



Dylan Newcomb: Embodying the Four Core States that Catalyze Sustainable Transformation



Dylan Newcomb is the founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher. He shares a very useful framework to help perceive the balances between self and other, action and sensory. He gives some tips on how to assist in moving towards more balance.

TOP EMBODIMENT TIP:

Notice more! Where are your comfortable edges and how do you feel in each state?

Intelligence: **Cognitive or embodied intelligence**

- What is Intelligence? Simply put, **intelligence is an organism's capacity to sense and respond meaningfully to the internal and external environment**, and to come up with a meaningful purposeful and beneficial response in service to self and our world. We don't just respond to all situations with our thoughts or brain neurons, but also have sensory motor responses to our external and internal reality that shape how we respond.

States: **Four states of experiencing reality**

- The four states are orientations of perception and response that have a feel to them and are distinguishable from the other three. They are: **Inner self, outer/other/environment, action focused, and sensory focused**. Obviously these four states can blend with each other and can swiftly shift from one to the other. These four can be experienced through posture. **Inner sensing** is polarized to sensing what is outside of ourselves, and **action effort** is the opposite of sensing receptivity. They can certainly be present with each other at the same time, weighted differently depending on the manner of focus.

Balance: **Stronger and weaker responsive states**

- There are implications of being stronger in one state and neglect other states. If one is more receptive rather than active, does this affect one's ability to self advocate? Conversely, if one is more self centered, how does that affect community relations? In moving between these two axes, we can feel where we gravitate more.

Learning Cycle: **Perception, action, response, listen...**

- Also called the **Temporal Flow Cycle**. I sense something, I then act on it, I share my senses, and I listen for impact. Looking at this flow as coming from inner experience, moving to self actualization, to collaboration, and then connecting, and back to inner experience.

Resources

- ❖ **Website:** [UZAZU Embodied Intelligence](https://www.uzazu.com)
- ❖ **Social:** <https://www.facebook.com/UZAZU>
- ❖ **References:** [David Kolb](https://www.davidkolb.com)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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