

A person is shown from the waist down, sitting in a lotus position on a wooden dock. They are wearing a white long-sleeved shirt with a decorative braided strap over the shoulder and dark pants. Their hands are resting on their knees in a mudra. The background is a serene sunset over a body of water with mountains in the distance. The sun is low on the horizon, creating a warm, golden glow.

Tarnie
FULLOON

Body Centered Medicine®

Body Centered Practices for Healing Pain and Anxiety, & Inner Self Mastery

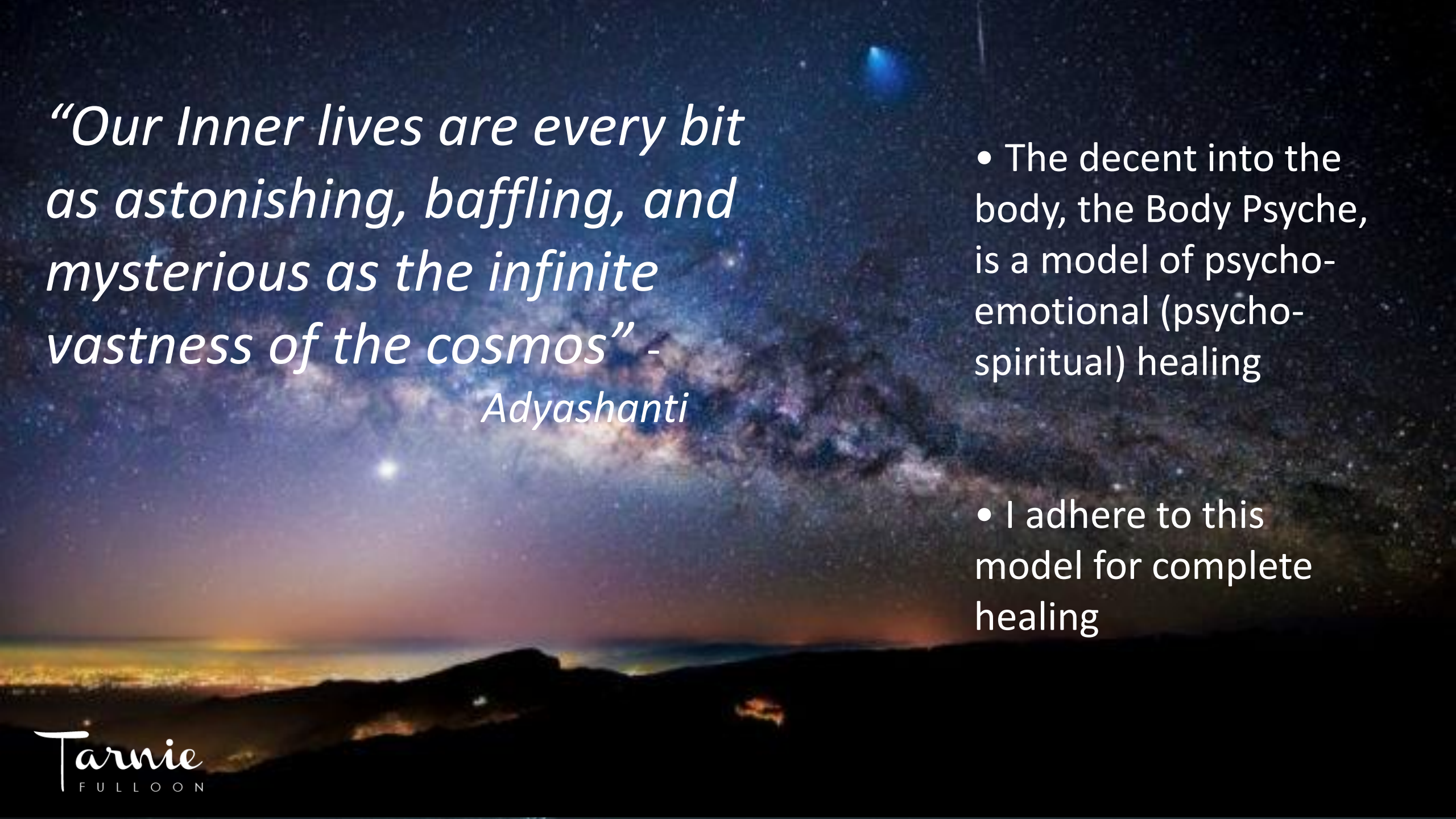
The Power of Body Intelligence in Coaching

Talk **01**

Experiential
presentation **02**

Q & A **03**





*“Our Inner lives are every bit
as astonishing, baffling, and
mysterious as the infinite
vastness of the cosmos” -*

Adyashanti

- The descent into the body, the Body Psyche, is a model of psycho-emotional (psycho-spiritual) healing
- I adhere to this model for complete healing

