



Joseph Riggio: Cybernetic Coaching: Metaphors of Audacious Embodiment and Profound Transformation



Dr Joseph Riggio is the Architect and Designer of the MythoSelf Process, SomaSemantics and a Master Coach and Mentor working with clients for over thirty years internationally. Come discover how to operate at your best and how that impacts everything.

TOP EMBODIMENT TIP: Take the time to know how to come to your center and operate from your perfect state by discovery and practicing your gesture of being.

Starting Point: Operate from your Center and Perceive from your Perfect State

- Operating from your Perfect State brings you into a singularity and whole form (Mind/Body singularity).
- The metaphor is a recursive loop: Your state of being impacts all that you perceive, your meaning-making, your decisions and the action you take.
- What makes this embodied understanding audacious is that this is a purely ontological model.
- Everyone is showing how they are experiencing the world in their own unique and aesthetic way.

Cybernetic Loop: I.e. A Thermostat -- the Loop of Information from the Environment Influences the Thermostat.

- A suggestion is take action when you don't know what to do to start the feedback loop.
- The action we take is behaviors; everything we do is behavior so we want to impact the behavior from the state we are operating from; Behaviors create evidence in our systems and they change us by having us adopt beliefs.
- The filter we have in us shapes our perception; these filters can be changed to be made more useful.
- It doesn't matter what's true in the world; It's what you perceive that is reality. Therefore, we want to shape our perception in a way that's useful to create the reality we want.
- Your beliefs shape your filters which shape the world; the filters are before the world and can be changed by your state of being. The filters are how you expect things to be and how you don't expect other things to be.
- For the Sympathetic Nervous System the purpose is to get out of the danger or threat.
- For the Parasympathetic Nervous System the purpose is to relax and enjoy what is or the environment.
 - The key is building a switch to the parasympathetic nervous system.
 - Having this switch builds a greater capacity to deal with stress as information and for things to turn out well.

Neurological System: It's a Neuro-Chemical System or Cocktail

- *Good Brain Juice:* This refers to the excitatory state where we are open to new data, processing them and making good decisions (If you are in the Good Brain juice then you evoke others to access their version!)
- *Bad Brain Juice:* This refers to the Inhibitory state where you stop and don't allow new information and all you want to do is get away from the danger.

Ladder of Perception: Perception, Sense-Making, Decision & Action

- The key question to answer is what do you want and why?
- You can't work towards the outcome. The best way is to work from the outcome.
- You are able to access your state of perfection when you think about how you are when you are at your best; Notice the gestures that follow, the movement and how you are being.

Resources

- ❖ **Website:** josephriggio.com



Joseph Riggio





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