

SELF AS INSTRUMENT:

Deepening
Your Somatic
Awareness

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WHAT IS SOMATICS?

- Somatics is a holistic methodology for embodied change. It works through the mind/body to transform conscious and unconscious habits, shift from reaction to choice and develop embodied skills and states that hold up under pressure. It includes:
 - Somatic Awareness
 - Somatic Practice
 - Somatic Opening
 - An analysis of Social Conditions
- Somatics can be used with individuals, teams, organizations and communities.
- Definition of Somatics: *The living organism in its wholeness*. Coined by Thomas Hanna, 1972.



WE ARE WHAT WE PRACTICE

- We are always practicing something
- Is what we're practicing aligned with our vision and values?
- Most of our practices are inherited from our families, communities, and social conditions



INTENTION AND PRACTICE

- Intention brings meaning to our practice – we practice in our intent
- Intention within a practice has ancient roots
- As we continue to practice, we begin to embody the merit of our practices



WHAT ARE WE CENTERING FOR?

- **Present** – to self and others
- **Open** – to receive from others and the environment
- **Connected** – to self, others & the environment
- **On purpose** – organize ourself around what we care about



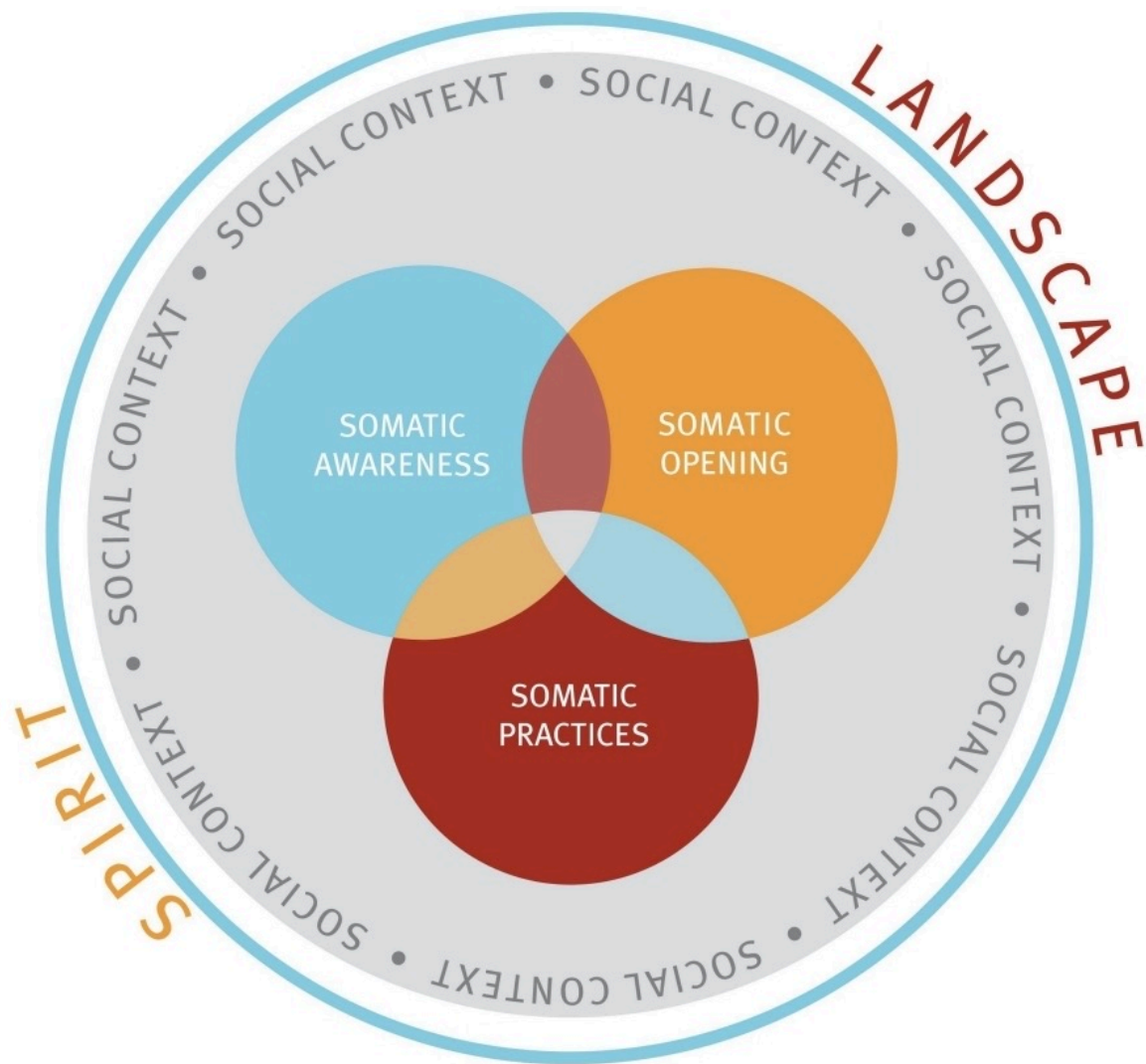
WHY WE CENTER?

- We center to embody ourselves, allow more aliveness and feeling and de-numb ourselves.
- We center to organize ourself purposefully around what we care about and to have this inform our psychobiology.
- Centering builds presence.
- Centering in the body, mood and commitment gives us a pragmatic, body-based practice to return to when triggered.



