



Amber Elizabeth Gray : The Inner Wisdom Pathway to Empowerment

A Little Science and Movement to Discover The Power of Interoception



Amber is a human rights psychotherapist, animal rights activist and dance movement therapist/teacher who integrates Polyvagal Theory innovatively with inner sensing, restorative dance and movement therapies. Explore the body with a neuroceptive, micro-empowerment practice; the heart of polyvagal and restorative movement therapy for empowerment.

TOP EMBODIMENT TIP: Become the predictability: Listen to our bodies to enhance our ability to 'trust our gut' to become predictable, calm and energised to take our rightful place in the world and express safety to others.

Are you Comfortable? We have patterns in how we sit, walk, move...do we need to adjust to be more comfortable?

- Notice your body's internal cues and your external cues. Are you comfortable in your chair, your room? Observe and honour your body's cues for more comfort. Do you need to adjust your butt muscle or take a deeper or more shallow breath? Breathe and notice the interoceptive cues within your body.
- When the belly is soft, your mind is at ease and your heart is fluid. Shifting to more comfort helps repair our faulty neuroceptive system to perceive true safety.

Empowerment: Listening to ourselves, taking notice of ourselves is essential for self agency.

- Movement accesses the nervous system which then 'talks' to us and guides us. Dance movement therapy provides ceremony for grieving, for restoration and is an opportunity to come home to our body. Human rights abuses are an intentional oppression of our natural rhythm. When the world is uncertain and unpredictable, being embodied can be challenging.

Inner Sensing: An interoceptive practice for noticing the physical sensations of your body.

- Interoception is the ability to feel everything under the skin.
- Dance movement with interoception can be scary for many survivors of trauma. Micro-movements can be helpful and sensitive to human shutdown/dissociated states when working with trauma. A small movement is the start of empowerment for many who have suffered trauma.

Dance: Dance movement therapy is a small stream of dance in a whole river of world dance.

- Dance movement therapy is a Western conceptualisation of what healing dance has always been known to do worldwide. Amber describes grounded theory work in over 40 countries looking at restoration and healing through dance following trauma. Expressive dance therapy can take slow movements to overcome trauma to openness.

Resources

- ❖ **Website:** <https://ambergray.com/> Find Courses & Trainings Here!
- ❖ **Social:** [IG: @restorativeveresources](#); [Facebook: AmberGrayMovementTherapies](#); [Twitter: AELGray](#)
- ❖ **References:** Modern dancers working with psychiatrists after WW11, Marion Chace; Polyvagal-informed Movement Therapies; Restorative Movement Therapy; Stephen Borges; Bessel van der Kolk.



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Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



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