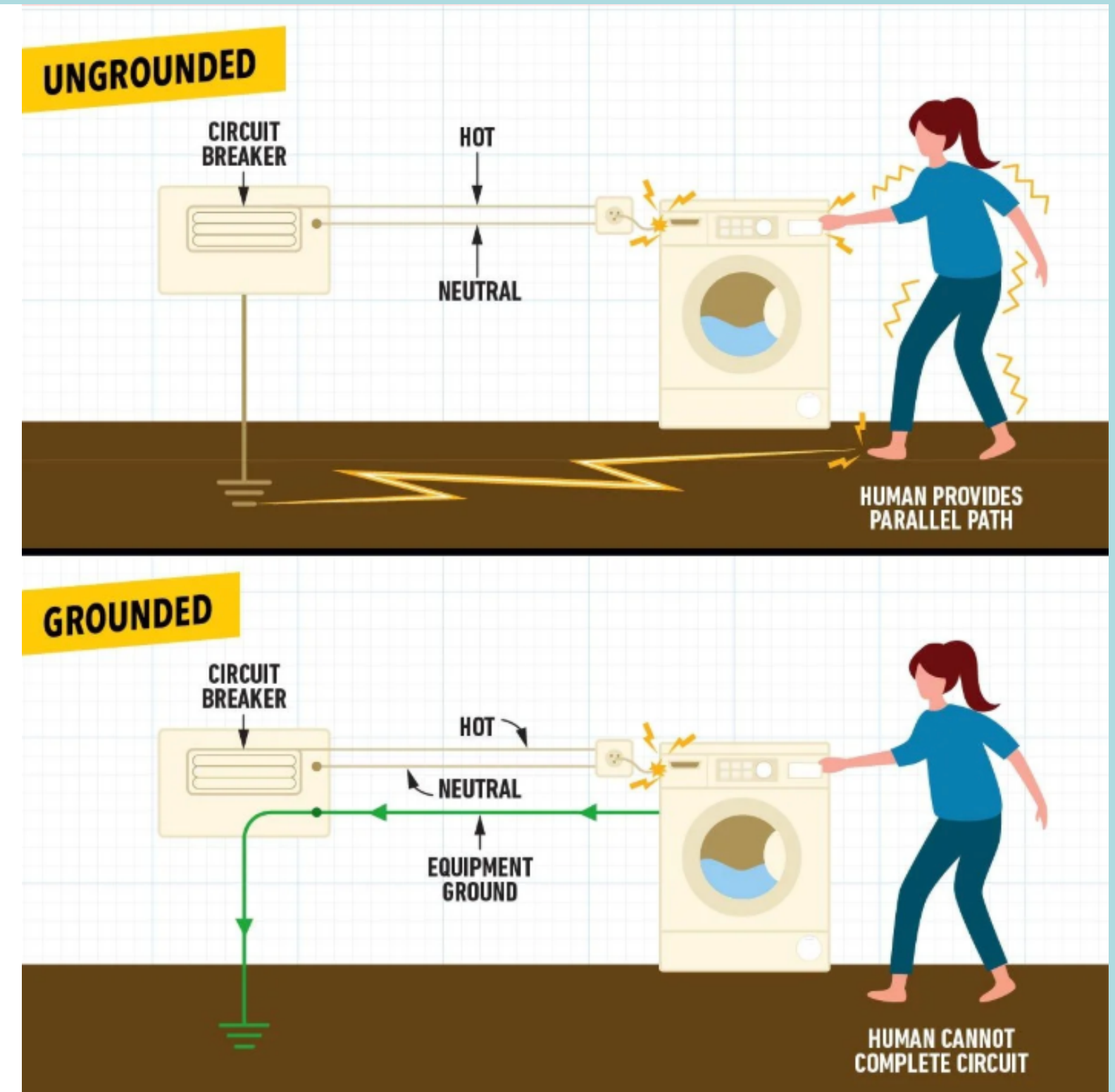
Trauma

- Trauma = Nervous System Dysregulation
- Disruption of Circuitry
- Malfunctioning = dysregulation



