



**Claire Wild: Beyond Thinking, Embodied Solutions for Busy People**



Claire Wild is a holistic transformational coach, teacher, somatic movement facilitator and Shiatsu practitioner. Come discover how to live the questions instead of asking why. Explore listening to your body.

**TOP EMBODIMENT TIP:** Be connected to yourself, to others and to what is.

Exercise: **Just Notice.**

- Just notice - notice what's around you, how you are and what you need.
- Listen to what shows up and respond to sensation; let your body lead.
- Bring your attention and presence to the moment to experience what is unfolding.
- It's easy to learn from the body when we listen to the body.
- We are already embodied and it's making what's embodied conscious.
- Our body holds a great deal of information if only we bring presence and we listen.
- Apply unapologetic attention and love to what is; use playful curiosity.

The Cognitive Mind: **Presence, Embodiment and Practice.**

- When you are noticing with your analytical mind there is a lot of thinking and chatter.
- This is very conceptual and full of thinking. There can be a focus on the past, future or criticism.
- There is a busyness to the amount of thinking.

Notice Exercise: **Think About a Challenge and Notice.**

- Pay attention and notice sensations to see what shows up.
- Notice the movement of the sensations; it's in the movement where you can understand more.
- Be curious and fiercely open.

The Six Intelligences: **Tap in and Grow Ease, Balance and Resilience.**

- **Somatic Mind** - the physical sensations.
- **Emotional Mind** - emotions, feelings and moods.
- **Energetic Mind** - the pattern of energy.
- **Spiritual Mind** - what is larger.
- **Relational Mind** - the connection to others.

Elephant Hugging: **Fierce Love and Curiosity.**

- Say hi and welcome the Elephant.
- Listen, trust and respond.

Resources:

- ❖ **Website:** [Integrally Alive](https://www.integrallyalive.com)



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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. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](https://uzazu.org) for details!

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