

THE FIRST PSYCHOSYNTHESIS COACHING SYMPOSIUM

The Body Speaks

***Deepening somatic connection in service of the
coaching alliance and emergent intelligence***

with Laira Gold and Harriet Hanmer
of Equilibrium Partners



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Why work with Body?

- Psychosynthesis is a psychology of consciousness and will and we work to align this with Being - the level of Self or Source which is beyond ego.
- Once in connection with Source we experience intuition, inspiration and break-through.
- As practitioners of Psychosynthesis Coaching, we are including, and going beyond, the Body, Feelings and Mind to the Being.
- The central paradox is that, we must first identify in order to disidentify, so that we can experience the essential Being of ourselves and of our clients.



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The Body in Coaching Practice

- Our own bodies can serve our coaching practice
- Quietening mental chatter, accessing Being, opening to the heart, receiving intuition.
- We can guide clients to this too by being curious and open.
- Body/Mind split
- Affect contagion
- Do our own work so we can get out of the way



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Self Is

Paying attention

- Gentle
- With open awareness
- An attitude of curiosity
- An invitation
- ‘So far as you are able to now’



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Now

Pay attention



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The Body/Mind Split



OVERANALYZING

SEX
You're doing it **WRONG**, dammit!

TONE YOUR BUTT
Until You're Hot Enough to Be Offended When Guys Appreciate It

Are you talking about having kids one day enough?

Mediocre sex **NOW**
3,295,761 tips

Jesus
You sound just like your mother

"I Had to Pay for My Own Drink"
One Woman's Horror

SEX
No joke, you need it so badly you'd blow a baboon

The Shame & Guilt Issue

SEX AGAIN?
What are you, an alley cat?

Lose 30lbs Fast
Chop off Your Leg!

NAKED
We're required to put the word **NAKED** on the cover

Gaze Upon The Epic Prow of **Christina Hendricks**
The Woman Your Boyfriend Masturbates To

SEXY TOUCH
Tickle His Prostate With an Egg-Beater

Do cupcakes make good boyfriends?

PLUS

- Death stalks you
- The sexiest sex to sex after sex



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The Body/Mind Split



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**“The Intuitive Mind Is a Sacred Gift and the
Rational Mind Is a Faithful Servant. We have
created a society that honours the servant and has
forgotten the gift”**

Einstein



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Body-Mind Synthesis

“Neural networks throughout the interior of the body, including those surrounding the intestines and heart, send complex sensory input to the skull-based brain. Such input from the body forms a vital source of intuition and powerfully influences reasoning and the way we create meaning in our lives”