WHAT IS EMBODIED TRANSFORMATION?

We know we have
transformed
when our actions align
with our vision and values,
even under the same old
pressures.



Somatic Transformation



SENSATIONS AND BEING PRESENT

- Often feeling and attending to sensations is a new practice.
- Most of us have learned to live in our thinking or “outside of our own skin” to negotiate our lives.
- The process of re-embodiment asks us to live inside ourselves deeply, feeling our sensations and emotions, noticing our thoughts as well as the social and energetic forces that we are part of but that go beyond us.



SENSATIONS AND BEING PRESENT

- Sensations are always happening and are happening in present time.
- The quickest way to become present is to feel your sensations.
- Feeling and being inside of your sensations helps you to practice being present and embodied.



LANGUAGE OF SENSATION

Temperatures – cold, cool, freezing, numb, warm, hot, sweating, etc.

Pressure - contraction in muscles, chest, stomach, eyes, jaws, etc. “it hurts”, pain, slackness, relaxed, ease openness in chest, legs, etc. fullness. Can also include numbness, missing, void or empty.

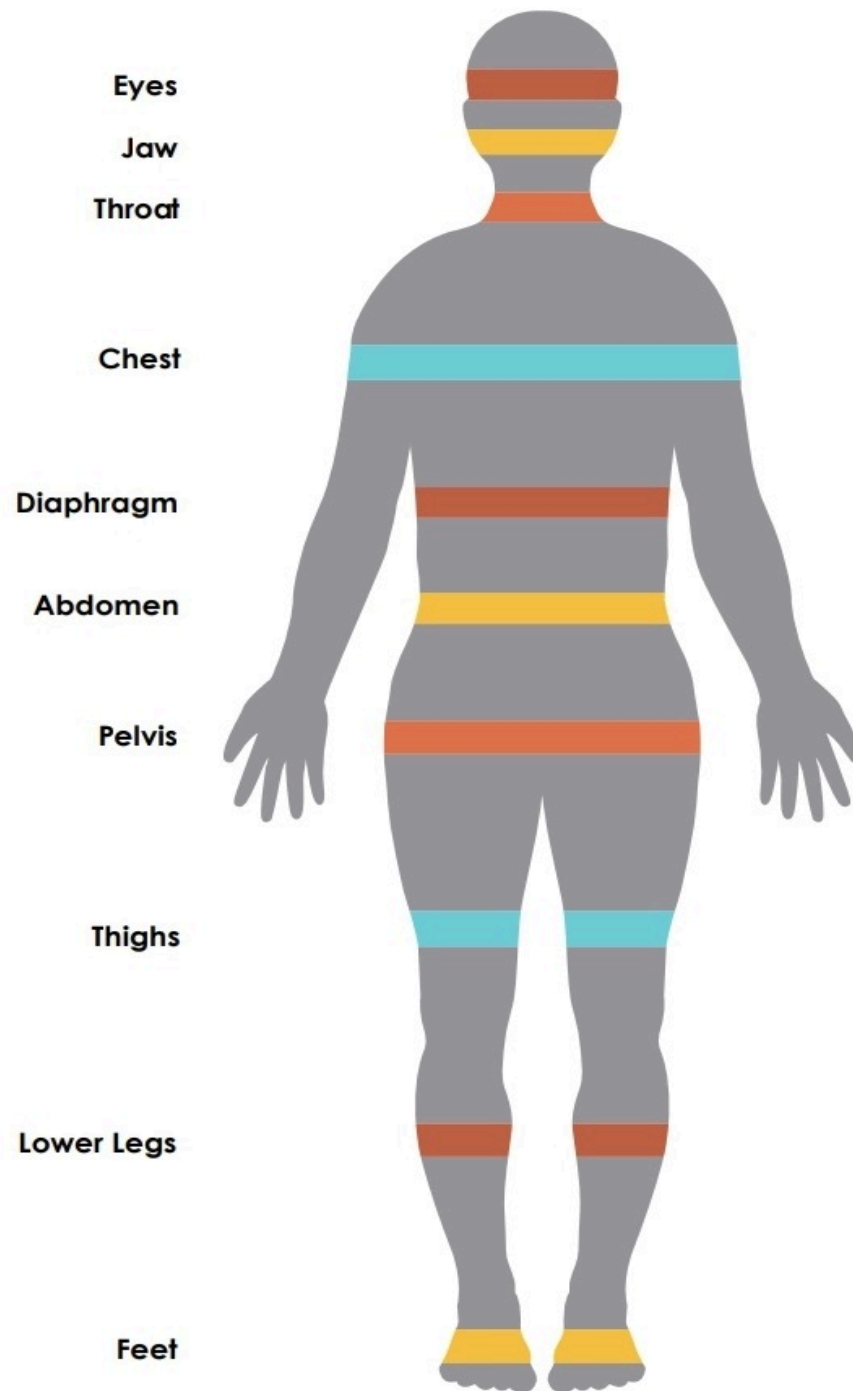
Movement – pulsing (heart, pulse), breath (in & out) tingling, streaming, twitching, sense of aliveness or energy moving, blood flow, heat flow.



WHY FEEL SENSATIONS?

The more movement of energy, sensations, aliveness we can allow through our psych-biologies', the more choice (less reactivity) we can have in our response and actions.

Armoring Bands



MAJOR
AREAS
OF
HOLDING

Exercise

Eyes

Jaw

Chest

Belly



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