



Sam Morris: The B.E.A.T.S. Methodology



Sam Morris is the founder of Zen Warrior Training®, an enlightened leadership and embodied wisdom coaching program. Discover how to use the B.E.A.T.S method to connect to the inner beat running through you and the rhythm that connects us all.

TOP EMBODIMENT TIP: Every experience that we have, has a rhythm to it. There is an internal rhythm that is guiding us individually and collectively. Get in rhythm by connecting to the inner beat using the B.E.A.T.S. Methodology: Breath, Energy, Attention, Talent, and Service.

Healing: Healing Begins When We Bring Our Attention Deep Into Every Cell Of Our Body.

- In modern society, we block the connection and awareness of every tissue and cell in our body. Through that disembodiment, we are able to be controlled. Our bodies are able to be used in a purely utilitarian manner.
- Thus, we use the body as a means to an end: going to drive the car, make breakfast, type on a keyboard. The body has been co-opted by an industrialized notion of what the body should be - to merely achieve some sort of goal in the material world. We become cogs in the wheel and we reinforce that even in our own consciousness.
- In this way, we start to deny possibility. Most people spend the vast majority of their lives in some sort of fight, flight, or freeze response. So they constantly analyze their environment, look for dangers, and reference the past as a means by which to hypothesize about the future.

The B.E.A.T.S. Methodology: **Breath, Energy, Attention, Talent, Service.**

- **Breath** connects us to spirit and the parasympathetic nervous system. So we can trust - such that the activity of our mind can operate the same way our heart beats and body digests food operates - without thinking about it.
- From there, we can connect to our **Energy**. Feel this energy inside of you. Notice it with an open state of attention.
- Next, from this deeply embodied state, choose where to put your **Attention**. Not from a place of should or have to.
- Put your attention on, "*My desire is to connect to my inherent **Talents**. My desire is to be of **Service** at this moment.*" Now you are on the beat - feeling the internal rhythm of your body as it relates in the moment with the world.
- In music, the beat is crucial. If you fall off the beat, you lose your present moment awareness. The moment the beat goes away you become disembodied, you lose track of what's occurring with music and with what's occurring with the other musicians.

Resources

- ❖ **Website:** zenwarriortraining.com/



Sam Morris





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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.

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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](#) for details!**