



Shirin Nikpay: SENSEIGHT: Our Inner Martial Artist



Shirin Nikpay is a healing artist with an academic background in psychology and medical anthropology. She brings together 25 years of knowledge and experience encompassing Gestalt Therapy, osteopathy, Somatic Experiencing, Rebalancing deep tissue massage, visionary craniosacral bodywork and body oriented trauma therapy and Senseight training. Explore Your 8th Sense of Awareness: Interoception and possibilities of training it to become your own “inner martial artist”.

TOP EMBODIMENT TIP: ***Your Body Loves You.** (It really does everything for You to have a great time, grow, heal and regenerate) **Listen to it and Love it Back.***

Listening To The Body: **Your body constantly communicates what it needs and often speaks louder through pain, illness or injury.**

- Soma Therapy approach: listening to your body and following its ease of movement and subtle impulses supporting your body's flow and self healing.
- Clients often do not have the language/vocabulary to articulate their bodily experiences.
- People can be angry at and judgemental about their pain rather than seeing the symptoms as a warning sign to prevent further damage.
- Senseight aims for health restoration and prevention - Can be practiced at home with a partner and in small groups.

The Eight Senses

1. Visual (eye) 2. Auditory (ear) 3. Smell (olfactory system) 4. Taste (tongue) 5. Tactile (skin) 6. Vestibular (balance, organ in inner ear) 7. Proprioception (joints/muscles) 8. Interoception (body awareness/visceral organs).

Our Eighth Sense allows us to **Create resonance and regulation with ourselves, others and our environment.**

- Perceive inner world of sensations and emotions.
- Act on our basic survival needs (eat, drink, rest etc).
- Mobilise the body to maintain and regain health (feeling cold, I'm shivering, I need to get a jacket).
- Engage emotional and social needs. Notice and negotiate boundaries.

SOMA Method: The Foundations for Senseight

- S Sensation: Differentiated perception of signals coming from outside and inside the body.
- O Observation: Non-judgemental witness of resulting energetic dynamics and barriers (e.g. judgements).
- M Meaning: Interpretation of experiences (based on memories, beliefs, etc).
- A Activation: Of the nervous system (emotions, thoughts, impulses, instincts, ritual etc.).

Resources:

- ❖ **Website:** solville.org
- ❖ **FaceBook:** [Shirin Nikpay](https://www.facebook.com/ShirinNikpay)



❖ References: [Kelly Mahler](#)

Shirin Nikpay





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