

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, reflecting the sky and the surrounding greenery. In the background, there are lush green forests and majestic mountains under a bright blue sky with scattered white clouds.

SIMPLE STRATEGIES FOR EMBODIMENT

Part 2 of 3



EMBODIMENT

Please remember - helping someone embody, to love their body more, accept it more, and inhabit it more in a good way is a long game...

Be patient, and invite patience with your client...

EMBODIMENT

Oftentimes, it's helpful to visit some of the places in our lives where for good reason, it was simply not easy for us to embody. Perhaps the most complex and challenging place for humans to successfully embody is around our sexuality...

SEXUALITY & EMBODIMENT

- Puberty is a time when the human body powerfully morphs into a sexual entity. A reproductive creature. A body and heart with potent and often overwhelming desires
- This important life transition is generally not facilitated well by our elders, teachers, family, society...
- Furthermore, confusing messages from media and religion can make it difficult to have a healthy sense of our sexuality, our sexual identity
- This can cause us to “check out” out of the body, as a way to be safe

SEXUALITY & EMBODIMENT

- The good news is, it's never too late to heal and elevate our sexuality
- Healing sexuality can mean conversation, awareness, curiosity, information gathering, story telling, remembering, feeling, listening, owning desires, making room for our humanity, being uncertain, allowing for clarity, experimentation
- The more you can do these with yourself, the more you can help facilitate these with your client
- It's your job, if you choose, to begin to get comfortable with this topic

SEXUALITY & EMBODIMENT

- **4th Level Strategies**

1. Have your client write a "Sexuality Autobiography"
2. Encourage your client to explore a more authentic, honest and playful sexual conversation and connection with their partner
3. Encourage dating - for single clients who are waiting to lose weight
4. For women clients, ask them "what helps you feel the most in your Feminine?" - then encourage them to do it
5. For male clients, ask them "what helps you feel the most in your Masculine?" - then encourage them to do it
6. For clients with unresolved past history of sexual abuse, consider counseling

SEXUALITY & EMBODIMENT

- Oftentimes, the simple act of making sexuality a conversation between practitioner and client is a huge breakthrough
- You are being a professional “friend” here
- It’s not about “fixing” your client’s sexuality
- If you don’t feel comfortable with this topic, then simply don’t go there
- And feel free to do some research to help your client find someone who specializes in this area if that is indeed something they are interested in...

SIMPLE STRATEGIES FOR EMBODIMENT

ANOTHER EMBODIMENT STRATEGY

- ASK YOUR CLIENT:

- What helps you feel “in your body” and happy to be here?
- Name everything that comes to mind - persons, places, things, thoughts, feelings, experiences, activities - anything
- Then, help you client schedule in all the doable practices that they just named



SIMPLE STRATEGIES FOR EMBODIMENT

FIND CLASSES FOR YOUR CLIENT TO TAKE THAT HELP THEM EMBODY:

- Yoga classes can be revelation for those who haven't tried it
- Dance classes can be a breakthrough for those who have been wishing they could do it, but choose not to because of their weight
- Ask your client if there are any classes in their area that they've been curious about
- Please shy away from classes that aren't "body positive" and fun



SIMPLE STRATEGIES FOR EMBODIMENT

FENG SHUI

Oddly enough, a great way to help create a metabolic shift is by transforming the energetics of your living space and workspace.

- Feng shui, is an ancient Chinese art of geomancy and placement
- If your client can afford it, help them find a local expert
- Our home is an extension of our body. Elevate one, and you elevate the other
- Sometimes, we simply need to re-arrange the furniture – literally and metaphorically in our lives...

REMEMBER

Oftentimes, clients who have removed their body from the world need some hand holding to choose to get back in.

They need to be encouraged and reminded, constantly, that they cannot wait until they lose weight to inhabit and love their body. That was the very problem in the first place. The time is NOW to be in the body.

This is your clients best hope of being able to make a shape shift...

SIMPLE STRATEGIES FOR EMBODIMENT

EMBODIMENT STRATEGY:

Encourage Play

1. Ask your client, "How do you like to play? What makes you feel like a kid? What makes your body feel fun to be in?"
2. Then, encourage them to get going
3. When we've been intensely worrying about weight and body image, we often lose our capacity to play
4. Play makes us happy to be here



EMBODIMENT & WEIGHT

“But does it burn calories?”

When a client feels attached to exercise and activities that are based solely on how many calories they burn, give them an intellectual spanking:

“If you’re so sure that exercise that’s designed to burn calories is the royal road for you to lose weight, then how come after all your exercising, and all these years, you still haven’t gotten where you want to go? You’ve tried the same tired old strategy and it hasn’t worked. We’re bringing back fun into the equation. Maybe even some happiness. Life is short. Time to try something new. Your locked in stress around your weight may be metabolically holding you back. Joy is actually going to liberate you. You think you’re going to be happy when you lose the weight. Do the kind of movement that makes you happy now. Then you’ll have the best chance to get where you want to go.”



FOR THE PRACTITIONER:

- The goal is embodiment
- Weight loss is a side effect of embodiment
- In other words, our natural weight is the by product of naturally living in our body
- The more we are focused on losing a bunch of pounds of body fat, the further we are from actually getting where we want to go
- The side effect called weight loss has the best probability of showing up when we embody. It's as simple as that...
- This is a very important and powerful perceptual shift...

SIMPLE STRATEGIES FOR EMBODIMENT

WEIGHT AND BODY IMAGE

When we are not happy to be alive on planet earth, one common strategy is to disembody, to check out, which can then lead to weight gain via unregulated appetite, eating to numb out, eating to distract, eating to stimulate, eating to fill the hole, eating to protest existence, not eating to protest existence...

So, we are helping our client discover reasons why they can be happy to be here. We are cheerleading them to be in the game of life...

EMBODIMENT & AGREEING TO BE HERE

- If we have soured on life, if it's been a hard road, if the world hasn't been so easy on us, if we have never felt at home or safe in this world, then we naturally and understandably haven't fully agreed to be here
- From this place, checking out of the body makes perfect sense
- And at some point, we need to choose to check back in
- We cannot partially check back in, or partially agree to be here, and expect an easy, natural and sustainable weight shift
- First things first. We cannot bully life into making us look different so we can then agree to be here. Agree first...

ON THE MOST PRACTICAL LEVEL

FOLLOW UP AND ACCOUNTABILITY:

- Make your client accountable to their various embodiment assignments
- Check in with them at each session
- Applaud their efforts and successes - no matter how small
- Encourage them when they report how hard it was for them
- Always urge them to do just a little more
- Be a good cheerleader
- Be a good spiritual guide



SIMPLE STRATEGIES FOR EMBODIMENT

YOU MAY NOT REALIZE:

1. That your client is very afraid to enjoy their own body
2. That your client has shame about their body
3. That your client wants to run away when you ask them to embody
4. That this could be the hardest thing in the world for them: to love and enjoy and have fun in their own body



SIMPLE STRATEGIES FOR EMBODIMENT

THEREFORE:

- Notice when your client is in fear or embarrassment
- Gently encourage them
- Acknowledge that the fear makes total sense - it's not wrong
- Let them know that so many of us have had a tough time being in a body
- We're all learning together how to be here, nourish ourselves, find our natural and rightful weight, and celebrate what we have



SIMPLE STRATEGIES FOR EMBODIMENT

THIS IS THE END OF
Simple Strategies for Embodiment - Part 2

PLEASE GO TO
Simple Strategies for Embodiment - Part 3