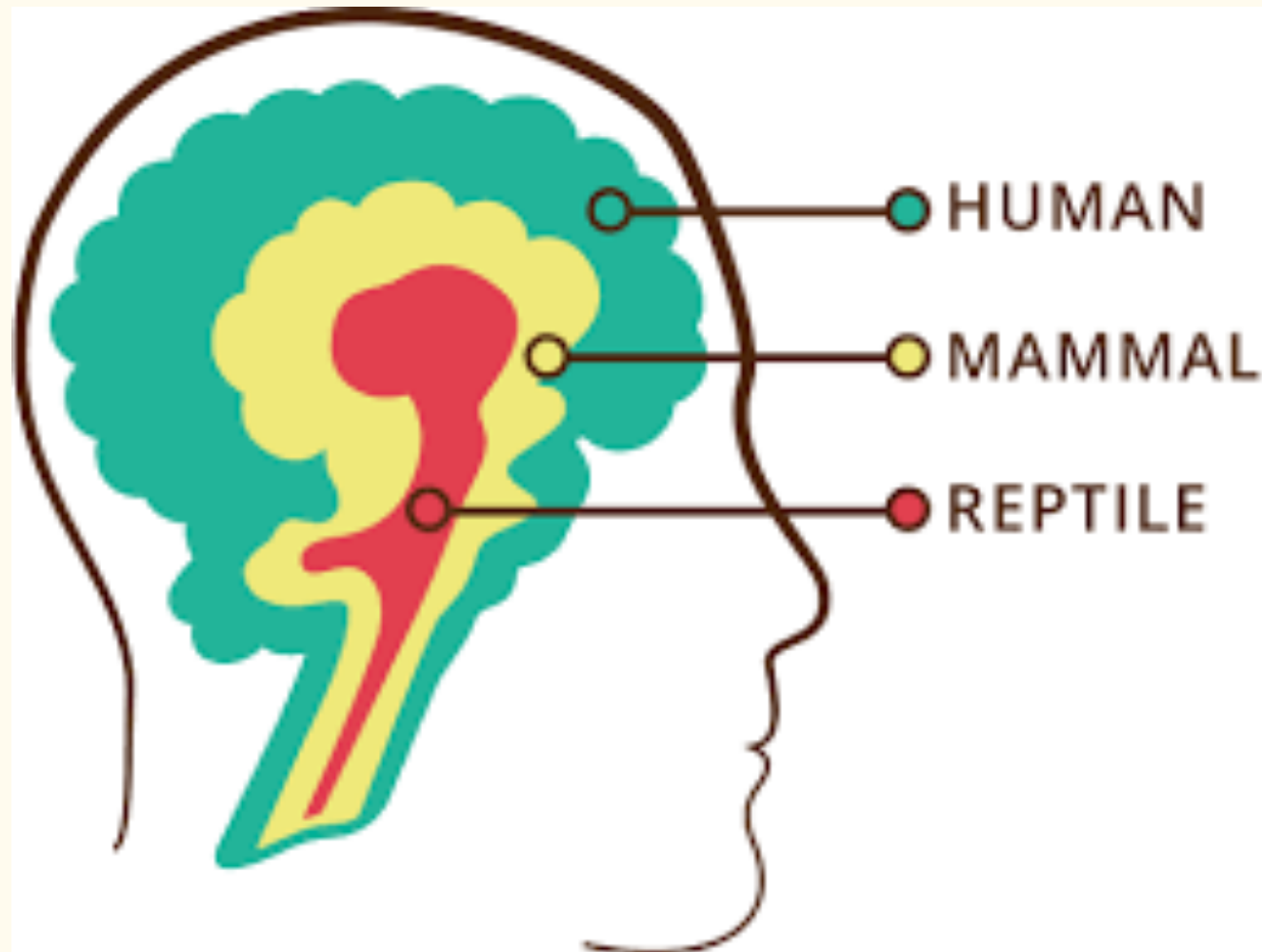
Dr. Dan Siegel, *Mindsight*



As Practitioners

- What is my CAPACITY to be in my own body, to be deeply embodied? As far as I am able...
- How do we relate to the information?
- Expansiveness and curiosity
- Kindness
- Relaxation or humour!
- A self-organising coherent intelligence

The Triune Brain



Limbic Resonance



Are we in the soup?



What on earth is going on here?

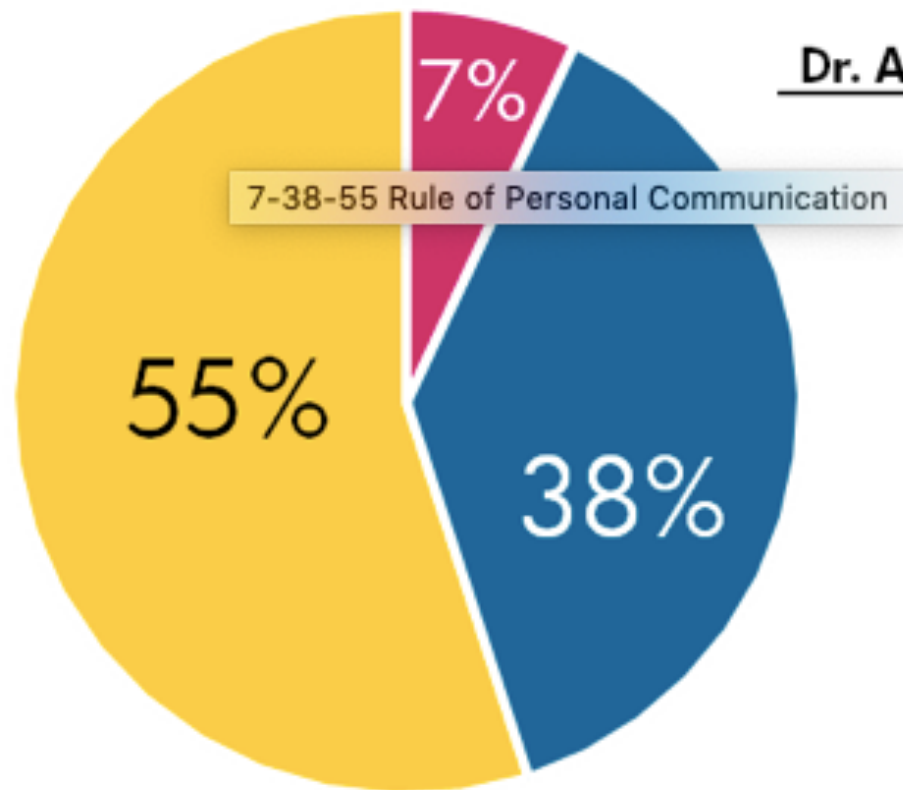
- Bringing our own awareness to different kinds of phenomena in the coaching field
- Inner: Affect contagion
- Inner – tracking our own physiological experience and shifts for a felt sense of counter-transference, including the erotic
- External – e.g. a change in the environment, a palpable atmosphere, unusual noises or even smells
- Who owns what, where is it coming from?



