



Stephen Gilligan: Generative Somatic Mind



For over 40 years Dr. Gilligan has been writing, practicing therapy, coaching, and teaching all over the world. Considered one of the great hypnotherapists, his work has expanded far beyond his Ericksonian roots. Many different traditions have been integrated into the present Generative Change Work. Come discover what the Generative Somatic Mind brings to your life and coaching.

TOP EMBODIMENT TIP: Keep it simple, drop down, feel the resonance and include everything.

Basic Premises: **Everything is About Creativity; We Are Creating Reality.**

- Creativity is at the heart of all human reality. It is a natural state we always have access to.
- Creativity moves through filters or creative minds - field, somatic, cognitive.
- Problems arise from neuromuscular locks; persistent suffering results.

Three Minds: **Presence, Embodiment & Practice.**

- Field Mind - This mind is accessed through Open Presence.
- Somatic Mind - This mind is accessed through Relational Resonance.
- Cognitive Mind - This mind is enhanced through Positive Sponsorship.

Disconnection: **Neuromuscular Lock - The Underlying Base For All Persistent Suffering.**

- Field Mind - We disconnect from this mind when we get contracted.
- Somatic Mind - We disconnect from this mind when we are reactive in our body/soma.
- Cognitive Mind - We are disconnected from our mind when we are in Negative Sponsorship.

Disconnection is at the Heart of Self-Awareness: **Opportunity for Open Presence and Creativity.**

- Humans are the only species that can leave the present moment and enter a myriad of virtual realities.
- Disconnect allows us to access infinite possibilities.
- The problems are where we have split minds and negative experiences.
- The generative access is through the three minds and being connected and integrated.

Resources:

- ❖ **Books:** *The Hero's Journey: A Voyage of Self Discovery*, Crown House Publishing; Reprint Edition, 2009; *The Classic Therapeutic Trances*, Routledge 2018; *The Courage to Love*, W. W. Norton & Company, 1997; *The Legacy of Erickson*, Zeig, Tucker & Theisen Inc. 2010; *Walking in Two Worlds*, Zeig, Tucker & Theisen Inc. 2004; *Generative Trance: The Experience of Creative Flow*, Crown House Publishing (30 Nov. 2012).
- ❖ **Courses:** [Coaching Workshops and Certifications.](#)
- ❖ **Website:** [Stephen Gilligan, Ph.D.](#)
- ❖ **Social:** [LinkedIn: Stephen Gilligan](#); [Facebook: Stephen Gilligan](#); [YouTube: Steve Gilligan.](#)



Stephen Gilligan





All Coaching & Therapy Presentations are Proudly Sponsored by

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.

UZAZU
Embodied Intelligence

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!**