



**Judith DeLozier:** Explore Somatic Syntax- And You Will  
Better Understand and Benefit From The Language of Your Body



Judith DeLozier has been a trainer, co-developer, and designer of training programs in the field of Neuro-Linguistic Programming (NLP) since 1975. Discover the role that the body plays in our nonverbal communication and how that can be the key to understanding our everyday reactions, emotional world, and the journey of the body through life.

**TOP EMBODIMENT TIP:** The body is just becoming. It's a living system interacting with other living systems.

The Grammar of The Body: **Somatic Syntax**

- The body doesn't speak English. As mammals we all have a way of understanding our shared somatic language.
- The Kinesthetic Representational System from NLP is more than just sensations and feelings.
- The body has the ability to learn, remember, and code and decode information. It is a fully developed living system.

States of Being: **Exploration of Personal Movements**

- In everyday verbal communication, the body is speaking too (i.e. what are your hands doing?).
- When talking about stabilized states of being (i.e. centered), what does your body do? Alternatively, what motions do you make when speaking about a destabilized state? Find the edge between the two, and find some equilibrium.

The Wisdom of the Body: **Creativity**

- Creativity is connecting to the unconscious, to the memories that dwell in the body.
- Drop into the body, there is a whole other conversation happening there.
- By focusing on multiple conversations going on in our bodies (cognitive, heart, gut, etc.) we can learn to align them.

Essence Identity: **The Body Says, "Who Am I Becoming?"**

- "I know who I am through my relationship to others" - a mom, a colleague. This is your role identity. Peel it away and you are just essence, which is the body's experience.
- The mind says, "Who am I?" The body says, "Who am I becoming?" Somatic intelligence doesn't care who you are.
- The body is a living system interacting with other living systems.

Resources

- ❖ **Books:** *The Encyclopedia of Systemic Neuro-Linguistic Programming and NLP New Coding*, by Robert B. Dilts and by Judith A. DeLozier
- ❖ **Website:** [www.judithdelozier.com](http://www.judithdelozier.com)



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