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The Body Speaks



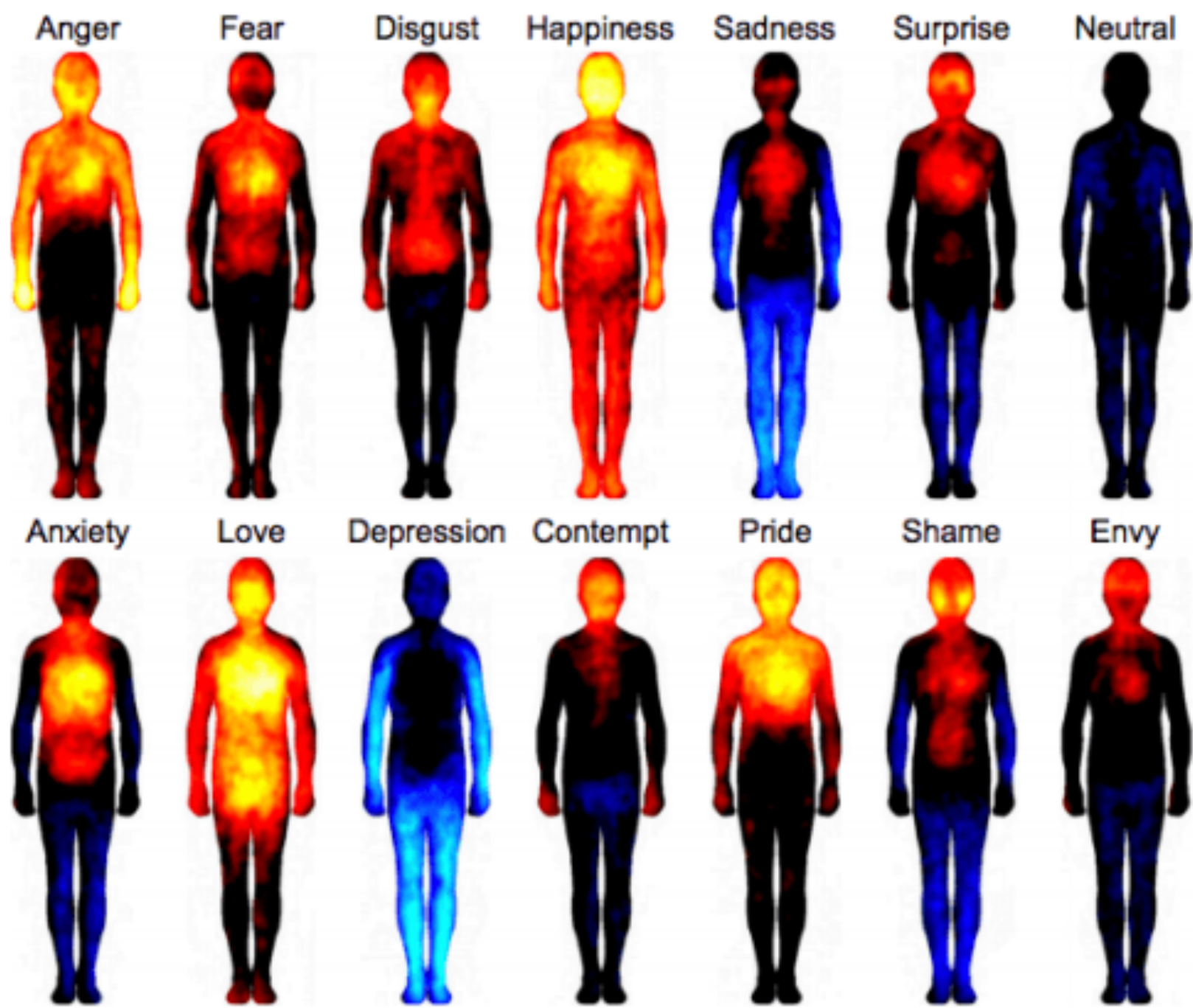
Dr. Albert Mehrabian's 7-38-55% Rule

Elements of Personal Communication

- 7% spoken words
- 38% voice, tone
- 55% body language



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STAY ON YOUR



TOES

Beliefs and the Body

- State management is a function of two things
 1. Our inner pictures, feelings, sounds and self talk
 2. Our physiology - bodily posture, muscle tension, breathing and movement
- Different states take us into different mindsets, beliefs and expectations



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Betty Erickson's Self Hypnosis

- Sit comfortably in pairs, eyes open
- **Explorer**
 - Name aloud 3 things you can see “I can see ...”
 - Name aloud 3 things you can hear “I can hear...”
 - Name aloud 3 things you can feel “ I can feel...”
 - Repeat the sequence with 2 things you can see, 2 things you can hear, 2 things you can feel.
 - Then 1 thing you can see, one thing you can hear, one thing you can feel.
- Enjoy the altered state that follows. Take a moment. The guide may want to ask “... *and how are you now?*”
