



Alan Fogel: Restorative States for Peace, Contentment and Connection



Learn how to facilitate a shift toward restorative states of presence through the 3 different states of embodied self-awareness and bring about a lasting sense of peace, contentment, and connection. Alan Fogel, PhD, LMT is a professor of Psychology Emeritus at the University of Utah (USA) and Rosen Method Bodywork Practitioner and senior teacher. He is also the founding editor of the Rosen Method International Journal.

TOP EMBODIMENT TIP: Provide yourself with forgiveness, patience, and space for restorative states to arrive

What is Embodied Self Awareness?

- **Forms of Felt Experience:** Interoceptive, proprioceptive, autonomic, and emotional feelings.
- **Forms of Thinking:** Task-oriented and off-task thinking.

3 States of Embodied Self Awareness: *Combining both Thinking and Felt Experiences*

1. **Dysregulated Embodied Self-Awareness:** Worry, doubt, rumination and uncontrolled felt experience.
 - Sleep difficulties, chronic pain and fatigue, tumors and cancers, gastrointestinal distress, etc.
 - High or low autonomic activity: High or low arousal.
2. **Modulated Embodied Self-Awareness:** Emotional intelligence, focused, productive thinking, mindfulness.
 - General sense of well-being and resiliency.
 - Moderate sympathetic arousal and flow states of higher sympathetic arousal involving creativity, achievement at work and physical movement using athletics, dance, yoga or music, etc.
3. **Restorative Embodied Self-Awareness:** Access to all felt experiences leading to feelings of peace, deep connection, relief, presence, absence of focusing, logical or self-related thinking or doing.
 - Possibility of whole body healing from illness and trauma.
 - Parasympathetic activation: deep sense of rest, peace, gratitude, acceptance, relaxation.

Moving Towards Restoration:

- Can you find a way to **simply accept that you are not there yet?** Find a way to forgive yourself as this is a normal part of life.
- Give yourself **space, compassion, and forgiveness** on your way to restoration.
- Have patience, it may take a long time to get there.

Resources

- ❖ **Books:** [Body Sense](#); *Restorative Embodiment and Resilience* - Coming Fall 2021
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