



Daniel Moore: How to Move Safely, Soulfully, and Scientifically When the Body Has Persistent Pain



Daniel Moore is a Structural Osteopath and coach with qualifications in acupuncture, homoeopathy, coaching, NLP, pain management, applied communications, and more. His work helps people address health challenges caused by anxiety, burnout, and chronic pain using an approach based on a union of science and creativity. Explore movement using restorative rhythms, kinesthetic kindness, and functional flow.

TOP EMBODIMENT TIP: Motion is lotion and the essential ingredients are self-compassion, self-awareness and courage.

Fear and Danger:

- Daniel cites the shocked and horrified response of the Parisian cinema audience to the images of an onscreen train rushing towards them in Cinema Lumiere's first ever screening of a film. This was a fear response when no actual danger was there.
- Fear can be a real sensation even when the (physical) danger is not actually present.
- We need to be able to **remove the unhelpful fear of the non-present danger** by implementing small adjustments which lead to big improvements over time.

Motion Lotion:

- Scientific research is catching up with what embodiment practitioners know - **movement helps those in pain.**
- If motion is lotion, the ingredients that go into 'motion lotion' are essential.
- Some of these essential ingredients that make movements safe are: self-awareness, compassion, courage, honoring our pain and self-leadership.
- One of the key ingredients is a compassionate, gentle self-love.
- **Our protective mechanisms are loyal to us** even when the threat is past, as they want to keep us safe. Learn to love the intention of this 'honorable' pain and be able to stand it down by doing gentle movement.

The Primary Purposes of the Body are Organic and Soulful:

- The basic human functions of the hands, neck, legs, and spine and the feeling states involved enable flexibility and the ability to go where we need to go, to orient, and to feed ourselves. Daniel proposes 'motion lotion' exercises with these needs at the forefront.

Resources:

- ❖ **Website:** <https://www.themanlyosteopath.co.nz/>



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 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!**

UZAZU
Embodied Intelligence

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)