



**Maud Raber: Moving Through Stress and Overwhelm by Embracing Reality: A Somatic Practice Of The Work by Byron Katie**



Explore The Work of Byron Katie with French executive coach, international trainer and mentor of embodiment professionals Maud Raber. She is an executive Integral Coach, a Senior Leadership Embodiment Teacher, Senior Being in Movement Somatic Education Facilitator, Certified Embodied Facilitator, Certified Systemic Constellations Facilitator and practitioner of Integral Zen. She is also trained in the Alexander Technique, focusing and embodied Nonviolent Communication.

**TOP EMBODIMENT TIP:** Getting out of our own way allows us to step into fuller leadership impact.

Explore the sources of suffering and stress: **The Stories We Create In Relation To Reality**

- Current crises challenge our constructs about our resilience and our capacities.
- A powerful tool to rewire how we engage with reality, these practices help us to get out of our own way.

Doing The Work With Our Beliefs: **Exploring The Way Our Beliefs Are Embodied**

- Getting out of our own way allows us to step into fuller leadership impact.
- Identify a real life situation, something “still fresh, that has juice in it” in which you experience stress.
- Identify one thing that you hold as true in regard to that situation about yourself or another.
- How are you, in your whole person, when you hold this to be true? (An embodied shape or movement.)
- Sense into it: are you going forward, back, more up or down? Narrow or broad? Shrinking in or pushing out?
- Make the motion 50% bigger, the body learns through contrast and exaggeration.
- State aloud, the one sentence version of your belief, while in this position, within the body shape.
- Stating things aloud brings them out of you and makes them real in a way that gives you feedback.

Somatic Inquiry and somatic markers: **Harvesting The Body’s Wisdom As We Hold A Belief, And Move**

- Explore a number of poses, archetypal shapes that we go into so we can take on a kind of embodied quality.
- Brings a way of being into your inquiry to support your discovery: Is it true? (Yes or No.)
- Repeat the belief in these positions - When you believe this, what is challenging for you? What can’t you stand?
- Make a note of whatever comes up, you don't have to be nice or kind or polite
- What is one way in which you would like to change yourself/ someone else, or never experience again?
- Name the overall experience of being in the world in one word, one metaphor - the body can be a verb.
- The embodied belief that you are holding you, the world around you, and how you perceive it.
- You construct reality in how you are as a body mind; what is the felt sense?
- Let your body guide you to do the opposite of what you're doing; thoughts or emotions may come up.
- What might become possible to you, in and from this way of being? In one word or metaphor?

❖ **Website:** [www.https://the.work.com/](http://www.https://the.work.com/); <https://embodied-potential.com/tec20/>



## Maud Raber





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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