- Swap over so that you both experience being guide and explorer.



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Opening to Possibility

“We cannot solve our problems with the same level of thinking that created them”

Albert Einstein



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The Heart and Intuition

- “The physical heart is the transmitter station of spirit...Mental intelligence is to analysis as heart intelligence is to intuition.”
- “Intuition is a type or bandwidth of intelligence central to the design of the human being”

Jo Jaworski, quoting Bruce Childre in ‘*Source*’



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The Heart as Resonator

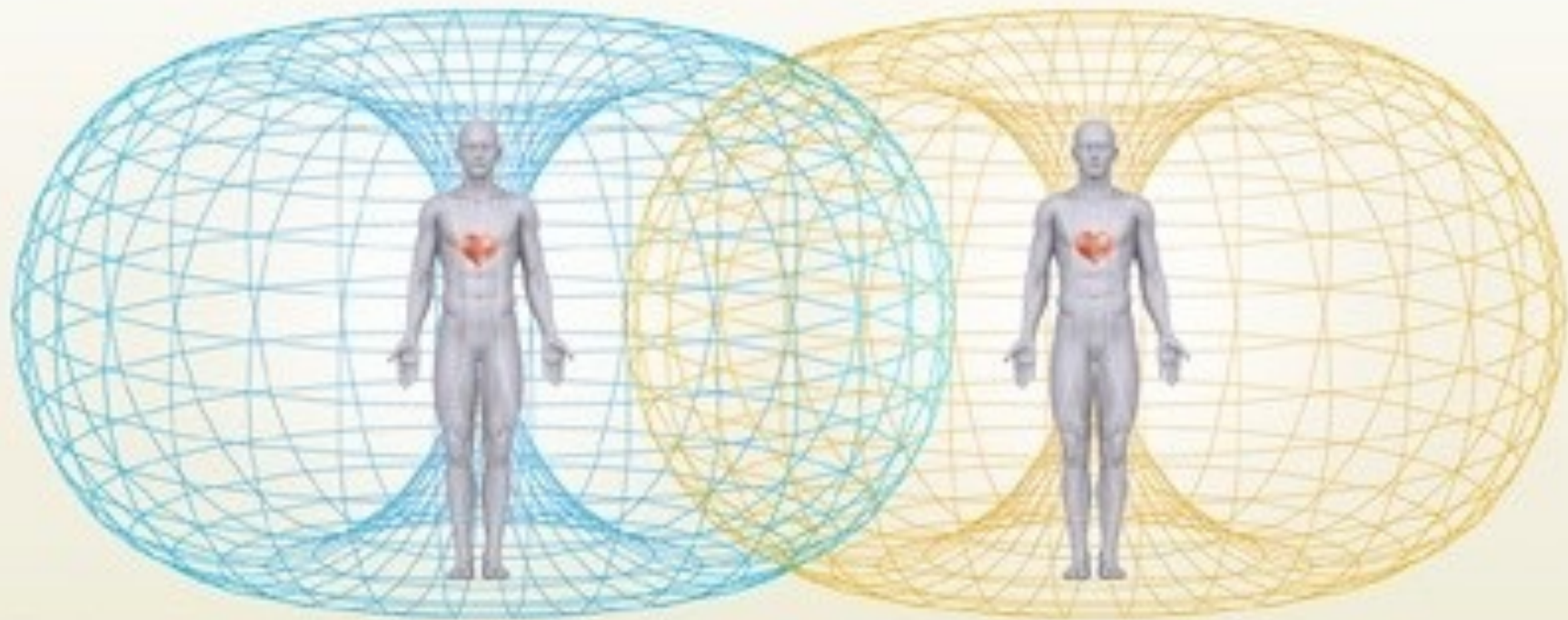
- We use our hearts as the resonator of Self, and this is an ongoing practice that has profound implications.
- Why do we do this? To experience the Being, and to open to emergent intelligence
- Our heart is feeling: ‘who is this person most essentially?’ and feeling for what is emergent, which often shows up as an intuition, possibly expressed symbolically.



