



Michelle Bongiorno: Expand into your FULL Human Potential— DIS-embodiment, a Chasm that Must be Crossed



Michelle Bongiorno is a Changemaker, Speaker, Trainer, and Trauma Specialist supporting people to live their life's purpose and fulfill their destiny. Discover how we become DIS-embodied and how understanding it provides valuable insights in how to reverse the process through simple language and stories.

TOP EMBODIMENT TIP: Grow the skill to notice your body when you've dissociated so you have the ability to embody.

Understanding DISembodiment: Reverse engineer the process to arrive back to the fuller state of embodiment.

- Most of us live in disembodiment regardless of our awareness.
- Fear and distress start very young through simple, everyday unpleasant experiences.
- Adverse experiences, or not being allowed to express ourselves, moves us into strong emotions (anger, confusion, despair) and into not knowing what we are here to do or the directions to take.
- When our nervous system and other parts of our physiology are overwhelmed by our strong emotional responses to daily life, we protect ourselves with coping mechanisms, shrink to manage feelings, then close down.
- Having one emotion can be a protective response so we don't feel another, more challenging emotion. (sadness vs. anger, fear vs. shame)
- Protective patterns get locked in place and we're left compromised in a mummified, disembodied adaptive state, not fully accessible to ourselves or others.
- We end up with limiting beliefs, brainwave patterns, or attitudes that limit the full expression of who we really are.

How to Reverse the Process: Insights to experience our highest human potential.

- Take the reins, and with our awareness, commit to return to full resonance within every cell of our body.
- When we become embodied with this opening, we come into our physical body.
- We begin to experience life more fully in ways we didn't even realize we were missing.
- Bring change by working skillfully to create an opening, to support getting out of the closed-down state.
- Pause in the moment, feel it, let it come down in your body, and name it.
- If you're feeling strong emotional states, bring that strong emotion and contain it in your body in a different way.
- When we embody our strong emotional states without being overwhelmed, we develop the capacity and ability to use an important component of diminishing the physical symptoms we are experiencing.

Resources

- ❖ **Website:** michellebongiorno.com/embodiment
- ❖ **Social:** Facebook [Michelle Bongiorno](#), email: michelleb@iname.com include subject line "Embodiment Conference"
- ❖ **References:** Dr. Valerie Hunt at University of Southern California, [Thomas Hübl](#)



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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



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

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working

with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

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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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](#) for details!**