



Four Skills For Embodiment Around Others

MODULE 4: Giving the Body a Voice Around Others

Lesson 4.1 - Our Authentic Voice Matters

Expressing ourselves from the *body up* makes our relationships much more authentic, connected and enlivening. Our nervous system relaxes when it knows we can and will speak up for ourselves in real time. We give the body a voice by talking about our physical experience in the moment, and by making non verbal sounds. For Example: hmmmmmmmm, waaaah...

There are two reasons to give the body a voice: one is that I get to take good care of myself because I pay better attention to myself, the other is that I allow myself to be seen, which is essential for authentic connection. Without giving our bodies a voice our authenticity is severely limited.

As you practice giving your body a voice:

1. Be willing to notice your body. That means getting in the habit of giving body up signals high priority access to your awareness, like noticing when you are thirsty or need to pee.
2. Be willing to make your body a priority when you are making decisions. Which means checking in with body awareness as you make decisions large and small. Like making decisions around sleep and bedtime.
3. Be willing to be heard! Dare to make sounds that express your physical experience. Give voice to your *body up* truth around other people. Like mmmmmmm, owch

In the rat race of modern life, we can forget to express joy and feeling good.

And it's also common to avoid or suppress grumpy feelings, irritation, fear, anger. When I take time to feel and express all these, I feel great, alive, present, engaged. I am more available and present for connection. When I take the risk to give my emotional body a voice around others, I have a chance to be seen and even to dissolve shame. **So in life, check in with your body as you make decisions.** For giving the body a voice around others, we have two useful exercises. Start with: "Up And Down and Up." If afterwards, you want to explore deeper emotional expression, try "Good and Grumpy and Good."