



Rob McNamara: The 3 Normed Failures Of Embodiment



Rob McNamara is a Human performance author, advisor, and leadership coach, who is co-founder of Delta Developmental. Explore how our experiences of Self and the world are molded through our image structures and can be greatly expanded through unconventional embodiment and awareness practices, creating a paradigm shift in our inner ecosystem.

TOP EMBODIMENT TIP: Surprise yourself, delight yourself, and break your heart open, by choosing to go on the inside of things that matter most to you.

A Prefigured Embodiment: “The World We Illuminate Implicitly Invokes A Particular Sense Of Self That Meets It”

- To illuminate ourselves as an ecosystem and evoke its images in ourselves.
- We're a vast complex network of radically diverse ecosystems within this one body-mind.

The Split Between Concept & Embodiment: Inhabiting Ourselves Beyond The Body-Mind Construct

- Embodiment without rigorous, good meaning-making structures, won't solve the existential problems that we face.
- To lead in ways that can impact culture, community, businesses, and governance in ways that don't perpetuate this division, we have to imagine and illuminate a world no longer governed by the body-mind split.
- By inhabiting ourselves beyond its usual constructs, we can start to transcend this seeming dichotomy.

The Frame On Embodiment: Radical Acceptance Of Whatever Is Arising

- Inhabitation: Getting to the seat of subjectivity inside whatever it is we're addressing. We need humans who can start to experience the other from the inside-out.
- Move: Form is always in motion. Participate in the activity. Move with what you are, what you're becoming.
- General radical acceptance: A courageous going inward, leads to deeper embodiment layers.
- Overall, it impacts our relationships, our management skills, our leadership skills, and our sense of community, amongst others.

Distortions Around Transcendence And Liberation: Liberation From Narrative, Exiling Of Concept

- We need massive ingenuity in our sensemaking, in our cognitions, and in our theories.
- We need our radical, whole-hearted, embodied intelligences, and we also need yours.
- If we're going to solve big problems that must be addressed, we have got to get way better at how we can embody ourselves -as a collective, participatory community- where we can act as a much more cooperative organism.

Resources



❖ Website: <https://www.deltadevelopmental.com/>

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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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