



**Jamie Catto:** Embodied Shadows: An internal journey to harvest and transform an unruly inner 'character' or dysfunctional pattern



Jamie Catto is a Creative catalyst, musician, mischief maker and author of *Insanely Gifted*. Explore how to relate to your shadows in a constructive and healing way.

**TOP EMBODIMENT TIP:** Practice Full body listening, constantly turning inward, allowing yourself its expression and making your feelings welcome.

The Truth: **All Of Us Are Crazy**

- The crazy voices in our head can be seen as benefits instead of a problem.

Full Body Listening: **It's Important To Know How We're Feeling...**

- In order to really look after ourselves
- And in order to be able to be safely intimate with others
- We're often so externally focussed that we lose track of how we feel on the inside
- Full Body Listening is the term Jamie uses for the practice of becoming aware of our inner feelings

The Monkey Mind: **There Is Actually A Whole Committee Of Monkeys In There**

- They compete with each other
- They have different ways of getting our attention.
- If we only had one monkey mind, we might stand a chance of staying sane.
- But with Full Body Listening, we can stand next to all that chatter and take action from a more conscious place.

Guided Practice: **Learn To Relate To Your Shadow In A Healthier, More Constructive Way**

- Choose a repetitive dysfunctional pattern of behaviour in your life, and follow Jamie's guidance to find a new way of becoming empowered with respect to this aspect of your life.

Resources

- ❖ **Books:** *Insanely Gifted*
- ❖ **Website:** [www.jamiecatto.com](http://www.jamiecatto.com)



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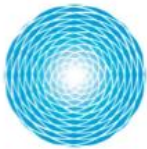
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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