



Adam Klein: Internal Navigation: Finding Our Way Using Heart, Mind and Body Intelligence



Adam Klein is an Integral Coach and managing partner at the Integral Coach Training School at New Ventures West. This is an experiential session where you can discover ways to transform your life through body and heart exercises.

**TOP EMBODIMENT TIP:** Continue to practice silence and stillness inside so the heart feels safe to open up.

How We Navigate Uncertainty Without a Plan: **It's not about the what, or the how, but about who I am.**

- Usually when faced with uncertainty and decision making we make a plan of what to do, and may consider how we do it, but rarely go to the heart of who we are and what we really want.
- By using the body, (vitality and grounding) then heart (wholeness and feeling) and finally the mind intelligence (clear seeing), we can discover who we are as the starting point for our journey.

The Body Intelligence Center: **Become aware of our familiar patterns and cultivate dynamism.**

- The body is a source of grounding and vitality, being in the present moment and it is a living memory of our history.
- We need to develop our awareness of how we cultivate our body and become aware of our established patterns and shapes (impacted by our life experience and circumstances) and explore how we can work through these.
- Reflect on what your current shape is, what that might explain in your life and how you can cultivate a body that is dynamic, responsive and flexible, rather than stuck in old, familiar patterns.

Heart Intelligence Center: **How we hear the whispering of the heart and where it wants to go in the world.**

- This is our feeling center, providing us with the capacity to experience/'see' wholeness. It's also where we can feel both calm and uncertain and all is allowed so that we don't fragment ourselves and move out of the heart center. At the back of the heart is our connection to all living things, linking to the greater web of life.
- To gain an awareness of ourselves and others and find our expression of our unique wholeness, we need to listen, in silence, to what the heart has to tell us. ***"The longer we sit with the heart in stillness and silence, the more it will speak."***

Mind Intelligence Center: **The mind needs to be in service to the body and heart, to allow what is possible.**

- Bring the body and the heart online first before the mind. As we let the mind go, it expands and a conversational state between the internal and external senses arises.
- By trusting the process, what needs to unfold will unfold.

Resources:

- ❖ **Courses:** [newventureswest.com/programs/](https://newventureswest.com/programs/)
- ❖ **Website:** [newventureswest.com](https://newventureswest.com)
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