

A scenic view of a wooden bridge over a lake with mountains in the background. The bridge is made of wooden planks and has thick white ropes for railings. The lake is calm and reflects the surrounding greenery and mountains. The sky is blue with scattered white clouds. The text "SIMPLE STRATEGIES FOR EMBODIMENT" is overlaid in large white capital letters.

SIMPLE STRATEGIES FOR EMBODIMENT

Part 1 of 3



SIMPLE STRATEGIES FOR EMBODIMENT

We can't "fix" body image. But we can help people become more embodied.

Embodiment is the key for healing negative body image. Embodiment is the key to develop body wisdom, to feel the pleasures of life, and to live fully...

- Your task is to gradually, invite and coach you client into their body
- Think: Baby steps
- Think: Self love
- Think: Slow and steady
- Think: Long game



SIMPLE STRATEGIES FOR EMBODIMENT

Many clients have, to some degree, “checked out” of their body. You will be helping them check back in.

- Let go of the fix
- Be patient
- Celebrate every small success
- Welcome your client’s resistance
- Literally do this: See your client in their glory. Envision their beautiful embodied self



"SEEING" YOUR CLIENT EMBODIED

- This is so key
- If you don't have a dream for your client, a vision, a strong picture in your mind's eye, in your soul's perceptual field - then how can you truly guide them to a better place
- It's your vision for them, but it's really Life's vision of for them. **See** the embodied version of where life is calling them. Then help them get there
- Another way of saying this: A Higher Power has a blueprint, a path for your client's healing and success. You are simply accessing it, tuning in to it, noticing it, and answering the call to serve them in this way



WHAT IS EMBODIMENT

To help understand the concept of embodiment more fully, consider these related words or terms:

Sensuous, present, here, aware, moving, sensing, thriving, tactile, physical, in alignment, fluid, flowing, grounded, incarnated, palpable.

People who look embodied seem to be at home in their body, they are comfortable there, they are occupying their physical form...



WHAT IS EMBODIMENT

- Someone who is **NOT** embodied might be described as:
- A person whose body is a life support system for their head
- Someone who lives in their head, and might even agree with you if you ask them if this is indeed so
- Someone who takes no joy in movement, or in stillness
- Someone who thinks about how they feel, more than they feel how they feel

WHAT IS EMBODIMENT

- Embodiment is not an all-or-nothing experience - it's a gradient...
- Therefore, embodiment is something we can learn to do at deeper and deeper levels
- A woman who others may describe as "radiant" is embodied - no matter what age. Have you noticed this ?
- "She moves with a certain ease"
- A man who others may describe as "present" is embodied - no matter what age
- "Old man strength"
- Embodiment **is** Body Wisdom

WHAT IS EMBODIMENT

- One can be a very good athlete, but not embodied in other aspects of life - pleasure, food, sex, sensuality, presence
- One can literally be exercising - but be rather disembodied - we often go on automatic pilot
- Eating challenges such as weight worry, body image concerns, overeating, binge eating, emotional eating - are all acts of disembodiment
- When we are “in the body” - embodied - we are at home. It doesn't mean we won't experience challenges around food, or that we will be perfect all the time, and at home in the body all the time - it means that we choose NOT to abandon the body for very long...

REMINDER

- **“Abandoning the body” (which is a form of disembodiment)** means we check out of the body because we don’t feel safe, we are feeling too uncomfortable, we can’t metabolize a certain life experience, we can’t manage certain feelings, we have indeed experienced an outside harm or insult that’s difficult-to-process, or we have simply checked out of the body because that’s what we’ve been taught, that’s what parents or environment modeled for us, or that’s what the world seems to demand of us
- It is easy to abandon the body in this world. We sit for long hours, we are given poor quality food, we entertain ourselves watching other embodied people on the tv or computer

SIMPLE STRATEGIES FOR EMBODIMENT

EMBODIMENT PRACTICES ARE ESPECIALLY RECOMMENDED FOR:

1. Body image challenged clients
2. Weight loss clients
3. Clients who feel “I can’t be the real me” until they look different or get rid of a symptom or condition
4. Chronic dieters
5. Anyone with an eating or health concern that occurs to you as someone who is disembodied



WHY EMBODIMENT

- The goal with embodiment practices is to help your client get here on planet earth
- The more present we are, the more metabolic power we have
- It's absolutely impossible for clients to achieve real, lasting weight loss or shape shifting or any kind of deep level healing if they are checked out of their body



SIMPLE STRATEGIES FOR EMBODIMENT

EMBODIMENT PRACTICES - START HERE

Food:

1. Help your client become a slow eater
2. Help your client relax with meals
3. Help your client feel nourished by meals
4. Help your client focus more on pleasure and joy with food
5. Help your client increase the quality of their meals



EMBODYING WITH FOOD

- Each of the practices with food just mentioned are indeed embodiment strategies. So many people are disembodied about food. Meaning “Just tell me what to eat, just give me a diet, just tell me how many grams of fat & protein & carbs...”
- Yes, we oftentimes need to give nutritional advice, but the idea is ultimately to teach your client body wisdom - a connection and relationship with food that works...
- We are literally helping our clients learn the fundamentals of nourishing and nutrifying their body so they can begin to feel empowered to make choices that come from a deeper, wiser, more embodied place



EMBODYING WITH FOOD

- Please do not underestimate the power & importance of these practices
- These are fundamental to healing and transforming **ANY** eating concern
- These practices literally impact mind, heart, soul and metabolism
- They create the foundation for long term sustainable success and happiness
- They aren't "sexy" - they don't represent the latest cool nutrition breakthroughs - whatever those really are - and they aren't quick fix methods
- And yet, because so many people go for the quick fixes that don't ever work, they can spend years if not decades without any success. So the "slow fix" practices presented here are really the quickest path to success. Make sense?