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Electromagnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.





Intuitive Leadership

‘Intuition is the creative advance towards reality’

Roberto Assagioli - *Psychosynthesis*

“True leadership is the art of working with emerging field so bring forth new realities”

Jo Jaworski - *Source*

Emergent Intelligence and Source

- “There is a creative Source of infinite potential enfolded in the universe. Connection to this Source leads to the emergence of new realities - discovery, creation, renewal and transformation. We are partners in the unfolding of the universe...by choosing to follow a disciplined path to self-realisation and love, the most powerful energy in the universe.” Joseph Jaworski
- “Don’t just do something - sit there!” Stephen Gilligan
- Actually.....Be there.....open to the Being of the other and the More Than.



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Conclusion for Coaching Practice

- A paradigm shift - Source and emergent intelligence
- The heart is the vehicle that intuits emergent intelligence that is tapped into Source
- The body and the spirit share a symbolic language our mind can decode - so keep coming back to the body and to the senses
- Presupposes that the practitioner can be with their awareness of their own body - not easy for some of us, As practitioners can we be with our own bodies?
- Heart is a deep skill or muscle that can be developed
- Curiosity, kindness..... relax!



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Stay in Touch!

- A Day for Practitioners: Equine Guided Learning & Psychosynthesis
16th March 2019, Northamptonshire
- equilibrium@harriethanmer.com
- equilibrium@lairagold.com
- www.equilibrium-partners.com/coaching-calendar