Body Centered Medicine®



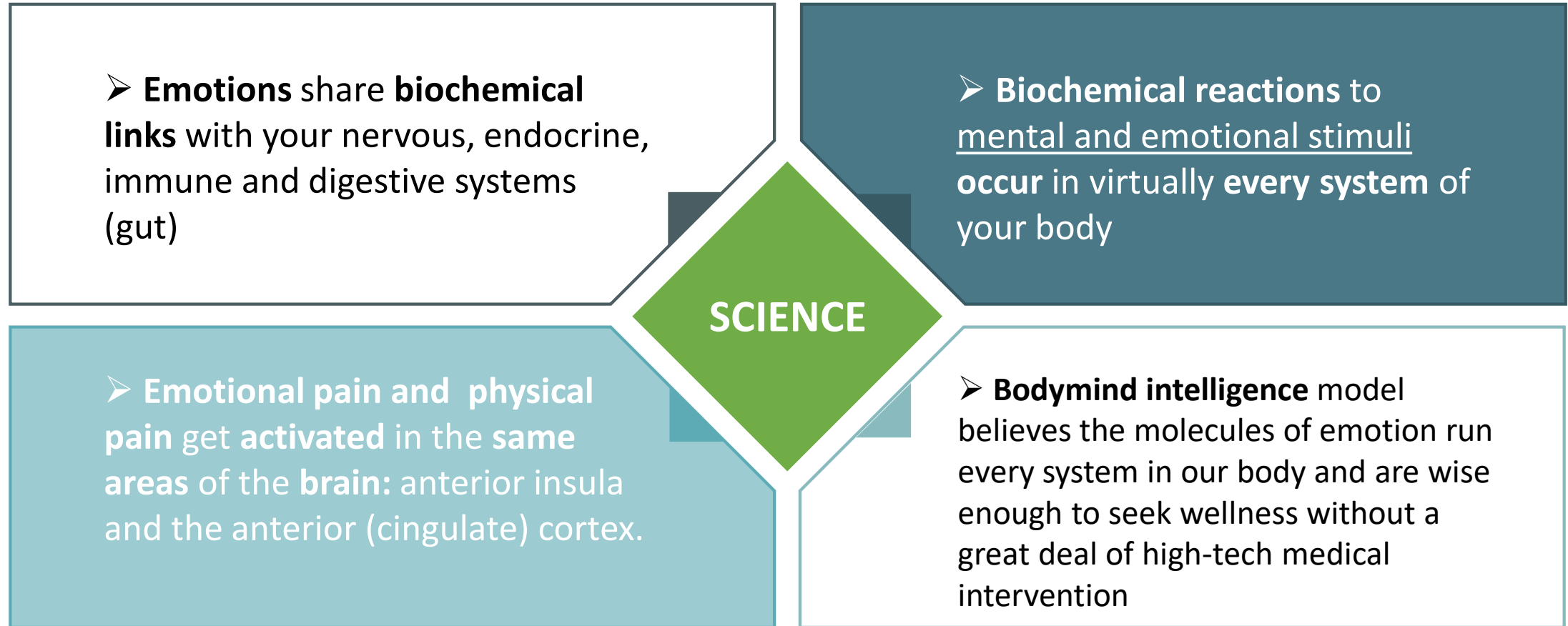
Somatics

The heart of being masterful at somatics (body centered processes) is being able to attune:

- to yourself
 - to another (client)
 - to the process (situation/conversation/session)
- through the feeling body

Science

Neuroscience, Neurobiology, Psychoneuroimmunology, Somatic Psychology, other areas Medicine



References:

Pain and Emotion: A Biopsychosocial Review - Mark Lumely et al / Where does Emotion hurt in the Body - Alan Vogel /
Molecules of Emotions - Candace Pert



Dr Craig Hassed

**“MBM simply reminds us that psychological states like chronic stress, depression, anxiety and fear, along with our social context, produce profound effects upon the body and health”
(Monash University, AU)**



Hal Stone PhD

“We must remember that the Mind is just one of our selves, even though it is one of the most significant tools we have to lead an effective life on earth. For too many people, the Mind remains the One God; these people are denied access to the worlds of feeling, emotion, spirit, and imagination because the Mind cannot experience these other worlds that lie within each of us. The Mind can conceive of them but it cannot experience them.”

Body Centered Medicine® Embodiment Process

1. **Breathe** (Life Force)
2. **Feel** (Body Sensation Tracking)
3. **Relate** (Movement)
4. **Safe Place** (orientate)
5. **Pain Body** (PMES levels)
6. **Stillness** (Receiving & Surrendering)
7. **Embodiment** (Grounding Lower Belly/ Source)
8. **Integration** (Commitment to Self / Trust)

Resistance...

Longing to Heal vs. Fear to Reveal

Resistance - protection

Vulnerability – key to healing

Commitment – turn towards the fear and pain

Body Centered process ease that resistance



Coping Model

holding glass of water

**Mechanism for coping: Disconnect
push to UNCONSCIOUS**

- Stressor; GUILT
- Negative Thoughts;
- Fear; Emotional pain
- Physical Injury;
- Illness;
- Trauma;
- Unresolved Issues; Limiting Beliefs;

Stay Connected

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