REMINDER

If we want to have any chance of shapeshifting the body in a truly sustainable way, then we must indeed be **in** the body. We must inhabit it to operate it. We must embody ourselves to move it in the direction we'd like to go to change & transform it...

SIMPLE STRATEGIES FOR EMBODIMENT

EMBODIMENT PRACTICES - 2ND LEVEL STRATEGIES

Movement:

1. Change clients' exercise into "movement"
2. Let go of punishing exercise
3. Embrace fun and joyous movement
4. Movement can mean dance of all kinds, yoga, Pilates, walking, hiking, swimming, team sports, tennis - anything your client truly enjoys and celebrates in
5. Note that many male clients, for embodiment, need to adopt "masculine" exercise



MOVEMENT AS EMBODIMENT

- So many humans have lost the innate joy of movement
- We are often conditioned (brainwashed) to believe that looking good (according to our perfectionist definition) means feeling good
- In reality, feeling good means feeling good
- So we can powerfully help our clients embody by inviting them back into the kind of movement that feels like play
- Moving the body by definition means that we must be in it. And being **in** the body is a gift that keeps on giving...

MOVEMENT AS EMBODIMENT

- Ask your client: "If every possible way you could move or exercise burned the same huge amount of calories, what exercise or movement would you choose to do?"
- Realize that many people have an aversion to movement or exercise that comes from a history of body shaming, exercise shaming, and/or a past history of a low consciousness approach to fitness
- It's all about exploring and negotiating with your client around the types of movement and exercise that feels like a "yes!" for them...

SIMPLE STRATEGIES FOR EMBODIMENT

EMBODIMENT PRACTICES - 3RD LEVEL STRATEGIES:

Personal Care:

1. Encourage client to update old wardrobe and embrace new clothing
2. Encourage client around beauty care, healthy products
3. Encourage client around a style change - hair, makeup, accessories
4. Encourage client in something different -whatever that might mean...



EMBODIMENT & PERSONAL CARE

- Always remember - a negative body image is an act of “unlove”
- Personal care is self love
- Personal care is a **practice**
- Encourage your client in something regular, something a bit new, something doable for them that they can agree to
- Acknowledge the good things your client already **is** doing when it comes to self care
- Make this a fun and playful conversation...

SIMPLE STRATEGIES FOR EMBODIMENT

EMBODIMENT PRACTICES - MORE 3RD LEVEL STRATEGIES:

Lifestyle

1. Work with waking and sleeping patterns - encourage balance
2. Work with several rest periods each day for busy or stressed clients
3. Limit use of electronic and media stimulation
4. Encourage time in nature
5. Where are your power spots?
6. Encourage other supportive services - massage, Chiropractic, acupuncture etc.
7. Have client enlist support buddies around health and embodiment



EMBODIMENT & NATURE

- This is a profound and underestimated embodiment practice: time in nature without the need to exercise or burn calories
- Just breathing, walking, noticing, taking in energy, relaxing into the natural world, experiencing the beauty of nature
- “When was the last time you really enjoyed being in nature? What works for you? What would make you happy?”
- The body comes from nature. Reconnecting with nature **is** reconnecting with the body !

SOME EMBODIMENT LESSONS

- Can you see that it's not about you the practitioner doing all the work - that it's about helping your client **resource themselves**, and create a way of living where they access **outside resources** that support them in having a healthy relationship with body & world...
- Having a happier and more loving relationship with one's body is about reparenting ourselves. Re-loving ourselves. Learning how to give ourselves something we didn't quite get enough of early on...
- Your task, in part, is to help "reparent" your client. You are talking to the part of them that does not love their body, as if this part is a child - which it essentially is...

SOME EMBODIMENT LESSONS

- Growing and maturing into body love & body confidence is actually a radical act in this world. It's going against the grain. Why?
- Because much of advertising and media programming points us towards where we are not okay, not lovable, where we don't have the right look or shape - so we are literally programmed towards self-dissatisfaction...
- If you or your client finds it virtually impossible to love your body given all the messages we are surrounded by - you're right. It **is** virtually impossible. It's a viral belief that's bigger than any one person. And that's why we band together to support one another, to help each other, to uplift the people who need some love and guidance

EMBODIMENT

There's something inherently sacred about helping another human to embody more, to love their body more. Let's not take this lightly, while at the same time, bringing in the Light...



SIMPLE STRATEGIES FOR EMBODIMENT

THIS IS THE END OF
Simple Strategies for Embodiment - Part 1

PLEASE GO TO
Simple Strategies for Embodiment - Part 2