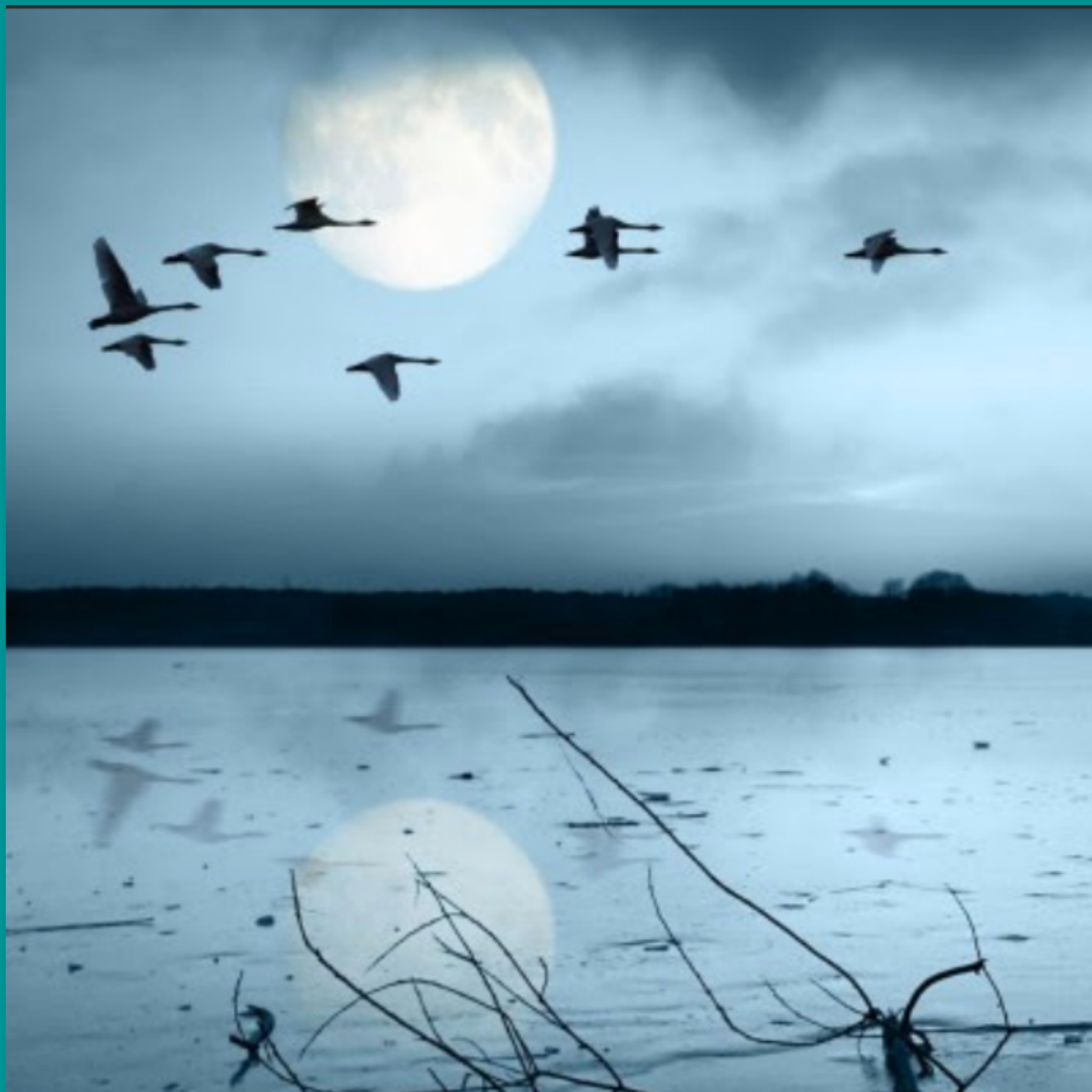


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The World Needs This



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Thank You
for attending and participating

Further reading/viewing

- Roberto Assagioli - *Psychosynthesis*
- Jarleth Benson - *Working more Creatively with Groups*
- www.bodyhappy.com - *Embodiment Matters* podcast
- Amy Cuddy - *Your Body Language May Shape Who You Are* - <https://www.youtube.com/watch?v=Ks-Mh1QhMc>
- Pamela Gawler-Wright, Beeleaf Training Institute and the Community of Contemporary Psychotherapists - *Betty Erickson Self Hypnosis, Beliefs and our States*
- Stephen Gilligan - *Self-Hypnosis, The Courage to Love*
- www.heartmath.org - *The Electro-Magnetic Field of the Heart*
- <https://www.youtube.com/watch?v=QdneZ4fIIHE> - Institute of Heartmath - *The Heart's Intuitive Intelligence: A path to personal, social and global coherence*
- Jo Jaworski - *Source*
- Linda Kohanov - *The Tao of Equus*
- Paul MacLean - *The Triune Brain*
- *TEDxSantaCruz: Howard Martin - Engaging The Intelligence of the Heart*
- Dr. Albert Mehrabian - *Silent Messages Research* Jaak Panskepp - *Affective Neuroscience, The Foundations of Human and Animal Emotions*
- Iain McGilchrist, *The Master and His Emissary: The Divided Brain and the Making of the Western World*
- Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari K. Hietanen <http://www.pnas.org/content/early/2013/12/26/1321664111> - *Bodily maps of emotions*
- Dan Siegel - *Mindsight*
- Leigh Shambo - *The Listening Heart*