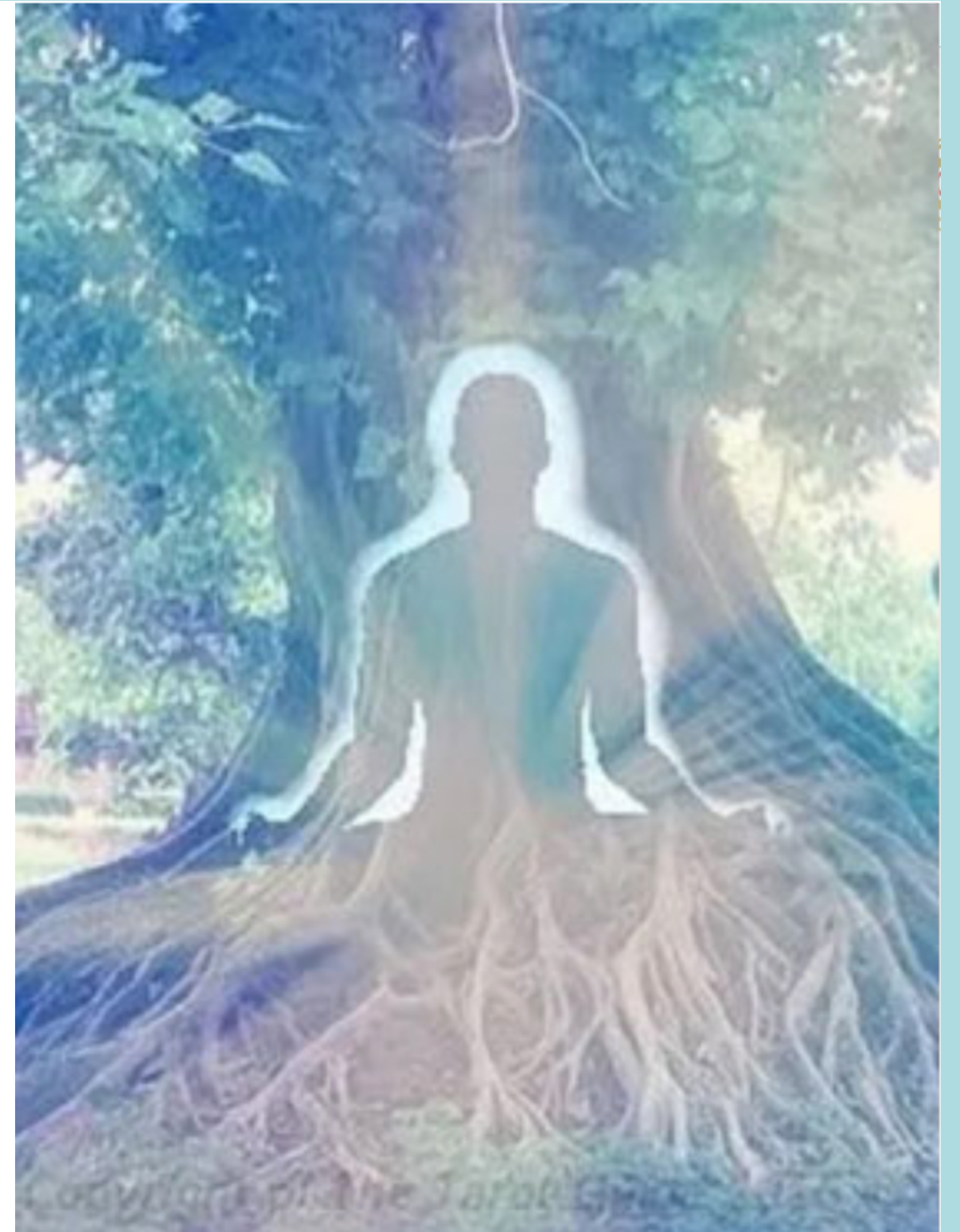
Trauma & Grounding

- Grounding: securely attach and anchor
- Addressing your physiology
- Coming back to the body, feeling safe here.



Grounding

- Grounded = a state of being fully conscious and present in the moment.
- Being centered, staying aware in the present moment.
- Nervous system grounding





Grounding: Earthing

Grounding: Your 5 Senses



5-4-3-2-1 GROUNDING TECHNIQUE



5 THINGS YOU
CAN SEE



4 THINGS YOU
CAN FEEL



3 THINGS YOU
CAN HEAR



2 THINGS YOU
CAN SMELL



1 THING YOU
CAN TASTE

Psychosensory Techniques

- Using sensory information to change the brain's processing
- Shift to a more regulated nervous system state



Grounding with Breathwork

- Feel feet on the ground
- Inhale for 4,
exhale for 8



Grounding Practice

- Shifting posture, emotional state
- Slowing down of breathing
- Upping your frequency
- Harnessing Imagination



Practice

1. Go out in Nature and have direct contact with the earth.
Alternatively, use a grounding mat to discharge
2. Psychosensory practices (e.g. schedule in a body massage, or apply an essential oil)
3. Grounding Practice (3 minute recording)