



**Nick Pole and Margot Rossi: Bringing the Body into Conversation**



Nick Pole has over 25 years experience as a Shiatsu therapist and teacher and has studied Seiki, NLP, Clean Language and Mindfulness-Based Cognitive Therapy. Margot Rossi is an acupuncturist, Asian medicine practitioner, and movement instructor with 30 years of experience. Explore the kind of language that supports clients in sensing their own embodiment.

**TOP EMBODIMENT TIP:** Nick: If you want the left and right brain to start communicating better - sing!  
Margot: Love thyself as you would thy neighbor.

**Safety and the Light of Awareness: Using the metaphor of the body as an ocean.**

- You can see a certain distance down into the depths. But deeper down, it becomes mysterious and hidden.
- Leading the light of our attention safely into these depths is supported by the quality of the listening and the kind of language that is used. When our body feels safe, bubbles of understanding come up in the form of metaphors.

**Why Metaphor? Bridging the left and right brain.**

- Left hemisphere: verbal mind that names and categorises. Has trouble recognising anything it can't name.
- Right side of the brain is sensitive to non-verbal embodied information but doesn't have words to describe it.
- The right brain must offer that embodied information to the left brain to find the words, through metaphor.

**Body-Friendly Language: When an authority figure uses language that isn't body friendly, we close up and contract.**

- Directive and instructional, whether strong and direct, or softer and more invitational.
- Allows the client to have a choice. Giving them agency. It is truly informed consent.
- Accepts what's here without judging, but with curiosity.

**Clean Language: A form of inquiry that allows the client to be the authority and to feel empowered.**

- Works with words of the client and filters the practitioner's biases.
- Creates a bridge between mind and body, left and right brain (through client-elicited metaphors).
- Helps the client connect with their resources, potential and possibilities.
- Polyvagal theory: The way we interact with clients through language and facial expression is connected to our body through the vagus nerve. Therefore, we need to come from a very centered embodied place within ourselves.

**Resources**

- ❖ **Books:** [‘Words That Touch’, Nick Pole](#) . [‘To Be Like Water’, Margot Rossi \(upcoming, 2021\)](#).
- ❖ **Website:** [nickpole.com](http://nickpole.com); [margotrossi.com](http://margotrossi.com);
- ❖ **References:** [Iain McGilchrist](#), [David Grove, developer of clean language](#). [www.qiological.com](http://www.qiological.com)



## Nick Pole





## Margot Rossi





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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!