



Cheda Mikic: Involuntary Movements, Emotions and Wellness



Cheda Mikic is a Practitioner in Naturopathy, Biodynamic Craniosacral Therapy and TRE® based in Italy. His personalised treatments combine naturopathy, nutrition, emotional awareness, and trauma work through specific body movements, to support clients in aligning to their authentic self expression. Learn the science behind the links between our involuntary movements and emotions, well-being and being an authentic expression of yourself.

TOP EMBODIMENT TIP: Embody all of your emotions and involuntary movements. Treat your body incredibly kindly.

Involuntary Movements: **Involuntary movements are fundamental to who and how we are.**

- Involuntary Movements are rhythmic pulsatory vibrations that are formative to our body and experience.
- Motor cortex (movement) grows out of your sensory cortex (rational brain), limbic system (emotional brain), brain stem (instinctual brain).
- Fetal Twitching In-utero demonstrates that involuntary movement is at the base of the development of the nervous system and all other body systems.
- Awareness and embodiment of these movements provides a direct and immediate re-connection with our most intelligent and authentic expression of who we are.

Emotions, the Brain and the Body: **Emotions are not separate from the Body.**

- Emotions are based in the body. Feelings change the chemistry of every cell in your body.
- Research shows different Bodily Maps for different emotions consistent across Eastern and Western cultures.
- Embracing all our emotions and integrating their effects in our body without judgement is the process of deep reconnection with one's self and with life.

Movement Inquiry: **Practice observing involuntary movements and emotions to integrate them.**

- Practice simple and gentle movements while being curious, non-judgmental and noticing what you are feeling physically, notice any involuntary tremors, what emotions are coming up, if any.
- Allow significant time to rest and integrate your observations.

Resources

- ❖ **Website:** <https://chedamikic.com/>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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