



Amanda Moore: An Embodied Painting Process to Unpack Somatic Wisdom and Generate Personal Insight



Amanda Moore describes herself as an insanely passionate, creative woman. She loves working with people in her capacity as a Transformative Coach and Facilitator. She is a painter, performer and Latin-American dance practitioner. Amanda is trained in Clean Language, Transformative Coaching, Neuro Coaching and Applied Communication. In this session, you are invited to access new insights, wisdom and tools with the help of embodied painting.

TOP EMBODIMENT TIP: Allow yourself to be moved, to respond to the art that you make, to the art of the world. Deeply listen to yourself. Acknowledge your uniqueness, the experience of your one life and see the painting of your soul.

Approaches: **The Spirit of Playfulness: Dance Between Your Imagination and Your Embodied Experience.**

- Have a lens of self coaching (guiding our own growth and development).
- Story of Rothko: He was painting his mood, sensations and the embodied kinesthetic information that was alive in his body.

The Embodied Painting Process:

- Based on the work of Stuart Cuddy. Focus is on the process and on noticing experiences in your body as you create the painting, not on the end result.
- Pointing at and focusing on the kinesthetic experience enables facilitators in choosing language that is non activating or re-traumatizing.
- Coaching and therapy can be *heady*. Embodied painting means moving away from the *talking head* and having a visceral experience where you can express the yearning and the song of your heart.
- Through regular inquiry one can **notice patterns or motifs that re-emerge** and witness the transformation as it happens.

Creating Sensorial Experiences:

- When conducting gatherings, bring intentionality in creating sensorial experiences that invite people to engage with the materials. **Create a sense of abundance that inspires childlike awe.**
- Awaken curiosity: “*How does the brush want to move today?*”, “*Tell me about the triangle.*”
- By working with our senses and embodying the experience inside of us, we get to dance and move with the rhythm, the vibrations on paper and expand the richness of our experiences.

Resources

Website: amandamoore.co.nz

References: RSA animation, [McGilchrist](#)



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Amanda Moore



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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