



Charlie Badenhop: Tap into the Body's Language of Emotion - And Release PTSD, Anxiety, and Addiction



Charlie Badenhop lived in Japan for 30 years where he became a fourth grade black belt in Aikido. He is a certified trainer in Ericksonian Hypnosis and Neuro-Linguistic Programming, trained under Judith Delozier. Find out how Seishindo MindBody Medicine can transform your “freeze” state into deep relaxation and self-confidence.

TOP EMBODIMENT TIP: “We do a lot of unnecessary things that wind up tightening the intrinsic muscles in the body.”

Awareness: The Non-verbal Relationship

- What is the space, or field I bring with me to be around other people? **We are all reading energy.** If there is force coming my way, I can step aside; I don't have to stand in the way.
- Most of the time we are not aware of our internal monologue. **Unconscious imagery is affecting us the same way as unconscious thoughts.** Our unconscious mind can be turned into a conscious mind very quickly just by paying attention.

Intrinsic Muscles and Reframing: Restraining Our Breathing Affects the Intrinsic Muscles

- The intrinsic muscles are small muscles that help organize your torso.
- When you think about positive beliefs that already happened, you can feel your muscles relaxing.
- You can discover how to **reframe your mind on what you want by micro-movements** (like eye rotations).
- You can learn how to use the stacking technique to create a state change in your mind.
- You can learn how to make the problem bigger, but softer, more malleable.

There is Always Movement in the Body: What is Your Physical Representation of How You Feel Right Now?

- Our body already knows what it wants to tell, we just need to listen and express it.
- Once you've done all the practices, you can start doing the work that you've been wanting to do.
- The body feels more empowered when moving first with the eyes.

Resources:

- ❖ **Website:** seishindo.org/
- ❖ **References:** judithdelozier.com/



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](https://uzazu.org) for details!

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